

Butternut Squash Soup

A meal for a cold winter night or an elegant soup for a dinner party – this one is a winner.

Spinach Apple Salad

A really healthy salad recipe including it's own homemade salad dressing.

Roasted Radishes

These bite-sized treats loose their kick and taste just like potatoes.

Roasted Pumpkin Seeds

A great snack to take on a fall hike or bag up and save until winter.

Garlic Mashed Potatoes

Rethink your mashed potatoes with this favorite comfort food.

Grilled Eggplant with Microgreens

Jazz up your eggplant with some zesty ingredients, including horseradish, dijon mustard, and vinegar.

Asian Cucumber Salad

Use as a side dish or a main meal on a hot summer night.

Grilled Cauliflower Steaks

You might be surprised cooking cauliflower at a high heat changes it's entire flavor and texture. Give it a try and you might just become a cauliflower lover.

Coleslaw with a Twist

A fast and easy summer dish that is great for topping meat and fish.

Roasted Asparagus

Don't be shy – this finger food will become a favorite that even the kids beg to eat!