

Oven Roasted Lima Beans

A healthy snack the kids will enjoy as an alternative to the bag of chips.

Lima Bean Summer Salsa

Ditch the jar and enjoy your own homemade salsa.

Sweet Potato Pancakes

Don't ignore these just because they are different – you'll be pleasantly surprised.

Kale Chips

Watch these chips disappear – kids and adults equally love them.

Turnip Casserole

Add a new holiday recipe to your family traditions as an alternative to potatoes.

Green Bean Bundles

Have a little fun and jazz up your green beans.

Cherry Tomato Sauce

A deep flavor sauce created using cherry tomatoes that thickens quickly.

Grilled Corn & Basil

Keep the extra butter in the frig – all the flavor you need is wrapped in the foil.

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.