

CAROLINA COOKBOOK:

**A COLLEGE STUDENT'S GUIDE TO HEALTHY,
AFFORDABLE & SEASONAL EATING AT CAROLINA**



CAROLINA
CUPBOARD
COMMUNITY FOOD PANTRY



EDIBLE
CAMPUS UNC

APPLES
Service-Learning

Contents

Introduction	4
Mission Statements	5
Dedication	7

Fall Snacks & Side Dishes

Beet and Sweet Potato Fries.....	8
Sweet and Salty Fig Toast.....	9
Stir Fry Sweet Potato Leaves	10
Oven-Baked Kale Chips	11
Roasted Fennel with Parmesan	12
Snap Peas with Garlic	13
Oven Roasted Brussel Sprouts.....	14
Succotash	15

Fall Main Courses

Okra and Corn Maque Choux	16
Chicken-Corn Chowder	17
Chicken Pot Pie	18
Rosemary Minestrone Soup	19
Sautéed Cabbage and Veggie Stir-fry	20
Taco Salad	21
Simple Bean Chili.....	22
Spicy Cabbage Salad with Peanuts	23
Fancy Ramen Noodles	24
Burrito Bowls	25
Roasted Sweet Potato Salad	26
Sweet Potato Black Bean Burger.....	27
Drying Tea & Herbs	28
How to Preserve Garlic.....	29

Contents

Spring Snacks & Side Dishes

Baked Beet Chips	30
Lemon and White Bean Salad.....	31
Savory Maple Roasted Carrots.....	32
Basil Pesto.....	33
Garlic Black Beans	34
Strawberry Toast	35

Spring Main Courses

Strawberry Spinach Salad.....	36
Peanut Noodle Salad.....	37
Chili Garlic Tofu Bowls	38
Garlic Parmesan Kale Pasta	39
One Pot Pasta.....	40
Black Bean Quesadillas	41
Coconut Rice Pilaf.....	42
Spinach Breakfast Hash	43

Summer Snacks & Side Dishes

Homemade Granola	44
Garlic Butter Artichokes	45
Quick Collards.....	46
Baked Eggplant Sticks	47
Roasted Bell Pepper Slices	48
Peanut Butter Tofu Bites.....	49

Summer Main Courses

Green Bean Casserole	50
Oregano Pesto Pasta	51
Carrot Mac n' Cheese.....	52
Stuffed Bell Peppers.....	53
Roasted Shrimp and Okra.....	54
Baked Chicken and Artichoke Hearts	55
Grits n' Greens	56

Introduction

Food is essential to our health and wellbeing, but making healthy, cost efficient meals on a budget can pose a problem to college students. That's why this cookbook, a partnership between Edible Campus, APPLES Service Learning, and Carolina Cupboard, is striving to meet this necessity on UNC's campus. Edible Campus and Carolina Cupboard were created because too many people didn't have access to healthy, affordable, food resources on campus. This cookbook is meant to be a crossroads of these organizations, as the recipes you will find in this book incorporate foods from Edible Campus gardens and the Carolina Cupboard food pantry. Both Edible Campus and Carolina Cupboard provide healthy, free foods that when combined, create delicious and nutritious dishes. When compiling these recipes, we kept in mind that most people want something quick and easy to make on busy weeknights, and we think these meals do a good job of satisfying the needs of college students and beginner cooks alike.

We hope you like it as much as we do, and happy cooking!



This cookbook has been compiled by UNC students Allie Anagnos, Miah Araba, Reiley Baker, Avia Dolberry, Alicia Lee, Yampiere Lugo, Kathryn Obenshain, and Grace Warner, with support from Edible Campus Coordinator Laura Mindlin

Spring and Summer 2020

Mission Statements

Edible Campus UNC

Edible Campus UNC is a program of the North Carolina Botanical Garden that creates working landscapes across UNC-Chapel Hill to facilitate campus community engagement in topics of food and agriculture sustainability. Edible Campus manages a quarter-acre organic production garden that serves as an educational resource in the heart of the UNC-Chapel Hill campus. This garden donates its produce to the student-run campus food pantry, and uses its space for nutrition workshops, academic research, community events, and more. We therefore ask that you do not pick from this garden. However, we also manage eleven (and counting!) satellite gardens across campus that have been converted to incorporate edible, medicinal, and pollinator-friendly plants, and are totally free for passersby to pick! Check out a map of the gardens at go.unc.edu/ediblecampus, and join us at our weekly workdays!

Website: ncbg.unc.edu/ediblecampus / **Social:** @ediblecampusunc

Carolina Cupboard

Carolina Cupboard is an on-campus food pantry that provides food at no cost to students who are facing food insecurity. The initiation of Carolina Cupboard stemmed from the idea of supporting and providing assistance to our community in ways other than just academics and social events. Before we can be ambassadors of social change and serve the rest of the world, we must serve our own. Carolina Cupboard is located in Avery Residence Hall's basement (295 Ridge Road, Chapel Hill, NC 27514) which can be accessed through the side doors. Feel free to reach out with questions or concerns about receiving or donating food at CarolinaCupboard@gmail.com.

Website: <http://carolinacupboard.web.unc.edu/> / **Social:** @uncfoodpantry

APPLES Service-Learning

APPLES Service-Learning is a student-led program at the University of North Carolina at Chapel Hill that transforms educational experiences by connecting academic learning and public service. Since 1990, APPLES has strengthened civic

engagement by bringing together students, faculty and communities in sustained and mutually beneficial partnerships. Each fall, UNC's Environment, Ecology, and Energy Program teams up with Edible Campus to host an APPLES Service-Learning Practicum course--and thus emerged this cookbook! Service-Learning courses are just one of the many ways to get involved with APPLES. Learn more below.

Website: <https://ccps.unc.edu/apples/> /

Social: @unc_apples

A Special Thanks

We would like to give an additional thank you to:

Chef Michael Gueiss, UNC's Executive Chef, for contributing professional cooking tips that you will find throughout this cookbook.

Dr. Alice Ammerman, DrPH, Director of the Center for Health Promotion and Disease Prevention, Professor of Nutrition, Gillings School of Global Public Health, for ensuring the healthfulness of our recipes.

Campus Y Development Committee and **UNC-CH's Residence Hall Association (RHA)** for supporting initial printings of this cookbook.

North Carolina Botanical Garden Communications Team, for their support with final edits and the cookbook's release.

And to the following food writers/photographers for allowing us use of their pictures and recipes:

Beth Moncel of [Budget Bytes](#)

Doné R. Young of [DIY Herbal Tea](#)

Elizabeth Lindemann of [Bowl of Delicious](#)

Caitlin Sherwood of [Foraged Dish](#)

Ryan Dausch, [Photographer](#)

Dedication

To all those who support and inspire sustainable and just food system work in the Carolina community and greater Triangle.

A healthier alternative...

