

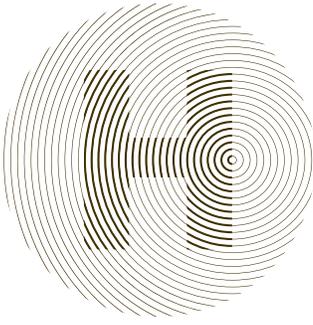
HARVEST HOME

Ingredients

Recipes

Menus





*Don't judge each day by the harvest you reap
but by the seeds that you plant.*

Robert Louis Stevenson

Chef's Statement

har-vest

[hahr-vist]

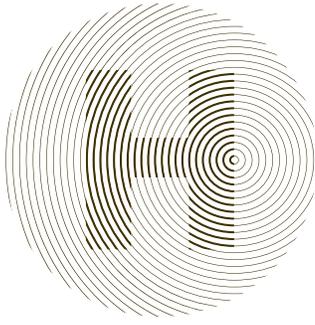
noun 1: the season when ripened crops are gathered 2: a crop or yield of one growing season 3: a supply of anything gathered at maturity and stored 4: the result or consequence of any act, process, or event

verb 1: to gather (a crop or the like) 2: reap 3: to gather the crop from 4: to gain, win, acquire, or use (a prize, product, or result of any past act, process, plan, etc.)

At its most literal definition, harvest means to reap what has been grown. It takes a community to accomplish that act – to grow, to build, to sustain. It was “the result or consequence of any act, process, or event” that really summed up our work with the Solar Decathlon house. Team Capitol DC’s Harvest Home celebrates that sentiment throughout every element of our house. From building materials gathered to the sun, wind and water harvested to make our house habitable; from gathering a team from three different universities to growing and picking our vegetables to feed our residents, The Harvest Home embodies the concept of harvest in every way.

One way we can share this with you is through food. The menus for our dinner parties were inspired by the fruits, vegetables and herbs we grow and harvest on-site. The dishes celebrate our bounty (symbolically at times as it takes a lot of tomatoes to feed a hungry crowd!) and our ingredients are supplemented from local farmers in Southern California, all whom practice organic and sustainable farming- just like us. We think the secret ingredient in our menus comes from hand-harvested, fresh ingredients.

We believe a harvest is sweeter and more meaningful when shared – with family, friends and community. We look forward to sharing our harvest with you!



Menu One

Harvest *from the* *Garden*

Garden Starter

Hors d'oeuvres and refreshments served alfresco in the garden

Heirloom Tomato Salad with Herb Granita

Thick cut heirloom tomatoes drizzled with olive oil, topped with frozen herb granita and served with warm crusty bread

Harvest Sampler Trio

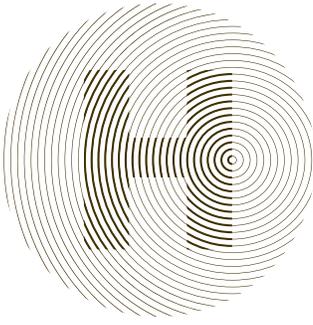
Kale mac and cheese with sundried tomatoes; Caramelized roasted multi color carrots with local honey; Mini tarts with farmers market mushrooms and asparagus

Farm Fresh Cheese Selection

Local cheeses with almonds, local honey and homemade crackers

Baked Peaches topped with Brown Sugar-Quinoa Crumble

Baked fruit topped with a sweet crumble, this dish is perfect enjoyed in every season



Harvest from the Garden

Recipes

Heirloom Tomato Salad with Herb Granita

This simple salad is the star of any harvest. Tomatoes are just at the end of their season and are big, colorful and juicy. We love the play of the frozen herb granita as it melts over the tomatoes giving them an earthy pop.

Serves 8

1 tablespoon rice wine vinegar
2 teaspoons extra virgin olive oil
¼ teaspoon kosher salt
2 cups herbs (cilantro, basil, parsley, tarragon, arugula)
4 pounds heirloom tomatoes, various colors and sizes, cut into ¼ inch thick slices
Crusty bread

- 1. Make the granita:** Combine vinegar, 2 teaspoons oil, kosher salt and herbs in a blender and pulse until smooth. Place in a baking dish, cover and freeze, stirring every hour, until firm. After 2 hours, remove the firm granita from the freezer and scrape the mixture with a fork until fluffy and icy.
- 2. Make your salad:** Arrange different sizes and colors tomatoes on a plate, drizzle with olive oil and sprinkle with kosher salt and cracked pepper.
- 3. To serve:** Place a scoop of granita on top of the largest tomato in the middle and garnish with a nasturtium flower. Serve with warm crusty bread to soak up the basil-oil-tomato juice that will form.

