

Herb Fest Recipes 2019

Herby Spring Pasta Salad with Lemon Vinaigrette

Prep Time 5 minutes

Cook Time 10 minutes

Total Time 15 minutes

Servings 4 servings

Ingredients

12 ounces rotini pasta (see notes)

1 1/2 cups asparagus, 1-inch segments

1 cups peas (frozen or fresh)

1/2 cup extra virgin olive oil

2 tablespoons lemon juice

1 tablespoon apple cider vinegar

1 teaspoon fine sea salt

1/2 teaspoon black pepper

1 cup celery, diced small

1/4 cup green onions, diced small

1/4 cup dill, chopped

1/4 cup parsley, minced

1 tablespoon mint, minced

Instructions

Bring a medium sauce pot with water and a heavy pinch of salt to a rapid boil. Cook the pasta to the al dente package instructions (do not overcook). One minute prior to draining add in the asparagus and peas. Drain, rinse with cold water until the pasta is cooled and set aside.

Meanwhile in a small bowl whisk together the olive oil, lemon juice, apple cider vinegar, salt and pepper and set aside.

Add the cooked pasta, asparagus and peas to a large mixing bowl. Then add in the celery, green onions, dill, parsley, mint and lemon vinaigrette and toss gently until the salad is well combined.

Serve or refrigerate (for up to 24 hours) before serving.

Herbalicious Shrimp Dip

Prep: 20 m

Ready In; 1 h 20 m

Ingredients

1 pound cooked peeled shrimp, chilled

3 green onions, coarsely chopped

1 small onion, coarsely chopped

1 tablespoon chopped fresh tarragon

1 1/2 teaspoons dried parsley

1 teaspoon minced fresh rosemary

1/2 teaspoon chili powder

1 teaspoon lemon juice

1 tablespoon finely grated carrot

1 cup low-fat mayonnaise

1 cup low-fat sour cream

salt and pepper to taste

Directions

Add shrimp, green onions, onion, tarragon, parsley, rosemary, chili powder, and lemon juice to the jar of a blender or food processor; process the mixture until shrimp are finely chopped.

Scrape the chopped shrimp mixture into a bowl and stir in the carrot, mayonnaise, and sour cream, mixing until well blended. Season to taste with salt and pepper. Chill at least 1 hour before serving.

CREAMY CAULIFLOWER SOUP WITH GARLIC AND FRESH HERBS

INGREDIENTS:

1 large sweet yellow onion

2 tbsp. ghee

4 cloves garlic

2 (10oz) bags frozen cauliflower rice
3 cups vegetable stock
2 fresh thyme sprigs, + more for garnish
1 cup Unsweetened Almond milk
1 tsp. sweet paprika
1 tsp. salt (+ more to taste)
Fresh chives, garnish
Bacon, garnish (optional)
Crusty French bread, for serving

DIRECTIONS:

Preheat oven to 425F. Line baking sheet with aluminum foil and set aside.

Meanwhile, cut onion into slices and mince the garlic. In a large stockpot over medium heat, sauté the onion in ghee until fragrant and brown (about 7-8 minutes).

Add cauliflower rice and garlic, then sauté for another 4-5 minutes until the cauliflower rice is cooked and softened.

Pour vegetable stock into the pot with two thyme sprigs and Unsweetened Almond milk. Bring to a low boil and simmer for 10 minutes.

Toss French bread onto the lined baking sheet and toast in the oven for 10 minutes while the stock simmers. (You could also serve this soup in a bread bowl, that would be phenomenal!) Remove from heat and reserve for serving.

Remove from heat, add sweet paprika and salt and discard thyme sprigs. Using an immersion blender, blend soup together until smooth.

Pour soup into bowls and garnish with chives and additional fresh thyme. Add crispy bacon pieces (optional) and serve with crusty French bread.

Recipe Notes: You can easily swap fresh cauliflower florets in place for the frozen cauliflower rice. Simply roast in a 450F oven for 15 minutes prior to adding in at step 3. I have also found that if you roast the garlic beforehand, it adds an extra depth of flavor.

Spring Herb Popcorn

An easy snack that's bursting with the flavor of warmer weather from freshly chopped dill and chives.

