

Eat Local Challenge Menu and Recipes

This has been customized for shopping in the Santa Barbara area but you can adapt to any area. You can use it for a week's full of meals, or spread it out and use throughout the month.

Santa Barbara Shopping Note: All of the vegetables and fruits can be purchased at the Santa Barbara Farmers Market. All of the other items that can be sourced locally are indicated in bold. If you are busy and would like your local, organic fruits and vegetables, meats, cheeses, eggs and more delivered to your home, try out Plow to Porch Organics for the month. They will send recipes to accompany the produce boxes each week. Visit PlowToPorch.com for more info.

At A Glance:

	Breakfast	Lunch	Dinner
Day 1	Strawberry Mint Salad and Lark Ellen Farm Granola	Roasted Beet Salad with Oranges and Beet Greens	Roast Chicken with Fennel, Potatoes, and Citrus
Day 2	Swiss Chard and Onion Frittata	Roasted Acorn Squash, Orange, and Spinach Salad	Pasta with Tomatoes and Basil and a Simple Green Salad
Day 3	Blueberry Orange Smoothie	Kale, Carrot, and Chickpea Soup with a baguette	White Sea Bass and Orange-Braised Carrots
Day 4	Quiche from Marcie's Pies	Grilled Zucchini and Cheese Sandwiches	Stuffed Bell Peppers
Day 5	Fried Egg Sandwich	Kale Salad With Apples and Cheese	Nimita's Indian Cuisine
Day 6	Spinach, Tomato, and Goat Cheese Omelet	More Gouda Pickled Grill Cheese Sandwich	Acorn Squash with Kale and Sausage
Day 7	Fresh Fruit Salad	Grilled Cabbage with Bacon	Mussels with White Wine and Garlic and Roasted Green Beans
Bonus	Snacks: Coriander Beet Chips, Crispy Kale		

DAY 1

BREAKFAST

Strawberry Mint Salad and Lark Ellen Farm Original Vanilla Cinnamon Grainless Granola with Organic Pastures Milk

LUNCH

Roasted Beet Salad with Oranges and Beet Greens

DINNER

Roast Chicken with Fennel, Potatoes, and Citrus

Strawberry Mint Salad

adapted from savvyeat.com

makes 5 cups

Ingredients

- 5 cups strawberries, hulled and halved
- 1/2 cup fresh mint

Instructions

1. Roll the mint leaves into a long cylinder, and thinly slice the roll crosswise to create ribbons of mint.
2. Gently toss the mint with the strawberries.
3. Cover and refrigerate the salad for at least 30 minutes to help the flavors blend.

Lark Ellen Farm Grainless Granola (Ojai) with Organic Pastures Milk (Fresno County)

Roasted Beet Salad with Oranges and Beet Greens

Adapted from epicureous.com

serves 6

Ingredients

- 6 medium beets with beet greens attached
- 2 large oranges
- 1 small sweet onion, cut into thin wedges

- 1/2 cup red wine vinegar
- 1/3 cup extra-virgin olive oil (**Fusano Cold Pressed Extra Virgin Olive Oil, Paso Robles**)
- 2 garlic cloves, minced
- 1/2 teaspoon grated orange peel

Preparation

1. Preheat oven to 400°F. Trim greens from beets. Cut off and discard stems. Coarsely chop leaves and reserve. Wrap each beet in foil. Place beets directly on oven rack and roast until tender when pierced with fork, about 1 hour 30 minutes. Cool. Peel beets, then cut each into 8 wedges. Place beets in medium bowl.
2. Cook beet greens in large saucepan of boiling water just until tender, about 2 minutes. Drain. Cool. Squeeze greens to remove excess moisture. Add greens to bowl with beets. Cut peel and white pith from oranges. Working over another bowl and using small sharp knife, cut between membranes to release segments. Add orange segments and onion to bowl with beet mixture. Whisk vinegar, oil, garlic, and orange peel in small bowl to blend; add to beet mixture and toss to coat. Season with salt and pepper. Let stand at room temperature 1 hour. Serve.