Tomatoes are an excellent source of lycopene, an antioxidant that may protect against cancer.

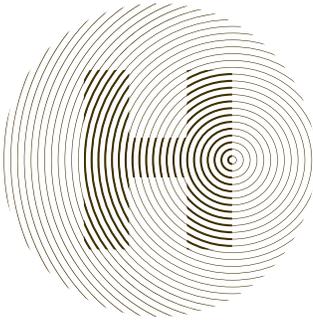
Harvest Sampler Trio: Kale Mac and Cheese with Sundried Tomatoes, Caramelized Roasted Multi Color Carrots with Local Honey, Mini Tarts with Farmers Market Mushrooms and Asparagus

This entrée allows us to show you a sample of dishes inspired by the ingredients we grow in our garden!

Kale Mac and Cheese

This baked pasta dish is hearty and delicious but not overpoweringly rich. Serves 8-10

1 box mini penne
1 tablespoon olive oil
1 cup halved mini mozzarella balls (Bocconcini)



Harvest from the Garden

½ cup + 2 tablespoons grated parmesan
½ cup grated cheddar cheese
½ cup grated fontina cheese
¾ cup wilted chard and kale (use any leftovers from your kale chips, and sauté with olive oil until wilted)
2 tablespoons julienned sundried tomatoes
kosher salt
freshly cracked pepper

- 1. Cook your pasta:** Bring a large pot of salted water to a boil. Cook the mini penne until just under al dente, about 8 minutes. Drain, reserving 1 cup of pasta liquid, and place into a casserole dish.
- 2. Prep your mac and cheese:** Preheat your oven to 350°F. Add 2 tablespoons of cooking water, 1 tablespoon of olive oil, halved mozzarella balls, cheddar cheese, goat cheese, fontina, parmesan, sautéed greens, julienned sun dried tomatoes, salt and pepper to the pasta and stir so the cheeses, greens and sundried tomatoes are evenly distributed.
- 3. Bake your mac and cheese:** Place into the oven and cook until the cheese gets nice and melty, approximately 20 minutes. Sprinkle the parmesan on the top of the mac and cheese and cook for 5 minutes more.
- 4. To serve:** Serve warm. Slice into squares or cut into rounds and serve immediately.

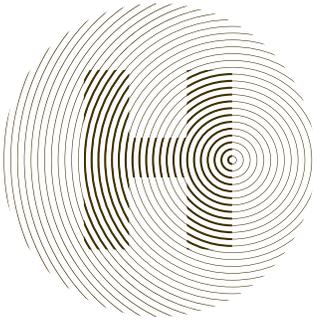
Dense in nutrients including vitamins A, C, and K, fiber, and calcium and magnesium, kale is a nutritional powerhouse...and delicious

Roasted Multi Color Carrots with Local Honey

Serves 8

3 bunches multi color carrots, peeled and halved lengthwise with ½ inch of green tops remaining
1 tablespoon olive oil
1 teaspoon vanilla
4 tablespoons water
3 tablespoons local honey

- 1. Steam your carrots:** In a Dutch oven or other heavy bottom sauce pan, place the halved carrots, olive oil, vanilla and water. Cover almost completely, turn the heat onto medium-high and let carrots steam until the water is gone, approximately 4-6 minutes.
- 2. Caramelize those carrots:** Once the water has evaporated, allow the natural sugars in the carrots to begin to caramelize (without burning), 2 minutes more. Remove from heat, season with local honey, salt and pepper and toss to combine.



Harvest from the Garden

3. To serve: Place a variety of different colored carrots on each plate and serve immediately.

Honey is good for you inside and out; it contains antioxidants and has anti-fungal, as well as anti-bacterial properties.

