



Basil



Tomato Cucumber Salad with Creamy Herb Dressing

Ingredients:

Tomato
Cucumber
Radish
Plain yogurt
Lemon
Basil
Mint
Garlic
Pepper

Cooking Directions:

1. Finely chop **2 large** tomatoes, **1** cucumber, and **4** radishes.
2. Whisk together **1/2 cup** plain yogurt, **2 Tbsp.** fresh lemon juice, **2 Tbsp.** fresh basil, **2 Tbsp.** fresh mint, **1 clove** of minced garlic, and **1/4 tsp.** black pepper.
3. Drizzle the dressing over the vegetables.
4. Serve chilled.



Cilantro



CABARRUS
HEALTH
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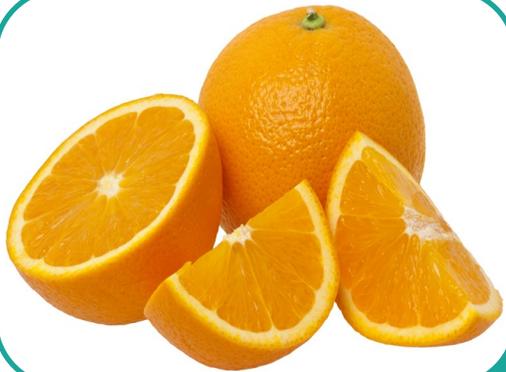
Salsa Verde

Ingredients

Tomatillo
Jalapeno
Cilantro
Onion
Lime juice

Cooking Directions:

1. Husk **10** tomatillos and remove seeds from **1** jalapeno and add to food processor.
2. Roughly chop **1/2 cup** onion and add to food processor.
3. Chop **1/4 cup** fresh cilantro leaves and add to food processor.
4. Juice **4** limes, **1/4 cup** total (more if needed) and add to food processor and blend.
5. Serve with chips.



Orange



Orange Lime Dressing with Quinoa Salad

Ingredients:

Quinoa
Black beans
Red onion
Orange
Avocado
Cilantro
Orange juice
Lime
Maple syrup
Hot sauce
Cumin
Chili powder
Olive oil

Cooking Directions:

1. Cook **1 cup** quinoa according to package.
2. Chop **1/4** red onion, peel and slice **1 orange**, peel and chop **1/2** avocado, and rinse and drain **15-ounce can** of black beans.
3. Place the other **1/2** of avocado, **1 large** lime (juiced), **3 tbsp.** orange juice, **1/4 cup** fresh cilantro, **2 tsp.** maple syrup, **2 tsp.** hot sauce, **1 tsp.** cumin, **1/2 tsp.** chili powder, and **4 tbsp.** olive oil into blender for dressing.



Pineapple



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Hawaiian Marinade

Ingredients:

Apple cider
vinegar
Pineapple
juice
Soy sauce
Brown
sugar
Garlic

Cooking Directions:

1. Combine **1/3 cup** apple cider vinegar, **6 ounces** pineapple juice, **1 cup** soy sauce, **1/2 cup** brown sugar, and **6 cloves** of garlic minced on the stove top and bring to a boil. Cool and let sit for up to 72 hours. Marinates two pieces of meat.



Tomato



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Fresh Tomato Sauce

Ingredients

Tomatoes
Seasonings
of choice

Cooking Directions:

1. Bring a stockpot of water to a boil over high heat. Fill a bowl with ice and water and set aside.
2. Core out the stems from tomatoes and slice a shallow “x” in the bottom of each fruit.
3. Drop several tomatoes into the boiling water and cook until the skin starts to wrinkle (60 seconds). Then lift the tomatoes out of boiling water and place in ice water. Continue with all tomatoes.
4. Strip the skins from the tomatoes. Discard water.
5. Pulse the tomatoes in a food processor until consistency desired. Place into stock pot.
6. Simmer over medium heat for 30-90 minutes. Add lemon juice if canning for acidity. Add spices (oregano, thyme, basil, garlic powder) if desired.