



# Eggplant "Parmesan"

## Ingredients

- 2-4 medium size eggplants
- About 7 c chickpea flour
- 1/2 arrowroot powder
- 1 c veggie broth/water
- 1/4 c brown mustard
- 2 T garlic powder
- Coconut oil
- Sea salt and black pepper

## Preparation

Slice eggplant into stacked rounds, about 1/2 inch. Align a flat sheet with paper towels and distribute the eggplant, accordingly, laying flat. Sprinkle with salt and let sit for at least 4 hours.

Lightly dry and rinse eggplant. Using 3 bowls add the following to each: Bowl 1 = 3 c chickpea flour, Bowl 2 = mustard/broth/1 T chickpea flour, Bowl 3 = remaining chickpea flour, arrowroot powder, and garlic powder.

Dip eggplant in bowls 1,2, and 3. Set aside or place in the refrigerator to let breading sit.

Heat oil in skillet and cook breaded eggplant until golden crispy.



# Organic Marinara Sauce with Squash Noodles

## Ingredients

- 1 tsp Extra Virgin Olive Oil
- 1 onion, diced
- 2 garlic cloves, minced
- 5 c local tomatoes, pureed
- 1/4 c fresh basil, chopped
- 1 T oregano, chopped
- 1/4 to 1/2 c mineral broth
- 2 summer squash/zucchini, peeled into ribbons or noodles
- 2 T organic parsley, minced
- Sea salt and black pepper to taste

## Preparation

Warm a skillet over medium high heat. Add the oil and onion, saute for 2 minutes. Add garlic and saute until aromatic (about 30-60 seconds).

Add tomatoes and herbs and cover with a little mineral broth. Bring to a boil, then turn down to a simmer and cook uncovered until sauce is thickened (30-45 minutes). Taste and adjust seasoning.

Heat Zucchini Noodles in a sauce pan then coat squash noodles in the sauce and garnish with parsley.



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# Organic Garden Salad with Scallion Vinaigrette

## Ingredients

- ½ organic lemon, juiced
- 1 T organic dijon mustard
- 1 T organic maple syrup
- 1 minced organic scallion
- 1 clove organic garlic, minced
- Organic extra virgin olive oil to taste
- 4 c local organic lettuce, chopped
- 1 local organic carrot, sliced thin on a bias
- local organic sprouts

## Preparation

Place lemon juice, Dijon mustard, maple syrup, scallion, and garlic in a blender and pulse to combine. Drizzle in olive oil and pulse until emulsified. Season to taste with salt and pepper.

Divide greens evenly amongst four salad plates and top with carrots and sprouts. Serve vinaigrette on the side.