Prep Time 5 minutes

Cook Time 10 minutes

Total Time 15 minutes

Servings 16 cups

Ingredients

1/2 cup popcorn kernels

2 tbsp butter melted, can sub olive oil

1/4 cup fresh dill chopped

1/4 cup fresh chives chopped

Sea salt to taste

Instructions

Pop the popcorn kernels using an air popper or other device. *Note: if you would like to try to make popcorn on the stovetop, follow the directions in the link beneath this recipe.

When the popcorn is finished, transfer to a bowl. Drizzle with melted butter or olive oil. Shake the bowl to distribute the butter or oil more evenly. You will need to do this before adding the herbs so that they have something to stick to and won't fall to the bottom. Add the fresh herbs and shake the bowl again. Add sea salt to taste, and enjoy!

Caprese Pizza

Ingredients:

1 Pizza Dough Ball (Trig's Frozen)

Cooking Spray

Corn Meal

Flour

Olive Oil

Garlic Salt

Basil

Tomato

Fresh Mozzarella

Directions:

Set frozen dough ball out for it to rise and unthaw. When ready stretch it out (if needed use rolling pin and flour to get desired consistency). Spray pizza pan with cooking spray and sprinkle corn meal. Lay pizza crust on pan. Drizzle olive oil and sprinkle with garlic salt. Layer basil on crust, then tomato slices, then sliced fresh mozzarella. Bake in oven at 425 degrees until done.

Anise Hyssop Strawberry Shortcake

Ingredients:

Angel Food Cake

Strawberries

Sugar

Anise Hyssop

Cool Whip

Directions:

Cut or use a food processor to chop up Anise Hyssop leaves. Add to cut up strawberries. Add ¼ cup sugar and leave out at room temperature for 20 minutes. Taste and adjust sugar as needed. Serve on angel food cake with cool whip or whipped cream.

Anise Hyssop Lemonade

Ingredients:

Boiling Water

Anise Hyssop

Lemonade Mix (or homemade)

Directions:

Place washed Anise Hyssop leaves in pitcher. Pour boiling water over and let sit for 15 minutes. Strain to remove leaves. Add more water to hyssop water and stir in lemonade mix.

Lemon Thyme Scones

INGREDIENTS:

- 2½ cups unbleached, all-purpose flour
- 2 tablespoons granulated sugar
- 2 teaspoons baking powder
- 1 teaspoon kosher salt
- 1 tablespoon grated lemon zest
- 1 tablespoon fresh thyme leaves
- 6 tablespoons unsalted butter, cold and cubed
- 2/3 cup low-fat buttermilk
- 1 large egg, lightly beaten

2 tablespoons heavy cream, for brushing

INSTRUCTIONS

1. Preheat oven on Convection Bake at 375°F with the rack in the middle position. Line the baking tray with parchment paper; reserve.
- 2 . Put the flour, sugar, baking powder, salt, zest and thyme into the work bowl of a Cuisinart® Food Processor fitted with the metal chopping blade. Process 10 seconds to combine. Add the butter to the work bowl and pulse until the mixture resembles coarse crumbs.
- 3 . In a liquid measuring cup, combine the buttermilk and egg. While pulsing, gradually add the liquid mixture through the feed tube and pulse until mixture just comes together.
4. Remove the dough and place onto a clean counter/large cutting board . Form the dough into a 10-inch-long cylinder. Using a sharp knife, cut into 8 equal pieces. Arrange on prepared baking sheet . Brush each scone with heavy cream. Bake in preheated oven for about 20 minutes, or until golden brown.

Pumpkin Bars/Frosting

FROSTING INGREDIENTS:

- 8 oz cream cheese
- ½ cup butter
- 2 cups powder sugar
- 1 tsp vanilla

INSTRUCTIONS

1. Mix everything together and add butter slowly till smooth silky

BARS INGREDIENTS:

- 2 cups flour
- 2 tsp powder sugar
- 2 tsp cinnamon
- 1 tsp salt
- 1 tsp baking soda
- 4 eggs
- 1 2/3 sugar
- 1 cup canola oil
- 1 15 oz can pumpkin

INSTRUCTIONS

1. Preheat oven to 350F. Get out baking sheet and spray with non-stick spray.
2. Mix your wet ingredients together with a mixer. Then slowly add in your dry ingredients until mixed thoroughly. Bake for 30 minutes. Once cooled down spread your frosting on.