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### **Recipe#1 - Fruity Pasta Salad:**

1 pkg (375g) whole wheat noodles  
1 cup (250ml) Local cheddar cheese  
1/2 cup (125ml) chopped dried apricots  
1/2 cup (125ml) chopped dates  
1/2 cup (125ml) sliced almonds  
1 unpeeled local apple, cubed  
1/4 cup (50ml) chopped local raw baby spinach  
Fresh mint to garnish (optional)

TIPS: Additional fruit can be added or substitution of different fruit cheese or noodles. Try adding grilled almonds for an extra flavour treat)

#### Vinaigrette Dressing:

1/3 cup (75ml) orange juice  
1/3 cup (75ml) olive oil  
1/4 cup (50ml) rice vinegar  
1 tsp (5ml) zest of orange  
1 tbs local honey

- Whisk ingredients together in bowl and set aside.

- In saucepan, cook pasta according to directions. Drain & rinse under cold water, refrigerate for 10 minutes. Combine pasta, apricots, dates, almonds, apples, spinach and cheese. Add vinaigrette to pasta salad and mix well.

### **Recipe #2 - Monster (Spinach) Dip**

1 can (540ml) chickpeas, drained & rinsed  
1 cup (250ml) local fresh baby spinach  
1 cup (250ml) local cheese (cheddar or havarti)  
1/4 cup (50ml) fresh squeezed local lemon  
1/4 tsp (1ml) pepper or hot sauce  
1/2 cup (125ml) water (approx)  
1/4 tsp (1ml) clove garlic (optional)

- salt and/or pepper to taste

- local raw vegetables: baby carrots, celery, cauliflower, broccoli, peppers etc

- variety of mini-pita, nan or rice crackers

Mix in food processor, chickpeas, garlic & spinach until they are finely chopped. Add cheese, lemon juice, pepper. Gradually add water to thin the dip to desired consistency.

TIPS: This dip can be prepared and refrigerated for up to 2 days. Add more water before serving if dip is too thick. Orange juice can also be substituted for lemon juice.

For Warm dip:

-Transfer dip to small baking dish. Bake in preheated 350F oven or toaster oven for 20 mins..OR

-Transfer to microwave safe bowl and heat on medium (50% power) for 2-3 mins -stirring once.



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## Roasted Beet Salad:

900g (1kg) local beets  
1 cup (250ml) shredded local red cabbage  
1 cup (250ml) shredded local carrots  
4 local green onions, thinly sliced (both white & green portions)  
2 tbsp (30ml) chopped fresh local dill or 5ml (1tsp) dried dill  
2/3 cup (150ml) crumbled local feta cheese  
1/4 cup (60ml) rd wine vinegar  
1 tsp (5ml) dried mustard  
2 tbsp (30ml) canola oil  
2 tbsp (30ml) water  
1 tbsp (15ml) local honey  
1/3 cup (80ml) toasted sunflower seeds  
Optional salt and freshly ground black pepper to taste

1. Wash beets, cut away tops and tails. Wrap in foil and bake preheated 375F (190C) oven for approx 45-60 mins or until just tender. Unwrap and let cool and peel under running water. Cut into 1-inch (2.5cm) chunks & place in large glass or ceramic mixing bowl.
2. Add cabbage, carrots, green onions, dill & feta cheese and stir gently to combine. Set aside.
3. Place red wine vinegar in a small bowl, add mustard and whisk with fork or whisk to combine. Add oil, water & honey and continue to whisk. Pour over beets and other vegetables and stir. Garnish with toasted sunflower seeds.

TIP: The flavour improves if this salad is made 6-8 hours before serving and refrigerated.