

Item	Recipe
Roasted Sweet Potatoes	Brown Cinnamon, Sugar, Cardamom, EVOO, Sea Salt
Roasted Red Beets	Mint, Salt, Pepper, Thyme, EVOO
Roasted Cauliflower Steak	Zaatar (sesame, dry oregano), Salt, Pepper, EVOO
Roasted Yukon Gold Potatoes	Parboil, Roasted at High Heat, Kosher Salt, Fresh Parsley EVOO, Sea Salt
Roasted Root Vegetables	Carrots, Fennel, Tossed with Mixed Fresh Herbs, EVOO, Sea salt
Roasted Portabello Mushrooms	Roasted with Sage, Kosher Salt, EVOO
Baby Eggplant	Seared on Flat top , Scored, Kosher Salt, Tahini (Sesame paste), Pomegranate
Broccoli Rabe	Sauteed, EVOO, Garlic and Crushed Red Pepper
Baby Brussels Sprouts	Deep fried, Maple Syrup, Fine Salt
Butternut Squash	Roasted at High Heat, Slightly Blackened, Cinnamon, Cumin
Button Mushrooms	Sauteed' with Green Peppercorns, Bay Leaf, Cardamom EVOO, Sea Salt
Red and White Cabbage	Curried Yogurt Dressing (Yogurt, Ginger, Cumin, Curry, Sea Salt), Tossed with Fresh Mint
Kale Salad	Lemon Vinaigrette (Apple cider vinegar Olive Oil Salt), Green Apples and Pomegranate seeds
Frisee Salad	Tangerine, Pomegranate, hazelenuts, hazelnut oil vinaigrette
Wild Rice	Tarragon, Thyme, Dill, Parsley
Feta Cheese	Roasted Cherry Tomatoes (EVOO Thyme , Oregano)
White Basmati Rice	EVOO, Whole Garlic Sauteed, Fine Salt, Caramelized Onions, Fresh Arugula
Rotisserie Chicken	Dry brine over night, Salt, Sugar, Dried Herb Blend, Cut into Qtrs
Grilled Salmon	Salt, Brown Sugar
Poached Salmon	Poaching liquid
Skirt Steak	Grilled very rare, Kosher salt, marinated with Rosemary, Garlic EVOO, Salt
Lentil Salad	Walnuts, Honey Vinaigrette (EVOO,Honey,Vinegar,Minced Red Onion, Salt, Pepper) Radicchio, Kale (or dark leafy green)
Avocado and Cucumber Salad	Avocado, Cucumber, EVOO, Salt
Caesar Salad	Romaine, Parmigiano cheese, Croutons, Caesar Dressing
Caprese salad w/ Roasted Tomatoes	Roasted Tomato w/ Fresh oregano, Mozzarella, EVOO, Salt
Broccoli and Califlower sauteed'	
Chicken Veg Soup	
Split Pea Soup not done	
Cauliflower Soup	
Butternut Squash Soup	
3 Beans Soup	