Roast Chicken with Fennel, Potatoes, and Citrus

Adapted from Bonappetit.com

Serves 4

Ingredients

- 1 teaspoons lemon zest
- 1 teaspoons minced garlic plus 1 head of garlic, halved crosswise
- 2 teaspoons kosher salt plus more for seasoning
- 1/2 teaspoon freshly ground black pepper plus more for seasoning
- 1/2 teaspoon crushed red pepper flakes
- 2 fennel bulbs trimmed, each cut into 8 wedges, plus 1/4 cup fronds
- 1 pound fingerling potatoes, halved lengthwise
- 12 small carrots, peeled or scrubbed
- 4 shallots, halved lengthwise
- 2 lemons, 1 thinly sliced, 1 halved
- 1/2 orange, cut crosswise into 4 slices
- 4 tablespoons olive oil, divided, plus more
- 1 4-pound chicken (**Jimenez Farm, Santa Ynez**)

Preparation

Preheat oven to 450°. Mix lemon zest, garlic, 2 tsp. salt, 1/2 tsp. pepper, and red pepper

flakes in a small bowl. Set spice mixture aside.

Place fennel wedges, potatoes, carrots, shallots, and lemon and orange slices in a large heavy roasting pan. Drizzle 2 Tbsp. oil over, season with salt and pepper, and toss well to coat. Spread out in an even layer.

Rub remaining 2 Tbsp. oil all over the chicken. Season chicken inside and out with spice mixture. Stuff chicken with a lemon half and half head of garlic. Tie legs together loosely with twine.

Set a roasting rack over vegetables in pan; place chicken on rack. Roast until chicken is cooked through and an instant-read thermometer inserted into the thickest part of thighs registers 165°, about 1 hour.

Preheat broiler. Transfer chicken to a carving board and let rest for 15 minutes.

Meanwhile, place roasting pan on stove over 2 burners. Transfer lemon and orange slices to a small bowl. Cook vegetables over medium heat, stirring often, until liquid is evaporated, 8–10 minutes. Set pan under broiler; cook vegetables, rotating pan once, until browned in spots, about 5 minutes.

Season vegetables to taste with salt and pepper. Squeeze juice from remaining lemon halves over vegetables to taste.

Carve chicken. Divide roasted vegetables and chicken among plates. Garnish with reserved citrus slices and fennel fronds.

DAY 2

BREAKFAST

Swiss Chard and Onion Frittata

LUNCH

Roasted Acorn Squash, Orange, and Spinach Salad

DINNER

Pasta with Tomatoes and Basil

Swiss Chard and Onion Frittata

Adapted from myrecipes.com

serves 4

Ingredients

- 4 teaspoons olive oil, divided (**Fusano Cold Pressed Extra Virgin Olive Oil, Paso Robles**)
- 1 cup thinly sliced onion
- 4 cups trimmed and thinly sliced Swiss chard
- 1/2 teaspoon kosher salt, divided
- 1/4 teaspoon freshly ground black pepper
- 2 tablespoons chopped fresh flat-leaf parsley
- 4 tablespoons small fresh basil leaves, divided
- 1 teaspoon minced garlic
- 4 large eggs, lightly beaten (**Lily's Eggs, Ojai**)
- 1.5 ounces cheddar cheese, shredded and divided (about 1/3 cup) (**Santa Ynez - White Cheddar, The Santa Barbara Cheese Company, Cuyama**)
- 2 tablespoons grated vegetarian Parmesan cheese (**Solvang - Manchego/Parm cross, The Santa Barbara Cheese Company, Cuyama**)

How to Make It

1. Heat a 10-inch ovenproof nonstick skillet over medium-low heat. Add 2 teaspoons olive oil to pan; swirl to coat. Add thinly sliced onion; cook 12 minutes or until onion is tender, stirring occasionally. Add chard; cook 10 minutes or until chard is tender, stirring occasionally. Sprinkle with 1/4 teaspoon salt and black pepper.

2. Combine parsley, 2 tablespoons basil, garlic, eggs, and remaining 1/4 teaspoon salt, stirring with a whisk. Add chard mixture to egg mixture. Stir in 1 ounce of your local cheese.
3. Preheat broiler to high.
4. Wipe pan clean with a paper towel. Return pan to medium-high heat. Add remaining 2 teaspoons oil to pan; swirl to coat. Add egg mixture to pan; cook 30 seconds. Reduce heat to low; cook, without stirring, for 4 minutes or until eggs are partially cooked. Sprinkle egg mixture with Parmesan cheese and remaining 5 ounces of local cheese.

