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## Spring Onion & Shrimp Egg Crepes with Heirloom Tomato Sauce

**makes about 6 crepes**

### **for the sauce:**

1 lb heirloom tomatoes, any mix of colors

1/4 cup chopped basil

Sherry vinegar, splash

salt and pepper

### **for the crepes:**

olive oil

1/2 cup sliced scallions

1 lb medium shrimp, peeled, cleaned and roughly chopped

salt and pepper

5 eggs

1/4 cup milk , (or water for a dairy-free option)

### **\*\*\* Preparation \*\*\*\***

#### **For the sauce:**

Chop the tomatoes roughly and scrape all of the tomato pieces and any juice that's accumulated into a bowl. Add the basil, splash of sherry vinegar and some salt and pepper. Let sit at room temperature while you make the crepes.

#### **For the crepes:**

Heat a small non-stick pan over medium-high heat. Add olive oil to lightly coat the bottom of the pan. Add the onions and shrimp and cook until shrimp are just cooked through. Season with salt and pepper and remove from the pan.

In a blender, pulse the eggs and milk (or water) with a pinch of salt and pepper until smooth. Heat the same pan over high heat. Brush lightly with oil and add about 1/4 cup of the egg into the pan, immediately swirling the pan to coat the bottom. Cook until the edges are set and use a thin spatula to flip. Cook for another couple seconds and remove from the pan. Repeat to use up the egg mixture.

To serve, fill the crepes with the shrimp mixture and roll or fold. Taste the tomato sauce and season with more salt and pepper as needed. Top the crepes with the sauce. Serve warm or at room temperature.



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## **Spicy Chickpea Patties in Butter Lettuce Leaves with Red Onion Raita**

**makes about 12 small patties**

### **for the patties:**

2 1/2 cups canned garbanzo beans, rinsed and drained very well  
1 large shallots, peeled and roughly chopped  
1 tablespoon chopped chiptole chilies  
1 lemon, zested and juiced  
4 eggs  
1 cup sunflower or broccoli sprouts, top parts only  
1/2 cup cilantro leaves  
1 cup bread crumbs, as needed  
1 tsp salt  
olive oil

### **for the raita:**

1 red onion, thinly sliced  
salt, as needed  
2 cups plain yogurt

### **to serve:**

12 leaves butter lettuce leaves  
1 cup chopped tomatoes  
1/2 cup cilantro leaves

### **\*\*\* Preparation \*\*\*\***

#### **For the patties:**

In a food processor, combine the drained garbanzos, shallots, chipotle, lemon zest & juice and eggs. Pulse until a chunky paste. Remove into a bowl and stir in the cilantro, sprouts, salt and the breadcrumbs. Let sit for 5 minutes.

To cook, heat a large pan over medium-high heat. Add olive oil to coat the bottom of the pan. Form 1 1/2-inch patties and place into the oil. Cook on both sides until golden. Remove from pan and set aside.

#### **For the raita:**

Thinly slice the red onion and place into a strainer. Sprinkle very liberally with salt -- use about 2 tablespoons total. Let sit for 10 minutes. Rinse very well and pat dry. Combine the dried onions with the yogurt and season with some pepper.

#### **To serve:**

Serve the patties in butter lettuce leaves with some of the tomato and cilantro and a dollop of the raita.

## Warm Basmati Rice Salad with Lots of Herbs

**serves about 6**

1 1/2 cups brown basmati rice  
chicken stock, (or water for a vegetarian option)  
pinch saffron  
2 cups chopped arugula  
1/2 cup chopped mint  
1 cup chopped parsley  
1/2 cup toasted pinenuts, (or other toasted nut)  
1 shallot, finely diced  
2 tablespoon Sherry vinegar  
olive oil  
salt and pepper  
1 cup crumbled feta, optional

### **\*\*\* Preparation \*\*\*\***

Place the rice in a small pot and add stock (or water) until the rice is covered by one inch. Add the saffron and stir. Cover with a lid and place over high heat. Bring to a boil, reduce heat and simmer for 15 minutes. Check to see all the liquid has been absorbed. Remove from heat and let sit, covered, for 10 minutes.

While the rice is still warm, toss together the rice, arugula, mint, parsley, shallots, pinenuts and vinegar. Moisten with olive oil and season with salt and pepper. Add feta is desired.

Serve warm or at room temperature.

## Roasted Peaches with Vanilla Bean Yogurt

serves 6

### For the peaches:

3 ripe peaches or nectarines, halved and pitted  
1 cinnamon stick, snapped in half  
1 tbl butter, (or olive oil)  
2 tbl honey  
pinch salt

### For the yogurt:

1 cup greek yogurt  
1/2 pod whole vanilla bean  
1 orange, zested  
honey, to taste

### \*\*\* Preparation \*\*\*\*

#### For the peaches:

Preheat oven to 400 degrees.

Heat an oven-safe skillet over high heat. Add the butter (or oil) and cinnamon stick. Add the peaches and cook for lightly golden on the bottom. Drizzle with honey and place into the oven -- cook for 5-15 minutes, until fruit is softened. Remove and let sit to cool slightly.

#### For the yogurt:

Place the yogurt in a bowl. Cut the vanilla pod in half and scrape out the seeds from one side. Add the seeds to the bowl. Wrap the seeds in plastic and save for another use. Add the zest and whisk until combined. Add honey to taste.

Serve the peaches warm, topped with the yogurt.