BEET AND SWEET POTATO FRIES

Servings: 5

Preparation time: 15 minutes

Cook time: 20 minutes



Ingredients

Garden:

1 large sweet potato
(about 1 pound)
2 large Beets (about 1 pound)

Cupboard:

2 tsp. Olive Oil
½ tsp. Salt
¼ tsp. Ground Pepper

Directions

1. Peel and cut sweet potato in half widthwise; cut each half into 1/2-in. strips. Place in a small bowl. Add 1 tablespoon oil, 1/4 teaspoon salt and 1/8 teaspoon pepper; toss to coat. Spread onto a parchment paper-lined baking sheet.
2. Peel and cut beets in half; cut into 1/2-in. strips. Transfer to the same bowl; add the remaining oil, salt and pepper. Toss to coat. Spread onto another parchment paper-lined baking sheet.
3. Bake vegetables, uncovered, at 425°F for 20–30 minutes or until tender, turning once.

Sweet and Salty...

SWEET AND SALTY FIG TOAST

Servings: Depends

Preparation time: 5 minutes



Ingredients

Garden:

Figs (as many as you want)

Cupboard:

Seeded bread

Cream cheese or cheddar cheese

Olive Oil

Honey

Sea salt

Directions

1. Spread toasted seeded bread with softened cream cheese or cheddar cheese.
2. Top with ripe figs sliced into $\frac{1}{4}$ inch bites and drizzle with olive oil and honey.
3. Season with flaky sea salt.

Tasty & healthy...

STIR FRY SWEET POTATO LEAVES

Preparation time: 5 minutes
Cook time: 5 minutes



Tip from Chef Gueiss: Add leftovers to a quesadilla for a nice filling!

Ingredients

Garden:

Sweet potato leaves (they shrink like spinach so more is better)

Cupboard:

1 tbsp. olive oil
1 tbsp. soy sauce
1 garlic clove (or garlic powder)
Salt to taste
Pinch of sugar

Directions

1. Wash and rinse leaves and stems thoroughly and set aside to drain off excess water before cooking.
2. Heat the oil in a pan over medium heat, add the minced garlic and cook for about a minute. If you're using garlic powder instead, wait to add it later.
3. Turn the heat up to high and add the sweet potato leaves.
4. Continuously stir the leaves and add in the soy sauce, salt and sugar once they are slightly softened.
5. Continue stirring until completely softened.
6. Enjoy with your favorite sauce or just as they are!

A healthier way to enjoy chips...

OVEN-BAKED KALE CHIPS

Preparation time: 10 minutes

Cook time: 15 minutes



Ingredients

Garden:

1 large bunch of kale

Cupboard:

2 tsp. olive oil

1 tsp. salt

½ tsp. garlic powder, optional

½ tsp. black pepper,
optional

Directions

1. Preheat oven to 325°F. Rinse kale thoroughly. Remove the leaves from the tough stems and roughly chop or tear into bite-size pieces. Dry off kale with towel or leave out to dry.
2. Combine kale, olive oil, salt and pepper in a medium sized bowl and mix until kale is fully coated. Alternatively, you can also mix it all together directly on the cookie sheet to minimize your use of dishes.
3. Place in a single layer on a cookie sheet. Cook for 15 minutes, rotating the tray around after about 7 minutes.
4. Remove from the oven and let cool for 5-10 minutes. Serve at room temperature.

Delicious & different...

ROASTED FENNEL WITH PARMESAN

Servings 4-6
Prep time: 5 min
Cook time: 55 min



Tip from Chef Gueiss: *Fennel can also be eaten raw. However, its flavor resembles licorice and can be strong to some.*

Ingredients

Garden:

4 fennel bulbs, cut horizontally into $\frac{1}{2}$ inch thick slices

Cupboard:

2 tbsp. olive oil
Salt and pepper to taste
 $\frac{1}{3}$ cup parmesan

Directions

1. Preheat the oven to 375°F.
2. Lightly oil the bottom of a 13 by 9 by 2-inch glass baking dish. Arrange the fennel in the dish.
3. Sprinkle with salt and pepper, then with the Parmesan.
4. Drizzle with oil.
5. Bake until fennel is fork-tender and the top is golden brown, about 45 minutes.
6. Chop enough fennel fronds to equal 2 teaspoons, then sprinkle over the roasted fennel and serve.

Low cost & high taste...

SNAP PEAS WITH GARLIC

Servings: 1-2

Preparation time: 10-15 minutes

Cook time: 5-10 minutes



Tip from Chef Gueiss: Slice raw snap peas crosswise into slivers and toss with a salad for an extra crunch!

Ingredients

Garden:

1 cup snap peas
1-2 cloves garlic

Cupboard:

Citrus

Directions

1. Heat vegetable or canola oil or butter in a skillet.
2. Add peas once hot, and sauté until browned or approaching desired crispiness.
3. Add minced, fresh, or prepared garlic.
4. Cook together for a minute before removing from the heat and plating to prevent the garlic from burning.
5. Let the mixture cool. Add citrus of your choosing,

Restaurant quality...

OVEN ROASTED BRUSSELS SPROUTS

Servings: 2-3

Preparation time: 15 minutes

Cook time: 30 minutes



Tip from Chef Gueiss: In a rush? Slice the Brussels sprouts thinner to speed things up!

Ingredients

Garden:

2-3 cups Brussels sprouts
1-2 cloves fresh garlic or garlic powder

Cupboard:

Vegetable oil

Directions

1. Preheat oven to 350°F and prep a sheet pan with cooking spray, vegetable oil, or shortening.
2. Wash and remove the top layers of the sprouts. Cut off hard ends and cut into halves or quarters.
3. Mix sprouts in a bowl with oil, salt, pepper, or any other seasoning, such as garlic powder.
4. Space out the sprouts on the sheet pan and roast for 25 minutes.

Colorful & flavorful...

SUCCOTASH

Servings: 4

Preparation time: 60 minutes

Cook time: 40 minutes



Ingredients

Garden:

1 cup chopped sweet onion
4 oz. fresh okra, cut into $\frac{1}{2}$ inch slices
1 garlic clove, finely minced (1 tsp.)
1 cup cherry tomatoes, halved
 $\frac{1}{4}$ cup thinly sliced basil

Cupboard:

10 oz. fresh or frozen baby lima beans
2 cups corn kernels
1 $\frac{1}{4}$ tsp. black pepper
1 $\frac{1}{4}$ tsp. salt
3 tbsp. butter
 $\frac{1}{4}$ cup thinly sliced basil

Directions

1. Place lima beans in a medium saucepan and add water to cover. Bring to a boil over medium-high heat. Reduce to medium-low and simmer until beans are just tender – about 8-10 minutes. Drain and set aside.
2. Add chopped onion, fresh okra and garlic to skillet over medium heat and cook, stirring often, until onion is tender – about 6 minutes. Stir in corn kernels, salt, pepper and drained beans. Cook, stirring often, until corn is tender and bright yellow – about 5 to 6 minutes. Add butter and cook, stirring constantly, until butter is melted, about one minute. Remove from heat.
3. Stir in halved cherry tomatoes and sliced basil and serve immediately.