Roasted Acorn Squash, Orange, and Spinach Salad

Adapted from Thehealthyfoodie.com

Serves 4-6

Ingredients

1 acorn squash, seeded and cut into 12 slices
2 oranges, peeled and sliced
2 tbsp extra-virgin olive oil, (**Fusano Cold Pressed Extra Virgin Olive Oil, Paso Robles**)
Salt and pepper to taste
½ cup local blistered almonds toasted and chopped, (**Fat Uncle Farms, Wasco**)
4 cups raw spinach

Vinaigrette

¼ cup extra-virgin olive oil, (**Fusano Cold Pressed Extra Virgin Olive Oil, Paso Robles**)
¼ cup freshly squeezed orange juice
3 tbsp white balsamic vinegar
1 tbsp Dijon mustard
1 tbsp raw honey, (**San Marcos Farm Honey Company, Goleta**)
1 tsp instant coffee powder
1 garlic clove
½ tsp salt
½ tsp freshly ground black pepper

Instructions

Preheat your oven to 425°F

Arrange the squash slices onto a broiler pan or baking sheet that's been lined with parchment paper. Drizzle with olive oil and sprinkle generously with salt and pepper. Roast the squash for 25 minutes, flipping the slices once after 15 minutes. (If the squash isn't golden enough for your liking after it's done roasting, set the oven to broil and let it brown for another 2 to 3 minutes.)

Put the almonds in a small baking dish and roast them in the oven along with the squash until they are fragrant and light brown, about 7 to 8 minutes. Remove them from the oven and roughly chop them once they are cool enough to handle.

While the squash is roasting, peel and slice the oranges and make the vinaigrette.

To do that, mix all the ingredients in a mason type glass jar and blitz with a stick blender until smooth and creamy.

Add half the vinaigrette to the spinach; toss to coat and arrange on a plate.

Top with orange slices, warm squash, toasted almonds and drizzle the remaining vinaigrette over the salad.

Serve immediately.

Pasta with Tomatoes and Basil and a Simple Green Salad of your Choice with Garlic Gold Classic Balsamic Vinaigrette (Garlic Gold, Ventura)

Adapted from Foodnetwork.com

Serves 6

Ingredients

- Salt
- 1/2 cup olive oil, plus extra for the pot, (**Fusano Cold Pressed Extra Virgin Olive Oil, Paso Robles**)
- 2 tablespoons minced garlic (6 cloves)
- 4 pints small cherry tomatoes or grape tomatoes
- 18 large basil leaves, julienned
- 2 tablespoons chopped fresh curly parsley
- 2 teaspoons chopped fresh thyme leaves
- 1 teaspoon freshly ground black pepper
- 1/2 teaspoon crushed red pepper flakes
- 3/4 pound local pasta (**Solvang Pie Company, Solvang**)
- 1 1/2 cups freshly grated Parmesan cheese, (**Solvang - Manchego/Parm cross, The Santa Barbara Cheese Company, Cuyama**)
- Extra chopped basil and grated Parmesan, for serving

Directions

Bring a large pot of water to a boil and add 2 tablespoons of salt and a splash of oil to the pot.

Meanwhile, heat the 1/2 cup of olive oil in a large (12-inch) sauté pan. Add the garlic to the oil and cook over medium heat for 30 seconds. Add the tomatoes, basil, parsley, thyme, 2 teaspoons salt, the pepper, and red pepper flakes. Reduce the heat to medium-low and cook for 5 to 7 minutes, tossing occasionally, until the tomatoes begin to soften but don't break up.

While the tomatoes are cooking, add the pasta to the pot of boiling water and cook for 2 minutes, or according to the directions on the package. Drain the pasta, reserving some of the pasta water.

Place the pasta in a large serving bowl, add the tomatoes and Parmesan and toss well. Add some of the pasta water if the pasta seems too dry. Serve large bowls of pasta with extra basil sprinkled on top and a big bowl of extra Parmesan on the side.

Simple Green Salad of your Choice with Garlic Gold Classic Balsamic Vinaigrette (Garlic Gold, Ventura)

DAY 3

BREAKFAST

Blueberry Orange Smoothie

LUNCH

Kale, Carrot, and Chickpea Soup with a Baguette (Helena Avenue Bakery, Santa Barbara)

DINNER

White Sea Bass with Orange-Fennel Relish and Orange-Braised Carrots with Shallots and Thyme

Blueberry Orange Smoothie

Serves 2

Ingredients

- 1 and 1/2 cups blueberries - fresh or frozen
- 1 cup orange juice
- 1/2 cup low-fat frozen vanilla yogurt (**McConnell's, Santa Barbara**)
- 1/2 cup ice cubes
- 1/4 teaspoon grated orange peel

Add all ingredients to your blender. Puree until smooth.

