



ROSEMARY, PARMESAN, AND GARLIC POPCORN

INGREDIENTS

- 3 tsp of (finely chopped) Fresh Rosemary Leaves (without stems)
- 3 Cloves of Fresh Garlic
- ¼ Cup of Olive Oil
- ½ Cup of (grated) Parmesan Cheese
- ½ Cup of Popcorn Kernels
- 2 Tbsp of Canola Oil
- Salt and Pepper to taste



DIRECTIONS

1. Mince (cut up or grind into tiny pieces) your cloves of Garlic.
2. In a saucepan, heat your Olive Oil and Garlic for 3 minutes and over medium heat.
3. Reduce the heat and add your Rosemary, cooking for about one minute (when you can really smell the aroma), and then remove from heat.
4. Add Canola Oil to a large saucepan that has a lid. With the lid on, heat the saucepan on high for 3 minutes, then add your Popcorn Kernels.
5. Cover the Kernels and shake while cooking. Soon Popcorn Kernels will begin to pop. Continue until pops stop.
6. Pour popcorn into a large bowl and drizzle your Rosemary Garlic Oil, stirring the popcorn to get well coated.
7. Add the cheese, salt, and pepper. Toss it all to coat, and then enjoy!

Experiment with Thyme or Oregano in place of Rosemary, or try a different type of cheese, like Romano, Manchego, or Asiago!



WHITE BEAN AND SAGE HUMMUS

INGREDIENTS

- 1 Can of White Beans (Cannellini or Great Northern are our favorites)
- 6 Freshly Harvested Sage Leaves
- 1 Large Clove of Fresh Garlic
- 2 tsp of Lemon Juice
- ¼ Cup of Olive Oil
- ½ tsp of Sea Salt (or Kosher or Himalayan Pink Salt)



DIRECTIONS

1. Rinse and drain your beans.
2. Mince (cut up or grind into tiny pieces) your cloves of Garlic.
3. In a large bowl, add the Beans, Garlic, Sage Leaves (whole or sliced into small pieces), Lemon Juice, and Salt to a large mixing bowl.
4. Using a hand mixer or food processor, mix the ingredients until smooth.
5. Slowly drizzle in the Olive Oil as you continue to blend the ingredients.
6. Enjoy with chips, crackers, and fresh veggies, or add it to your plate as a side!

You can also experiment with:

Substituting Chickpeas in place of White Beans.

Roasting your Garlic in the oven before adding it to the recipe.



CREAMY OREGANO PESTO

INGREDIENTS

- 1 Cup of (lightly packed) Fresh Oregano Leaves (without stems)
- 1 Large Clove of Fresh Garlic
- ¼ Cup of Olive Oil
- ¼ Cup of (grated) Parmesan Cheese
- ¼ Cup of Toasted or Untoasted Pine Nuts
- 1 Tbsp of Lemon Juice
- Salt and Pepper to taste



DIRECTIONS

1. Mince (cut up or grind into tiny pieces) your cloves of Garlic.
2. Add all of your ingredients into a food processor or blender.
3. Blend until completely smooth or leave some texture and chunkiness to your pesto.
4. Enjoy with chips, crackers, fresh bread, or as a pasta sauce (which is delicious with added fresh tomatoes as well)!

You can also experiment with:

Substituting Pine Nuts with Walnuts, Pecans, or Cashews.

Adding in other herbs, such as Basil or Parsley.

Freezing your pesto into ice cube trays that you can use at a later time!

LEMON HONEY THYME TEA

INGREDIENTS / SUPPLIES

- 2 Tbsp of (lightly packed) Fresh Thyme Leaves (without stems)
- 3 Cups of Water
- ½ Lemon
- Honey to taste
- Kettle or Small Cooking Pot (with a lid) for Boiling Water
- Fine Strainer or Cheese Cloth



DIRECTIONS

1. Bring your water to a boil.
2. Add your Thyme Leaves and allow them to steep in the water (keeping the lid on to retain the heat) for 10 minutes.
3. Using a strainer or cheesecloth, strain the leaves from the water as you pour the tea into a mug.
4. Like it sweet and sour? Squeeze in some honey and lemon to taste.
5. Check the temperature of your tea to make sure it's not too hot, and then enjoy!

Did you know?

There are numerous health benefits of Thyme. Not only does it contain Vitamin C, Potassium, and Magnesium, but its anti-inflammatory and bacterial properties boost immunity and fight off bacterial infections. Enjoy this delicious nutritious elixir!

