

Recipes for the Vista Food Forest

Spaghetti Squash

- [Tex Mex Spaghetti Squash - From This Kitchen Table](#)
 - Ingredients
 - 1 large spaghetti squash
 - 1 cup frozen corn
 - 1½ cups black beans
 - 1½ teaspoon salt
 - 2 teaspoons cumin
 - 1½ teaspoons paprika
 - 1 teaspoon chili powder
 - 3 cloves garlic, minced
 - 1 jalapeno, deseeded and minced
 - 1 bell pepper, chopped
 - ½ onion, chopped
 - 2 cups diced cooked chicken - optional
 - 1-2 cups shredded cheddar cheese
 - Oil
 - Instructions
 - **Spaghetti Squash**
 1. Carefully cut the spaghetti squash in half. Scrape out the seeds and stringy insides. Lightly drizzle with olive oil and then sprinkle with salt. Place cut side down on a pan lined with parchment paper. Bake at 350 degrees for 45 minutes. Remove from oven and let cool until you can handle it. Turn the squash over and use a fork to scrape across the squash short ways to make the spaghetti.
 - **Everything Else**
 1. Heat a skillet over medium heat. Drizzle with olive oil or coconut oil.
 2. Add the onions and jalapeno and sauté for a few minutes. Add the garlic, bell pepper, salt, cumin, paprika, and chili powder and sauté for about 5 more minutes.
 3. Add corn, black beans (and chicken if used), and sauté until heated.
 4. Add spaghetti squash strands to the skillet and carefully stir and toss everything together. Adjust salt and seasonings if needed.
 5. Transfer the mixture to both halves of the squash or into an 8x11 glass baking dish.
 6. Sprinkle with cheese.
 7. Bake at 350 degrees for 30 minutes.

Yellow squash (substitute for zucchini)

- [Calabacitas \(Mexican-Style Zucchini\) Recipe |](#)

○ Ingredients

- Yellow squash (chopped into bite-sized pieces)
- Tomato (chopped)
- White, yellow, or red onion (chopped)
- Corn
- Butter
- Extra virgin olive oil
- Kosher salt
- Black pepper
- ½ cup Chihuahua cheese
- ½ cup queso fresco or cotija cheese

○ Instructions

1. Heat the oil and butter over medium heat in a large skillet.
2. Add the onion and cook for about two minutes.
3. Add the yellow squash, tomato, corn, salt & pepper. Mix all ingredients well.
4. Cover, reduce heat to low, and simmer for 8 minutes. Remove from heat and sprinkle the chihuahua cheese.
5. Replace the cover on the skillet and allow it to sit until the cheese melts for 2 to 3 minutes.
6. Serve warm and sprinkle with some of queso fresco

Pumpkin

- [Pumpkin Empanadas \(Empanadas De Calabaza\)](#)

○ Ingredients

- 2 ½ pound pumpkin, seeded without skin and cut into large cubes
- 6 oz. Piloncillo or brown sugar
- ¼ cup water
- 1 cinnamon stick of about one inch. This will be removed after the pumpkin cooks
- 1 tsp. ground cinnamon
- 1 tsp. Ground anise seeds
- ¼ tsp. Ground clove spice

○ **For the dough:**

- 2 ½ cups all-purpose flour
- 2 eggs, lightly beaten
- ½ cup warm milk
- 1 teaspoon dry yeast
- ¼ cup sugar
- ½ stick of melted butter