Savory & filling...

OKRA & CORN MAQUE CHOUX

Servings: 2

Preparation time: 5 minutes

Cook time: 15-20 minutes



Ingredients

Garden:

1 cup fresh okra, sliced
1 cup tomato, seeded and diced
½ cup yellow onion, chopped
½ cup green bell pepper, chopped

Cupboard:

1 can of beans of your choice (rinsed and drained)
2 garlic cloves, minced
3 cups fresh corn kernels, drained
Sausage of choice, optional
Salt and pepper to taste

Directions

1. Sauté onion, bell pepper, and garlic for 5 minutes on medium-high heat (or until tender).
2. Add corn, okra, tomato and beans; cook, stirring often, for 5 to 10 minutes, just until okra is tender but not slimy.
3. Season with salt and pepper and if you're craving some spice, add red pepper flakes.
4. Serve hot.

A simple delight...

CHICKEN-CORN CHOWDER

Servings: 4

Preparation time: 10 minutes

Cook time: 30 minutes



Ingredients

Garden:

1 pinch cilantro
1 pinch chives

Cupboard:

1 can potatoes
1 ½ cans corn
1 can chicken
½ can peas
½ can green beans
3 cups milk
2 tbsp. butter

Directions

1. Boil a pot of water.
2. Place two tablespoons of butter into the pot and stir.
3. Add chicken, corn, peas and green beans and wait twenty minutes. Make sure to drain any liquid from each of the cans except from the can of chicken in order to preserve flavor.
4. Add milk and stir for ten minutes.
5. Add a pinch of cilantro and chives.

Amazingly the best...

CHICKEN POT PIE

Servings: 4

Preparation time: 10 minutes

Cook time: 30 minutes



Ingredients

Garden:

2 pinches of parsley
2 pinches of oregano

Cupboard:

10 ready to bake biscuits
½ stick of butter
3 cans of cream of chicken soup
1 can of chicken
1½ cans of peas
1½ cans of green beans
1 can of corn

Directions

1. Preheat the oven to 400°F.
2. Lightly coat the bottom of the pan with butter.
3. In a mixing bowl, add the cream of chicken soup, canned chicken, peas, green beans and corn. Stir for two and a half minutes to ensure that everything is distributed evenly.
4. Pour the contents of the bowl into the pan.
5. Place all of the biscuits into the pan.
6. Place the pan into the oven and let them bake for 20-25 minutes or until they are golden brown.

Tasty & healthy...

ROSEMARY MINESTRONE SOUP

Servings: 8

Total time: 40 minutes



The perfect meal for a chilly day, this hearty soup will fill you up!

Ingredients

Garden:

3 cloves garlic
2 ribs celery
2 cups diced butternut squash
1 potato
4 tbsp. rosemary
4 tbsp. parsley
1 onion
1 zucchini

Cupboard:

3 tbsp. olive oil
8-10 cups vegetable broth
2 tbsp. tomato paste
1 cup green beans
15 oz. can of pinto beans
8 oz. wheat pasta
Parmesan cheese rind,
optional

Directions

1. Sauté onions, celery, butternut squash, potato, and two tablespoons each of rosemary and parsley in olive oil until softened in a large pot, about 5 minutes.
2. Add garlic and tomato paste; stir to coat and sauté for about one more minute.
3. Cover with vegetable broth, season with salt and pepper, and add optional parmesan cheese rind; bring to a boil, cover, and simmer for 30-40 minutes.
4. Remove parmesan cheese rind, if applicable.
5. Add pasta, canned beans, zucchini, green beans and remaining herbs; stir and simmer for another 10-15 minutes, or until pasta is cooked.
6. Serve with extra salt, pepper and parmesan cheese on top if you want!

A vegetarian treat...

CABBAGE STIR FRY

Servings: 4

Preparation time: 20-
30 minutes

Cook time: 25 minutes



Ingredients

Garden:

1-2 cups of cabbage, thinly sliced

1-2 cloves garlic

Additional leafy greens, as desired

Cupboard:

Vegetable oil

Ginger root, finely grated/chopped

Citrus

Sesame oil/seeds, optional

Soy sauce or rice vinegar, optional

Peanuts

Directions

1. Peel the top few layers off the cabbage and thinly slice, storing any extra for later use.
2. Add 2 tablespoons of oil in a skillet on medium-high heat.
3. Add garlic and ginger to heat up for roughly 5 minutes. At this point, add meat of your choosing and mushrooms.
4. Add cabbage to skillet and let brown and wilt until approaching preferred tenderness (around 4 minutes).
5. Before the cabbage is done cooking, add any greens from the garden (sweet potato leaves, arugula, kale, chard, spinach, etc.) to brown but not burn. Stir in soy sauce or rice vinegar before you remove the skillet from the heat.
6. Remove from the stove, let cool partially in a bowl, and add citrus, sesame oil, sesame seeds, salt, pepper, herbs and peanuts. Toss and enjoy!

Make it just how you like it...

TACO SALAD

Servings: 6

Preparation time: 20-30
minutes

Cook time: 25 minutes



Ingredients

Garden:

1 cup onion
2 lettuce heads

Cupboard:

1 lb. ground turkey/beef
1 cup corn
1 cup black, pinto, and/or
kidney beans
1 (1 oz.) packet taco
seasoning
 $\frac{1}{4}$ cup water
2 cups shredded Cheddar
or Pepper Jack cheese
Tortilla chips
Salsa

Directions

1. Dice the onion and tomato
2. Drain the canned corn and beans
3. In a skillet heat the diced onion until it is translucent, add in the turkey/beef and cook it until it is crumbled and browned.
4. Stir in the taco seasoning and water. Heat for about 2 minutes.
5. Build your salads with the remaining ingredients.

Additional add-ins: Cilantro, sour cream, olives, green onions, chopped tomatoes, avocado and ranch dressing

Easy & Delightful...

SIMPLE BEAN CHILI

Servings: 4

Preparation time: 10 minutes

Cook time: 20 minutes



Feel free to add any extra vegetables that you want to this chili!

Ingredients

Garden:

1 yellow onion
Pinch of oregano

Cupboard:

3 cans of beans
2 cans of tomatoes or 3 medium tomatoes
2 tsp. chili powder
1 can of corn or green beans (or both)

Directions

1. Dice up an onion.
2. Heat up oil in a pot.
3. Once the oil is hot, add the diced onion and let cook for two to three minutes, or until slightly brown.
4. Add the beans, tomatoes, oregano, chili powder, corn and green beans and stir.
5. Let simmer for ten minutes while stirring occasionally.
6. Add salt and add toppings of your choice. Cheese, sour cream and saltines are great additions.

