



# Our Favorite *Recipes*

Recipes to inspire fresh cooking  
every season of the year!

*Hand selected by the BBB Seed Family.*

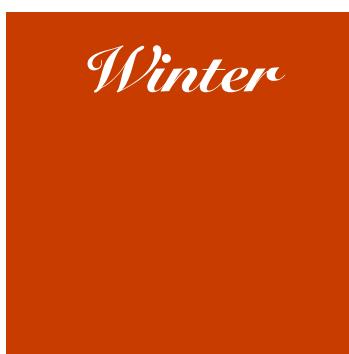
*Summer*

*Fall*



*Winter*

*Spring*



# +Summer

## **Breakfast**

Egg White Bites

## **Lunch**

Summer Pie ~  
Heirloom Tomato & Gruyere Cheese Galette

## **Dinner**

Grilled Zucchini Nachos



## Grow fresh!

Plant these seeds in spring for these summer recipes.

Cilantro  
Tomatoes  
Peppers  
Green onion  
Basil  
Rosemary  
Zucchini

## + Fun Egg Facts:

- Freshly laid eggs are 105 degrees Fahrenheit.
- It takes approx. 21 days for a fertilized chicken egg to hatch.
- A jumbo egg weighs approx. 2.5 ounces (with a min of 30 oz per dozen)
- The average American eats over 250 eggs a year.

## Egg White Bites- Easy & Delicious!

By Chef G and Racheles Healthy Eating

Step ONE: Set oven to 350 F

Step TWO: Gather your ingredients

10 egg whites – good for filling up 6 full sized muffin tray cups Chopped veggies of your choice, like tomatoes, peppers, cilantro, green chiles, black olives, green onion and little chicken or black beans



Step THREE: Season - salt and pepper and mixed herbs of your choice.

Step FOUR: Combine

Put the veggies in and pour egg white over to fill them up. Bake for 20 minutes and Enjoy! Excellent breakfast!

## Summer Pie ~ Heirloom Tomato & Gruyere Cheese Galette

by Mike Scott



### Ingredients:

- 1 12" Pie Crust (store bought or your favorite recipe)
- 4 cups heirloom tomatoes, preferably cherry to small size
- 1 cup of grated gruyere cheese
- 5 large chopped basil leaves
- 2 cloves minced garlic
- 1 tsp. olive oil
- ½ tsp. minced fresh rosemary
- ¼ tsp. sea salt

Place oven rack to the center position and preheat the oven to 375°F

Slice tomatoes in halves and add to a medium bowl. Add half cup of gruyere cheese, 4 chopped basil leaves, 2 cloves minced garlic, 1 tsp. olive oil, ½ tsp. minced rosemary, and ½ tsp. sea salt to bowl and toss with hands.

Roll out piecrust and place on parchment paper on a cookie sheet. If you don't have parchment paper, a greased cookie sheet will do. Spread the other (almost) half cup of grated gruyere cheese over the piecrust. Make sure to save a little cheese for the top of the galette after it has slightly cooled.

Spread mixture over piecrust leaving about 2 inches on the sides. Fold the sides up and over the mixture. I brushed the sides with an egg mixture and sprinkled a little sea salt on the crust. So good!

Bake until crust is a golden brown. Usually 35 to 40 minutes. Let pie slightly cool. Sprinkle the remaining gruyere cheese and sweet chopped basil on top. Enjoy!

## Grilled Zucchini Nachos

By Two Peas and Their Pod

Grilled zucchini rounds turned into chips and topped with all of your favorite nacho toppings! Grilled Zucchini Nachos are a great way to use up your summer zucchini!

### Ingredients:

- 4 small zucchini, sliced into "chips," about 1/4 inch thick rounds
- Olive oil, for brushing zucchini chips
- Salt and pepper, to taste
- 1 cup shredded cheddar cheese
- 1 (15 oz) can black beans, rinsed and drained
- 2 small tomatoes, chopped
- 1 large avocado, chopped, seed removed
- 2 green onions, chopped
- 1/4 cup chopped cilantro
- 1 lime

### Directions:

Put the sliced zucchini chips into a large bowl and toss with olive oil. Season with salt and pepper, to taste. Place zucchini on a grill pan or directly on a hot grill, over medium heat. Grill for 4 to 5 minutes or until zucchini is tender. Sprinkle cheese directly over zucchini chips and cook until cheese is melted, about 1 minute.