- ¼ tsp. salt
- 1 egg, lightly beaten to brush the empanadas
- Instructions
- **Cook the pumpkin pie filling**
 1. Place the pumpkin in a saucepan with the piloncillo, ¼ cup of water, and the cinnamon stick. Bring to a boil and cook for 15-20 minutes until the pumpkin is tender. Remove the cinnamon stick.
 2. The piloncillo should have been dissolved; add the cinnamon, ground anise, and clove. Keep cooking uncovered for about 20 or more minutes, frequently stirring until the mixture takes the texture of a jam. This can be done beforehand and must be at room temperature before forming the empanadas.
- **Form the dough**
 1. Place the yeast in a small bowl, add the warm milk, and let it proof for about 5 minutes.
 2. Place the Flour, eggs, melted butter, sugar, and salt in a large bowl. Add the yeast mixture and mix to form a soft dough. Knead on a floured surface for about 5 minutes, adding more flour if needed.
 3. Place the dough in an oiled bowl, turning to coat it with the oil. Cover with plastic and let it rest for about 1 ½ hours in a warm place.
 4. After that period, knead the dough again for 2-3 minutes and divide it into 12 small soft balls to form the empanadas. Cover with plastic wrap.
- **Make the empanadas**
 1. Using your rolling pin, roll out each dough ball on a lightly floured surface into circles about 7 inches in diameter, stretching it if necessary.
 2. Place about ¼ cup of filling in each center; fold the dough to enclose the filling and form a half-moon. Seal edges by crimping with a fork.
- **If you want your empanadas to look symmetric, place a cereal bowl upside down and press to cut any excess dough once you fold the circle.**
 1. Preheat the oven to 375 degrees. Arrange empanadas on 2 greased baking sheets; brush with egg wash and dust with sugar if desired. Let them rest for about 30-35 minutes until the dough rises.
 2. Bake until light brown, 15 to 18 minutes; rotate pans between racks halfway through. Baking time will vary depending on your oven.

Rhubarb

- [Celery Rhubarb Pico de Gallo - Cook With Renu](#)
 - Ingredients
 - 1 Cup Rhubarb, about 2-3 stalks, chopped into small pieces
 - ½ Cup Celery, around 1 stalk, chopped into small pieces
 - ¼ cup Sweet Pepper/Capsicum, chopped
 - 5-6 Cherry tomatoes, cut in half
 - 2 tablespoons chopped onions

- 2 tablespoons Onion Greens, chopped
 - 1 tablespoon garlic, chopped/grated
 - 2 tablespoons Garlic Greens, chopped
 - 1 tablespoon Lemon Juice
 - 1 tablespoon Demerara Sugar/ Honey /Maple Syrup – Sweetener of your choice
 - Salt
 - Black Pepper powder, freshly ground, to taste
 - 1-2 tablespoon parsley, chopped
 - 3-4 cups of water to blanch
 - Instructions
 1. In a big pot, boil water
 2. In the meantime, chop the rhubarb into 1-2cm pieces
 3. Chop the celery similarly
 4. Once the water has boiled, add the chopped rhubarb and celery
 5. Cook for 2 minutes and switch off
 6. Drain the water and run the rhubarb and celery in cold/tap water or immerse them in cold/tap water
 7. Now, in a big bowl, add chopped tomatoes, chopped sweet pepper, chopped onion, onion greens, garlic, garlic greens
 8. Add in rhubarb, celery, lemon juice, sugar, salt, black pepper, and parsley and mix everything
 9. Serve it in a bowl, sprinkle some freshly ground black pepper on top, and garnish with parsley
- [Braised Rhubarb Chicken Recipe - ¡HOLA! JALAPEÑO](#)
- Ingredients
 - 1 whole chicken (about 4 pounds) cut into 10 pieces (each breast cut in half)
 - 2 tablespoons olive oil
 - 2 medium shallots, thinly sliced
 - 2 tablespoons finely chopped ginger
 - 1 teaspoon ground cardamom
 - 1/2 cup dry white wine
 - ¼ cup honey
 - ¼ cup orange juice
 - 1 pound of fresh rhubarb, all leaves removed and sliced into 1-inch-thick slices
 - Instructions
 1. Heat the oven to 375°F and arrange a rack in the middle. Season the chicken pieces generously with salt and pepper.
 2. Heat oil over medium heat in a large, oven-safe braiser until shimmering, then add half the chicken pieces. Let them cook undisturbed until browned and quickly pull away from the pan's bottom, about 5 minutes. Turn and repeat on the other side

and transfer to a clean plate. Brown the remaining chicken on both sides, then transfer to the plate.