Packed with flavor...

SPICY CABBAGE SALAD

Servings: 3-4

Preparation time: 20 minutes



Tip from Chef Gueiss: Cabbage is also great paired with apples. You can sauté them in a pan together with olive oil, lemon juice, and maple syrup. Ready in under 10 minutes!

Ingredients

Garden:

1-2 cups of cabbage, thinly sliced

Cupboard:

Olive oil

Ginger root, finely grated or chopped

Citrus

Sesame oil/ seeds, optional

Soy sauce or rice vinegar, optional

Peanuts

Black beans

Directions

1. Remove top layers of the cabbage, rinse, and chop into thin slices. Put cabbage into a bowl.
2. Gently massage the cabbage with hands to “bruise” or soften it as much as you prefer. Drain the water that is released.
3. Add the herbs from the garden (cilantro, fennel, dill, parsley, etc.)
4. Add olive oil, grated or minced garlic and ginger, salt, pepper, lemon zest and juice, soy sauce and balsamic or rice vinegar.
5. Add peanuts, sesame or flax seeds, or any other seeds you prefer.
6. Add black beans, turkey, or chicken for more protein and texture.

A healthier version of a favorite...

FANCY RAMEN NOODLES

Servings: 1

Preparation time: 5 minutes

Cook time: 15 minutes



A healthy twist on Ramen noodles that makes it more fun to make and eat-- and contains less sodium too! You can add or substitute almost any ingredient you'd like, but this specific recipe is my favorite.

Ingredients

Garden:

$\frac{1}{3}$ cup sautéed spinach
 $\frac{1}{4}$ cup parsley or cilantro
 Green onion, optional

Cupboard:

1 Ramen noodle package (any flavor)
 $\frac{1}{2}$ of Ramen noodle flavoring packet
 2 pinches salt
 2 pinches pepper
 2 cups boiled water
 1 hardboiled egg, optional

Directions

1. Cook the ramen noodles according to the instructions on the packet.
2. While the water is boiling, cook the spinach with olive oil on another skillet with no seasoning. Also, make sure your parsley or cilantro is chopped, as well as any other ingredients you may want to add.
3. Once the ramen is fully cooked, add your seasoning of choice and stir.
4. Judge by tasting and add seasoning if needed.
5. Add the spinach or other ingredients and stir. Serve in a bowl and enjoy!

A great way to get your veggies...

BURRITO BOWLS

Servings: 2

Preparation time: 5 minutes

Cook time: 20 minutes



This is one of my personal favorite dishes to prepare on a weeknight, as it incorporates some of my favorite vegetables and can be served at any time of year. It's also a healthier spin on a full burrito, but sometimes I like to add tortilla chips for an extra crunch!

Ingredients

Garden:

1 leaf of kale (or spinach leaves or 1 Swiss chard leaf)
1 sweet potato, diced

Cupboard:

1 can of black beans (or pinto beans)
 $\frac{1}{4}$ can of corn
1 pinch of salt and pepper
 $\frac{1}{2}$ teaspoon dried oregano leaves

Directions

1. Sweet potatoes take longest to cook, so preheat your oven to 400°F before you start prepping.
2. While it is preheating, dice your sweet potato and assemble other ingredients.
3. On a large cookie pan, drizzle sweet potatoes with olive oil.
4. Place this pan in the heated oven once. Cook for 20-30 minutes, or until sweet potatoes are tender.
5. Heat the can of black beans and corn in a large pot until warm.
6. Add oregano, salt and pepper. Keep this pot on a burner on low until the other ingredients are ready.
7. In a skillet, sauté kale, spinach, or Swiss chard leaves with olive oil, salt and pepper.
8. Once everything is cooked, first add beans to a bowl, and layer other ingredients on top as you wish. Serve and enjoy!

How to make salads fun...

ROASTED SWEET POTATO SALAD

Bonus Sweet Potato Recipe from Chef Gueiss:
 Looking for a twist on your go-to plain roasted sweet potato? Mix yogurt, curry powder, salt and pepper in a bowl, and toss it on top of your sweet potato, with some mint and cilantro.

Ingredients

Garden:

2 medium sweet potatoes, roughly diced
 6 cups kale, torn into bite sized pieces without the stem

1 tsp. lemon juice

Cupboard:

1 tbsp. olive oil
 ¼ tsp. salt
 ¼ tsp. black pepper
 ¼ cup dried cranberries
 1/3 cup walnut pieces, toasted
 ¼ cup goat cheese crumbles

Vinaigrette:

2 tbsp. apple cider vinegar
 1 tbsp. minced onion
 1 tsp. honey
 ¼ cup olive oil
 1 tsp. Dijon mustard

Servings: 6

Preparation time: 10 minutes

Cook time: 40-45 minutes



Ingredients can also be easily substituted or not used at all in this recipe!

Directions

1. Preheat oven to 400°F. Coat potatoes with olive oil and sprinkle with salt and pepper. Spread out on a sheet pan. Roast in oven for 40-45 minutes, or until sweet potatoes are soft.
2. Prep the kale: place torn kale pieces in a salad bowl. Drizzle with lemon juice. Using your hands, massage the kale with the lemon juice until the kale is bright green
3. Top kale with sweet potatoes, cranberries, walnut pieces and goat cheese crumbles.
4. To make the vinaigrette, add all ingredients for vinaigrette in a jar and shake to combine. Drizzle over salad and serve.

Low cost & high taste...

SWEET POTATO BLACK BEAN BURGER

Servings: 4

Preparation time: 15 minutes

Cook time: 40 minutes



Ingredients

Garden:

2 tsp. oregano
2 red onions
3 sweet potatoes

Cupboard:

1 tsp. chili powder
1 tsp. salt
2 tsp. cumin
1 cup brown rice flour
1 cup sweet corn
3 cups black beans
1 tbsp. olive oil

Directions

1. Preheat your oven to 375°F. Peel and chop the sweet potato into small cubes, drizzle with olive oil and cook for 25-30 minutes, turning occasionally. Once the sweet potato is done, mash well in a bowl.
2. Use a frying pan to caramelize the onions.
3. Rinse and drain the black beans, then mash them in a large mixing bowl until roughly half the mixture becomes a paste. Add in the mashed sweet potatoes, caramelized onions, spices and sweet corn. Add the brown rice flour to bind and continue to stir. Shape into 8 large patties and place in the fridge to cool.
4. In a frying pan, drizzle olive oil and fry the burgers for 3 minutes on each side, place on a baking tray and bake at 375°F for 10-15 minutes until crisp.
5. Then make it your own with ketchup, lettuce, avocado, Swiss cheese, or whatever you like!

An open-air method of...

