



GREEK SALAD

TO SERVE: Empty contents from the jar and toss with a drizzle of our house made Herby Tahini Dressing and fresh herbs of your choice. Note: A little dressing goes a long way. Use a light hand to dress.



BROCCOLI "CHEDDAR" SOUP

TO SERVE: Empty the contents of the jar into a sauce pan. Gently warm on the stove top to desired temp, salt and pepper to taste. Add a squeeze of lemon, sprinkle of savory granola and freshly chopped chives if desired.



THE ULTIMATE MEDITERRANEAN BOWL

TO SERVE: We love this one served room temperature, or as a hot/cold combo (Remove the fresh greens and warm the rest) To stretch for family, enjoy with toasted pita bread and extra greens. Pairs well with baked or grilled organic chicken breast.



GOOD CLEAN LASAGNA

Preheat oven to 325 degrees. Remove the lid, reserve the basil, sprinkle your lasagna with a tablespoon of water and cover with foil. Reheat until warmed through for 15-20 minutes, or to desired temp. This dish can also be heated on the stove top or in the microwave



KIMCHI BLISS BOWL W/ PERFECT PEANUT SAUCE

Prep tips: enjoy this bowl at room temp or as a warm cold combo - warm your rice, mushrooms, edamame and sprouts on the stove top at medium high heat to desired warms. Pile with the fresh crisp veggies - top with perfect peanut sauce, fresh herbs and cubed avocado and serve alongside your kimchi!



CRUDITÉS + DIPS

Beet Tzatziki

Pairs well with pita wedges, crackers or a crusty piece of bread. We love it as a simple light + bright dip for our veggie crudités. Pairs well with our Mediterranean Bowl

Romesco Dip

Serve with our rainbow of crudités or smear on a fresh baguette. Pairs well with our Greek Salad