Pan Roasted Asparagus  *Recipe for medium thickness asparagus about ½” diameter*

**Servings:** 2  
**Total Preparation Time:** 15 minutes

- ½ pound fresh asparagus, ends snapped & peeled  
- 1 tbsp olive oil  
- 2 cloves garlic, minced or grated  
- Salt & pepper (to taste)  
- Optional: lemon juice & chili flakes

**Directions**

Preheat a large skillet (with lid put aside for now) on medium heat, for 2-3 minutes. When ready, add the oil and swirl around the pan to evenly distribute, then as it begins to smoke, immediately place a flat layer of asparagus in the pan. They should be in a close, side by side, straight row across the pan. Let them sizzle without disturbing them for 2 minutes.

It's time to flip the asparagus. You can tilt the pan slightly so they rotate/roll over or you can rotate them individually with tongs. You want to brown the opposite side so they cook evenly. Once flipped, cover with a lid for 2-3 minutes. This will trap the steam and soften the asparagus quickly, while browning at the same time.

After a total of 5 minutes cooking, add the garlic to the pan and stir the asparagus gently to absorb the flavor. Cook for an additional 1-2 minutes until garlic has been evenly stirred in. Sprinkle with salt and pepper, then serve with lemon juice, chili flakes and/or marinara.

**Quick Marinara Sauce**

**Yield:** 16 oz.  
**Total Preparation Time:** 25 minutes

**INGREDIENTS**

- 2 tbsp olive oil  
- 1 small onion, diced small  
- 2 cloves garlic, minced  
- 1 – 6 oz cans tomato paste  
- 2 ½ cups water  
- 2 tsp sugar  
- 1 tsp Italian seasoning  
- Salt & pepper (to taste)

**Directions**

Preheat a medium-sized pot or Dutch oven on medium-high heat for 2-3 minutes. Add the olive oil and diced onion, stirring until the onion is translucent and softened. After 4-5 minutes, add the garlic and stir for 1 minute, until fragrant.

Next, add the tomato paste, water, sugar and Italian seasoning, then simmer for 10-15 minutes. Once thickened, season with salt and pepper as desired, then remove from heat.
Squash & Bell Pepper Sauté

Servings: 2
Total Preparation Time: 15 minutes

INGREDIENTS
1 ½ cups bell peppers, ½” thick julienne
1 ½ cups summer squash, ½” thick half-moons (sub zucchini if needed)
1 tbsp olive oil
2 tbsp scallion, sliced thinly
Salt & pepper (to taste)
Optional: lemon juice & chili flakes

Directions
Preheat a large skillet on medium heat, for 2-3 minutes. When ready, add the oil and swirl around the pan to evenly distribute, then as it begins to smoke, immediately place toss the peppers and squash in the pan. Do not overcrowd the pan, letting the veggies sizzle without disturbing them for 2 minutes.

It’s time to stir, in order to evenly cook and brown both sides of the veggies. Wait 2 more minutes without disturbing.

After a total of 4-5 minutes cooking, stir the scallions into the pan, allowing the pepper and squash absorb the flavor. Cook for an additional 1-2 minutes until scallions soften, sprinkle with salt and pepper, then serve with lemon juice, a pinch of chili flakes and/or pesto.

Vegan Basil Pesto (Dairy Free)

Yield: 8 oz.
Total Preparation Time: 10 minutes

INGREDIENTS
¼ cup walnuts
¼ cup roasted sunflower seeds
2 tbsp nutritional yeast
2 cloves garlic
2-3 cups fresh basil (2 oz package)
½ cup olive oil
1 small lemon, zested and juiced
Salt & pepper (to taste)

Directions
Add walnuts, sunflower seeds, yeast, garlic and basil into a food processor and use the pulse function to create a paste, scraping the sides down with a rubber spatula as needed. Next, blend the oil, lemon juice and zest into the pesto, then season with 2 pinches of salt and 1 pinch of pepper to finish. If you want the pesto to be a little runnier, simply add more oil.