



Carrots

Serves 4

Ingredients:

- 8 scrubbed - medium size carrots
- 1/4 teaspoon freshly ground black pepper
- 1 tablespoon of olive oil
- 1 teaspoon freshly picked thyme leaves
- 1/8 teaspoon sea salt

How to Make:

1. Preheat your oven to 400°F
2. The cut the carrots diagonally into 1 ½ to 2 inch thick slices.
3. Placed the cut carrots into zip lock bag and pour in the olive oil and sprinkle over the sea salt and pepper.
4. Close the bag and gently massage the carrots together to completely coat with the oil and seasoning, tip the carrots out onto a sheet pan lined with tin foil, sprinkle with the thyme leave and roast for 20 minutes or until crispy on the outside and soft in the center.
5. Carefully remove from the oven and serve.

Tomato & Fennel

Serves 5

Ingredients:

- 1 tablespoon olive oil
- 4 cups cut into wedges tomatoes
- 1 tablespoon white-wine vinegar
- 1 cup washed and thinly sliced fennel bulb
- 1/8 teaspoon sea salt
- 2 tablespoons of freshly chopped parsley
- 1/4 teaspoon freshly ground black pepper
- 1/4 cup raw cashew nuts

How to Make:

1. Take a large salad bowl; pour in the oil and vinegar, season with salt and pepper, and whisk together to combine.
2. Add the tomatoes, fennel, chopped parsley, and cashew nuts, toss gently together. Serve



Couscous English Peas Parmesan

Serves 4

Ingredients:

- 1 ½ cups of low in sodium vegetable stock
- 1 cup English frozen peas
- 1 cup whole-wheat couscous
- 1 teaspoon extra-virgin olive oil
- 1 lemon, juice and zest of
- 1/8 teaspoon sea salt
- ¼ teaspoon freshly ground black pepper
- 2 tablespoons freshly chopped basil leaves
- 1 tablespoon finely grated low fat parmigiano reggiano cheese

How to Make:

1. Bring the stock and peas to a boil in a medium size saucepan.
2. Place the couscous, oil, lemon juice and zest in a medium sized bowl, pour over the hot stock and peas.
3. Cover the bowl with plastic wrap and allow rest for 10 minutes, until all the liquid has been absorbed into the couscous.
4. Remove the plastic wrap, season with salt and pepper, stir in the freshly chopped basil and parmesan cheese. Serve while still hot.