



Recipes

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Fresh Summer Vegetable Salsa

Serves 1

Ingredients:

2 oz. vol. Olive Oil
1 Tbsp. Fresh Garlic , minced
1 Tbsp. Fresh Thyme
3/4 cup Fresh Parsley Leaves
1 tsp. Lemon Zest
2 oz. vol. Fresh Lemon Juice
1 tsp. Kosher Salt
1 tsp. Crushed Red Pepper Flakes
12 oz. vol. Fresh Eggplant , small diced
12 oz. vol. yellow Squash , small diced
6 oz. vol. Shitake Mushrooms , stem removed and thinly sliced
8 oz. vol. Red Bell Peppers , small diced
12 oz. vol. White Onions , small diced

Directions:

1. Place 1st 8 ingredients together in a food processor or blender and blend until emulsified.
2. Place all vegetables together in a mixing bowl and toss with half of dressing.
3. Heat large sauté pan over medium high heat and sauté vegetables until just softened.
4. Remove from heat and cool completely.
5. Toss with remaining dressing and place in a storage container.
6. Label, Date and Refrigerate.