Divide between two glasses. Drink and enjoy

Kale, Carrot, and Chickpea Soup with a Baguette (Helena Avenue Bakery, Santa Barbara)

Adapted from Jenniferskitchen.com

4-6 servings

Ingredients

- 1 medium yellow onion, diced
- 7 medium raw carrots, sliced thin or diced small
- 3 stalks celery, diced

- 3 tablespoons olive oil (**Fusano Cold Pressed Extra Virgin Olive Oil, Paso Robles**)
- 7 cups chopped kale
- 2 cloves garlic, minced
- 4 cups water, stock, or broth
- 2 tablespoons onion powder or granulated onion
- 2 tablespoons dried parsley
- 1 teaspoon dried basil
- 1/2 teaspoon garlic powder or granulated garlic
- 3 cups cooked chickpeas or garbanzo beans (**Baba's Foods, San Luis Obispo**)
- 1 1/2 teaspoons salt, or to taste

Preparation

1. Prepare vegetables.
2. In a large soup pot, sauté onion, carrot, and celery in oil over medium (not high) heat until onion begins to turn translucent.
3. Add greens and sauté until greens are tender. Stir often to prevent vegetables from sticking.
4. Add garlic and sauté for one additional minute.
5. Add water (or stock or broth) and seasonings and bring to boil. Reduce heat and simmer until vegetables are tender.
6. Gently stir in chickpeas (garbanzo beans) and add salt to taste.

Serve hot with the Baguette (**Helena Avenue Bakery, Santa Barbara**)

DINNER

White Sea Bass with Orange-Fennel Relish and Orange-Braised Carrots with Shallots and Thyme

White Sea Bass with Orange-Fennel Relish

Adapted from myrecipes.com

Serves 4

Ingredients

- 2 tablespoons extra-virgin olive oil (**Fusano Cold Pressed Extra Virgin Olive Oil, Paso Robles**)
- 1 tablespoon fresh lemon juice
- 1 tablespoon fresh orange juice
- 1/2 teaspoon grated orange rind
- 1/2 teaspoon kosher salt, divided
- 1/2 teaspoon freshly ground black pepper, divided
- 1 (12-ounce) fennel bulb
- 1 cup fresh orange sections
- 1/4 cup thinly sliced red onion

- 4 (6-ounce) white sea bass fillets (**Santa Barbara Fish Market, Santa Barbara**)
- 1 1/2 teaspoons butter (**Organic Pastures, Fresno County**)

Step 1

Combine first 4 ingredients, 1/4 teaspoon salt, and 1/4 teaspoon black pepper in a medium bowl, stirring with a whisk. Remove fronds from fennel bulb; chop fronds to measure 2 tablespoons. Remove and discard stalks. Cut fennel bulb in half lengthwise; discard core. Thinly slice fennel bulb. Add sliced fennel, orange sections, and onion to orange juice mixture; toss gently to coat. Stir in fennel fronds.

Step 2

Heat a large nonstick skillet over medium-high heat. Sprinkle fish evenly with remaining 1/4 teaspoon salt and the remaining 1/4 teaspoon pepper. Add butter to pan; swirl until butter melts. Add fish to pan; cook 4 minutes on each side or until desired degree of doneness. Serve with relish.

Orange-Braised Carrots with Shallots and Thyme

Adapted from Barefootcontessa.com

Serves 6

Ingredients

- 2 pound carrots with the greens attached
- 1/3 cup small-diced shallots (1 large)
- 2 teaspoons grated orange zest
- 1 1/4 cups freshly squeezed orange juice, divided (3 oranges)
- 1/3 cup good olive oil (**Fusano Cold Pressed Extra Virgin Olive Oil, Paso Robles**)
- 6 sprigs fresh thyme, tied with kitchen string
- Pinch of crushed red pepper flakes
- Kosher salt and freshly ground black pepper

Preparation

Preheat the oven to 275 degrees.

Trim and scrub or peel the carrots.

Place the carrots in a pot or Dutch oven that's large enough for the vegetables to lie flat. Add the shallots, orange zest, 3/4 cup of the orange juice, the olive oil, thyme, red pepper flakes, 2 teaspoons salt, and 1/2 teaspoon black pepper.

Place the pot on the stove and bring to a boil over medium-high heat. Cover tightly with a lid or heavy-duty foil. Transfer to the oven and cook for 1 1/2 hours, until the carrots are very tender. Discard the thyme bundle. Sprinkle with the remaining 1/2 cup of orange juice and season to taste. Serve hot, warm, or at room temperature.

