



Recipe QR code

Spicy Edamame Dip

Ingredients

- 16oz shelled edamame, cooked, reserve $\frac{3}{4}$ cup cooking liquid, cool
- 2 garlic cloves, roasted
- $\frac{1}{2}$ tsp cayenne
- $\frac{1}{4}$ tsp cumin
- Pinch salt & pepper
- 4 Tbl oil
- $\frac{1}{4}$ cup fresh lime juice
- $\frac{1}{4}$ cup chopped cilantro

Directions

Roast garlic (in pan or oven (wrapped in foil)). Once garlic is cool, add beans, garlic, spices to food processor and chop. Add oil, cilantro and lime juice and pulse to combine. Add water as needed to desired consistency.

Grilled Asparagus

Ingredients

- 16oz asparagus
- 1 Tbl olive oil
- 1 Tbl lemon juice
- Salt and pepper to taste
- $\frac{1}{4}$ cup grated parmesan cheese

Directions

Wash/clean asparagus. Place in bowl with olive oil and lemon juice, salt/pepper. Toss to coat. Grill on med grill or using grill pan, turning until just fork tender, 5-7 minutes. Remove from heat and top with parmesan cheese.

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Strawberry Salsa (*two ways*)

Option 1:

Ingredients

- 1 pint berries, stemmed and chopped
- Oil
- Lemon juice, 1
- Salt and pepper to taste
- Balsamic vinegar, ~1-3tsp
- Fresh chopped basil

Directions

Mix all together and let berries release some juice. Refrigerate until ready to serve and serve same day

Option 2:

Ingredients

- | | |
|---------------------------------------|---------------------------------|
| • 1 pint berries, stemmed and chopped | • 1 jalapeno, seeded and minced |
| • Juice and zest of 1 lime | • ½ small red onion, diced |
| • Honey or maple syrup, 1 ½ tsp | • ½ cup cilantro, diced |
| • Pinch salt | • ½ English cucumber, diced |
| | • 1 Tbl oil |

Directions

Mix oil, honey, lime juice together. Add remaining ingredients, tossing gently until well mixed. Refrigerate until ready to serve (at least an hour). Serve same day or puree.

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