Mini Tarts with Farmers Market Mushrooms and Asparagus

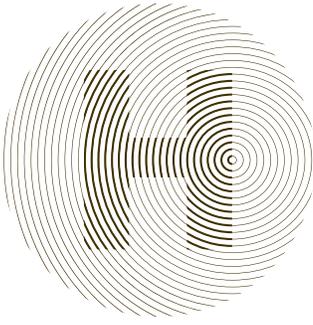
2 sheets puff pastry, thawed
1 tablespoon olive oil
1 large shallot, sliced into rings
1 bunch of asparagus, trimmed and cut into halves
½ pound farmers market mushrooms, stemmed and sliced
2/3 cup sour cream
2 egg yolks
1 teaspoon Dijon mustard
2 tablespoons grated parmesan cheese
kosher salt and freshly ground pepper

- 1. Roll out your dough:** Preheat the oven to 400°F. Roll the puff pastry out to ¼ inch thick. Cut circles in the dough and place into mini tart shells. Poke holes in the dough with a fork. Bake the tart shells for 15 minutes, remove from oven and let cool.
- 2. Make the filling:** While shells are cooking, heat olive oil in a small sauté pan. Add shallots, asparagus and mushrooms and sauté until tender, 3-5 minutes. Remove and let cool slightly.
- 3. Make the filling, pt 2:** In a small bowl, mix together sour cream, 2 egg yolks, Dijon mustard and parmesan cheese. Season with salt and pepper.
- 4. Assemble the tart:** Divide sour cream mixture amongst the tart shells, then arrange mushrooms, shallots and asparagus on each tart.
- 5. Bake the tart:** Place the tarts in the oven and bake 15 minutes more. Serve warm.

Mushrooms are a good source of nutrients like potassium, copper, niacin and selenium.

Baked Peaches topped with Brown Sugar-Quinoa Crumble

Crumble is one of our favorite desserts. Baked fruit topped with a sweet crumble, this dish is perfect enjoyed in every season. On the east coast, if we are lucky enough to have an Indian Summer, peach season can extend through October. Lucky Californians don't have to hope for an Indian summer. This crumble is simple and delicious and this version sneaks in some healthier ingredients (quinoa, whole oats and flaxseed).



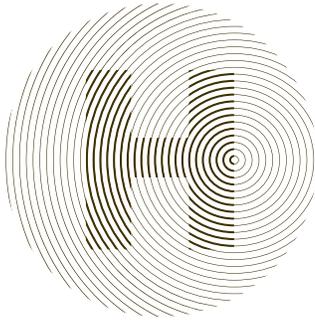
Harvest from the Garden

1/3 cup flour
1/3 cup whole oats
1 tablespoon quinoa
1 tablespoon flaxseed
¼ teaspoon salt
1/3 cup brown sugar
1 tablespoon vanilla
2 tablespoons cold butter, cubed
4 to 6 ripe peaches, sliced in half and pitted, making sure to remove the hard flesh that surrounds the pit
6 oz vanilla Greek yogurt

1. **Get ready:** Preheat oven to 350°F. Butter a baking dish.
2. **Make your crumble mixture:** Combine flour, oats, quinoa, flaxseed, salt, brown sugar and vanilla in a small bowl. Using two knives, cut the butter into the flour-oat mixture until the mixture is crumbly with the texture of sand.
3. **Prepare the peaches:** Place the peaches in the baking dish skin side down. Spoon crumble filling into each peach half.
4. **Bake the peaches:** Place the peaches in the oven and bake for 30 minutes, watching to make sure the topping doesn't burn.
5. **To serve:** Place 1-2 peach halves on a plate and serve with a scoop of vanilla Greek yogurt.

Quinoa is very high in protein and has every one of the nine essential amino acids.

A large peach has fewer than 70 calories and contains 3 grams of fiber. It's also a good source of vitamins A and C.



