



# BRUSSEL *Scrap* GUACAMOLE

## RECIPE

### INGREDIENTS

- 2 Cups Brussel Stems
- 1/4 Cup Olive Oil
- 1 Roma Tomato, diced
- 1/2 Jalapeno, diced and deseeded
- 1/4 Cup Red Onion, diced
- 4 Garlic Cloves, minced
- 1 Bunch Cilantro
- 3 Limes, juiced
- Salt and Pepper, to taste

### METHOD

1. Blanche brussel sprout stems until softened. When done, shock in ice water.
2. In a separate bowl, combine tomato, onion, garlic, cilantro and lime juice.
3. Blend blanched stems and pulse until finely chopped.
4. Slowly add olive oil until everything is smooth.
6. Add the pico to the brussel puree and adjust the seasoning with salt.

*Enjoy!*



# ROASTED Vegetable TRIM DIP

## RECIPE

### INGREDIENTS

- 1 Pound Root Vegetable Trimmings  
i.e. Carrot peels, parsnips, turnips
- 2 Teaspoons Olive Oil
- 3/4 Cup Tofutti Sour Cream
- 1/4 Cup Coconut Yogurt
- 2 Tablespoon Parsley, chopped
- Salt and Pepper, to taste

### METHOD

1. Preheat oven to 375 degrees.
2. Toss vegetable trimmings in bowl with olive, salt and pepper. Spread in a single layer on a cookie sheet.
3. Bake for 7-10 minutes or until trimmings are crispy.
4. In a separate bowl, mix sour cream, yogurt, and parsley.
5. Place vegetable trimmings in a food processor until a fine powder.
6. Mix the powder with the yogurt mixture and sprinkle in salt and pepper as needed.

*Enjoy!*



# RECIPE

## INGREDIENTS

- 12 Assorted Beets
- 1/2 Cup Olive Oil
- 2 Teaspoons Celery Salt (or Sea Salt)

## METHOD

1. Preheat the oven to 300 degrees and line baking sheets. Wash the beets and cut off the tops.
2. Using a slicer, slice the beets paper thin.
3. Place the beets in a large bowl and pour the oil and salt over the top. Toss well and let sit for 15-20 minutes.
4. Toss the beets again and drain off the liquid. Lay the slices out on a single layer on the baking sheets. Bake for 45-60 minutes until crisp, but not brown.
5. Test after 45 minutes and only bake longer if necessary. Remove the beet chips from the oven and cool completely.

*Enjoy!*

# OVEN BAKED Beet CHIPS



# RECIPE

## INGREDIENTS

Cooking Spray

1 Small Bunch Kale (about 1/2 pound)

1 Tablespoon Olive Oil

1/4 Teaspoon Garlic Powder

1/4 Teaspoon Salt

## METHOD

1. Preheat the oven to 350°F. Spray two baking trays with cooking spray. Remove the center rib and stems from each kale leaf and discard. Tear or cut the leaves into bite-size pieces, about 2-3 inches wide. Wash the kale and dry it very well.

2. Place the kale in a large bowl. Drizzle with the oil and sprinkle with the garlic powder and salt, and massage the oil and seasonings into the kale with your hands.

3. Place the kale in a single layer on the baking sheets, and bake until crisp and the edges are slightly browned for 12 to 15 minutes.

*Enjoy!*

# OVEN BAKED Kale CHIPS