Remove zucchini from grill and place on a platter or onto plates. Top with black beans, tomatoes, avocado, green onion, cilantro, and a squeeze of fresh lime juice. Serve immediately.

Yield: Serves 4

# Fall

**Breakfast** - Eggs with Brussels Sprout and Sweet Potato Hash

**Lunch** - Broccoli Salad

**Dinner** - Pumpkin Enchiladas

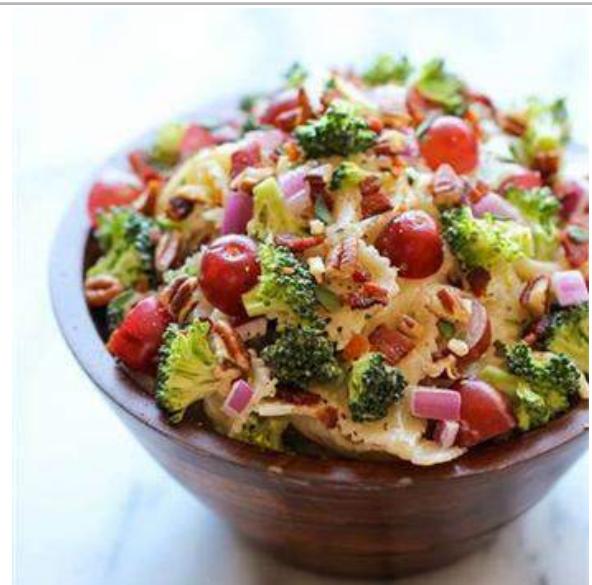
"FALL BOUNTY"  
Author: VIVIAN R. STEWART

Autumn fills our baskets  
With memories galore,  
To warm our hearts when winter  
Comes tapping at the door.

Maple leaves turn scarlet  
Their shocking colors stun,  
Pansies deck the gardens  
And mums are bright as sun.

A bush turns flaming orange  
It's brighter than a torch,  
Scarecrows guard the harvest  
And pumpkins light the porch.  
Autumn fills our baskets  
With memories to last,  
Through many an ice and snowstorm  
Till winter weeks have passed.

This is a nice poem about all the beauty  
that surrounds us in the fall. Warm sunny  
days to get out and enjoy the wonders  
of October.



## Pumpkin Enchiladas

**"a healthy, delicious seasonal meal your family will love..."**

[eatlocalgrown.com](http://eatlocalgrown.com)

Brussels sprouts are quickly becoming an all-time favorite fall green vegetable. Here is a great way to try something new with them, a Brussel sprout hash.

### Ingredients

- 4 strips bacon, cut into 1 inch pieces
- 1 small onion, diced
- 1 small sweet potato, cut into 1/2 inch pieces
- 1 clove garlic, chopped
- 1 pound brussel sprouts, trimmed and sliced
- salt and pepper to taste
- 4 eggs

### Directions:

Cook the bacon in a pan over medium heat and set aside.

Add the onion and sweet potato to the pan and sauté until tender, about 5-7 minutes.

Add the garlic and sauté until fragrant, about a minute.

Add the Brussel sprouts, sauté until tender, about 5 minutes, let sit until the bottoms start to caramelize, about 5 minutes, mix everything up, let sit for 5 minutes and mix it all up.

Season with salt and pepper.

## Eggs with Brussel Sprout and Sweet Potato Hash

By Kevin Lynch,  
Closet Cooking

# Broccoli Salad

By Damn Delicious

A healthy, hearty broccoli salad loaded with plump grapes and crunchy pecans tossed in a "skinny" Greek yogurt dressing!