DRYING HERBS (FOR TEA)

Servings: Endless

Preparation time: 10 minutes

Cook time: 1-2 weeks



Ingredients

Garden: Mint, Bee Balm, Stevia, Lavender, Basil, Oregano, Parsley, Thyme

In addition,

- Paper Clip
- Rubber Band

Helpful note: A spoonful of crumbled leaves can be used for each cup of tea.

Adapted from:
[DIY Herbal Tea](#)

Directions

1. Cut a handful of herbs from the garden and strip all leaves from the bottom 1½ inches of each stem.
2. Gather 5 or 6 stems together in a bunch with a rubber band to hold them loosely together.
3. Slip a sprung-open paper clip into the bundle to use as a hanging device.
4. Hang the herbs in a non-humid, well-ventilated place, away from direct sunlight.
5. Allow seven to 10 days to dry (drying time depends on the size of the branches and humidity in the room.) When the herbs feel crunchy-dry, strip them from their stems.
6. Store the dry leaves in an airtight glass jar.

A Method of...

DIY MINCED GARLIC

Servings: A lot

Preparation time: 10 minutes



A great way to prepare garlic in bulk and make your life easier when you need some minced garlic! Use a clean glass jar and the garlic should stay good for months in the fridge and well over a year in the freezer.

Ingredients

Garden:

3 cups of whole garlic,
peeled

Cupboard:

½ cup oil of your choice,
plus extra for topping
1 tbsp. salt

Directions

1. Wash, air dry, and set aside the mason jars.
2. Wash and peel the garlic.
3. Place your peeled garlic into a food processor or blender and add the oil and salt before giving it a quick few pulses. Pulse depending on how fine you want it (garlic paste vs. minced garlic), scraping down the sides as you go.
4. Put the garlic in the mason jars, leaving about a half inch space to top with oil and to allow for it to have space to expand during freezing.
5. Place extra bottles of garlic in your freezer for later or enjoy immediately from the refrigerator.

Salty & crispy...

BAKED BEET CHIPS

Servings: 2-4

Preparation time: 15 minutes

Cook time: 25-30 minutes



Tip from Chef Gueiss: Beets can be eaten raw. Any scraps made from cutting the beets into chips could be used as a salad topping or in a smoothie for extra nutrients and color.

Ingredients

Garden:

2 lb. large beets

Cupboard:

2 tbsp. olive oil

Salt to taste

Black pepper to taste

Directions

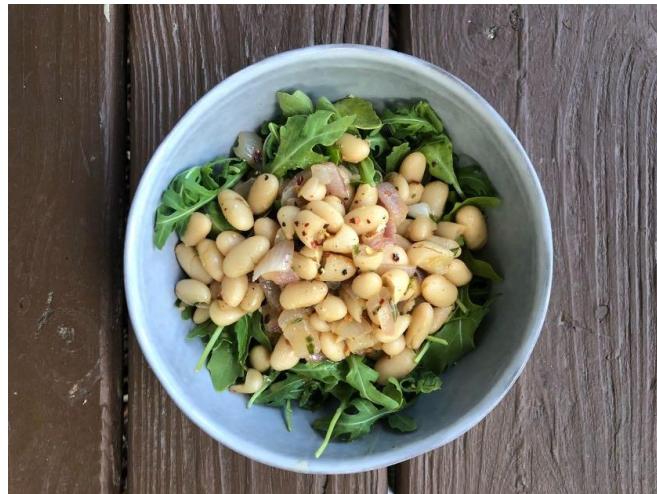
1. Preheat oven to 350°F.
2. Line several baking sheets with parchment paper.
3. Thinly slice the beets.
4. Toss the beet slices in olive oil, salt and pepper.
5. Arrange beet slices into a single layer on the baking sheets and bake for 25-30 minutes until crisp.

Light & lemony...

LEMON AND WHITE BEAN SALAD

Servings: 4

Preparation time: 10 minutes



This can be a light meal or a great side dish.

Ingredients

Garden:

1 tsp. lemon juice
¼ cup of sliced red onion
Salad greens of your choice.

Cupboard:

2 tbsp. olive oil
1 tsp. Dijon mustard
15 oz. cannellini beans
Salt and pepper to taste

Directions

1. Whisk lemon juice, olive oil, Dijon mustard, salt and pepper together in a bowl.
2. Add rinsed and drained beans, onion and leafy greens of your choice to bowl and toss to coat thoroughly.

A savory treat...

SAVORY MAPLE ROASTED CARROTS

Servings: 4

Preparation time: 10 minutes

Cook time: 30 minutes



Ingredients

Garden:

1 lb. carrots

Cupboard:

2 tbsp. maple syrup

1 tbsp. melted butter

½ tbsp. cinnamon

1 tbsp. soy sauce

Directions

1. Preheat oven to 400°F.
2. Combine the soy sauce, maple syrup, cinnamon and melted butter in a bowl and whisk until smooth.
3. Peel and slice the carrots into roughly one-inch sections. For thicker parts of the carrot, make the sections shorter and vice versa for thinner parts of the carrot to promote even cooking.
4. Toss the carrots in the sauce until evenly coated.
5. Arrange in a single layer on a baking sheet.
6. Roast the carrots until golden brown for roughly 30 minutes and flip them halfway through the cook time.

Vegan & tasty...

BASIL PESTO

Servings: 2

Preparation time: 15 minutes



Add this vegan sauce to pastas, salads, and toast to enjoy in a variety of ways!

Ingredients

Garden:

4 tbsp. basil
1 tbsp. lemon juice
1 tbsp. minced garlic

Cupboard:

2 tbsp. tahini
Salt to taste
Pepper to taste
Red chili flakes, optional

Directions

1. Mash ingredients together in a bowl or pulse in a food processor until well-combined.
2. Adjust salt, pepper, and chili flakes to taste.

A great addition to Taco Tuesday...

GARLIC BLACK BEANS

Servings: 4

Preparation time: 15 minutes



Ingredients

Garden:

1 clove of garlic, minced
1 small onion, chopped
1 tbsp. cilantro

Cupboard:

16 oz. black beans
 $\frac{1}{4}$ tsp. cayenne
Salt to taste

Directions

1. In a medium saucepan, combine beans, onion, and garlic, and bring to a boil.
2. Season with cayenne and salt.
3. Reduce to a simmer for five minutes.
4. Garnish with fresh cilantro.

Sweet & easy...

STRAWBERRY TOAST

Servings: 1

Preparation time: 10 minutes



Mix up the toppings to create endless variations of this dish.

Ingredients

Garden:

3 sliced strawberries

Cupboard:

1 slice of bread

1 tbsp. peanut butter

Directions

1. Toast one slice of bread.
2. Slice strawberries.
3. Apply peanut butter to toast in an even layer and top with strawberries.

Light & nutritious...

STRAWBERRY SPINACH SALAD

Servings: 4

Preparation time: 15 minutes



This recipe is easily customizable!