DAY 4

BREAKFAST

Take a break and purchase a wonderful quiche from **Marcie's Pies (Marcie's Pies, Jimenez Farm, Santa Ynez)**. Enjoy with **Fresh Fruit** of your choice.

LUNCH

Grilled Zucchini and Cheese Sandwiches

DINNER

Stuffed Bell Peppers

Take a break and purchase a wonderful quiche from **Marcie's Pies (Marcie's Pies, Jimenez Farm, Santa Ynez)**. Enjoy with **Fresh Fruit** of your choice.

Grilled Zucchini and Cheese Sandwiches

Adapted from Finecooking.com

Serves 8

Ingredients

- 2 medium zucchini (10 oz.), sliced lengthwise into 1/4-inch-thick planks
- Kosher salt and freshly ground black pepper
- 8 thin slices sourdough bread (**Sourdough Boule from Helena Avenue Bakery, Santa Barbara**)
- 2 cups cheese of your choice, grated (**Santa Ynez - White Cheddar, The Santa Barbara Cheese Company, Cuyama**)
- 2 medium tomatoes, thinly sliced
- 4 tsp. mayonnaise

Preparation

- Prepare a high (500°F to 600°F) gas grill fire, or heat a large grill pan. Season the zucchini with salt and pepper and grill, flipping once, until just tender, 3 to 4 minutes. Remove the zucchini, and reduce the heat to medium high (400°F to 475°F).
- Assemble 4 sandwiches with the sourdough, cheese, tomatoes (seasoned lightly with salt), and the zucchini, layering the cheese under and over the vegetables. Spread about 1 tsp. mayonnaise on the outside of each sandwich. Grill, flipping

halfway through, until the bread is toasted and the cheese is melted, about 2 minutes per side.

Stuffed Bell Peppers

Adapted from Foodnetwork.com

Serves 4-6

Ingredients

6 bell peppers, any color

4 tablespoons olive oil, plus more for drizzling (**Fusano Cold Pressed Extra Virgin Olive Oil, Paso Robles**)

8 ounces lean ground beef (**Rancho San Julian, Beef, Lompoc or Watkins Cattle Company, Ojai**)

Kosher salt and freshly ground black pepper

1 onion, finely diced

3 cloves garlic, chopped

1 medium zucchini, finely diced

4 Roma tomatoes, seeded and finely diced

Directions

Preheat the oven to 350 degrees F.

Cut the tops off the peppers. Remove and discard the stems, then finely chop the tops; set aside. Scoop out the seeds and as much of the membrane as you can. Place the peppers cut-side up in a baking dish just large enough to hold them upright.

Heat 2 tablespoons of the olive oil in a large skillet over medium-high heat. Add the beef, season with salt and pepper and cook, breaking up the lumps, until the meat is cooked through and just beginning to brown, 8 to 10 minutes. Remove to a paper towel-lined plate to get rid of the fat.

Wipe out the skillet and add the remaining 2 tablespoons olive oil. Add the onions and chopped peppers and cook until beginning to soften, 3 to 4 minutes. Add the garlic and zucchini and cook for another minute. Add the tomatoes and season with salt and a pinch or 2 of red pepper flakes. Cook until everything is heated through, then stir in the beef and rice. Taste and adjust the seasoning. Stir in 1 cup of the cheese.

Fill the peppers with the rice mixture and top each with a sprinkle of the remaining 1/2 cup cheese. Pour a small amount of water into the bottom of the baking dish and drizzle the peppers with a little olive oil. Cover with foil and bake for 30 minutes. Uncover and bake until the peppers are soft and the cheese is melted and lightly browned, another 15 to 20 minutes.

DAY 5

BREAKFAST

Fried Egg Sandwich

LUNCH

Kale Salad With Apples and Cheese

DINNER

Time for another break. Try **Nimita's Indian Cuisine** for dinner.

Fried Egg Sandwich

Ingredients

2 teaspoons butter (**Organic Pastures, Fresno County**)

1 egg (**Lily's Eggs, Ojai**)

salt and pepper

2 slices sourdough bread (**Sourdough Boule from Helena Avenue Bakery, Santa Barbara**)

Cheese of your choice (**Santa Ynez - White Cheddar, The Santa Barbara Cheese Company, Cuyama**)

Mayonnaise

Directions

1. Place a small pan on a burner.
2. Add the butter and heat on medium high heat. (Make sure not to heat the pan on high, or else the egg will turn rubbery.)
3. After the butter has melted, crack the egg in the pan.
4. Let sit for about a minute.
5. Pop the yolk.
6. Sprinkle with salt and pepper.
7. When egg is set, flip over and cook other side.
8. Cook egg to your liking.
9. Meanwhile, spread mayonnaise on bread and place cheese.
10. Place the cooked egg on top of the cheese, so it will melt.
11. Top with other slice of bread.
12. Enjoy!