Menu Two

Harvest *from Land and Sea*

SoCal Social

Hors d'oeuvres and refreshments served alfresco in the garden

Cool Soup Shooters Trio

Avocado-cucumber, harvest gazpacho and multi color carrot

Fresh Picked Salad

Fresh from the garden greens with a sun-warmed herb vinaigrette and farmers cheese

Coastal Bounty

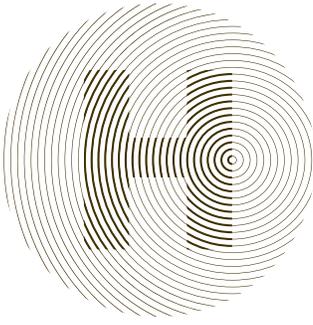
Fresh pasta with seared shrimp, chard, pine nuts, lemon and parmesan

Home on the Range

All natural grass-fed flank steak with Harvest Home caponata and sautéed asparagus

Refreshing Finale

Mint chocolate chip Greek yogurt ice cream and strawberry Greek yogurt ice cream



Harvest from Land and Sea

Recipes

Cool Soup Shooters Trio: Multi Color Carrot, Avocado-Cucumber, and Harvest Gazpacho

Multi Color Carrot Soup

serves 8 small portions

1 tablespoon olive oil
1 yellow onion, diced
3 bunches multi color carrots, peeled and roughly chopped
2 tablespoons fresh ginger, grated
8 cups water
1 orange, zested and juiced
Kosher salt and fresh ground pepper to taste

- 1. Make the soup:** Heat olive oil in a pot over medium-high heat until hot, add the onions, carrots and ginger and sauté until the vegetables begin to caramelize, 7-9 minutes. Season with salt and pepper, cover with water and bring to a boil; reduce to a simmer and let cook until the vegetables are very soft and the broth is flavorful. Puree the soup, adding more water if it is too thick or boiling the soup further to reduce if it's too liquidy. Stir in juice from the orange. Transfer to a bowl or quart container.
- 2. Let chill:** Place the soup in the refrigerator to cool and let the flavors develop. Season to taste just before serving.
- 3. To serve:** Divide the soups amongst serving bowls. Garnish with a sprinkle of orange zest.

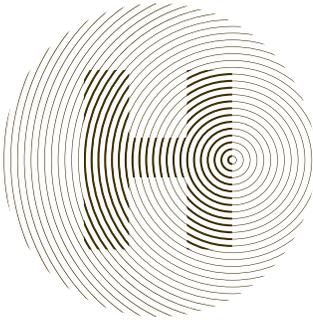
Carrots provide generous amounts of beta carotene, which promotes good eyesight, healthy skin and resistance to infection.

Ginger has anti-inflammatory properties and is helpful for nausea.

Avocado-Cucumber Soup

serves 8 small portions

2 shallots
2 ripe avocados, pits reserved
2 cucumbers, scrubbed but not peeled, roughly chopped
2 tablespoons rice wine vinegar, plus more to taste
Tabasco sauce
Kosher salt and fresh ground pepper to taste



Harvest from Land and Sea

1. Make the soup: Combine shallots, avocados and cucumbers in a blender. Blend until smooth, add rice wine vinegar and salt and stir to combine. Transfer to a bowl or quart container.

2. Let chill: Place the avocado pits into the soup which will help keep its vibrant green color. Cover and refrigerate 4-6 hours. Taste for seasoning before you serve.

3. To serve: Remove the pits. Divide the soups amongst serving bowls. Dot with Tabasco sauce and serve.

Avocados are a good source of fiber, potassium, and vitamins C, K, folate, and B6.

Cucumbers contain no saturated fats or cholesterol, are a very good source of potassium, and are rich in antioxidants.

Harvest Gazpacho

serves 8 small portions

½ cup red onion, diced

½ cup cucumber, peeled and seeded, diced

¾ cup orange pepper, seeded, diced

2 garlic cloves, peeled and minced

4 ripe tomatoes, cored and seeded

2 cups traditional or spicy tomato juice

2 tablespoons red wine vinegar

3 tablespoons extra virgin olive oil

¼ teaspoon kosher salt

1 pinch ground black pepper

1 dash Tabasco (optional)

Garnish with small diced red onion, cucumber and orange pepper (diced from the scraps above)

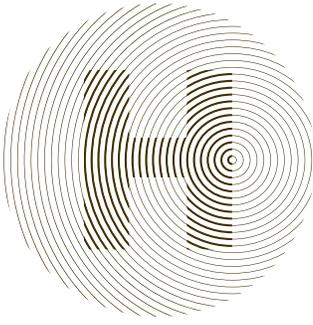
1. Make your soup: Combine onions, cucumbers, orange pepper, garlic, tomatoes and tomato juice mix in a blender and pulse until smooth. Add vinegar, olive oil, salt, pepper and Tabasco (if you like). Transfer to a bowl or quart container.

