

Spring Recipes



Sauteed Radishes

Serves 4

Ingredients

2 bunches radishes, halved
1 tablespoon extra virgin olive oil
Salt and pepper to taste
Balsamic vinegar (optional)

Directions

Heat olive oil in a fry pan, then add radishes, cut side down. Saute until golden brown on both sides, about 6-8 minutes. Season with salt and pepper to taste and drizzle balsamic vinegar on top if desired.



Did You Know?

Sauteeing radishes brings out the sweetness. You can also saute the radish greens!

Spinach Artichoke Hummus

Yields 3-5 cups hummus

Ingredients

1 (15 oz.) can chickpeas, drained (juice reserved)
4 cups fresh spinach, loosely packed
1 cup artichoke hearts
2 Tbsp tahini
2 Tbsp lemon juice
2 Tbsp extra virgin olive oil
2 cloves garlic
Salt and pepper to taste

Directions

Combine all ingredients in a food processor or high power blender and blend until smooth. For a thinner consistency, add a few extra tablespoons of reserved chickpea juice until desired consistency is reached.

Serve with raw veggies such as carrots, sugar snap peas, radishes, bell peppers, cucumbers, or celery.

Other Spinach Ideas

Baby spinach salad

Add to omelets or egg dishes

Blend into a smoothie (you can't taste it!)

Add to a stir fry

Add to Italian dishes

Saute and add to lasagna

Spring Recipes



Roasted Carrots & Parsnips

Variations with fresh herbs:

- Prior to roasting, add chopped fresh rosemary
- After roasting, add fresh dill or parsley

Serves 4

Ingredients

- 1 pounds parsnips, peeled
- 1 pound carrots, peeled
- 2 tablespoons extra virgin olive oil
- Salt and pepper to taste

Directions

1. Preheat oven to 400 degrees. Cut parsnips and carrots into 2 ½ inch batons, and cut out any woody core of the parsnips.
2. Toss carrots and parsnips with olive oil, salt, and pepper.
3. Place onto a baking sheet and roast for about 25-35 minutes, or until tender and golden, stirring halfway.

Idea: Healthy St. Patrick's Day Platter

Lay out vegetables according to the Irish flag – green, white, and orange.

Use the Grilled Asparagus and Roasted Carrots and Parsnips recipes, or serve the Spinach Dip with raw veggies such as snap peas, celery, or broccoli, cauliflower or jicama, and carrots or orange bell peppers.



Grilled Asparagus

Tip

Thread asparagus through bamboo skewers to make them easier to flip and to make sure they don't fall through the grates.

Serves 4

Ingredients

- 1 pound asparagus
- 1 tablespoon virgin coconut oil, melted
- 1 tablespoon balsamic vinegar (optional)
- Salt and pepper to taste

Directions

1. Preheat grill. Rinse asparagus and snap off woody ends (you can save them for stock if you want).
2. Lightly coat asparagus with oil and balsamic vinegar, and season with salt and pepper to taste.
3. Grill over high heat for 5-10 minutes, or to desired tenderness.