Kale Salad With Apples and Cheese

Adapted from Cooking.nytimes.com

Serves 4-6

Ingredients

- 4 cups very finely chopped or slivered curly kale or Russian kale (about 6 ounces on the stem, or half of a 3/4-pound bunch, stemmed and washed in two rinses of water)
- 2 tablespoons coarsely chopped local blistered almonds, toasted (**Fat Uncle Farms, Wasco**)
- 1 apple, sweet, like a Fuji, or a sweet-tart, like a Gala, Braeburn or Pink Lady, cored and cut in 1/4-inch dice
- 1 ounce sharp cheese, cut in 1/4-inch dice (**Santa Ynez - White Cheddar, The Santa Barbara Cheese Company, Cuyama**)
- 2 tablespoons fresh lemon juice
- Salt to taste
- 1 very small garlic clove, puréed
- 5 tablespoons extra virgin olive oil (**Fusano Cold Pressed Extra Virgin Olive Oil, Paso Robles**)
- 2 tablespoons freshly grated Parmesan (**Solvang - Manchego/Parm cross, The Santa Barbara Cheese Company, Cuyama**)

Preparation

1. Combine the kale, almonds, apple and Cheese in a large bowl.
2. Whisk together the lemon juice, salt, garlic and olive oil. Add to the salad, and toss well. Sprinkle the Parmesan over the top, and serve.

Tip

- *Advance preparation: This salad benefits from tossing with the dressing about 15 minutes before you serve it. The kale will soften in the dressing.*

Time for another break. Try **Nimitas Indian Cuisine** for Dinner.

DAY 6

BREAKFAST

Spinach, Tomato, and Goat Cheese Omelet

LUNCH

A More Gouda Pickled Grill Cheese Sandwich (Inspired by Pacific Pickle Works, Santa Barbara)

DINNER

Acorn Squash with Kale and Sausage

Spinach, Tomato, and Goat Cheese Omelet

Adapted from Kitchenmonki.com

serves 1

Ingredients

1 teaspoon Extra Virgin Olive Oil (**Fusano Cold Pressed Extra Virgin Olive Oil, Paso Robles**)

5 small Cherry Tomato, halved
1 Green Onion, diced
1 cup Spinach, washed and pat dry

Step 1

Add oil to a skillet and heat over medium-high heat. Add tomatoes and green onions and cook, stirring once or twice, until softened, 1 to 2 minutes. Place spinach on top, cover and let wilt, about 30 seconds. Stir to combine.

Ingredients

2 Large Eggs (**Lily's Eggs, Ojai**)
1/4 cup Egg White

Step 2

Pour in whipped eggs and egg substitute, reduce heat to medium-low and continue cooking, stirring constantly with a heatproof rubber spatula, until the egg is starting to set, about 20 seconds. Continue cooking, lifting the edges so the uncooked egg will flow underneath, until mostly set, about 30 seconds more.

Ingredients

1/4 cup Goat Cheese, crumbled (**Drake Family Farm, Ontario**)

1/8 teaspoon Sea Salt

1/8 teaspoon Freshly Ground Pepper

1 tablespoon Water

Step 3

Sprinkle cheese, sea salt and pepper over the omelet. Lift up an edge of the omelet and drizzle the remaining 1 tablespoon water under it. Cover, reduce heat to low and cook until the egg is completely set and the cheese is melted, about 2 minutes. Fold over using the spatula and serve.

A More Gouda Pickled Grill Cheese Sandwich (Inspired by Pacific Pickle Works, Santa Barbara)

Ingredients

- Sourdough sandwich bread (**Sourdough boule, Helena Avenue Bakery, Santa Barbara**)
- A sharp cheese (**Santa Ynez - White Cheddar, The Santa Barbara Cheese Company, Cuyama**)
- Local cheese similar to Gouda (**Montecito - Gouda Style, The Santa Barbara Cheese Company, Cuyama**)
- Pacific Pickle Works' Brussizzle Sprouts (**Pacific Pickle Works, Santa Barbara**)
- Pacific Pickle Works' Asparagusto (**Pacific Pickle Works, Santa Barbara**)
- Butter (**Organic Pastures, Fresno County**)