Ingredients

Garden:

1 lb. strawberries
quartered
 $\frac{1}{4}$ cup red onion
11 oz. spinach
1 cup pecans

Cupboard:

$\frac{1}{4}$ cup olive oil
2 tbsp. maple syrup
2 tbsp. balsamic vinegar
1 tbsp. soy sauce
3 oz. of cheese- goat
or feta recommended.

Directions

1. Preheat skillet and toast pecans for around 3 minutes.
2. Combine olive oil, maple syrup, vinegar and soy sauce to create dressing.
3. Pour over spinach, onion, strawberries, toasted pecans and cheese.
4. Toss to coat the salad.

Refreshing & light...

PEANUT NOODLE SALAD

Servings: 4

Preparation time: 20 minutes

Cook time: 10 minutes



Ingredients

Garden:

1 clove garlic
1 medium lime
4 cups red cabbage
2 carrots
1/2 bunch of cilantro

Cupboard:

3 tbsp. peanut butter
1 tbsp. brown sugar
2 tsp. soy sauce
 $\frac{1}{4}$ cup neutral oil
8 oz. spaghetti

Directions

1. Combine peanut butter, brown sugar, soy sauce, lime, oil and garlic to create a dressing.
2. Break the spaghetti noodles in half. Cook the spaghetti according to box instructions and drain well.
3. Meanwhile, shred the cabbage and carrots. Roughly chop the cilantro.
4. Add the cool spaghetti noodles to the cabbage, carrots and cilantro.
5. Add the dressing and toss thoroughly to combine.

Get comfortable cooking tofu...

CHILI GARLIC TOFU BOWLS

Servings: 4

Preparation time: 30 minutes

Cook time: 30 minutes



Ingredients

Garden:

1 bunch kale
2 cloves garlic
1 lime
 $\frac{1}{4}$ bunch cilantro

Cupboard:

2 tbsp. soy sauce, divided
14 oz. firm tofu
2 tbsp. sriracha
1 tbsp. brown sugar
4 cups brown rice
2 Tbsp. oil, divided.

Directions

1. Wrap tofu in a towel and press for 30 minutes.
2. Remove the stems from the kale. Cut into 1-inch strips and rinse well.
3. Mince garlic and add to a large pot over medium heat. Sauté in one tablespoon oil for one minute.
4. Add kale and cook until wilted, roughly 5 minutes.
5. Add one tablespoon of the soy sauce to the wilted kale and remove from heat.
6. In a bowl, mix the sriracha, one tablespoon of the soy sauce and the brown sugar.
7. Chop pressed tofu into bites.
8. Add 1 tablespoon oil to a skillet over medium heat. Fry the tofu cubes until lightly golden brown before flipping to repeat on all sides.
9. Add sauce to the fried tofu and toss thoroughly to coat.
10. Prepare brown rice. Combine rice, kale and tofu. Squeeze lime on the combination to finish.

Quick & delicious...

GARLIC PARMESAN KALE PASTA

Servings: 4

Preparation time: 10 minutes

Cook time: 15 minutes



You can prepare this dish in a flash, so it seems really fancy without all the effort!

Ingredients

Garden:

$\frac{1}{2}$ lb. kale
2 garlic cloves

Cupboard:

$\frac{1}{2}$ lb. angel hair pasta
2 tbsp. olive oil
2 tbsp. butter
 $\frac{1}{4}$ cup Parmesan
Salt to taste
Red chili flakes to taste

Directions

1. Remove kale leaves from stems and cut into 1-inch strips. Wash well and let dry.
2. Cook pasta until al dente and drain.
3. While the pasta is cooking, add olive oil, butter and garlic to a large skillet. Sauté over medium heat for roughly 1-2 minutes until the garlic is fragrant.
4. Add the kale to the skillet and sauté for 5-7 minutes until the kale is wilted. At this point, turn off the heat.
5. Add drained pasta to kale. Toss the kale and pasta together and let cool until warm, but not steaming.
6. Add the parmesan, salt and chili flakes and toss until thoroughly distributed.

Clean & easy...

ONE POT PASTA

Servings: 4

Preparation time: 15 minutes



Ingredients

Garden:

*½ onion
2 cups stewed tomatoes
1 cup peas
5 carrots*

Cupboard:

*4 cups water
8 oz. pasta
1 tbsp. olive oil
Salt to taste
Garlic powder to taste*

Directions

1. Dice the onions and carrots.
2. Sauté onions and carrots in olive oil over medium heat.
3. Cook pasta to al dente.
4. Add the cooked pasta to the sautéed onions and carrots. Add the remaining vegetables.
5. Season with salt and garlic powder to your liking.

Flavorful & fast...

BLACK BEAN QUESADILLAS

Servings: 5

Preparation time: 5 minutes

Cook time: 10 minutes



Ingredients

Garden:

*½ red onion
1 garlic clove
¼ bunch of cilantro*

Cupboard:

*15 oz. black beans
1 cup corn kernels
2 cups shredded cheese
10 taco size tortillas
1 taco seasoning packet*

Directions

1. Drain and rinse black beans before adding them to a bowl with the corn kernels.
2. Roughly chop the cilantro. Dice the onion. Mince the garlic. Add these to the black bean and corn mix.
3. Add shredded cheese and taco seasoning and toss thoroughly so everything is evenly seasoned.
4. Place half a cup on half of a tortilla in a skillet over medium heat. Cook until the tortilla is browned and the cheese is melted.

A fresh take on a classic dish...

COCONUT RICE PILAF

Servings: 8

Preparation time: 10 minutes

Cook time: 45 minutes



Ingredients

Garden:

2 garlic cloves
1 medium onion
 $\frac{1}{2}$ lb. peas
 $\frac{1}{2}$ lb. carrots

Cupboard:

1 $\frac{1}{2}$ cups rice
15 oz. coconut milk
2 tbsp. olive oil
15 oz. pineapple chunks
 $\frac{1}{4}$ cup soy sauce
 $\frac{1}{4}$ cup sriracha
Salt to taste

Directions

- Place the rice, garlic (minced), coconut milk, $\frac{2}{3}$ cup of water and $\frac{1}{2}$ teaspoon of salt into a pot. Stir to combine the ingredients. Place a lid on the pot and place over high heat until it comes to a boil. As soon as it comes to a full boil, lower the heat to the lowest setting.
- Leave over low heat for 30 minutes
- Heat 2 tablespoons of oil over high heat in a skillet.
- Slice onions thinly and sauté in skillet until golden brown on edges.
- Add other veggies and drained pineapple chunks to skillet until everything is warmed.
- When the rice is finished, add to the skillet with veggies.
- Top with soy sauce and sriracha. Toss until thoroughly combined.

Start your day off right...

