

Recipe

# Tomato Soup



## INGREDIENTS

4 cups Tomatoes, Halved  
1 cup Onion, Rough Chopped  
4 cloves Garlic, Rough Chopped  
1 cup Chicken Broth or  
Vegetable Broth

1 teaspoon Oregano  
1 teaspoon Basil  
1 teaspoon Salt/pepper  
¼ cups Olive Oil  
10 leaves Basil, shredded

## DIRECTIONS

Preheat oven to 350 degrees Fahrenheit.

Arrange tomatoes, onions and garlic in a pan. Drizzle olive oil and sprinkle it with salt, pepper. Roast for approximately 45 minutes.

Remove the pan from the oven and transfer roasted vegetables into a blender. Blend until smooth.

Transfer soup to a saucepan and incorporate the broth and cream and stir. Add herbs and adjust seasoning to your liking.

To finish, garnish your soup with fresh basil.



Serves: 4



Total Prep and  
Cook Time:  
1 hour

## NOTES

For Creamier Soup add 1 cup of Cream.

For more Flavor Add 1 Red Bell Pepper and/or more garlic and herbs.



Recipe

# Microwave Sweet Potato



## INGREDIENTS

- 1 Sweet Potato
- 1 Tablespoon of Butter
- 1 teaspoon of brown sugar
- 1 pinch of salt
- Cinnamon to your liking

## DIRECTIONS

Clean the sweet potato and pat dry with a paper towel.

Using a fork, poke 4-6 holes in the Sweet Potato.

Microwave for 5 minutes. If it's not tender when tested with a fork, continue cooking in 30 second intervals until done.

Remove from the microwave, and carefully split down the middle. Then, season it with salt, brown sugar, and butter.

Enjoy



Serves: 1



Total Prep and  
Cook Time:  
7 minutes



Recipe

# Sweet Potato Fries



## INGREDIENTS

3–6 sweet potatoes, peeled  
2 tablespoons of olive oil  
1 teaspoon of salt  
1 teaspoon of pepper

1 teaspoon garlic powder  
1 teaspoon of paprika

## DIRECTIONS

Heat oven to 400 degrees fahrenheit.

Cut the sweet potatoes into sticks and toss them with olive oil.

Mix spices and toss sweet potatoes. Spread them out on a baking pan.

Bake until brown and crispy, about 15 minutes then flip and cook until the other side is brown and crispy, about 10 minutes.

Enjoy!



Serves: 2



Total Prep and  
Cook Time:  
35 minutes



Recipe

# Cucumber Tomato Salad



## INGREDIENTS

1 long cucumber, sliced  
3 large tomatoes, diced  
½ red onions, sliced  
2 tablespoons of olive oil

1 tablespoon of Balsamic Vinegar  
or Red Wine Vinegar  
Pinch of Salt and Pepper

## DIRECTIONS

Clean, slice, and dice the tomatoes, onions, and cucumbers.

Combine other ingredients.

Refrigerate at least 20 minutes before serving.



Serves: 4



Total Prep and  
Cook Time:  
10 minutes



## Recipe

# Sauteed Eggplants



## INGREDIENTS

1 Medium Eggplant (sliced  $\frac{1}{4}$  thick)

$\frac{1}{2}$  tsp of garlic powder

$\frac{1}{4}$  tsp sea salt

$\frac{1}{4}$  black pepper

$\frac{1}{4}$  cup olive oil (more as needed)

## DIRECTIONS

Clean and slice the eggplant crosswise to make circles about  $\frac{1}{4}$  inch thick. Pat eggplant dry, if damp.

Sprinkle seasoning on both sides of eggplant.

Heat olive oil in a skillet over medium-low heat. Cover the skillet in a single layer of eggplant, and saute for 3-6 minutes per side, until soft, and caramelized on both sides. Repeat with remaining slices.



Serves: 2



Total Prep and  
Cook Time:  
20 minutes

## Recipe

# Squash Boats



## INGREDIENTS

4 yellow squash  
3 tablespoons olive oil  
Onion  
3 cloves garlic  
2 tomatoes

1 teaspoon oregano  
1 teaspoon basil  
1 ½ cup of parmesan  
cheese  
1 teaspoon salt

½ teaspoon ground pepper  
2 eggs beaten  
4 tablespoons of butter  
2 tablespoons parsley of  
garnish

## DIRECTIONS

Preheat the oven to 350 degrees.

Saute onions and garlic in olive oil until caramelized (5 minutes), add tomatoes, (cook 2 minutes) then stir in bread crumbs, ¾ cup of cheese, salt, pepper, and the eggs.

Fill squash with the mixture and bake for 20 minutes.

Top with more cheese and bake for an additional 10 minutes until golden brown.

Garnish with basil and parsley.



Serves: 4



Total Prep and  
Cook Time:  
65 minutes



Recipe

# Sauteed Squash



## INGREDIENTS

4 tablespoons butter  
½ onions chopped  
6 medium squash, sliced

1 clove garlic, chopped  
Ground Pepper  
Salt

## DIRECTIONS

Melt butter in a skillet.

Toss in those chopped onions, cook them until they're kinda see through.

Throw in your squash and garlic and cook until tender, about 20 minutes.

Season with salt and pepper.



Serves: 4



Total Prep and  
Cook Time:  
25 minutes



Recipe

# Sauteed Cabbage



## INGREDIENTS

1 Small head green cabbage,  
sliced thinly  
1 onion, sliced

2 garlic cloves, minced  
2 tbsp of butter  
Salt and Pepper to taste

## DIRECTIONS

Cut the cabbage in half, remove the core and chop into thin slices. Chop the onions.

Melt the butter in a large skillet over medium high heat. Saute the onions until they start to soften then hit it with the garlic and stir.

Now, drop the cabbage and stir fry for 12-15 minutes. Keep Stirring Cabbage until it becomes soft and caramelized.

Season with salt and pepper and toss to combine.

Enjoy!



Serves: 4



Total Prep and  
Cook Time:  
20 minutes





Recipe

# Oven Roasted Eggplant



## INGREDIENTS

1 large or two medium eggplants,  
chopped into ½ inch cubes  
2 tablespoons olive oil

½ teaspoon salt  
½ teaspoon of pepper

## DIRECTIONS

Preheat the oven to 425.

Place the cubed eggplant on a baking pan and roast for 25-35 minutes or until tender and brown around the edges.



Serves: 4



Total Prep and  
Cook Time:  
40 minutes



Recipe

# Spinach Quesadillas



## INGREDIENTS

3 ounces of fresh baby spinach  
(about 4 cups)  
4 green onions chopped  
1 small tomato

1 tsp of ground cumin or  
taco seasoning  
 $\frac{1}{4}$  tsp of garlic powder  
1 cup of Mexican cheese blend  
6 tortillas

## DIRECTIONS

In a large skillet, cook and stir first spinach, onions, tomatoes, and seasonings until spinach is nice and soft.

Remove from heat; stir in cheese.

Load up half of each tortilla with spinach mix then fold them over.

Spray your skillet with cooking spray, put it back on medium heat and cook tortillas until crispy golden, 1-2 minutes per side.

Cut quesadillas in half and serve with sour cream if desired.



Serves: 4



Total Prep and  
Cook Time:  
25 minutes