2. Let chill: Gazpacho is best when the flavors can meld, so make your soup early and allow to rest in the refrigerator, approximately 6 hours. Make sure you taste for seasoning right before you serve.

3. To serve: Divide the soups amongst serving bowls. Garnish with a sprinkle of small diced veggies and a drizzle of olive oil.

Onions combat free radicals, lower cholesterol, act as a powerful antibiotic and are helpful in reducing food-borne illnesses caused by microbial contamination.

Eating garlic releases chemicals that relax blood vessels, which helps reduce the risk of heart disease.



Harvest *from Land and Sea*

Fresh Picked Salad

Serves 8

This salad is just harvested from our own garden. We'll pick whatever lettuce and herbs look best, toss them with a warm vinaigrette with whatever cheese we liked best at the Irvine Farmers Market. Simple and delicious.

8 cups mixed lettuce
½ cup Herb Vinaigrette (recipe below, make around 4:30 PM)
½ cup crumbled farmers cheese
Kosher salt and freshly ground pepper to taste

Combine lettuce and cheese in a large bowl. Drizzle with the vinaigrette, tossing to coat. Season with salt and pepper and serve immediately.

Herb Vinaigrette

1 cup freshly picked herbs, washed and minced
1 shallot, peeled and minced
1 teaspoon Dijon mustard
3 tablespoons of red wine vinegar (plus extra as needed)
½ cup extra virgin olive oil
Kosher salt and freshly ground pepper to taste

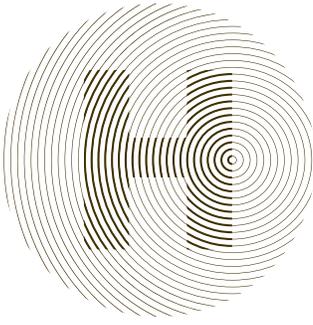
Combine herbs, shallot, Dijon and vinegar in a small bowl and whisk to combine. Slowly pour in the olive oil, whisking constantly, to emulsify. Season with salt and pepper. Let sit outside, covered, to warm slightly. Stir before dressing your salad.

Fresh Pasta with Seared Shrimp, Chard, Pine Nuts, Lemon and Parmesan

Serves 8

1 ½ pounds fresh pasta
1 ½ pounds 16-20 responsibly farmed shrimp
1 tablespoon olive oil
1 red onion, thinly sliced
2 bunches Swiss chard, trimmed and chopped
3 garlic cloves, minced
2 lemons, zested and juiced
2 tablespoons pine nuts, toasted
Salt and pepper
2 tablespoons + more freshly grated parmesan cheese

1. **Cook your shrimp:** Heat a heavy bottom stock pot over high heat. Add 1 tablespoon of oil and when hot, add your shrimp. Season with salt and pepper. Cook 2 minutes, or until the shrimp begin to turn pink, then flip



Harvest from Land and Sea

the shrimp and cook 1-2 minutes more or until shrimp are just pink. Remove to a plate and reserve.

2. Cook your veggies: Reduce heat to medium. Add an additional tablespoon of olive oil and once hot, add in sliced onion and garlic. Sauté 5 minutes. Add in chard and sauté until the chard is just wilted. Stir in the juice of one lemon, season to taste with salt and pepper and add the chard-onion mix to the shrimp. Reserve.

3. Cook your pasta: Fill the same pot with salted water. Bring to a boil, then add the pasta and cook until it just floats. Drain the pasta, reserving 1 cup of cooking liquid, and return to the pot.

4. Bring it all together: Toss the pasta with 1 tablespoon of olive oil. Add in the shrimp-chard mix, some of the reserved pasta water if it's looking dry and cheese and toss to combine.

5. To serve: Divide the pasta amongst 8 plates. Sprinkle pine nuts, lemon zest and cracked black pepper on top. Serve immediately.

Chard is a great source of vitamin K, A and C, as well as potassium, magnesium, iron and fiber. It is also high in carotenoids, which protect your retinas from the damage of aging.