Directions

Take a few pieces each of the Pacific Pickle Works' **Brussizzle Sprouts** and **Asparagusto**. Chop up the pickled veggies into small pieces and set aside. Grate equal amounts of the sharp cheese and Gouda like cheese and set aside as well. Butter one side of each piece of the sourdough sandwich bread. On an evenly heated griddle (or large frying pan) set to medium heat, place the pieces of bread butter side down. Sprinkle the grated cheese on half of the pieces of bread. This will be your bottom half. Let these cook for a little while so that the cheese becomes soft. After a little while sprinkle a moderate amount of chopped up bits of pickled veggie pieces over the softened grated cheese. Leave enough space so that you can still see plenty of cheese. Take the other piece of bread, which should be lightly toasted by now, and turn it over and place on top of the sandwich (toasted side up). Let the sandwich continue to cook until the bottom is golden brown, then flip the entire sandwich over to heat the other side until also golden brown.

When the sandwich is perfectly toasted on both sides, set aside and let sit for just a minute so that it doesn't burn your mouth when you eat it. Cut the sandwich in half to

expose the gooey and delicious center (those are the best bites!) and serve with a garnish of spears of Asparagusto and wedges of Brussizzle Sprouts and enjoy while still warm.

Acorn Squash with Kale and Sausage

Modified from epicureous.com

Serves 4

Ingredients

2 medium acorn squash, halved down the middle, seeds removed

1/2 teaspoon kosher salt

1/4 teaspoon freshly ground black pepper

Olive oil cooking spray (**Fusano Cold Pressed Extra Virgin Olive Oil, Paso Robles**)

3 teaspoons olive oil, divided (**Fusano Cold Pressed Extra Virgin Olive Oil, Paso Robles**)

8 ounces hot Italian pork sausage, casings removed or sausage of your choice (**Jimenez Farm, Santa Ynez**)

1 small onion diced

2 cloves garlic, finely chopped

4 cups tightly packed torn kale

1/3 cup reduced-sodium chicken broth

2 tablespoons grated fresh Parmesan (**Santa Ynez - White Cheddar , The Santa Barbara Cheese Company, Cuyama**)

2 tablespoons panko breadcrumbs

Directions

Heat oven to 375°. Cut a thin slice off round side of each squash half to create a stable base. Sprinkle with salt and pepper; coat with cooking spray. Place squash flesh side down on a baking sheet lined with aluminum foil; bake until golden and tender, 30 minutes. Remove from oven; flip squash and set aside. Heat broiler. In a large nonstick skillet over medium heat, heat 1 teaspoon oil. Add sausage; cook, breaking into coarse pieces, until brown, 6 minutes; transfer to a bowl. To same skillet, add remaining 2 teaspoons oil and leek; cook until leek is soft, 3 minutes. Add garlic; cook, 30 seconds. Add kale and toss; add broth. Cover and cook until kale is tender, 5 minutes; stir in sausage. Divide kale-sausage filling among squash. In a bowl, combine walnuts, Parmesan and panko; sprinkle evenly over squash bowls and coat with cooking spray. Broil until panko is golden, 2 minutes.

DAY 7

BREAKFAST

Fresh Fruit Salad with Fruits of your choice

LUNCH

Grilled Cabbage with Bacon

DINNER

Mussels with White Wine and Garlic, a Sourdough Boule and Roasted Green Beans with Beets, Feta, and Walnuts

Fresh Fruit Salad with Fruits if your choice

Grilled Cabbage with Bacon

Adapted from bonappetit.com

serves 4

Ingredients

- 1 small shallot, chopped
- 1 tablespoon red wine vinegar
- 2 teaspoons Dijon mustard
- 1 teaspoon honey, (**San Marcos Farm Honey Company, Goleta**)
- 6 slices bacon, cooked, 1 tablespoon fat reserved (**Jimenez Farm, Santa Ynez**)
- ¼ cup olive oil, plus more (**Fusano Cold Pressed Extra Virgin Olive Oil, Paso Robles**)
- Kosher salt and freshly ground black pepper
- 1 head green cabbage, cut into quarters
- Croutons (for serving)

Preparation

Whisk together shallot, vinegar, mustard, and honey; gradually whisk in bacon fat and ¼ cup oil. Crumble in bacon; season with salt and pepper and set aside.

Drizzle cabbage with oil; season with salt and pepper. Grill over medium heat, turning occasionally, until tender and lightly charred, 15–18 minutes. Serve topped with vinaigrette and croutons.

