



Melon Feta Skewers

Total Yield: 24 Servings

Ingredients

- 1 (8-ounce) block feta cheese
- 24 (1-inch) cubes melon (such as watermelon, cantaloupe, honeydew, or a combination)
- 24 fresh basil leaves
- Balsamic glaze, for drizzling

Directions

1. Cut the feta into 24 cubes that are a little smaller than the melon cubes.
2. To assemble the bites, layer a cube of melon, a basil leaf, and a cube of feta. Secure the stack with a toothpick. Repeat with the remaining ingredients to make 24 bites.
3. Arrange the assembled bites on a serving platter and drizzle with balsamic glaze just before serving.

Asparagus Frittata with Burrata and Herb Pesto

Total Yield: 12-18 Servings

Ingredients

(RECIPE TRIPLED 12-18 SERVINGS):

- 1½ cups chopped fresh herbs (such as basil, chives, and flat-leaf parsley)
- 1¼ cups + 2 tablespoons olive oil, divided
- Kosher salt and freshly ground black pepper, to taste
- 30 large eggs
- 1 cup heavy cream
- 3 ounces Parmesan, grated (about ¾ cup)
- 3 bunches asparagus (about 3 pounds), cut into 1-inch pieces with tough ends discarded
- 6 cups packed baby spinach
- 3 (4-ounce) balls burrata (12 ounces total)
- 6 tablespoons toasted pine nuts (about ¾ cup)

(SINGLE RECIPE 4-6 SERVINGS):

- ½ cup chopped fresh herbs such as basil, chives, and flat-leaf parsley
- ¼ cup plus 2 tablespoons olive oil, divided
- Kosher salt and freshly ground black pepper
- 10 large eggs
- ⅓ cup heavy cream
- 1 oz. Parmesan, grated (about ¼ cup)
- 1 bunch asparagus (about 1 pound), cut into 1-inch pieces and tough ends discarded
- 2 cups packed baby spinach
- 1 (4-ounce) ball burrata
- 2 tablespoons toasted pine nuts

Directions

1. Preheat oven to 350°F. Combine basil, chives, parsley, and ¼ cup oil in a bowl. Season with salt and pepper. Whisk together eggs, cream, and Parmesan in a separate bowl. Season with salt and pepper.
2. Heat remaining 2 tablespoons oil in a 10-inch cast-iron skillet over medium-high heat. Add asparagus, and season with salt and pepper. Cook, stirring occasionally, until crisp-tender, 3 to 4 minutes. Add spinach and cook, stirring, just until wilted, about 1 minute. Pour egg mixture over vegetables and cook, without stirring, until eggs start to set around the edges, 2 to 4 minutes. Transfer skillet to the oven, and bake until cooked through, 12 to 14 minutes. Let cool for 5 minutes.
3. Place Burrata in center of frittata, and break open slightly with a knife. Top with herb mixture and sprinkle with pine nuts. Serve immediately.

Zucchini Brownies

Ingredients

- 2 tablespoons ground flaxseed
- 5 tablespoons water
- 1¼ cups all-purpose flour, spooned and leveled
- 1 cup granulated sugar
- ⅔ cup cocoa powder, sifted
- 1 teaspoon baking powder
- ½ teaspoon sea salt
- ½ cup melted coconut oil
- 1 teaspoon vanilla extract
- 2 cups grated zucchini, don't drain or squeeze
- ½ cup dark chocolate chips, plus more for topping
- Flaky sea salt, optional, for sprinkling

Directions

1. Preheat the oven to 325°F. Grease an 8x8-inch baking dish and line it with parchment paper.
2. In a small bowl, stir together the flaxseed and water and set aside for 5 minutes to thicken.
3. In a medium bowl, whisk together the flour, sugar, cocoa powder, baking powder, and salt.
4. In a large bowl, whisk together the coconut oil, vanilla, and flaxseed mixture. Stir in the zucchini.
5. Add the dry ingredients to the zucchini mixture and stir to combine as best you can. Let rest for 1 minute and stir again. The mixture will be thick and dry at first, but it will become smoother and wetter as the zucchini releases moisture into the batter. Stir until there are no dry areas remaining, then fold in the chocolate chips.
6. Pour the batter into the prepared pan and use a spatula to smooth the top. Sprinkle with more chocolate chips and flaky sea salt, if using. Bake for 45 to 50 minutes, or until the brownies are set in the middle and a toothpick inserted into the center comes out clean.
7. Let cool before slicing.



July 27, 2026

Grocery List

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| ☐ 1 melon (watermelon, cantaloupe, honeydew, or a combination) – enough for 24 1-inch cubes | ☐ Balsamic glaze |
| ☐ 1 large bunch fresh basil (for 24 leaves plus chopped herbs) | ☐ Kosher salt |
| ☐ 1 bunch fresh chives | ☐ Freshly ground black pepper |
| ☐ 1 bunch flat-leaf parsley | ☐ Ground flaxseed |
| ☐ 3 bunches asparagus (about 3 pounds) | ☐ All-purpose flour |
| ☐ 1 large container baby spinach (at least 6 packed cups / about 10 oz) | ☐ Granulated sugar |
| ☐ 2 medium zucchinis (enough for 2 cups grated) | ☐ Cocoa powder |
| ☐ 1 (8-ounce) block feta cheese | ☐ Baking powder |
| ☐ 3 (4-ounce) balls burrata (12 ounces total) | ☐ Sea salt |
| ☐ Parmesan cheese (at least 3 ounces) | ☐ Flaky sea salt (optional) |
| ☐ 1 cup heavy cream | ☐ Coconut oil |
| ☐ 30 large eggs | ☐ Vanilla extract |
| ☐ Olive oil (at least 1½ cups) | ☐ Toasted pine nuts (6 tablespoons /about ¾ cup) |
| | ☐ Dark chocolate chips (at least ½ cup, plus extra for topping)) |