3. Return the pan to the heat and add the shallots, ginger, and cardamom. Season with salt and pepper and cook, stirring constantly, until starting to brown for about 1 minute. Add wine and scrape up any browned bits stuck to the bottom of the pan with the back of a wooden spoon. Add chicken broth, honey, and orange juice, and boil.
4. Place the chicken in the pan, skin side up, cover, and transfer to the oven. Let cook until the chicken is no longer pink in the middle, about 30 minutes. Remove from the oven and scatter the rhubarb around the chicken. Cover and return to the oven for 15 minutes or until the rhubarb is tender when pierced with a knife. Taste and add more salt and pepper as needed, then serve.

Yarrow

- [Cooking With Yarrow - Forager | Chef](#) (Penne Aglio Olio with Yarrow)

o Ingredients

- 8 oz dried penne, the finest quality available (look for masciarelli or rustichella pasta)
- 4 tablespoons fresh garlic, finely chopped
- Kosher salt
- 3 tablespoons extra virgin olive oil
- 3 tablespoons of grapeseed or canola oil
- 1 teaspoon crushed red pepper or more, depending on how much you like spicy food
- a large handful of yarrow leaves picked from the stem and chopped to yield 2 tsp
- ¼ cup dry white wine
- 4 anchovy fillets in oil, rinsed and chopped (optional)
- Parmesan for serving

o Instructions

1. Make a pile of the yarrow and crushed red pepper flakes, then mince them together finely.
2. Bring a pot of water to a boil and season it with salt until it tastes like the sea. Add the penne and cook until al dente, the time of which may vary depending on the brand of pasta you use. High-quality Italian dried pasta will take longer to cook than something like Creamette.
3. While the pasta is cooking, heat the garlic in the pan with the oils and chopped anchovy on low heat until fragrant and lightly browned. Do not allow the garlic to burn. Remove the pan from the heat and swirl it for a minute to cool it so the wine doesn't explode grease over your face. Add the wine to the pan.
4. Drain and add to the pan when the pasta is done. Toss the pasta to coat it with the oil and cook for a minute to evaporate any raw wine flavor.

5. To finish the dish, add the yarrow-chili mixture and toss to heat through. Transfer the pasta to each of 4 bowls, garnish with some parmesan and a drizzle of extra virgin oil if desired, then serve immediately with a big green salad.

Asparagus

- [Charred Asparagus Tacos With Creamy Adobo and Pickled Red Onions Recipe](#)

o Ingredients

- 2 ancho chiles, stemmed and seeded
- 2 tablespoons vegetable oil
- 1 small onion, finely sliced
- 2 medium cloves garlic, grated on a microplane grater (about 2 teaspoons)
- 2 teaspoons dried oregano
- 1 tablespoon cider vinegar
- 1 chipotle chile and 1 tablespoon sauce from 1 can of chipotles in adobo
- 2/3 cup sour cream or Mexican crema
- 2 teaspoons fresh juice from 2 limes
- Kosher salt and freshly ground black pepper
- 2 1/2 pounds asparagus (green, white, or a mix), bottoms trimmed, cut into 1-inch segments
- 24 corn tortillas warmed
- Pickled Red Onion
- Queso fresco or queso cotija
- Fresh cilantro leaves
- Lime wedges

o Instructions

1. Heat ancho chiles in a medium skillet over high heat, turning occasionally, until toasted and fragrant, about 3 minutes. Transfer to a microwave-safe measuring cup and cover with 1 cup of water. Microwave on high heat until just simmering, about 3 minutes. Let steep until chiles are softened—drain chiles, reserving liquid.
2. Heat 1 tablespoon oil in a now-empty skillet over medium-high heat until shimmering. Add onion and cook, stirring frequently, until softened and lightly browned for about 8 minutes. Add garlic and oregano and cook, stirring frequently, until fragrant, about 30 seconds. Add vinegar, chipotle chile, sauce, and reserved chile-soaking liquid. Scrape up browned bits from the bottom of the pan. Transfer the contents to a blender jar with the soaked chiles, sour cream, and lime juice. Blend at high speed until completely smooth for about 1 minute. Season to taste with salt and pepper and set aside.
3. Heat the remaining tablespoon of oil in a large skillet over high heat until smoking. Add asparagus, season with salt and pepper, and cook without moving until well charred on the bottom, about 2 minutes. Toss and repeat, allowing the asparagus to char before tossing it again. Repeat until all the asparagus is roasted and softened for 8 to 10 minutes. Transfer to a large plate.