DINNER

Mussels with White Wine and Garlic, a Sourdough Boule and Roasted Green Beans with Beets, Feta, and Walnuts

Mussels with White Wine and Garlic

Adapted from myrecipes.com

Serves 4

Ingredients

- 4 lbs live mussels (**Santa Barbara Farmer's Market**)
- 2 cups dry white wine (**Municipal Winemakers, Santa Barbara**)
- 4 large shallots, finely chopped
- 6 garlic cloves finely chopped
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{3}$ cup mixed fresh herbs (such as flat-leaf parsley, dill or basil, chopped)

- 6 tablespoons butter, cut into pieces (**Organic Pastures, Fresno County**)

Directions

1. Rinse and scrub mussels under cold water.
2. Using your fingers or paring knife, remove beards (strings that hang from the mussel shells), and discard.
3. In a large stockpot set over medium heat, combine wine, shallots, garlic, and salt.
4. Simmer 5 minutes.
5. Add mussels, cover, and increase heat to high.
6. Cook until all mussels are open, about 5 minutes.
7. Stir in herbs and butter.
8. Remove from heat.
9. Divide mussels and broth among four bowls.
10. Serve immediately.

Roasted Green Beans with Beets, Feta, and Walnuts

Adapted from bhg.com

serves 8

Ingredients

- 2 pounds fresh green beans, trimmed
- 1 pound fresh beets, trimmed, peeled, and cut into thin wedges
- $\frac{1}{2}$ cup sliced shallots (4 medium)
- $\frac{1}{3}$ cup olive oil (**Fusano Cold Pressed Extra Virgin Olive Oil, Paso Robles**)
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{2}$ teaspoon freshly ground black pepper

- ½ cup broken walnuts (Manzanita Manor Organics, Paso Robles)
- ½ cup crumbled feta cheese (2 ounces) (**Drake Family Farm, Ontario**)

Directions

1. Preheat oven to 425 degrees F. In a large roasting pan combine green beans, beets, and shallots. Drizzle with oil and sprinkle with salt and pepper; toss to coat.
2. Roast, uncovered, for 45 to 50 minutes or until beans and beets are tender, stirring once or twice and adding walnuts during the last 10 to 15 minutes of roasting.
3. To serve, transfer roasted vegetables to a serving platter. Sprinkle with cheese.

AND HEALTHY SNACKS!

Coriander Beet Chips

Adapted from Food52.com

Serves 2-4

Ingredients

3 medium beets, peeled
4 c ups high smoke oil (grapeseed)
½ teaspoon salt
½ teaspoon ground coriander
½ teaspoon thyme

Directions

Grind up the salt, thyme and coriander in a coffee grinder or with a mortar and pestle. Set aside for sprinkling later.

With a mandoline or a sharp knife, cut beets very thinly.

In a pot, bring your oil between 320°-375°. It's a good idea to attach a thermometer to the side of the pan, as the temperature will fluctuate as you take the beets in and out of the oil. Once your oil temperature is within the specified range, drop in a few beet slices at a time without crowding the pot. Leave them in the oil for approximately 2-3 minutes.

Remove them when they start losing their burgundy red color and become orange red instead, but before the edges start turning brown.

Thicker slices might need more time, so take them out a few at a time as you see them turning the desired color. They will not be crisp like regular potato chips, but they will firm up slightly as you let them air dry. Drain the chips on a paper towel and while they're still warm, sprinkle the chips with the coriander thyme salt.

If you have any left before you're done frying them, store them in a covered container or a paper bag, where they will remain crisp for a little while. If they wilt, you can re-crisp them in the oven on low for no more than 10 minutes.

Crispy Kale

Adapted from Beardandbonnet.com

Serves: 4 as a side

Ingredients

- 1 bunch of Lacinato kale or Green Curly Kale
- 1 tablespoon olive oil (**Fusano Cold Pressed Extra Virgin Olive Oil, Paso Robles**)
- 1 teaspoon kosher salt

- ½-1 teaspoon freshly cracked black pepper, depending on how spicy you want your kale.

Instructions

1. Wash and thoroughly dry the kale.
2. Preheat the oven to 325°F and line 2 baking sheets with parchment paper.
3. Remove the ribs from the kale and discard.
4. Toss the kale with the olive oil, salt, and pepper in a large bowl then lay flat on the prepared baking sheets so that the leaves aren't overlapping.
5. Bake in the oven for 15 minutes, rotating the pans halfway through.