



## Sweet Potato, Red Pear & Brussel Sprout Salad

**Serves 4**

### Ingredients:

#### *For the roasted vegetables & fruit*

- 4 cups sweet potatoes, peeled and diced
- 2 cups Brussels sprouts, peeled, trimmed and halved
- 2 Red pears, cored and cut into quarters
- 1 tablespoon olive oil, for roasting
- 2 teaspoons freshly chopped thyme leaves
- 2 tablespoons maple syrup
- Sea salt and freshly ground black pepper to taste

#### *For the roasted pancetta*

- 4 slices of pancetta

### How to Make:

1. Pre-heat oven to 380°F
2. For the roasted vegetables and fruit, place all the ingredients into a medium size bowl and toss lightly together, then scatter everything over a roasting tray and pop into the oven and roast for 30 minutes, or until golden-brown, tossing from time to time.
3. Place the pancetta onto a roasting tray and pop into the oven to roast for 8 to 10 minutes, or until crisp, remove from the oven and set aside. When cold, break into small pieces.
4. For the dressing, combine all the ingredients, check the seasoning, adding sea salt and freshly ground black pepper to taste.
5. To serve, arrange the mixed lettuce leaves on to a platter, spoon the warm vegetables and fruit to the side and spoon over some of the dressing.
6. Sprinkle over the pancetta pieces and serve any remaining dressing on the side.

## Baby Heirloom Tomatoes, Arugula, Feta Cheese & Toasted Pistachio Nuts

**Serves 4**

### Ingredients:

- 3 tablespoons pistachio nuts
- 1lb. mixed baby heirloom tomatoes, cut into uneven shapes and slices
- 3 cups arugula
- Sea salt
- Freshly ground black pepper
- 3 tablespoons extra virgin olive oil

- 1 tablespoon freshly squeezed lemon juice
- 1 tablespoon freshly chopped basil
- 1/3 cup feta cheese

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#### How to Make:

1. Pre-heat 350°F
2. Place the pistachio nuts on a sheet pan and toast in the oven for 6 to 8 minutes, tossing once to brown evenly (be careful not to burn)
3. Remove from the oven and allow to cool.
- 4 . Arrange the tomatoes on a large platter, scatter over the arugula, season with salt and pepper, mix the oil, lemon juice, two-thirds of the pistachio's (crushed) and basil together.
5. Drizzle over the tomatoes and arugula, top with the feta cheese and remaining pistachios, serve.

## Roasted Tomato Open faced Sandwich

Serves 2

#### Ingredients:

- 4 Roma tomatoes
- 2 tablespoons oil
- 1 tablespoon balsamic vinegar
- Sea Salt and freshly ground black pepper
- 2 cloves garlic, finely minced
- 2 pieces of whole wheat toast
- 3 tablespoons ricotta cheese
- 1 teaspoons Dijon mustard
- 1 teaspoon freshly chopped basil
- 1 teaspoon freshly chopped chives

#### How to Make:

1. Preheat oven to 400°f.
2. Slice tomatoes into quarters and place into a zip lock bag, add the oil, vinegar, salt and pepper and one of the garlic cloves, lightly toss together.
3. Spread on a baking sheet and bake for about 25 minutes.
4. Toast the bread, spread a ½ teaspoon of mustard onto each piece.
5. Spread 1 tablespoon of ricotta on top of mustard-toast.
6. Place as many roasted tomato slices onto the toasts, garnish with fresh basil and chives.
7. Season with salt and pepper.