SPINACH BREAKFAST HASH

Servings: 2

Preparation time: 5 minutes

Cook time: 15 minutes



Ingredients

Garden:

2 yellow potatoes
1/2 onion
2 cups spinach
2 cloves garlic

Cupboard:

2 tbsp. olive oil
2 eggs
Salt to taste
Pepper to taste

Directions

1. Sauté diced potatoes and onions in a skillet over high heat.
2. Once the potatoes have browned, add the spinach and minced garlic.
3. Cover and cook for 1-3 minutes until spinach has wilted.
4. Make two holes in the potato mixture and break an egg into each hole. Cook eggs to your liking.
5. Season with salt and pepper.

Crunchy & customizable...

HOMEMADE GRANOLA

Servings: 4

Preparation time: 25-30 minutes



Change up what you add to the granola to your liking. Eat this as a snack or as a topping for yogurt or ice cream.

Ingredients

Cupboard:

3 cups rolled oats
1 cup sliced almonds
 $\frac{3}{4}$ cup honey
2 tsp. coconut oil
1 tsp. vanilla extract
1 tbsp. cinnamon

Directions

1. Preheat oven to 350°F.
2. Mix the oats and the almond slices and then spread into an even layer on a baking tray.
3. Bake the mix for 15-20 minutes.
4. In a bowl, mix the honey, coconut oil, vanilla extract and cinnamon.
5. Pour roasted oats and almonds into mix and toss until thoroughly coated.
6. Return to mixture to the baking sheet and spread in an even layer.
7. Turn off the oven, but put the baking sheet into the still warm oven to crisp up for another 5 minutes.
8. Break the granola into crunchy bites.

A decadent treat...

GARLIC BUTTER ARTICHOKES

Servings: 4

Preparation time: 10 minutes

Cook time: 70-80 minutes



Ingredients

Garden:

4 large artichokes

½ lemon

1 garlic clove

Cupboard:

½ cup melted butter

Salt to taste

Black pepper to taste

Directions

1. Trim artichoke stems to 1/2 inch.
2. Snap off any brown leaves and remove the top fourth of the leaves.
3. Bring 2 inches of water to boil in a large pot with a steamer basket.
4. Season artichokes with salt and pepper.
5. Add artichokes and steam for 70-80 minutes.
6. Remove the artichokes from heat when tender and add the lemon juice.
7. In a separate bowl, mix the melted butter and finely minced garlic to serve as a dip.

Healthy & quick...

QUICK COLLARDS

Servings: 2

Preparation time: 8 minutes

Cook time: 7 minutes



Ingredients

Garden:

1 bunch collard greens
½ lemon
2 cloves garlic

Cupboard:

1 ½ tbsp. olive oil
¼ tsp. salt
Red pepper flakes to taste

Directions

1. Remove the center rib from washed collard leaves.
2. Stack all of the leaves and then roll into a log.
Slice the leaves in this log shape thinly to create long, thin pieces.
3. Add olive oil to a large pan over medium-high heat.
4. When oil is shimmering, add the sliced collard greens and salt. Stir until collards are coated in oil.
5. Stir every 30 seconds or so until the collards are wilted, dark green and starting to brown on the edges.
6. When collards are close to finished, add garlic and red pepper flakes.
7. Remove from heat and serve with a lemon wedge.

Crunchy & nutritious...

BAKED EGGPLANT STICKS

Servings: 4

Preparation time: 10 minutes

Cook time: 15 minutes



Tip from Chef Gueiss: For those who find the skin of eggplant too bitter but want the flavor, you can go ahead and peel off “streaks” of the skin in any eggplant recipe!

Ingredients

Garden:

10 z. eggplant

Cupboard:

2 tbsp. olive oil

1 tsp. salt

½ cup Italian

breadcrumbs

1 tbsp. Parmesan cheese

1 large egg white

Directions

1. Preheat oven to 450°F.
2. Line 2 baking sheets with parchment paper.
3. Cut ends off eggplant and slice the rest into 1/4 inch sections.
4. Toss sliced eggplant in oil and salt.
5. In a separate bowl, combine parmesan cheese and breadcrumbs.
6. In a separate bowl, add the egg white.
7. Dip the eggplant slices into the egg white and then the breadcrumb and cheese mixture.
8. Place coated eggplant slices into a single layer on the baking sheets.
9. Bake for 10 minutes and then flip eggplant slices for a final 5 minutes.

Easy & delicious ...

ROASTED BELL PEPPER SLICES

Servings: 8

Preparation time: 10 minutes

Cook time: 5 minutes



Enjoy as an appetizer, a side dish, or a taco topping.

Ingredients

Garden:

4 bell peppers
2 cloves garlic

Cupboard:

3 tbsp. olive oil
Salt to taste
2 tbsp. Italian seasoning

Directions

1. Remove the seeds from the bell pepper and cut into 1/2 inch slices.
2. Add olive oil to a large skillet over high heat.
3. Add bell peppers to skillet and sauté for 4 minutes.
4. Turn heat to low and add in garlic and salt. Sauté for another 1-2 minutes.
5. Remove from heat and toss in Italian seasoning blend until thoroughly coated.

Vegan treat...

PEANUT BUTTER TOFU BITES

Servings: 2-4

Preparation time: 30 minutes

Cook time: 30 minutes



This dish can serve as a crunchy snack or a great meal topper.

Ingredients

Garden:

1 tbsp. lemon juice
2 cloves minced garlic
½ tbsp. cilantro

Cupboard:

1 block firm tofu
¼ cup melted creamy peanut butter
1 tbsp. maple syrup
2 tbsp. soy sauce
2 tbsp. olive oil
3 tbsp. water
1 tbsp. crushed red pepper
Salt to taste

Directions

1. Preheat oven to 400°F.
2. Remove tofu from package, wrap in a towel, and press for 20 minutes.
3. Cut tofu into cubes and coat in olive oil and salt.
4. Place tofu cubes on a baking tray and bake for 30 minutes, flipping halfway through.
5. Mix peanut butter, lemon juice, soy sauce, maple syrup, water and red pepper.
6. In a sauce pan over medium heat, add olive oil and garlic and sauté until fragrant.
7. Add sauce prepared in step 5 and roasted tofu and toss until tofu is thoroughly coated. Remove from heat quickly.
8. Garnish with cilantro.

Exceptionally easy...

GREEN BEAN CASSEROLE

Servings: 4

Preparation time: 10 minutes

Cook time: 25 minutes



Ingredients

Cupboard:

*30 oz. cut green beans
4 artichokes, in chunks
 $\frac{1}{2}$ cup parmesan
 $\frac{1}{2}$ cup Italian
breadcrumbs
 $\frac{1}{4}$ cup olive oil
Black pepper to taste*

Directions

1. Preheat oven to 350°F.
2. Combine all ingredients into a casserole dish.
3. Toss ingredients until evenly distributed.
4. Bake for 25 minutes.

Innovative & delicious...

OREGANO PESTO PASTA

Servings: 4

Preparation time: 10 minutes

Cook time: 10 minutes



A new take on traditional basil pesto adds interest to this dish.

