

Crispy Green Beans

Serving size: 4. Or as a snack for a group

1 lb. of Green Beans, Fresh, Snapped
2 Egg Whites
1/2 Cup of Panko Bread Crumbs
Salt and Pepper
1/2 Cup of Parmesan Cheese, Shredded

Optional:
Cayenne Pepper

Beat egg whites with a splash of water.
Place Panko in a shallow dish. Mix with parmesan, salt, and pepper (to taste).

In a preheated 400 degree air fryer. Spray the grate with olive oil.

Dredge green beans through egg white and press into panko mixture. Place on grate.
Roast until desired crispiness - 5-10 minutes. Depending on your fryer, you may want to flip beans or shake the bucket.

Carrot Chips

Serving size: 4. Or as a snack for a group

1 lb. of Organic, Tai-Color Carrots

Olive oil

1 Teaspoon of Cinnamon

Salt

Preheat oven to 400 degrees.

Slice carrots on the “fat” part of the carrot using a mandolin. Slice thin.

Layout on a baking sheet lined with tin foil or parchment. Layout carrots and spritz with oil. Sprinkle with seasonings.

Bake until crispy.

Cowboy Caviar (or Bean Salad)

Serving size: 4. Or as a snack for a group

- 1 lb. of Organic, Tai-Color Carrots
- 1/3 Cup of Red Onion
- 1 Cup of Cherry Tomatoes, sliced
- 1 Can, Black Beans, rinsed
- 1 1/2 Cups, Sweet corn
- 1 Bell Pepper, diced
- 1 Jalapeno, minced
- 1/3 Cup Cilantro, finely chopped

Mix all ingredients into a bowl and toss in the following dressing:

DRESSING

In a separate bowl:

- 1/3 Cup Olive oil
- 2 Tablespoons, Lime Juice
- 2 Tablespoons of Red Wine Vinegar
- 1 Tablespoon of Sugar
- Salt and Pepper to Taste

Whisk together and dump over salad. Toss.

Watermelon Sorbet

Serving size: 4.

- 1 Teaspoon Gelatin, unflavored
- 2 Tablespoon Water
- 2 Tablespoons Lime juice
- 2 Tablespoons Honey, local if possible
- 4 Cups Watermelon, seedless

In a microwaveable bowl, sprinkle gelatin over water; let stand 1 minute. Microwave on high for 40 seconds. Stir and let stand until gelatin is completely dissolved, 1-2 minutes.

Place lime juice, honey and gelatin mixture in a blender. Add 1 cup watermelon; cover and process until blended. Add remaining watermelon, 1 cup at a time, processing after each addition until smooth.

Transfer to a shallow dish; freeze until almost firm. In a chilled bowl, beat with an electric mixer until mixture is bright pink. Divide among 4 serving dishes; freeze, covered, until firm. Remove from freezer 15-20 minutes before serving.

Balsamic Syrup and Grilled Stone Fruits

Serving size: variable

A handful of your favorite stone fruits: Plums, Nectarines, Peaches, Apricots, etc.

Simple syrup:

2 Tablespoon of Coconut or Brown Sugar

1/2 Cup of Balsamic Vinegar

Whisk syrup together and reduce in a pan.

Meanwhile, lightly oil the grate of your grill. Grill on each side for 3-4 minutes.

No grill? Broil under high for a few minutes until soft.

Drizzle with syrup.