Lemons are a tasty source of bioflavonoids, protecting against free radical damage, and enhance the antioxidant effects of some nutrients. Among their many benefits, they help maintain capillaries and aid in blood clotting.

All Natural Grass-fed Flank Steak with Harvest House Caponata and Sautéed Asparagus

Serves 10-12

Herb Roasted Flank Steak

½ cup minced herbs (choice of thyme, rosemary, sage, parley and mint)

3 garlic cloves, minced

½ cup olive oil

3 pounds 5 Bar Beef All Natural Grass Fed Flank Steak

Sautéed Asparagus

2 bunches asparagus, ends trimmed

1 tablespoon olive oil

1 lemon zested and juiced

Harvest House California Caponata

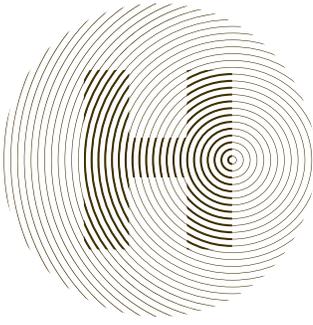
2 tablespoons olive oil

2 large red onions, peeled and cut into bite size wedges

4 large garlic cloves, peeled and thinly sliced

2 orange peppers, roughly chopped into bite size pieces

2 tablespoons brown sugar



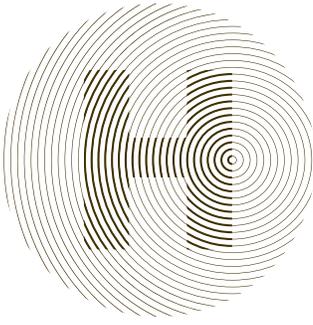
Harvest from Land and Sea

2 teaspoons salt + more to taste
¼ teaspoon chili flakes
1 large eggplant, cut into bite size pieces
1 pint figs, halved (you can substitute dry figs here if necessary)
3 large ripe tomatoes, cored and cut into wedges
2 tablespoons capers + juices
2 tablespoons water
1 tablespoon red wine vinegar
1 lemon
¼ bunch parsley, minced

- 1. Marinate your meat:** Combine herbs, garlic, olive oil and flank steak in a Ziploc bag. Seal and marinate in the refrigerator for about 30 minutes.
- 2. Prep your caponata:** While the steak is marinating, heat a large heavy bottom stock pot on the stove. Add the olive oil and once hot, add the onions, garlic, peppers, brown sugar, salt and chili flakes and sauté 8-10 minutes, or until the vegetables begin to caramelize. Add the eggplant, figs, tomatoes and water. Let cook, adding more water (tablespoon by tablespoon) if it looks dry. Add in red wine vinegar and lemon and let cook until the vegetables are tender and homogenized (although their shapes are still recognizable). Season to taste with salt, pepper and lemon juice and reserve.
- 3. Get ready:** While the caponata is cooking, remove the flank from the refrigerator and let come to room temperature. Heat a large cast iron pan over high heat.
- 4. Make your asparagus:** Add 2 tablespoons olive oil to the hot cast iron pan. Gently place asparagus in the pan, season with salt and pepper and let cook 4-6 minutes, turning spears over halfway through the cooking process. Remove to a plate and reserve.
- 5. Make your steak:** Remove the steak from the marinade and pat dry. Season both sides generously with salt and pepper. Place carefully into the same cast iron pan and let sear, 2-3 minutes. Flip, sear 2-3 minutes more, then turn the heat off and let the residual heat of the cast iron continue to cook the steak (6-8 minutes for medium meat). Remove to a cutting board and let rest at least 15 minutes to allow the juices to redistribute. Slice into thin strips against the grain.
- 6. To serve:** Arrange asparagus, caponata and steak on a plate to your liking. Sprinkle with parsley and serve.

Bell peppers contain high amounts of vitamin C and Vitamin A, along with significant amounts of vitamin B 6 and dietary fiber.

Eggplant is a rich source of phytochemicals, which lower your risk of heart disease. It also has a low caloric density and can help you control your weight.



Harvest from Land and Sea

Mint Chocolate Chip Greek Yogurt Ice Cream

This ice cream is earth friendly and body friendly – the process uses human energy rather than an ice cream maker to help thicken the ice cream!