Ingredients

Garden:

1 cup fresh oregano
2 garlic cloves
½ cup raw almonds

Cupboard:

½ cup parmesan
½ cup olive oil Salt to taste

Directions

1. Cook pasta al dente and drain.
2. Add all ingredients but olive oil to a bowl and grind until slightly combined. If you have a food processor, you can use that.
3. Once slightly mashed, stream in the olive oil and continue grinding until smooth.
4. Combine pasta and pesto and toss until thoroughly combined.

Healthy & comforting...

CARROT MAC N' CHEESE

Servings: 4

Preparation time: 10 minutes

Cook time: 60 minutes



A healthier take on a favorite comfort food.

Ingredients

Garden:

$\frac{3}{4}$ lb. carrots
1 orange, juiced.

Cupboard:

$\frac{1}{2}$ -1 tbsp. salt
2 cups penne pasta
3 oz. cheddar cheese
1 tbsp. tarragon
 $\frac{1}{2}$ -1 tbsp. black pepper

Directions

1. Peel and thinly slice carrots.
2. Preheat oven to 350°F.
3. In a medium saucepan, combine carrots, orange juice, salt, and $\frac{1}{4}$ cup of water. Let simmer for 30 minutes until carrots are softened.
4. Blend carrots until smooth.
5. Cook pasta until al dente and drain, reserving a cup of pasta water.
6. Add pasta, pasta water, and carrot puree to a pot and cook over medium heat for 5 minutes.
7. Stir in 3/4 of cheese and stir until creamy.
8. Stir in tarragon, pepper and salt.
9. Transfer to a baking pan and top with the rest of the cheese. Bake for 20 minutes.

Spicy & cheesy...

STUFFED BELL PEPPERS

Servings: 6

Preparation time: 20 minutes

Cook time: 30 minutes



You can prepare these with quinoa if you have that on hand instead of rice.

Ingredients

Garden:

6 bell peppers
 ½ cup diced tomatoes
 3 tbsp. fresh cilantro

Cupboard:

3 cups cooked rice
 1 cup corn kernels
 ½ cup black beans
 ½ shredded cheese
 1 tsp. cumin
 1 tsp. garlic powder
 ½ tsp. onion powder
 ½ tsp. chili powder
 Salt to taste

Directions

1. Preheat oven to 350°F.
2. Combine rice, corn, black beans, cheese, cumin, garlic powder, onion powder, chili powder and salt in a large bowl.
3. Cut the tops off of and scoop out the insides of bell peppers.
4. Scoop filling into hollowed out peppers.
5. Place on a baking pan and bake for 25-30 minutes.

A big batch for dinner...

ROASTED SHRIMP AND OKRA

Servings: 6-8

Preparation time: 30 minutes



Tip from Chef Gueiss: Have some extra time? Roast the okra first before sautéing it for a softer inside and crispy outside.

Ingredients

Garden:

$\frac{1}{2}$ lb. okra
1 pint cherry tomatoes
3 garlic cloves

Cupboard:

3 tbsp. olive oil, divided
1 lb. peeled large shrimp
 $\frac{1}{2}$ tsp. crushed red pepper
1 tsp. salt
 $\frac{1}{2}$ tsp. black pepper

Directions

1. Sauté okra in 1 tablespoon of olive oil for 4-5 minutes. Transfer to a bowl when lightly browned.
2. Add tomatoes and another tablespoon of olive oil to skillet and sauté for 3 minutes. Add to bowl with okra.
3. Add shrimp and another tablespoon of olive oil to skillet. Add red pepper. Sauté for 2-3 minutes.
4. Add garlic and sauté for 30 seconds.
5. Stir okra and tomatoes back in and sauté for another 1-2 minutes.
6. Stir in salt and pepper and toss to combine thoroughly.

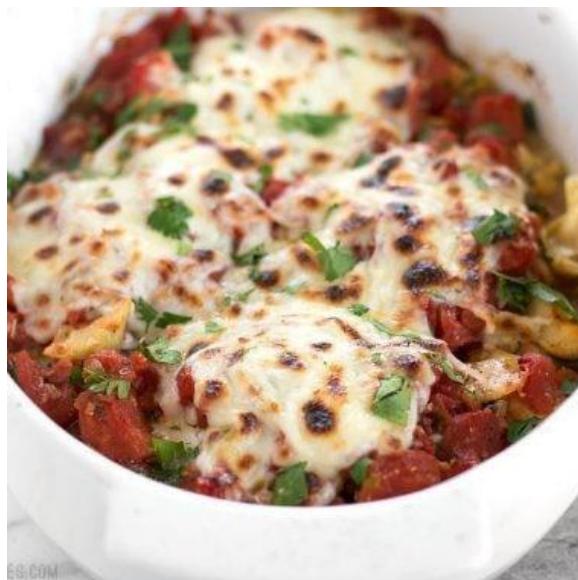
A cheesy treat...

BAKED CHICKEN WITH ARTICHOKE HEARTS

Servings: 4

Preparation time: 10 minutes

Cook time: 35 minutes



Ingredients

Garden:

3 cloves garlic
 $\frac{1}{2}$ tbsp. lemon juice

Cupboard:

15 oz. diced tomatoes, drained
 2 boneless, skinless chicken breasts
 14 oz. artichoke hearts
 1 cup shredded mozzarella
 Salt and black pepper

Directions

1. Combine drained tomatoes, olive oil, lemon juice, salt and black pepper. Toss to combine thoroughly.
2. Preheat oven to 400°F.
3. Pound chicken breast into an even thickness. Then, slice each breast into 2 pieces. Season with salt and pepper.
4. Drain the can of artichoke hearts and chop into smaller pieces.
5. Add half of the artichoke hearts to the bottom of a casserole pan. Then, layer pieces of chicken on top. Then cover the chicken with the remaining artichoke hearts.
6. Pour tomato mixture over casserole dish.
7. Bake uncovered for 30 minutes.
8. Sprinkle cheese over top of casserole and broil for 5 minutes.

A healthier take on a classic breakfast...

GRITS n' GREENS

Servings: 1

Preparation time: 5 minutes

Cook time: 10 minutes



Ingredients

Garden:

$\frac{1}{2}$ cup collard greens

Cupboard:

$\frac{1}{2}$ tbsp. butter

1 egg

3 tbsp. quick-cook grits

Salt and black pepper to taste

Directions

1. Cook grits according to package instructions.
2. Season grits with butter and salt.
3. Sauté collard greens in a skillet until wilted.
4. Cook egg in the skillet to your preference.
5. Top grits with egg and greens.
6. Season with salt and pepper.

Have you enjoyed this cookbook?

*Share with us your favorite recipes from this cookbook
on Instagram or Facebook or other dishes you love at:*

*@ediblecampusunc
@uncfoodpantry
@unc_apples*



If you have questions, concerns, or comments, please contact Edible Campus at:
ediblecampusunc@gmail.com