4. Form 12 double stacks of tortillas. Spread a tablespoon of sauce over each one. Divide asparagus evenly between tortillas. Top with pickled onions, cheese, and cilantro. Serve immediately with lime wedges and extra sauce.

Hazelnuts

- [Hazelnut Mexican Wedding Cookies - Cooking With Books](#)
 - Ingredients
 - 1 ½ cups hazelnut flour or ground hazelnuts
 - 2 sticks unsalted butter softened
 - ½ cup powdered sugar
 - 2 cups all-purpose flour
 - ¼ teaspoon ground cardamom
 - 1 teaspoon vanilla extract
 - ¼ teaspoon salt
 - Powdered sugar to coat
 - Instructions
 1. Preheat the oven to 350F and line a baking sheet with parchment paper.
 2. Mix the hazelnut flour, butter, and powdered sugar in a large bowl until incorporated.
 3. Add the rest of the ingredients and form into a disc/ball.
 4. Shape into small, round balls and place on a baking tray.
 5. Baking for 12-15 minutes. Let cool a bit, but after about 10 minutes out of the oven, slide the still-warm cookies into a bowl of powdered sugar to coat. Leave in the bowl for an hour until they cool.

Pecan

- [How to make Cream of Pecan Soup \(Mexican Food Recipe\)](#)
 - Ingredients
 - 2 Tablespoons of butter
 - ½ cup white onion, chopped
 - 2 garlic cloves chopped
 - ½ cup celery, chopped
 - 2 tablespoons of flour
 - 1½ cups roasted pecans about 6 ounces
 - 4 cups of chicken broth
 - 1 cup of heavy cream
 - Salt to taste
 - Finely chopped parsley or green onions for garnish
 - Olive oil for drizzling on the soup, optional
 - Instructions

1. Melt the butter in a heavy pot over medium-low heat. Add the celery, onion, and garlic. Cook until the onion looks transparent, about 4 minutes.
2. Stir in the flour and cook for 1 minute. Pour the broth and stir in the pecans, then boil over high heat. Cook until the vegetables are tender and the celery is cooked (about 10 more minutes).
3. Turn the heat off and allow it to cool for a few minutes. Working in batches, process the pecans, broth, onion, and celery mixture in your blender until smooth (about 1 to 2 minutes). Return the soup to the pot, using a filter if necessary. Stir in the heavy cream and bring the soup to a simmer (uncovered) over medium heat. Season the soup with salt and pepper to taste. Drizzle with olive oil if desired.

Sage

- [Fried Sage Salsa Verde Recipe \(with Video\)](#)

- Ingredients
 - 2 medium shallots, finely diced
 - ½cup red wine vinegar
 - ½cup very finely chopped flat-leaf parsley leaves (from about 1 large bunch)
 - ¾cup extra-virgin olive oil, plus more if needed
 - Fine sea salt
 - 2 cups neutral oil, such as canola or safflower, for frying
 - ¾cup loosely packed sage leaves (from about 1 large bunch)
- Instructions
 1. Line a baking sheet with paper towels and set aside.
 2. Combine the shallots and vinegar in a small bowl and set aside for 15 minutes to soften. In a medium bowl, combine the parsley, olive oil, and a generous pinch of salt. Set aside.
 3. Pour the neutral oil into a medium saucepan and set it over medium-high heat. After 2 minutes, add a sage leaf to test the temperature. (The oil should be around 360 degrees.) When the sage leaf sizzles, add the rest of the sage and stir with a slotted spoon or spider. As soon as the bubbles subside, after about 20 seconds, remove the herbs from the oil and spread them out onto the prepared baking sheet—season lightly with salt. The sage will get crisp as it cools.
 4. Just before serving, use a slotted spoon to add the shallots (but not the vinegar yet) to the parsley oil. Stir, taste, and add salt and vinegar for a nice tang. Crumble and stir the sage into the salsa. The final sauce should be loose enough to drizzle from a spoon, so adjust with a little more oil if needed, then taste and adjust with salt and vinegar one last time before serving. Cover and refrigerate leftovers for up to 3 days.