1 frozen ripe banana
1 ½ cup almond milk
pinch of salt
1 teaspoon vanilla extract
2 cups mint, julienned
16 oz Fage full fat greek yogurt
3 tablespoons sugar or honey
2/3 cup mini chocolate chips

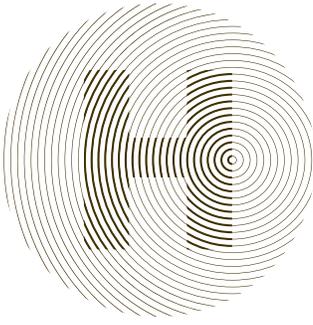
- 1. Make your ice cream base:** Combine frozen banana, almond milk, mint, vanilla and salt in a blender and pulse until smooth. Pour into a large bowl and fold in Greek yogurt and chocolate chips, mixing until well combined.
- 2. Prepare to freeze:** Place 1 cup ice cream base in a quart size plastic baggie and seal securely. Wrap a second bag around the first. Fill a gallon size bag halfway with ice then pour in ½ cup kosher salt. Mix to combine, then put the quart size bag inside the gallon bag, ensuring it is covered with ice. Seal the gallon sized bag securely and wrap in plastic bags for protection.
- 3. Shake it up!** Shake or rotate the bag constantly for 20 minutes or until the ice cream begins to thicken. Place in the freezer and let freeze 2-3 hours, mixing the bag ever 30 minutes or so. Repeat steps 2 and 3 until all liquid has been thickened.
- 4. To serve:** The ice cream will be creamy and liquidy. Serve with sliced strawberries.

Mint helps fight bacteria and has anti-inflammatory benefits.

Strawberry Greek Yogurt Ice Cream

1 frozen ripe banana
1 ½ cup almond milk
pinch of salt
1 teaspoon vanilla extract
2 cups strawberries, hulled and sliced
2 tablespoons sugar or honey
16 oz Fage Total Vanilla greek yogurt

- 1. Make your ice cream base:** Combine frozen banana, almond milk, ¾ of the strawberries, vanilla and salt in a blender and pulse until smooth. Pour into a large bowl and fold in Greek yogurt, mixing until well combined.
- 2. Prepare to freeze:** Place 1 cup ice cream base in a quart size plastic baggie and seal securely. Wrap a second bag around the first. Fill a gallon size bag halfway with ice then pour in ½ cup kosher salt. Mix to combine,



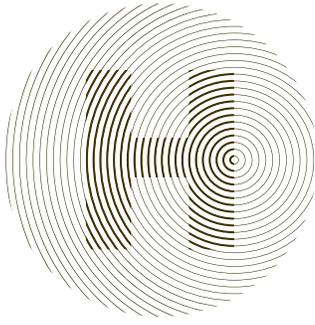
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then put the quart size bag inside the gallon bag, ensuring it is covered with ice. Seal the gallon sized bag securely and wrap in plastic bags for protection.

3. Shake it up! Shake or rotate the bag constantly for 20 minutes or until the ice cream begins to thicken. Place in the freezer and let freeze 2-3 hours, mixing the bag ever 30 minutes or so. Repeat steps 2 and 3 until all liquid has been thickened.

4. To serve: The ice cream will be creamy and liquidy. Serve with remaining sliced strawberries.

Strawberries are high in antioxidants, are anti-inflammatory, and a great source of Vitamin C, magnesium and potassium.



Movie Night

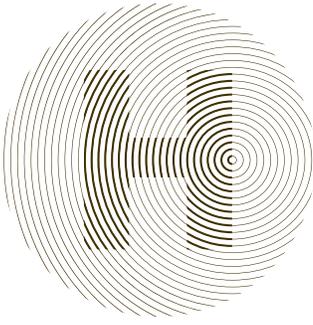
Harvest *for Healthy Snacks*

Let us entertain your taste buds with a trio of nutritious and delicious snacks!