## Ingredients

8 ounces farfalle pasta  
6 slices bacon, diced  
1 head broccoli, cut into florets and finely chopped  
2 cups seedless red grapes, halved  
1/3 cup diced red onion  
1/4 cup chopped pecans

## For the dressing

1/2 cup plain Greek yogurt  
1/2 cup mayonnaise  
1/3 cup red wine vinegar  
1 tablespoon sugar  
1/2 teaspoon dried thyme  
Kosher salt and freshly ground black pepper, to taste

## Instructions

To make the dressing, whisk together mayonnaise, Greek yogurt, vinegar, sugar, thyme, salt and pepper, to taste, in a small bowl; set aside. In a large pot of boiling salted water, cook pasta according to package instructions; drain well. Heat a large skillet over medium high heat. Add bacon and cook until brown and crispy, about 6-8 minutes. Transfer to a paper towel-lined plate. In a large bowl, combine pasta, bacon, broccoli, grapes, red onion, pecans and Greek yogurt dressing. Serve immediately.

Prep Time 10 minutes

Cook Time 10 minutes

Total Time 20 minutes

Yield 6 servings



# Pumpkin Enchiladas

by Melissa King at [eatlocalgrown.com](http://eatlocalgrown.com)

## The Filling:

4 cup black beans (measured after soaking - this also equals about 2 cans  
 2 cup pureed cooked pumpkin  
 1 sweet potato chopped  
 6-8 vine ripened tomatoes chopped  
 2 cups corn (please try to buy this organic)  
 1/2 cup veggie broth  
 2 tsp garlic powder (or 3 to 4 cloves minced)  
 1 tsp chili powder  
 1 tsp onion powder  
 1/2 tsp cayenne pepper  
 optional: 1 jalapeno diced, seeds and all

Soak the black beans the night before (if using), pre-roast and pureed it the pumpkin, but pureed pumpkin in a can would also work. Add everything to a crock-pot. Turn on high and walk away for 6-8 hours or so. For some real heat, you can throw in a jalapeno to really give this filling some kick.

## The Enchilada:

(Per each one)  
 1 tortilla (we recommend Food for Life tortillas)  
 3 heaping spoonful's of Filling Cheese sauce (melt your fave cheese in some milk and butter)  
 1 T pistachio dust per enchilada (pistachios that have been processed into a course consistency)  
 1-2 T diced raw red onions

To put together the enchilada, pick a tortilla and lay it flat, then put three good-sized spoons full of the filling slightly off-center in a line. Next add the cheese sauce. I didn't put an amount because really this is personal taste. Add as much to your heart's cheese loving content. Lastly, add the red onion. Wrap the filling in the tortilla like you would a burrito or a sandwich wrap. Next, add some more cheese sauce on top. Finally, add your pistachio dust on top of the cheese sauce. I did several at once in an 8X8 baking dish and put it in the oven for five minutes or so. Remove and you are done.



## Pumpkin Nutritional Value:

This food is low in Saturated Fat, and very low in Cholesterol and Sodium. It is also a good source of Vitamin E (Alpha Tocopherol), Pantothenic Acid, Magnesium, Phosphorus, Potassium and Copper, and a very good source of Dietary Fiber, Vitamin A, Vitamin C, Vitamin K, Iron and Manganese.

[Read More](#)

<http://nutritiondata.self.com/facts/>

# Winter

## Breakfast

*Breakfast Taquitos*

## Lunch

*Tofu Tacos with Cabbage Slaw*

## Dinner

*Chicken Cider Stew*



## Grow your own herbs indoors.

If you want fresh herbs year round, grow your own. The best way to grow herbs indoors is plant your seeds in potting soil, place them in a well-insulated room, and keep them near a sun-filled window. Be sure to water them regularly, but don't overwater them. Perennial herbs, such as rosemary, oregano, thyme, marjoram, and sage, are some of the best plants to grow indoors during the wintertime.

## Breakfast Taquitos

By Damn Delicious

### Ingredients



- 10-12 corn tortillas, softened
- 3 large eggs, scrambled
- 6 ounces spicy Italian sausage (or Chorizo), crumbled
- 1/4 cup julienned sun dried tomatoes, drained
- 1 avocado, halved, seeded, peeled and diced
- 1 cup shredded sharp cheddar cheese

### Instructions

Preheat oven to 425 degrees F. Line a baking sheet with parchment paper; set aside.

Working one at a time, transfer tortilla to a work surface; place eggs, sausage, sun-dried tomatoes, avocado and cheddar cheese in the center of each wrapper.

Bring the bottom edge of the tortilla tightly over the filling, rolling from bottom to top until the top of the tortilla is reached. Repeat with remaining tortilla and filling.

