



## *Green Goddess Dip with Roasted Vegetables*

Serves 6-8

### *What You'll Need*

8oz Softened Cream Cheese  
1tbsp Finely Chopped Shallot  
1/4c Sour Cream  
1/4c Mayonnaise  
Zest from One Small Lemon  
1tbsp Lemon Juice  
2tbsp Fresh Chopped Tarragon  
2tbsp Fresh Chopped Dill (plus extra for garnish if desired)  
2tbsp Fresh Chopped Italian Parsley  
1tbsp Finely Chopped Chives  
1/2tsp Anchovy Paste (add more if desired – optional, but provides a depth of flavor)  
1/2tsp Kosher or Sea Salt  
1/4tsp Ground Black Pepper  
Seasonal Roasted Vegetables

### *Preparation*

In a medium bowl, mix all ingredients together until smooth with a hand mixer or this can be made in a food processor as well. Refrigerate until needed. Taste and adjust to your preferences. It's best made a few hours or a day ahead as the flavors have time to meld and develop.

Serve with seasonal raw or roasted vegetables: baby carrots, celery, roasted parsnips, asparagus spears, roasted sweet potato wedges, endive leaves, etc.



## *Cheddar & Apple Grilled Cheese*

Serves 2

### *What You'll Need*

4 Slices Sourdough Bread

6 Slices Sharp Cheddar (about 3oz)

Half Apple, Cored & Thinly Sliced  
(A tart apple like Granny Smith/Sweet  
Honey Crisp)

Apple Butter

2-3tbsp Mayonnaise

2tbsp Unsalted Butter

### *Preparation*

Put 4 slices of bread on a cutting board or work surface. Spread a light layer of apple butter over each slice. Top 2 of the buttered slices with two slices of cheese, the apple slices, a third slice of cheese and another piece of buttered bread. Press down lightly. Spread one side of each of the sandwiches with mayonnaise.

Heat 1 tablespoon butter in a large skillet over medium-low heat. Add the sandwiches, mayonnaise side down, and cook until the bread toasts and the cheese is slightly melted, 3 to 5 minutes. While in the pan, spread mayonnaise on the top of the bread, then flip with a spatula and add the remaining tablespoon of butter to the pan. Cook until the other side is toasted and the cheese is melted, about 3 minutes more, adjusting the heat as needed to keep the bread from burning before the cheese melts.

Optional pairings: brie and fig jam grilled cheese, Nutella & banana.



## *Vegetable Rich Minestrone*

Serves 4 (8oz Portions)

### *What You'll Need*

1tbsp Oil

1 Large Onion, Finely Chopped

Salt & Pepper

2 Cloves Garlic, Finely Chopped

8oz Red Potatoes, Cut Into 1/2" Pieces

4c Low-Sodium Vegetable Broth

1 Small Zucchini, Cut Into 1/2" Pieces

1 Yellow Squash, Cut Into 1/2" Pieces

1 Small Carrot, Thinly Sliced

1/2c Frozen Peas

1/4c Grated Parmesan

1c Fresh Basil, Roughly Chopped

Crusty Bread, For Serving

### *Preparation*

Heat oil in a large saucepan on medium. Add onion, season with salt and pepper and cook, covered, stirring occasionally, 8 minutes.

Stir in garlic and cook for 1 minute. Add red potatoes and low-sodium vegetable broth and simmer for 5 minutes. Add zucchini, yellow squash, and carrot; simmer for 3 minutes.

Add frozen peas and simmer until vegetables are just tender, 2 to 3 minutes.

Sprinkle grated Parmesan and fresh basil. Serve with crusty bread if desired.





## Spring Herb Frittata Cups

Serves 4

### What You'll Need

¼c Creme Fraiche  
2tbsp Chopped Chives  
6 Large Eggs, Room Temperature  
6 Scallions, Cut Into 1" Pieces  
2c Italian Parsley  
2c Cilantro Leaves & Soft Stems, Rinsed & Dried  
½c Dill Fronds  
2tbsp Tarragon Leaves  
Zest of ½ a Lemon  
4tbsp Olive Oil  
Salt & Pepper To Taste

### Preparation

Preheat the oven to 350°F. Spray a 12 cup muffin tin with nonstick cooking spray. In a small bowl, stir together the creme fraiche and chives and set aside. Place the eggs in a large bowl or glass measuring cup with a spout, and lightly scramble. In the bowl of a food processor pulse the scallions, parsley, cilantro, dill, tarragon and 2tbsp of olive oil. Add the mixture to the eggs along with the lemon zest and salt and pepper. Whisk to combine the eggs and herbs.

Place the muffin pan atop a baking sheet. Fill each muffin cup ¾ of the way full.

Bake until the center is just set. This should take about 20 minutes. Make sure to rotate the pan, if necessary, halfway through baking.

Let the frittatas rest for a few minutes before topping with chive creme fraiche. Garnish with more herbs.