

# Garlic & Roasted Butter Vegetables

PREP TIME: 10 MINUTES | COOK TIME: 40 MINUTES | SERVES: 2-4

*When you have fresh veggies, they don't need much. Use this recipe with almost any hearty vegetable. Think radishes, potatoes, carrots, onions, rutabaga, squash, Brussels sprouts, or mushrooms!*

## Ingredients

- 2 1/2 pounds of your favorite hearty vegetable
- 8-10 unpeeled garlic cloves
- 2 shallots, finely chopped
- 0-12 sprigs of fresh thyme
- 6 tablespoons unsalted butter, melted
- Salt and pepper to taste

## Preparation

1. Slice vegetables so that they're about 1/4 inch thick in diameter.
2. On a rimmed baking sheet, toss the veggies with the garlic cloves, shallots and thyme. Drizzle with the melted butter (melt the butter on a stovetop) and sprinkle generously with salt and pepper.
3. Place in a 400 degree oven and bake until the veggies are tender and lightly browned, about 30-40 minutes. Remove from the oven and let cool slightly before serving.

## Enjoy

*Let us know if you make this recipe!  
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# Any-Kind-of Vegetable Soup

PREP TIME: 15 MINUTES | COOK TIME: 50 MINUTES | SERVES: 4-6

*This can only loosely be called a recipe,  
really. More of a set of guidelines.*

## Ingredients

- 1 - 2 pounds of uncooked vegetables
- Onions, leeks, or garlic for flavor
- Herbs and seasonings
- 4 cups of water, stock, or broth
- Salt and pepper to taste
- Leftover cooked meat (Optional)

## Preparation

1. Dice large vegetables into fairly consistent size.
2. Sautee garlic and/or onions in olive oil. Add large vegetables, and seasoning (salt, pepper, and spices of your preference). Sautee until browned. Add 4 cups of water (or stock for richer flavor). Stir in optional meat until flavors are combined.
3. Bring liquid to a boil and simmer for 30 - 40 minutes.
4. Taste as you go, and tweak seasonings to your preference. Cook until vegetables have reached desired tenderness.
5. Serve as is, or put in a blender if desired.

## Enjoy

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# Farm Stand Veggie Bowls

PREP TIME: 25 MINUTES | COOK TIME: 25 MINUTES | SERVES: 4

Thanks to [Dishing Up the Dirt](#) for this amazing recipe. Check out her cookbook [here](#).

## Ingredients

### Bowls

- 1 cup dry quinoa
- 1 medium-sized starchy vegetable (butternut squash, potatoes, radish, turnip)
- 1 pound green vegetable (brussels sprouts, green beans, broccoli, cauliflower)
- 1 cup cooked chickpeas or other beans (rinsed and drained, if from a can)
- 2 tablespoons olive oil
- 1 small bunch of kale or other green hearty green
- Fine sea salt and freshly ground black pepper

### Dressing

- 1/4 cup tahini
- 2 tablespoons unseasoned rice wine vinegar
- 2 teaspoons mellow white miso
- 2 teaspoons low-sodium tamari or soy sauce
- 2 teaspoons pure maple syrup
- Pinch of crushed red pepper flakes

## Preparation

1. Preheat the oven to 425F. Prepare the the quinoa according to package directions and set aside.
2. Place the vegetables in a large bowl. Drizzle them with 1 tablespoon of the olive oil and toss until coated.
3. Spread the veggies on a large rimmed baking sheet. Bake in the oven until the veggies are lightly browned and the hearty vegetables are tender. About 18-20 minutes. Toss the vegetables halfway through cooking.
4. Place the kale or greens in a large bowl and toss with the the remaining 1 tablespoon of oil. Add the green to a baking sheet and put it in the oven for 5-7 minutes or until the leaves crisp up a bit.
5. While the veggies roast, make the dressing. Add all of the dressing ingredients, along with 1/4 cup of water, to a small bowl and whisk until smooth, or use an immersion blender or food processor. Taste and adjust the seasonings if desired.
6. Divide the quinoa between four bowls and top each bowl with an equal portion of the veggies. Drizzle with the dressing and serve.

Enjoy

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# Guidelines for a Good Smoothie

If you ever have fruit on the verge of going bad, most of the time it can be frozen. Peel or cut off the stem and put them in a plastic bag. Then, when it's time to make smoothies, you are ready.

## Components

- A good base: frozen bananas are top choice! Also good: Greek yogurt, avocado or kefir.
- Milk of your choice: dairy, almond, coconut, soy, sweetened or unsweetened - however you like!
- Sweetener as needed: honey, agave, or dates.
- Don't be afraid of vegetables: With a good base, you can sneak in some heavy greens and pack in the nutrition.
- Mix-Ins: Get creative! A few ideas: nut butters, protein powder, flax seeds, chia seeds, bee pollen, wheatgrass, hemp powder.

The sky's the limit. Be creative, and test as you go. The great part is, it's easy to make quick changes before you serve! Once you've found your favorite combination, WRITE IT DOWN, because it's all too easy to forget.

## Enjoy

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