Nasturtium

- [Nasturtium Blossoms Avocado Guacamole - Cook With Renu](#)

- Ingredients

- 1 large avocado
- 1.5-2 cups of nasturtium flowers
- 2 tablespoons lemon juice
- Salt
- Black pepper to taste
- Instructions
 1. Cut the avocado and remove the pit.
 2. Mash the avocado in a bowl.
 3. Roughly chop or crush the Nasturtium flowers in a mortar and pestle.
 4. Add the chopped or crushed flowers to the bowl.
 5. Add lemon juice, black pepper, and salt.
 6. Mix everything and enjoy.

Blueberry

- [Glazed Blueberry Empanadas - La Piña en la Cocina](#)
 - Instructions
 - **For Filling**
 - 12 ounces fresh blueberries
 - 1 cup of organic cane sugar
 - Juice of 1 lemon
 - 1 teaspoon vanilla extract
 - 1 tablespoon cornstarch
 - 1 tablespoon cold water
 - **For Dough**
 - 1 3/4 cups flour that has been sifted
 - 1/4 cup sugar
 - 1/2 teaspoon salt
 - 1/2 teaspoon baking powder
 - 1/2 cup shortening
 - 1 large egg yolk
 - 1/3 cup hot milk, more or less
 - **For The Glaze**
 - 2 cups powdered sugar
 - 3 tablespoons milk
 - 2 tablespoons warm water
 - Zest of 1 large orange
 - Instructions
 1. Add the blueberries, sugar, and lemon juice to a heavy saucepan and heat to medium heat. Once the blueberries break down and boil, reduce the heat slightly and stir as needed. The blueberries will cook at a steady simmer for at least 80 to 90 minutes or until the liquid reduces and the mixture becomes thick.

2. Once thick, mix the extract, water, and cornstarch in a small bowl until smooth. While stirring, add this slurry to the blueberries. Cook for another minute or two. Remove from heat and let cool completely before filling the empanadas. It is best if chilled overnight.
3. Add all of the dry ingredients to a large bowl. Cut in the shortening using your hand or a pastry cutter. Mix in the egg yolk. Gradually mix in the hot milk and knead gently until the dough comes together. If it's still too dry, add a little more hot milk.
4. Transfer the dough to a bowl. Cover with plastic wrap and let rest for at least 30 minutes. When ready, preheat the oven to 375 degrees. Line two baking sheets with parchment paper. Set aside. While the oven preheats, divide the dough into 22-24 equal portions. Roll into a ball and flatten slightly. Transfer to a plate and cover loosely with plastic.
5. Use a rolling pin to roll out the dough balls to about 3 1/2 to 4 inches in diameter.
6. Once your empanada disk is ready, fill it with 1- 1 1/2 full tablespoons of filling down the center, ensuring you don't get too close to the edges. Fold over and press gently around the filling to push out any air. I like to use the pinch and fold-over method for sealing, but you could also use a fork if that is easier. Transfer the filled empanadas to prepared baking sheets.
7. Bake on the middle rack for 18-20 minutes or until the edges brown lightly. Move to the top rack and broil to brown the tops lightly. Remove from the oven and let cool.
8. Once the empanadas are cool, prepare the glaze. In a bowl, whisk the ingredients together until they are very smooth. Line a baking sheet with parchment paper, then place a wire cooling rack on top. Space out the empanadas evenly onto the rack. Spoon on the glaze generously over the empanadas. Let cool before storing

Raspberry

- [Raspberry chipotle sauce: Salsa de frambuesas y chipotle - MexConnect](#)
 - o Ingredients
 - 1 tablespoon light olive oil
 - 1 small white onion, minced
 - 2 cloves garlic, minced
 - 2 chipotle in adobo, finely chopped, plus extra adobo sauce if desired
 - 2 pints fresh raspberries, crushed
 - ½ cup raspberry vinegar
 - ¾ cup sugar
 - Salt to taste
 - o Instructions
 1. Heat the oil in a saucepan over medium heat; add the onion and cook until soft. Add the garlic and cook for another minute. Add the chipotle and the raspberries and cook, stirring, until the raspberries are soft. Add the vinegar, stirring to deglaze the pan.

