

# Roasted Radishes

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

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# Roasted Pumpkin Seeds

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

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# Grilled Eggplant with Microgreens

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

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# Grilled Cauliflower Steaks

You might be surprised cooking cauliflower at a high heat changes its 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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## **Coleslaw with a Twist**

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

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## **Lima Bean Hummus**

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

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## **Lima Bean Soup**

A hearty, rustic soup that will warm you on cool fall nights.

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# **Beet & Potato Salad**

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

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# **Broccoli Pasta Bake**

A great low-fat back to school dish to make dinner easy on families.