



Turkey Kale and Brown Rice Soup

Ingredients:

- 2 tablespoons extra virgin olive oil
- 5-6 large shallots, chopped
- 3 medium carrots, cut into ½ inch pieces, about 1 1/3 cups
- 1 large red bell pepper, cut into ½ inch pieces, about 1 ½ cups
- 8 oz. ground turkey white meat, broken into small chunks
- 1 tablespoon herbs de Provence
- 4 cups low-sodium chicken broth, plus more as needed
- 1 can (15 oz.) can diced tomatoes in juice, drained
- 1 cup cooked brown rice
- 1 small bunch kale, coarsely chopped, about 4 cups
- 1 teaspoon kosher salt
- ½ teaspoon freshly ground black pepper
- ¼ cup chopped fresh flat-leaf parsley
- ¼ cup freshly grated Parmesan, optional

Directions:

1. Heat the oil in a large pot over medium-high heat.
2. Add the shallots, carrots and bell pepper and sauté, stirring frequently, until vegetables begin to brown and soften slightly, 8-10 minutes.
3. Add the ground turkey and stir until the meat turns white and begins to color very slightly around the edges, 5-7 minutes.
4. Add the herbs de Provence and stir, 1 minute.
5. Add 4 cups broth, tomatoes and rice.
6. Bring to a boil.
7. Stir in the kale and season with ¾ teaspoon salt and the freshly ground black pepper.
8. Reduce the heat to medium-low.
9. Cover and simmer until the vegetables are tender, about 15 minutes.

10. Season with the remaining $\frac{1}{4}$ teaspoon salt.
11. Sprinkle each serving with parsley and Parmesan.

Wild Rice Salad

By Dan Woodruff

Ingredients:

- 6 cups cooked wild rice (a blend of wild and white is better)
- 3 cups seedless red grapes, halved
- 1 $\frac{1}{2}$ cups diced sweet red pepper
- 1 $\frac{1}{2}$ cups chopped celery
- 1 $\frac{1}{2}$ cups dried cherries
- 1 $\frac{1}{2}$ cups coarsely chopped pecans, toasted
- 8 green onions, sliced
- 1 cup raspberry vinaigrette

Directions:

1. Combine the first 8 ingredients.
2. Drizzle with the vinaigrette and toss to coat.
3. Refrigerate until serving.

More dressing is recommended, as it gets soaked up. Can also add turkey to this recipe.

Sicilian Bell Pepper Relish

Seeds by Design

Ingredients:

- 4 Chianti Bells Peppers
- 1 Can of Plum Tomatoes
- 1 Tablespoon of Fine Chopped Garlic
- Salt and Pepper to Taste
- Splash of Balsamic Vinegar
- $\frac{1}{3}$ cup of Red Wine Vinegar
- $\frac{1}{3}$ cup Extra Virgin Olive Oil

Directions:

1. First you roast the bell peppers and tomatoes on the grill to be able to peel the skin off.

2. Coarsely chop all the peppers, tomatoes, and garlic.
3. Then combine all the rest of the ingredients and let sit for at least one hour before serving.
4. Can be chilled and served with bread for up to one week.