

Go For the Good - Recipes

Garden Frittata –(From the Video)

1 tsp. butter	¼ tsp. salt
1 cup chopped broccoli	¼ tsp. finely ground pepper
1 cup chopped asparagus spears	2 ounces shredded cheddar cheese (or your favorite)
¼ cup chopped sweet onions	2 Roma tomatoes, thinly sliced
2 egg whites	Chopped fresh basil
1 egg	

1. Melt butter over medium heat in ovenproof skillet. Add broccoli, asparagus and onion. Sauté 5 minutes or until vegetables are tender.

2. Whisk together egg whites, egg, salt and pepper. Pour eggs over vegetables. Cover and cook until edges are set and bottom is lightly browned, about 2 minutes. Sprinkle cheese and tomatoes over egg mixture. Broil frittata 2 minutes or until lightly browned. Cut into wedges. Sprinkle with fresh basil.

Serves 2

Recipe: Fresh Produce Guide, Dr. Henry Richter

Vegetables Bean Tostadas – (From the Video)

2 6-inch organic corn tortillas	1 plum tomato, diced
½ cup sliced fresh mushrooms	½ avocado, chopped
½ cup chopped broccoli	2 tablespoons Mexican cheese (or favorite)
½ cup shredded carrots	2 tablespoons sour cream
2 cups freshly prepared refried beans (recipe in Healthy Treasures Cookbook)	Sliced green onions
	Chopped cilantro

1. Heat tortillas over medium heat in a large skillet coated with vegetable cooking spray. Sauté 30 seconds on each side or until golden.

2. Sauté mushrooms, broccoli, and carrots over medium heat 5 minutes or until vegetables are tender.

3. Spread refried beans over tortillas. Top evenly with mushroom mixture, tomato, avocado, cheese and sour cream. Top with green onions and cilantro, if desired.

Serves 2

Recipe: Fresh Produce Guide, Dr. Henry Richter

Going Green Smoothie

Pineapple
Spinach or Kale
Ripe banana
Apple Juice

Ice Cubes
Honey to preferred taste or use Stevia
Grapes - if they are US and in season

Mix all ingredients in blender or Vita Mix Blender and then enjoy!

Orange Sorbet

2 oranges peeled and seeded
Sweetener to taste – stevia, agave nectar, honey
4 ice cubes
Optional – ½ banana or strawberries

Place ingredients in blender and quickly turn to high speed and mix for 30 – 60 seconds.

Candy Stripe Beet and Carrot Slaw

4-6 servings

¼ cup plain yogurt
1 tsp. finely grated orange zest plus 3 tablespoons fresh orange juice
1 tablespoon fresh lemon juice
1 tablespoon finely chopped fresh dill
5 2inch candy striped beets, peeled, julienned (regular beets will work if you cannot find the candy striped, but the candy striped beets will not bleed into the yogurt dressing.)
1 medium carrot, peeled, julienned
Salt and pepper to taste



Whisk yogurt, orange juice and zest, lemon juice and dill in a medium bowl. Add beets and carrot and toss to combine. Season to taste with salt and pepper.

Recipe: Bon Appetit July 2011

Celery Apple Fennel Slaw

4-6 servings

3 tablespoons olive oil

2 ½ tablespoons apple cider vinegar

1 ½ tablespoons coarsely chopped fresh tarragon

2 teaspoon fresh lemon juice

¼ teaspoon honey

3 celery stalks, thinly sliced, plus ¼ cup loosely packed celery leaves

2 small fennel bulbs, thinly sliced crosswise, plus 1 tablespoon chopped fennel fronds

1 firm, crisp apple, julienned

Salt and pepper to taste

Whisk olive oil, vinegar, tarragon, lemon juice and honey in a medium bowl. Add celery and celery leaves, thinly sliced fennel and chopped fennel fronds and apple. Toss to coat. Season to taste with salt and pepper.

Recipe: Bon Appetit July 2011

