



Eat Your Veggies & Herbs!

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Roasted Bell Pepper & Cannellini Bean Dip

Ingredients:

- 2 red bell peppers, chopped in half and seeds removed
- 3 garlic cloves
- 2 tbsp olive oil, divided (may need a bit more oil)
- 1 28-oz can cannellini beans, drained and rinsed
- 1 ½ tsp onion powder
- ½ tsp salt
- ¼ tsp pepper
- ½ tbsp apple cider vinegar (can sub lemon juice)

Directions:

1. Preheat the oven to 425° F.
2. Use 1 tbsp of olive oil to coat peppers and garlic, and then place bell peppers and garlic on a parchment paper-lined baking sheet or an oiled cast iron pan, and bake for 20-25 minutes, turning them over once or twice.
3. Once the peppers and garlic are done cooking remove them from the oven and let cool.
4. Combine peppers, garlic, 1 tbsp olive oil, cannellini beans, onion powder, salt, pepper, and apple cider vinegar in a food processor. Process until smooth, and add more olive oil if mixture is too dry.
5. Remove from the food processor and place in a bowl. Serve with vegetables, crackers, tortilla chips, or in a sandwich.

Herby Egg Salad

Ingredients:

- 8 large eggs
- ¼ cup dill, minced
- 2 tbsp chives, minced
- 2 tbsp capers
- ¼ cup red onion, minced
- ¼ cup mayonnaise
- 2 tbsp dijon mustard
- ½ tsp garlic powder
- ½ tsp onion powder
- ½ tsp salt
- ¼ tsp pepper

Directions:

1. *Hard boil eggs: add to a saucepan and fill with cold water. Bring to a boil and then immediately remove from the heat and cover. Let the eggs sit for 10-12 minutes, then add to an ice bath. Once cool set aside, peel, and chop into bite-sized pieces.



2. Combine remaining ingredients in a large bowl, and stir thoroughly so it is evenly mixed throughout.
3. Enjoy on its own, on a bed of greens, as a sandwich, or with crackers.

**Alternatively cook eggs in an instant pot: place 1 cup of cold water in the instant pot, set up the steam rack inside it and place eggs on top spaced out, and set to high pressure for 5 minutes. Once time is up wait 5 minutes then release pressure, and place eggs in an ice bath to cool for at least 5 minutes.*

Turmeric Kale Chips

Ingredients:

- One head of curly kale
- 1-2 tbsp olive oil
- ½ tsp garlic powder
- ½ tsp turmeric
- ½ tsp salt (more to taste)
- ⅛ tsp black pepper

Directions:

1. Preheat the oven to 350 degrees F.
2. Remove rinsed kale from its rind, tear it into small bite-sized pieces, and place on a parchment-paper-lined sheet pan.
3. Drizzle olive oil over kale, and sprinkle on garlic powder, turmeric, salt, and black pepper.
4. Massage with hands until all kale is coated evenly.
5. Transfer to the oven to bake for ~13 minutes, or until kale is crunchy.

Asian Edamame Salad

Ingredients:

- 1 small head purple cabbage, shredded
- 1 cups organic shelled edamame, cooked
- 1 red bell pepper, cut into matchsticks
- 4 carrots, cut into matchsticks
- ¼ cup cilantro, chopped
- ¼ cup raw cashews, roughly chopped
- 1 2-inch piece of ginger, grated
- 1 large garlic clove, minced
- 2 tbsp white miso
- 2 tbsp sesame oil
- ⅓ cup rice vinegar
- ½ tbsp raw honey, more to taste

Directions:

1. Mix together cabbage, edamame, pepper, carrots, cilantro, and cashews in a large bowl.
2. In a separate bowl whisk together dressing ingredients: ginger, garlic, miso, sesame oil, rice vinegar, and honey.
3. Pour mixture into a large bowl, and stir until everything is well-coated. Serve and enjoy!