



Simple
Herb Hors D'oeuvres
Recipes
For your hydroponic harvest





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Cilantro Kale Salad

SERVINGS: 8

PREP TIME: 10 MIN

TOTAL TIME: 20 MIN

Ingredients

- 2 bunches finely chopped kale (purple and/or green)
- ¼ cup chopped cilantro
- ¼ c olive oil
- 2 tbsp fresh lemon juice
- 2 tbsp fresh lime juice
- Sea salt to taste



Directions

1. Mix kale, olive oil, lemon and lime juices in a bowl.
2. Massage kale with olive oil and juices.
3. Add cilantro and sea salt. Gently combine.
4. For best results, refrigerate for an hour or more for flavors to combine.





Dilly Tzatziki

SERVINGS: 16

TOTAL TIME: 20 MIN

Ingredients

- 32 oz Greek yogurt
- ¼ c fresh dill, chopped
- ½ large cucumber
- 1-2 garlic cloves, grated
- 1 tbsp lemon juice
- 1 tbsp white wine vinegar
- Sea salt to taste



Directions

1. Peel cucumber and slice in half. Scoop out seeds. Finely chop the remaining cucumber.
2. Combine all ingredients in a large bowl and stir to combine.
3. Optional: garnish with additional dill.
4. Serve with pita and fresh vegetables, or as a topping for wraps, burgers or salads!





Herbaceous Hummus

SERVINGS: 16

PREP TIME: 5 MIN

TOTAL TIME: 10 MIN

Ingredients

- 16 oz of plain or roasted garlic hummus
- 2 tbsp fresh herbs, finely chopped
 - Dill
 - Thyme
 - Basil
 - Parsley
 - Tarragon
 - Rosemary

Want to make your own hummus?

- Add 1 can chickpeas, $\frac{1}{4}$ c tahini, 1 freshly juiced lemon, 1-2 cloves of garlic and salt to taste to a food processor.
- Blend to desired texture, adding water or olive oil to thin, if desired.

Directions

1. Stir herbs into hummus.
2. Serve with pita and fresh veggies, or as a topping for salads or sandwiches!





Lemon Dipping Dressing

PREP TIME: 5 MIN TOTAL TIME: 20 MIN

Ingredients

- ½ c olive oil
- ½ c freshly squeezed lemon juice
- 2 tsp Dijon mustard
- 2 tsp honey
- 2 tsp fresh thyme, chopped
- 2 grated garlic cloves
- Salt and pepper to taste



Directions

1. Add all ingredients to a bowl and whisk to combine.
2. Enjoy over salad or as a dip for bread or fresh veggies.





Parsley Me Chimichurri

SERVINGS: 4-6

PREP TIME: 5 MIN

TOTAL TIME: 10 MIN

Ingredients

- 1 c parsley
- 2-3 cloves garlic
- 1 tbsp fresh oregano
- $\frac{1}{3}$ c olive oil
- 2 tbsp white wine vinegar
- Red pepper flakes, to taste



Directions

1. Add all ingredients to a food processor, pulse to combine.
2. Enjoy over vegetables, eggs, steak, and more!





Sweet Lady Thyme Butter

SERVINGS: 8

ACTIVE TIME: 15 MIN

Ingredients

- ½ c butter
- 1 tbsp tsp honey
- 1-2 tsp thyme, chopped
- 1-2 tsp rosemary, chopped
- Sea salt to taste



Directions

1. Set butter out at room temperature to soften
2. Add softened butter, herbs and honey to a bowl
3. Mix well
4. Optional: Place herb butter in the center of parchment paper or plastic wrap, roll to form a log.
5. Refrigerate for an hour, or use right away.





Tomato Basil Delicioso

SERVINGS: 10

TOTAL TIME: 15 MIN

Ingredients

- 12 oz sour cream (or sub Forager dairy-free sour cream)
- 10 basil leaves
- 8-10 cherry tomatoes
- 2 tsp white wine vinegar
- Sea salt to taste



Directions

1. Add sour cream to a bowl.
2. In a separate bowl, muddle the basil leaves and tomatoes.
3. Using a strainer, pour basil and tomato juices into sour cream.
4. Add white wine vinegar and sea salt.
5. Stir to combine.
6. Enjoy with crackers, chips, or fresh veggies!





Vegan Tarragon Spread

SERVINGS: 8

PREP TIME: 5 MIN

TOTAL TIME: 10-

60MIN

Ingredients

- 15 oz Earth Balance buttery spread
- 2-3 tsp tarragon, chopped
- Sea salt to taste



Directions

1. Set out Earth Balance at room temperature to soften.
2. Add softened spread and tarragon to a bowl.
3. Mix well and salt to taste.
4. Refrigerate for an hour, or use right away.

