

# Asian Cucumber Salad

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

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# 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.

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# Minestrone Soup

Get all your veggies in a day with this one pot meal.

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# Lima Bean Hummus

No more store bought hummus. Make your own with Delaware grown lima beans.

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# Beet & Potato Salad

A great side dish to make at home or bring to a summer picnic.