Place taquitos seam side down onto prepared baking sheet and bake until taquitos are crisp and cheese has melted, about 12-15 minutes.

## Tofu Tacos with Cabbage Slaw

by Mike Scott of Eagle Rock Backyard Farms

Ingredients:

Spicy Seasoning:

- 2 teaspoons paprika
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1 tablespoon chili powder
- 1 tablespoon cayenne pepper
- 1 & 1/2 tablespoons cumin
- 1 teaspoon sea salt



\* This is enough seasoning for more than one meal. I use 1 tablespoon of the spicy seasoning for this recipe and save the remaining seasoning for other meals you want to spice up.

- 12 ounces firm tofu, drained and cut into 1 inch cubes
- 4 cups cabbage, chopped
- 3 to 4 radishes, thinly sliced
- 1 small red onion, chopped
- 1/2 cup fresh cilantro, chopped
- 2 limes, 1 zested and juiced, 1 cut into wedges
- 8 corn tortillas
- 1/4 cup nonfat plain Greek yogurt
- 1 tablespoon red wine vinegar
- 1 tablespoon Worcestershire sauce
- 2 tablespoons olive oil
- Sea salt & pepper to taste

Directions:

In a large skillet heat 1 tablespoon olive oil over medium heat. Add tofu, 1 tablespoon spicy seasoning, and 1 tablespoon Worcestershire sauce. Cook until the tofu is a light golden brown.

In a large bowl, add cabbage, red onion, cilantro, radishes, lime zest, red wine vinegar, 1-tablespoon olive oil, and half of the lime juice, and toss. Mix the remaining lime juice with the yogurt and season with salt and pepper.

Serve tofu and cabbage slaw on warm tortillas and drizzle with yogurt lime sauce. Serve with lime wedges. Enjoy!

Fresh from Mike's garden: cabbage, red onion, radishes, and cilantro

# Chicken Cider Stew



## NOTES FROM THE CHEF:

Over the years, I've collected several recipes that feature sweet potato, the thick-skinned, orange-fleshed tuber so packed with Vitamins A and C that some nutritionists call them a "super food".

Especially plentiful during the fall, sweet potatoes carry about a third fewer calories and carbohydrates than white potatoes. Even low-carb diets encourage sweet potatoes when others are a no-no.

If your experience with sweet potatoes is limited to sweet concoctions topped with marshmallow, try these simple recipes and be treated to rich flavor unadulterated by added sugar. I could make a meal out of either one!

### Ingredients:

2 slices thick-cut bacon  
1 large onion, chopped (about 1 cup)  
1 rib celery, chopped (about 1 cup)  
1-1/2 pounds skinless, boneless chicken breasts  
2 carrots, chopped (about 1 cup)  
2 sweet potatoes, peeled and chopped (about 2 cups)  
1 apple, cored and chopped in 1/2-inch pieces  
2 cups apple cider (see TIPS)  
1 cup water  
3 tablespoons ketchup  
1/4 teaspoon savory, crushed  
1/4 teaspoon basil, crushed  
1-1/2 teaspoon kosher salt  
1/8 teaspoon pepper  
2 tablespoons flour

Cook bacon until crisp over medium heat in 4-quart kettle. Remove bacon, chop and set aside.

Drain fat from pan, leaving only what coats the surface. Add onions, celery and chicken to the hot kettle and sauté, stirring regularly, until onions are golden and chicken is cooked through.

Add carrots, sweet potatoes and apple and let cook 3-5 minutes, stirring occasionally. Add apple cider, water, ketchup, salt, savory, basil and pepper. Let simmer over low-medium heat about 20 minutes until carrots and sweet potatoes are cooked.

Put flour in small dish and slowly add 1/2 cup hot liquid from the stew to make a smooth paste. Stir into hot stew and cook another five minutes. Sprinkle with the cooked bacon.

### SERVING SUGGESTION

Serve with rice cooked in half water, half apple cider, which adds a sweet, almost nutty flavor to the rice that complements the stew beautifully. That said, this stew is substantial on its own and really doesn't require a starch.

### NUTRITION ESTIMATE

Per Cup: 225 Calories; 22g Protein; 2g Tot Fat; 1g Sat Fat; 29g Carb; 3g Fiber; 629mg Sodium; 51mg Cholesterol.

