

CARAMELIZED ONIONS AND STONE FRUIT

Ingredients – Onions and Fruit

- 1 large onion
- 2 large nectarines or peaches
- Olive oil or butter
- Salt and pepper to taste

Ingredients – Cheese Spread

- 1 cup (8oz) vegan goat cheese (we like Violife) – if you bring it to room temp, it whips easier
- ½ cup plant-based unsweetened milk (plus more as needed)
- 1-2 tsp vinegar (to taste)
- Salt and pepper to taste

Ingredients – Honeyed Nuts

- 1 cup nuts (pecans, walnuts, pistachios, hazelnuts work best)
- 1 Tbsp honey and or molasses
- Salt and pepper to taste

Cost

Onions and Stone Fruit \$4.96

Goat Cheese Spread \$9.31

Honey Nuts \$7.40

Total \$21.67

Rooted Nutritional Nugget

Eat with the seasons! Come May, June & July, the Santa Barbara farmers market is overflowing with a vast array of stone fruit options. You really can't go wrong!

Instructions

1. Slice onions into half moons.
2. Slice nectarines into quarter-inch thick wedges.
3. Heat butter or olive oil – use enough to coat your pan. You can also use a large griddle for this recipe.
4. Once the oil or butter is hot, add onions and nectarines. You can mix them all together, cook them side-by-side, or cook them in two batches.
5. Let them sit and sizzle. Resist the urge to turn, toss, or flip. They need to sit on the heat to caramelize – turn tasty brown. After several minutes, using tongs, carefully check to see if nectarines are browning. If so, turn them over. If not, wait for a few more minutes and check again.
6. Once they are all browned, remove from heat.
7. Serve immediately, or cool to add to salad.

VEGAN GOAT CHEESE SPREAD

Recipe adapted from Chef Logan at The Lark

Instructions

1. Place goat cheese in a bowl and mash with a fork until most lumps are out.
2. Add milk and whisk until smooth. Add more milk to reach desired texture/thickness.
3. Add vinegar, salt and pepper to taste.

HONEYED NUTS

Recipe adapted from Chef Logan at The Lark

Instructions

1. Crush nuts until they are pea-sized
2. Place in warm skillet, and heat slowly, making sure they don't burn. Shake or toss to prevent burning.
3. Add honey and mix to coat
4. Add salt and pepper to taste. Once coated and seasoned, transfer to bowl for serving.