2. Add the sugar and salt, lower the heat, and simmer until reduced by half, stirring frequently. Allow the sauce to cool before using. Strain through a fine mesh strainer if desired. Makes about 1 ½ cups.

Strawberry

- [Fresas con Crema \(Mexican strawberries and cream\)](#)
 - Ingredients
 - 6 cups of strawberries
 - 2 cups Mexican cream
 - 8 tablespoons condensed milk or sugar
 - 2 teaspoons vanilla
 - ½ teaspoon ground cinnamon, optional
 - Fresh mint for garnish
 - Instructions
 1. Wash the strawberries and dry them with a paper towel.
 2. After cleaning your strawberries, cut them into thin slices and place them aside.
 3. Mix the cream, condensed milk (or sugar), vanilla, and cinnamon in a mixing bowl to make the sweet cream sauce.
 4. Add a few tablespoons of the cream mixture in each cup and layer some of the sliced strawberries on top.
 5. Repeat this step until the cream and strawberries are placed in each cup.
 6. Add a sprig of fresh mint or your favorite garnish.

Peppermint

- [How to Make Peppermint Tea 5 Different Ways](#)
 - Ingredients
 - 1 handful of fresh peppermint leaves, 2 teaspoons dried mint leaves, or 1 peppermint tea bag
 - 2 cups hot water
 - Sweetener (optional)
 - Instructions
 1. Prepare according to the instructions on the bag if you are using tea bags. Fresh leaves require a bit more preparation, but it isn't time-consuming. Gently grind the fresh peppermint leaves to release the flavor. You can use a spoon or mortar to coax the aromatic peppermint oil that flavors this refreshing drink. For loose-leaf teas, use an infuser to keep the leaves contained.
 2. Herbal teas develop flavors better when brewed with hot water instead of boiling water. Bring the water to a rapid boil and let it cool for a minute or two. Pour the hot water into a teacup and add the tea bag or leaves.
 3. Steep the hot peppermint tea for 5 to 10 minutes. Fresh peppermint leaves require a longer steeping time than dried leaves. Typically, dried leaves should steep for 5

minutes, while fresh leaves taste best after 8 minutes of steeping. When steeping, use a lid to cover the teacup to lock in the flavor and moisture. The longer the leaves steep, the stronger the flavor. Taste after the first 5 minutes and then in 30-second intervals to find the best flavor for your palette. Add in your preferred sweetener or a slice of lemon if desired.

Spearmint

- [Spearmint Lime Cucumber Water \[Refreshing\]](#)
 - Ingredients
 - 1 medium cucumber
 - 8 Mexican limes
 - 8 spearmint or mint leaves
 - 1 cup of sugar
 - ½ gallon water
 - Instructions
 1. Peel the Cucumber and cut it into 4 chunks.
 2. Juice the limes.
 3. Add the cucumber, lime juice, mint, and 2 cups of water to your blender.
 4. Blend for 1 minute.
 5. Pour the mixture into a ½ gallon pitcher; add the sugar and water to fill the pitcher.
 6. Stir well.
 7. Serve lightly chilled or over ice.
 8. Garnish with a spearmint leaf.