# Spring

**Breakfast**

Breakfast Pizza

**Lunch**

Raw Zucchini, Carrot And Cashew Salad Rolls

**Dinner**

Stuffed Pepper with Spinach, Chicken, Black Beans



## Breakfast Pizza

By Michael Scott @ [Eagle Rock Backyard Farms](#)

Your favorite pizza dough  
Asparagus  
Eggs  
Prosciutto (optional)  
Fontina Cheese

Bake 15 min in 400 degree oven or until crust is golden brown.

### A note about asparagus...

Harvesting asparagus is worth the wait, and wait you must if you have started a new asparagus bed from seed or crowns. The delectable spears are not of edible quality until the fourth year after planting seeds. Asparagus harvesting then becomes more worthwhile each year.

Asparagus is one of the earliest vegetables from the garden in spring.

## Raw Zucchini, Carrot & Cashew Rolls

By Chef G and Racheles Healthy Eating

### Ingredients

#### Salad Filling

3 medium organic zucchini, shaved thinly lengthways  
½ organic carrot, julienned or grated  
½ organic red capsicum, julienned or finely sliced  
1 organic Lebanese cucumber, julienned or finely sliced  
¼ cup organic coriander leaves  
¼ cup organic mint leaves, roughly chopped

#### Cashew Sour Cream

1 cup raw organic cashews, soaked a few hours or overnight  
¼ teaspoon sea salt  
½ tablespoon organic lemon juice (or cider vinegar)  
¼-½ cup filtered water

#### Guacamole

1 ripe organic Avocado  
2 tablespoons organic red onion, finely diced  
½ lime, juiced  
Dash of Tabasco, to taste Salt, to taste

### Description

#### Salad filling

In a large bowl, gently toss the salad to combine. \* can add rocket (arugula) leaves to the salad for a peppery bite.

#### Cashew Sour Cream

Drain the cashews, place nuts in a food processor add remaining ingredients then puree until smooth. Refrigerate until needed.

#### To Assemble

To make one roll... on a clean bench or chopping board lay approx. 8 zucchini strips lengthways and close together, spread a spoon of each sour cream, guacamole and top with a small handful of salad and roll up tightly. Repeat with remaining ingredients. Cut in half and eat straight away!





By Chef G and Racheles Health Eating

### Ingredients

- 6 bell peppers (red is best)
- 1 tsp olive oil
- 1/2 onion, chopped
- 1 garlic clove, chopped
- 1 1/2 c spinach, chopped
- 1-2 chicken breasts, cooked, chopped small or shredded
- 1 can black beans, drained and rinsed
- 1 large tomato, chopped
- 1 large handful cilantro, chopped
- Juice of 1 lime
- 1 tsp cumin
- Salt and pepper to taste
- 1 c cheddar, grated
- 3/4 c salsa

## Stuffed Pepper with Spinach, Chicken, Black Beans

### Directions

Preheat the oven to 350 degrees.

Slice the tops off the bell peppers, and cut out the seeds and membranes inside. If needed for the peppers to stand up right, slice a little off of the bottoms for a flat surface.

Sauté the onion and garlic in the olive oil until soft, about 5 minutes.

In a large mixing bowl, stir together the cooked onion and garlic, the spinach, chicken, black beans, tomato, cilantro, lime juice, cumin, and salt and pepper. Then stir in 3/4 cup of the cheese, and the salsa.

Fill each pepper with the mixture. (I packed each pepper). Bake for 20-25 minutes, then add the rest of the cheese to the tops of the peppers, and bake another 3 minutes, or until the cheese is melted.

Serve with extra salsa, light sour cream (or plain Greek yogurt), and avocado.

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**A Beginner's Guide to Gardening**

**A Gardener's Guide to Pollinators**

**Your Guide to Organic Pest Control**

**Succession Planting**

**About Us**

## About Us

BBB Seed is a small, family-owned company based in Boulder, Colorado that specializes in the distribution of wildflower seeds, heirloom and organic heirloom vegetable seeds and native grasses.

Content for this eBook has been provided our community. Find more recipes, or submit your own, at [BBBSeed.com](http://BBBSeed.com)

