



berry fresh salad

1 cup of fresh berries sliced
¼ cup goat chevre cheese crumbled
Mixed organic greens, arugula, chicory, chard, romaine,
red leaf, baby spinach
1 tsp of chopped fresh thyme
1 tsp of chopped fresh basil
3 Tbs olive oil
2 ½ Tbs balsamic vinegar
½ cup roasted raw organic hazelnuts chopped
Roast hazelnuts at low heat in oven for 10-15 min. chop once cooled
Add all ingredients to large salad bowl and toss, add nuts on top.

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sauteed summer squash

3 medium sized summer squash (zucchini, crook neck, etc)
½ small onion
4 cloves freshly peeled garlic
pinch of red pepper flakes
salt and black pepper to taste
3 tablespoons olive oil

cut squash to bite sizes, onion slightly smaller, chop garlic
sautee garlic, onion, salt and peppers in olive oil over medium high heat
cook until fragrant and golden, then add squash, cook until just tender

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