

Recipes

Artichoke Dip

Ingredients:

4-6 Cloves	Garlic, roasted
1 can	Artichoke hearts, drained (keep liquid)
125g	Ricotta Cheese
1 Tbsp	Parsley, chopped
30ml	Olive Oil
To taste	Seasoning



Directions:

In a blender, mix olive oil and roast garlic (blend), add ricotta cheese (blend), add artichoke and blend till as smooth or chunky as desired, if a little firm, add some of the brine from the artichokes, season, add parsley, combine with spoon.

Sundried Tomato, Cashew and Ricotta Dip

Ingredients:

400g tin	Sundried Tomatoes (drain, keep oil)
6 Cloves	Garlic, roasted
125g	Cashews, toasted
125g	Ricotta or reduced fat cream cheese
	Chopped parsley
To taste	Seasoning



Directions:

Blend garlic, cashews, and little oil until rough, add sundried tomatoes, ricotta and blend until nearly smooth. Adjust seasoning, shouldn't need too much salt, stir through parsley.

Green pea and brown rice salad

Ingredients

250g	Brown Rice
250g	Green Peas
1	Red Onion
2	Tomatoes
	Chopped spring onion or parsley
To taste	Lemon juice, Olive Oil, Seasoning



Directions

Cook brown rice and allow to cool, avoid rinsing. Dice the red onion and tomatoes, mix with green peas and brown rice. Add 60 ml olive oil, 30 ml lemon juice, salt and pepper, taste, adjust seasoning, lemon juice. Add half spring onion, and mix, serve garnished with the remainder of the spring onion.