Lavender

- [Lemon Lavender Muffins Recipe - Pinch of Yum](#)
 - Ingredients
 - **Lemon Lavender Muffins:**
 - 3/4 cup sugar
 - 2 teaspoons dried lavender buds
 - 1 lemon – juice and zest
 - 1/2 cup butter, softened
 - 2 eggs
 - 1/2 cup honey
 - 1/2 cup Almond Breeze Original Almond milk or Vanilla Almond milk
 - 1 teaspoon vanilla
 - 1 1/2 cups flour
 - 1/2 teaspoon salt
 - 1 teaspoon baking powder
 - 1/4 teaspoon baking soda
 - **Glaze:**
 - 1 cup powdered sugar

- 1 tablespoon (more or less) Almond Breeze Original Almond milk or Vanilla Almond milk
- Instructions
 1. Preheat the oven to 350 degrees.
 2. Pulse the sugar, lavender, and lemon zest in a food processor until smooth. The goal is to break down the lavender. Set 1/4 cup aside.
 3. Beat the 1/2 cup sugar, butter, and eggs until fluffy. Beat in honey, almond milk, lemon juice, and vanilla. Stir in dry ingredients gently until just combined.
 4. Pour the batter into a prepared muffin tin. Bake for 20 minutes or until golden and the tops spring back when you touch them.
 5. Whisk the ingredients together for the glaze. Pour a spoonful over the top of each muffin and sprinkle with reserved sugar.

Basil

- [Homemade Pesto Recipe - How to Make Pesto](#)

- Ingredients
 - 1/3 c. pine nuts, toasted
 - 1 Tbsp. Lemon juice (optional)
 - 2 garlic cloves, smashed
 - 1/2 tsp. kosher salt
 - 1/4 tsp. Ground black pepper
 - 1/4 tsp. Red pepper flakes
 - 2 1/2 c. packed fresh basil leaves
 - 2/3 c. extra virgin olive oil
 - 1/2 c. grated parmesan cheese
- Instructions
 1. In a food processor, combine the pine nuts, lemon juice (if using), garlic, salt, black pepper, and red pepper flakes. Pulse until the pine nuts are finely chopped and the ingredients are well combined, scraping the sides of the processor bowl with a rubber spatula.
 2. Add the basil and pulse to combine. With the food processor running, slowly stream the oil until it combines well. Add the parmesan cheese and pulse to combine.
 3. Store the pesto in an airtight container for up to 1 week.

Thyme

- [Creamy Lemon Thyme Chicken \(Very Easy!\) - Sally's Baking Addiction](#)

- Ingredients
 - 4 boneless skinless chicken breasts (around 1.5 lbs total)
 - 1/4 teaspoon salt
 - 1/4 teaspoon freshly ground black pepper

- 1 Tablespoon olive oil
 - 1 and 1/2 cups (360ml) chicken broth (reduced sodium recommended)
 - 1/4 cup (60ml) lemon juice (about 2 medium lemons)
 - 1 Tablespoon lemon zest
 - 1/3 cup finely chopped onion (1/3 of a medium onion)
 - 2 cloves garlic, minced
 - 2 and 1/2 teaspoons fresh thyme leaves (or 1.5 teaspoons dried)
 - 1/3 cup (80ml) heavy cream at room temperature
 - 3 Tablespoons (43g) unsalted butter, cubed and at room temperature
 - Optional garnishes: lemon slices and fresh thyme
- Instructions
 1. If the chicken breasts are unevenly thick, pound them down so they're roughly all the same thickness.
 2. Lightly salt and pepper both sides of each chicken breast. In a large ovenproof skillet, heat the oil over medium-high heat. Add the chicken and cook for 7-8 minutes, turning once halfway. You want the chicken nice and browned on the outside but not fully cooked in the center because it will finish cooking in the oven. Set the chicken on a plate and cover tightly with foil until step 5.
 3. Preheat oven to 375°F (190°C).
 4. Remove the skillet from the stove and add the broth, lemon juice, lemon zest, onion, garlic, and thyme. Return the skillet to the stove over medium-high heat. Cook and stir to scrape up the browned bits from the bottom of the skillet. Bring to a boil. Allow to boil, uncovered, for 10 minutes or until the liquid is reduced to around 1/2 cup (120ml). Stir in the cream and butter. Bring to a simmer, stirring occasionally, and simmer for 3-4 minutes.
 5. Add the chicken to the sauce and place the skillet in the preheated oven. Bake until the chicken is fully cooked through, about 10 minutes. (Chicken is considered done when an instant-read thermometer reads the center of the thickest part as at least 165°F (74°C).)
 6. Serve chicken with sauce spooned on top and any optional garnishes listed. Leftovers keep well in the refrigerator for a few days. Reheat to your liking.

