

Cherry-Rosemary Infused Water

Yield: 8 cups

Serving size: 1 cup

Ingredients

8 cups	Water
1 pound	Cherries, frozen
3-4 sprigs	Fresh rosemary
3 cups	Ice

Equipment

- Water pitcher or dispenser

Method

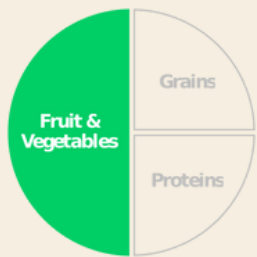
1. Add the cherries, rosemary, ice, and water to a large pitcher.
2. Stir to combine. For stronger flavor, muddle cherries and rosemary with a wooden spoon.
3. Refrigerate for at least 1 hour.

Helpful Tips

- Mix it up with any fresh or frozen fruit you enjoy!



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Simple Balsamic Brussels Sprouts

Yield: 4 servings

Ingredients

1 lb	Brussels Sprouts, quartered
2 Tbsp	Canola oil
2 Tbsp	Balsamic vinegar
1 Tbsp	Thyme, fresh, minced
1 Tbsp	Rosemary, fresh, minced
½ tsp	Kosher salt
¼ tsp	Black pepper

Equipment

- Cutting board
- Chef knife
- Parchment paper
- Sheet pan

Method

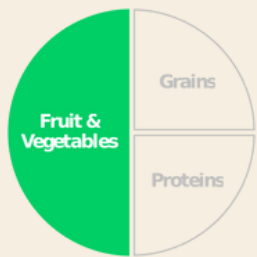
1. Preheat oven to 400F (375F if using convection)
2. Combine all ingredients evenly in a large bowl
3. Spread vegetables evenly on a sheet pan covered with parchment paper (do not over-crowd pan)
4. Roast in oven for 25 -30 minutes, until crisp on the outside and tender on the inside

Helpful Tips

- Switch up the seasonings as desired. For a smoky kick, add smoked paprika instead of pepper flakes
- Garnish with parmesan cheese if desired



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Lemon Garlic Sauteed Greens

Yield: 4 servings

Ingredients

2 Tbsp	canola or olive oil
1 Tbsp	garlic, minced
1 bunch	greens of choice (spinach, collards, chard)
1/2 tsp	pepper
1 tsp	salt
1 each	lemon, juice and zest
	red pepper flakes, to taste

Equipment

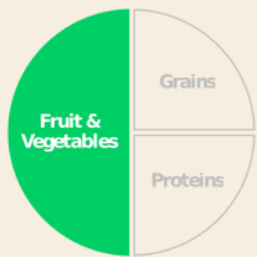
- Cutting board
- Chef knife
- Saute pan
- Wooden spoon

Method

1. Heat oil in a large sauté pan on medium heat until shimmery. Add chopped stems from greens and minced garlic and sauté, stirring frequently, until fragrant ~30-60 seconds.
2. Add green leaves and sauté until leaves have wilted ~3-5 minutes.
3. Season with salt, pepper, lemon juice and zest, and serve. Top with red pepper flakes if desired.

Helpful Tips

- Switch up the seasonings as desired. For a smoky kick, add smoked paprika instead of pepper flakes
- For an added crunch, garnish with slivered almonds



Smokey Spiced Carrots

Yield: 4 servings

Ingredients

2 Tbsp	Canola oil
2 Tbsp	Water
1 lb	Carrots, cut into equal size pieces
1 tsp	Smoked paprika (sweet)
1 tsp	Basil, dried
¼ tsp	Cinnamon
½ tsp	Kosher salt

Equipment

- Cutting board
- Chef knife
- Microwave safe bowl
- Lid or paper towel
- Wooden spoon

Method

1. Place oil, water, and vegetables in a microwaveable safe bowl
2. Add paprika, basil, cinnamon, and salt
3. Cover loosely with lid or a damp paper towel
4. Cook on high in the microwave for 3 minutes, check for desired doneness
5. Continue cooking in 1-minute intervals until vegetables reached desired texture
6. Stir well before serving to evenly coat vegetables with seasoning

Helpful Tips

- Cook for 3-4 minute for crunchy vegetables and cook 5-6 minutes for softer vegetables