Crunchy Brown Sugar Spiced Chick Peas

Parmesan-Garlic Kale Chips

Warm Cashew Butter-Chocolate Chip Cookies and Milk



Harvest for Healthy Snacks

Recipes

Crunchy Brown Sugar Spiced Chick Peas

2 15-ounce can chick peas, drained and rinsed
2 tablespoons olive oil
¼ teaspoon coriander
¼ teaspoon chili powder
¼ teaspoon cinnamon
1 teaspoon brown sugar
1 teaspoon kosher salt

Preheat an oven to 425°F. In a small bowl, toss together olive oil, chick peas, coriander, chili, cinnamon, brown sugar and salt and toss until coated. Spread evenly on a baking sheet and place in the oven. Roast for 45 minutes, shaking the pan every 20 minutes, until chick peas are golden and crunchy.

Chick peas are high in protein and fiber and help to lower cholesterol.

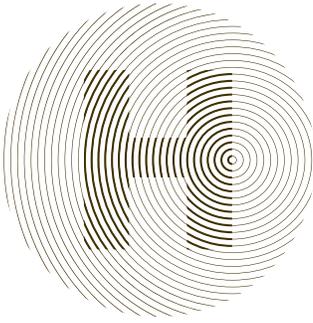
Cinnamon helps stabilize and control blood sugar; also helps to relieve gas and bloating.

Parmesan-Garlic Kale Chips

1 bunch kale, torn into bite size pieces, stems removed and discarded (~ 6 cups)
1 teaspoon olive oil
½ teaspoon salt
2 garlic cloves, minced
3 tablespoons grated parmesan cheese

Preheat an oven to 325°F. In a small bowl, combine together kale, olive oil, salt, minced garlic and most of the cheese and toss to coat. Spread evenly in one layer on two baking sheets lined with foil, sprinkle with more cheese and bake for 20 minutes or until crispy.

Dense in nutrients including vitamins A, C, and K, fiber, and calcium and magnesium, kale is a nutritional powerhouse...and delicious



Harvest for Healthy Snacks

Cashew Butter-Chocolate Chip Cookies

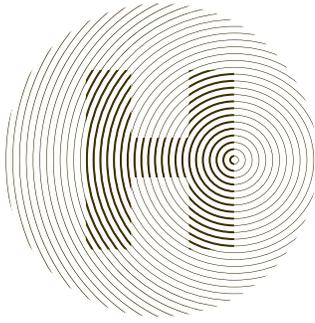
Makes approximately 18 cookies

These cookies are so good you won't even notice they are missing flour and butter.

1 cup cashew butter (or feel free to use your favorite unsalted nut butter)
1 cup firmly packed brown sugar
1 teaspoon vanilla
1 large egg
1 teaspoon baking soda
4 tablespoons mini chocolate chips
kosher salt to finish

In a large bowl, combine together all ingredients until well mixed (dough will be sticky). Form 1-inch balls and arrange on a baking sheet lined with parchment. Sprinkle with kosher salt and place in the refrigerator. Preheat oven to 350°F; place cookies in the oven and bake 12-15 minutes or until golden. Remove to a cooling rack to let cool slightly; serve warm with milk!

Nut butters are packed with heart-healthy nutrients and they're often a good source of protein.



Comprehensive Ingredient List

Meat/Seafood

responsibly farmed shrimp
5 Bar all natural grass-fed flank
steak

Vegetables

kale
Swiss chard
asparagus
eggplant
shallots
red onion
yellow onion
farmers market mushrooms
cucumbers
cloves garlic
bunches asparagus
orange peppers
avocados
fresh ginger
multi color carrots
heirloom tomatoes
mixed lettuce

Water

14 cups for cooking

Dairy

mini mozzarella balls (Bocconcini)
fresh pasta
eggs
farmer's cheese
cheddar cheese

fontina cheese
parmesan cheese
goat cheese
full fat Greek yogurt
full fat vanilla Greek yogurt
puff pastry
butter
sour cream
mini chocolate chips

Grocery

almond milk
mini penne
cashew butter
brown sugar
Tabasco sauce
flaxseed
olive oil
capers
quinoa
red wine vinegar
vanilla
baking soda
Dijon mustard
kosher salt
flour
whole oats
sundried tomato
pine nuts
black peppercorns
chili flakes
chili powder
cinnamon

coriander
chick peas
traditional or spicy tomato
juice
white sugar
local honey
crusty bread

Fruit

2 bananas
4 lemons
1 pint figs
1 orange
2 cups strawberries
8 ripe peaches

Herbs

thyme
sage
rosemary
tarragon
basil
parsley
mint