Dill

- [Creamy Lemon-Dill Tortellini \(One-Pan\) | The Kitchn](#)

- Ingredients
 - 1 ounce Parmesan cheese (1/2 cup firmly packed freshly grated or 1/3 cup store-bought grated), plus more for serving
 - 1 large egg yolk
 - 1 clove of garlic
 - 1 medium lemon

- 1/2 medium bunch fresh dill
- 1 1/4 cups heavy cream
- 1 1/4 cups low-sodium vegetable or chicken broth
- 1/2 teaspoon kosher salt, plus more as needed
- 1/4 teaspoon freshly ground black pepper, plus more as needed
- 20 ounces refrigerated or frozen cheese tortellini (do not thaw)
- Instructions
 1. Finely grate 1 ounce of Parmesan cheese (about 1/2 packed cup) or measure out 1/3 cup store-bought grated, then place in a small bowl. Add 1 large egg yolk and beat with a fork until a uniform, thick paste forms.
 2. Mince 1 garlic clove. Finely grate the zest from 1 medium lemon (about 1 teaspoon), then juice the lemon (2 tablespoons). Pick the fronds from 1/2 medium bunch fresh dill and finely chop until you have 1/4 cup packed.
 3. Place garlic, lemon zest, 1 1/4 cups heavy cream, 1 1/4 cups low-sodium vegetable or chicken broth, 1/2 teaspoon kosher salt, and 1/4 teaspoon freshly ground black pepper in a large skillet. Bring to a simmer over medium heat, stirring to combine. Add 20 ounces of refrigerated or frozen cheese tortellini (halfway submerged in the sauce). Cook, stirring frequently to prevent the tortellini from sticking, until tender and warmed through, about 6 minutes for refrigerated tortellini or 10 minutes for frozen tortellini.
 4. Remove the skillet from the heat. Add the lemon juice, dill, and Parmesan cheese-egg mixture. Stir vigorously to combine. Taste and season with more kosher salt and black pepper as needed. Top with grated Parmesan cheese if desired.

Plum

- [Easy Plum Jam Recipe | A Baker's House](#)
 - Ingredients
 - 3 lbs plums, halved, pitted and quartered
 - 3 cups of sugar
 - 1/2 cup water
 - 1/2 cup lemon juice
 - Instructions
 1. Wash and cut the plums into chunks, removing the pits.
 2. Combine the plums, water, lemon juice, and sugar in a large saucepan. Bring to a boil to dissolve the sugar, stirring continuously.
 3. Continue to stir for 15-20 minutes, or until the gelling point has been reached.
 4. Remove from the heat and ladle into glass mason jars. Proceed with the boiling water canning method, if desired. If not, store the plum jam in the refrigerator.

Pole bean

- [Granny's Pole Beans Recipe - Food.com](#)
 - Ingredients
 - 1 lb pole beans, strings and tips removed
 - 1 large onion, quartered

- 1 garlic clove, smashed
- 1 teaspoon salt
- 1/2 teaspoon red pepper flakes
- 1 bay leaf
- 4 cups chicken stock
- 2 teaspoons apple cider vinegar
- Instructions
 1. Cut the beans into 1 inch pieces and place in a dutch oven. Add the onion, garlic, salt, red pepper flakes, bay leaf, and enough chicken stock to generously cover. Cover the pot and bring the beans to a boil. Turn the heat to low and simmer, covered, until a knife goes straight through the beans, about 30 minutes. The beans should be very tender but not mushy.
 2. Turn off the heat and add in the vinegar. Taste and add salt if needed. Uncover and let the beans cool to room temperature in their liquid. Be sure to cook the beans at least 2 hours in advance of serving. The cooling time allows the flavors to come together. Skim off fat and reheat before serving.

Redbud

- Flowers can be used as a garnish and are edible

Coneflower

- Coneflower leaves, flowers, and roots can be dried and used to make teas.

Orange button

- The entire head or just the petals can be dried and used to make teas