



Garden to Table

Recipes

with flavorbyfaith

Stuffed Peppers

Ingredients

- 1 pound Ground turkey sausage
- 2 Table spoons minced garlic
- 1 large onion chopped
- 2 cups seasoned cooked rice
- 4 large Bell peppers
- 1 cup enchilada sauce
- 1/2 cup shredded Mexican cheese blend
- Minced fresh cilantro

Directions

1. Preheat oven . In a large skillet, cook ground turkey over medium heat until cooked well through out be sure to separate meat into crumbles; drain.
2. After your rice has been prepared and seasoned to your liking Add rice to meat mixture along with onions and garlic .
3. Cut peppers lengthwise in half; remove seeds. Place on a foil-lined baking pan, cut side down. Broil 4 in. from heat until skins blister, about 5 minutes. With tongs, turn peppers.
4. Fill with turkey mixture; top with enchilada sauce and sprinkle with cheese. Broil until cheese is melted, 1-2 minutes longer.

If desired, top with cilantro. Plate and enjoy



Flavorbyfaiths Chilled Cucumber Soup

INGREDIENTS

- 1/2 cup Oat milk
- 1 medium avocado
- 1 large cucumber , without the skin
- 1/2 teaspoon dill
- 1 tbsp minced garlic
- 1/2 squeezed lemon
- 2 dashes of pink Himalayan salt
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INSTRUCTIONS

1. Slice the cucumber in half lengthwise, cut the halves in half lengthwise, and chop the cucumber slices into 1/2 inch pieces.
2. Slice the avocado in half lengthwise, remove the seed and using a large spoon scoop the avocado flesh away from around the skin.
3. Using a food processor or blender Add the cucumber, avocado, garlic, dill, lemon, and salt to the cup of your blender or food processor. Blend until creamy.

Enjoy chilled or at room temperature.(we serve this with our in house fresh made vegan bread garnished with diced tomatoes, red onions and tri coloured peppers)



Green Fried Taters

Ingredients

- 2 pounds of green tomatoes
- 1/2 teaspoon pink Himalayan salt
- 1 cup flour
- 1 tablespoon Cajun seasoning
- 1 tbsp of garlic powder
- 1 tsp black pepper
- 1 table spoon onion powder
- 1 tsp minced garlic
- 2 large eggs, beaten
- 1/2 cup almond milk (unsweet 30)
- 3/4 cup fine dry plain bread crumbs
- 2/3 cup cornmeal
- 1 tsp of baking powder
- 1/4 cup oil, for frying

Directions

1. Use a sharp knife to slice the tomatoes about 1/2-inch rounds. Arrange them in a single layer on a tray and sprinkle them with Himalayan salt for about 10 minutes.
2. In a mixing bowl add the flour and Cajun seasoning in the first bowl, whisk the eggs and almond milk in the second bowl then combine the breadcrumbs, cornmeal and remaining seasonings in the third bowl.
3. Pat the tomatoes with paper towels to dry.
4. Coat a tomato slice with the seasoned flour, then dip it into the buttermilk and egg batter. Finally, coat with the breadcrumb mixture and place it on a tray or plate. Repeat with the remaining slices.
5. In a deep skillet, heat about 1/4-inch of oil to 370 F.
6. Fry the tomato slices for about 1 1/2 to 2 minutes on each side until all are finished. Remove the fried green tomatoes to paper towels or a rack to drain sprinkle a bit of salt and pepper to taste plate and serve.

We serve ours with a spicy garlic sauce however you can use whatever you desire



Chicken over Veggie Penne

Ingredients for Chicken

- 2 cups flour
- 2 tablespoons Himalayan salt
- 2 tablespoons ground black pepper
- 1 tablespoon garlic powder
- 1 tablespoon onion powder
- 1 tablespoon Cajun seasoning
- 1 tablespoon Montiel chicken seasoning
- 1 teaspoon black pepper
- 1 teaspoon dried parsley for garnish
- 1 egg
- ¼ cup almond milk
- 8 (6 ounce) skinless, boneless chicken breast halves
- ½ cup oil
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Ingredients for pasta

- 2 cups of cooked penne pasta
- 1/2 pound cherry tomatoes cut in halves
- 1 large sliced onion
- 3 coloured peppers thinly sliced
- 1/2 cup mushrooms sliced
- 1/2 cup parmesan cheese shavings
- fresh spinach
- 1 tsp Himalayan salt
- 1 tsp minced garlic
- 1 tsp onion powder
- 1 tablespoon of flour
- 1 cup of milk



Chicken over Veggie Penne

Directions for chicken

Stir together flour 2 cups flour, Himalayan salt, pepper, garlic powder, onion powder, Cajun seasoning, Montiel chicken seasoning and black pepper in bowl until well-blended

In a separate bowl beat egg and milk until smooth.

Dip and fully cover chicken breasts in flour mixture, then dip in egg, and again in flour. Set aside to rest for 10 minutes

Heat oil in a skillet over medium-high heat. Dip chicken breasts in flour again

Cook chicken breasts in hot oil until golden brown and fully cooked and juices are clear with no pink inside (inside temp inside reaches at least 165 degrees F)

While chicken is cooking add all veggies milk and seasoning for pasta in a skillet on medium once milk starts to heat add in flour stir until starts to thicken once its at a medium consistency add in the parmesan cheese and pasta stirring until evenly coated let it sit on low until chicken is done.

Allow any excess oil to drain off chicken

Place some fresh spinach on plate add pasta mixture

Place chicken over pasta mix drizzle excess sauce and pasta mixture atop the chicken sprinkle with parmesan and parsley serve and enjoy.

