

Recipes for the Silverwood Food Forest

Tomato (Cherry & celebrity plus)

- [Skillet Tomato Chicken {One Pan Recipe!} - WellPlated.com](#)
 - Ingredients
 - 1 ¼ pounds boneless skinless chicken breasts (about 4 small or 3 medium breasts)
 - 1 teaspoon kosher salt divided
 - ½ teaspoon ground black pepper divided
 - 2 tablespoons extra-virgin olive oil divided
 - ½ medium red onion diced (about 1 cup)
 - 1 tablespoon minced garlic about 3 cloves
 - 4 cups grape tomatoes or other assorted tomatoes, or diced plum tomatoes, halved
 - ¼ cup drained capers
 - 2 tablespoons red wine vinegar
 - 1 teaspoon honey
 - ¼ cup chopped fresh parsley
 - Instructions
 1. Lightly pound the chicken breasts to an even thickness. Sprinkle with ¾ teaspoon salt and ¼ teaspoon pepper. In a large, heavy-bottomed skillet, heat 1 tablespoon olive oil over medium high. Once hot, add the chicken breasts, top-side down, and let cook undisturbed for 4 minutes, until lightly browned. Flip and cook an additional 4 minutes. Turn again and continue cooking 3 to 5 additional minutes, flipping every few minutes, until the chicken is cooked through and reaches an internal temperature of 165 degrees F. The total cooking time will vary depending upon the thickness of your chicken. Remove to a plate and cover to keep warm.
 2. Without wiping the pan, reduce the skillet heat to medium. Add the remaining tablespoon olive oil, swirl to coat the pan, then add the red onion and let cook until slightly softened, about 3 minutes, scraping the browned bits off the bottom of the pan as it cooks. Add the garlic and let cook 30 seconds until fragrant, then add the tomatoes, capers, red wine vinegar, honey, and remaining ¼ teaspoon salt and ¼ teaspoon black pepper. Let cook until the tomatoes begin to soften, about 2 minutes. Return the chicken to the pan. Sprinkle with fresh parsley and serve.

Raspberry

- [Raspberry chipotle sauce: Salsa de frambuesas y chipotle - MexConnect](#)
 - Ingredients
 - 1 tablespoon light olive oil
 - 1 small white onion, minced
 - 2 cloves garlic, minced
 - 2 chipotle in adobo, finely chopped, plus extra adobo sauce if desired
 - 2 pints fresh raspberries, crushed
 - ½ cup raspberry vinegar
 - ¾ cup sugar
 - Salt to taste
 - Instructions
 1. Heat the oil in a saucepan over medium heat; add the onion and cook until soft. Add the garlic and cook for another minute. Add the chipotle and the raspberries and cook, stirring, until the raspberries are soft. Add the vinegar, stirring to deglaze the pan.
 2. Add the sugar and salt, lower the heat, and simmer until reduced by half, stirring frequently. Allow the sauce to cool before using. Strain through a fine mesh strainer if desired. Makes about 1 ½ cups.

Blueberry

- [Glazed Blueberry Empanadas - La Piña en la Cocina](#)
 - Instructions
 - **For Filling**
 - 12 ounces fresh blueberries
 - 1 cup of organic cane sugar
 - Juice of 1 lemon
 - 1 teaspoon vanilla extract
 - 1 tablespoon cornstarch
 - 1 tablespoon cold water
 - **For Dough**
 - 1 ¾ cups flour that has been sifted
 - ¼ cup sugar
 - ½ teaspoon salt
 - ½ teaspoon baking powder
 - ½ cup shortening
 - 1 large egg yolk
 - ⅓ cup hot milk, more or less
 - **For The Glaze**
 - 2 cups powdered sugar
 - 3 tablespoons milk
 - 2 tablespoons warm water

- Zest of 1 large orange
- Instructions
 1. Add the blueberries, sugar, and lemon juice to a heavy saucepan and heat to medium heat. Once the blueberries break down and boil, reduce the heat slightly and stir as needed. The blueberries will cook at a steady simmer for at least 80 to 90 minutes or until the liquid reduces and the mixture becomes thick.
 2. Once thick, mix the extract, water, and cornstarch in a small bowl until smooth. While stirring, add this slurry to the blueberries. Cook for another minute or two. Remove from heat and let cool completely before filling the empanadas. It is best if chilled overnight.
 3. Add all of the dry ingredients to a large bowl. Cut in the shortening using your hand or a pastry cutter. Mix in the egg yolk. Gradually mix in the hot milk and knead gently until the dough comes together. If it's still too dry, add a little more hot milk.
 4. Transfer the dough to a bowl. Cover with plastic wrap and let rest for at least 30 minutes. When ready, preheat the oven to 375 degrees. Line two baking sheets with parchment paper. Set aside. While the oven preheats, divide the dough into 22-24 equal portions. Roll into a ball and flatten slightly. Transfer to a plate and cover loosely with plastic.
 5. Use a rolling pin to roll out the dough balls to about 3 1/2 to 4 inches in diameter.
 6. Once your empanada disk is ready, fill it with 1- 1 1/2 full tablespoons of filling down the center, ensuring you don't get too close to the edges. Fold over and press gently around the filling to push out any air. I like to use the pinch and fold-over method for sealing, but you could also use a fork if that is easier. Transfer the filled empanadas to prepared baking sheets.
 7. Bake on the middle rack for 18-20 minutes or until the edges brown lightly. Move to the top rack and broil to brown the tops lightly. Remove from the oven and let cool.
 8. Once the empanadas are cool, prepare the glaze. In a bowl, whisk the ingredients together until they are very smooth. Line a baking sheet with parchment paper, then place a wire cooling rack on top. Space out the empanadas evenly onto the rack. Spoon on the glaze generously over the empanadas. Let cool before storing

Strawberry

- [Fresas con Crema \(Mexican strawberries and cream\)](#)
 - Ingredients
 - 6 cups of strawberries
 - 2 cup Mexican cream
 - 8 tablespoons condensed milk or sugar*
 - 2 teaspoons vanilla

- ½ teaspoon ground cinnamon, optional
- Fresh mint for garnish
- Instructions
 1. Wash the strawberries and dry them with a paper towel.
 2. After cleaning your strawberries, cut them into thin slices and place them aside.
 3. Mix the cream, condensed milk (or sugar), vanilla, and cinnamon in a mixing bowl to make the sweet cream sauce.
 4. Add a few tablespoons of the cream mixture in each cup and layer some of the sliced strawberries on top.
 5. Repeat this step until the cream and strawberries are placed in each cup.
 6. Add a sprig of fresh mint or your favorite garnish.

Zucchini (yellow & black beauty)

- [Calabacitas \(Mexican-Style Zucchini\) Recipe |](#)
 - Ingredients
 - Yellow squash (chopped into bite-sized pieces)
 - Tomato (chopped)
 - White, yellow, or red onion (chopped)
 - Corn
 - Butter
 - Extra virgin olive oil
 - Kosher salt
 - Black pepper
 - ½ cup Chihuahua cheese
 - ½ cup queso fresco or cotija cheese
 - Instructions
 1. Heat the oil and butter over medium heat in a large skillet.
 2. Add the onion and cook for about two minutes.
 3. Add the yellow squash, tomato, corn, salt & pepper. Mix all ingredients well.
 4. Cover, reduce heat to low, and simmer for 8 minutes. Remove from heat and sprinkle the chihuahua cheese.
 5. Replace the cover on the skillet and allow it to sit until the cheese melts for 2 to 3 minutes.
 6. Serve warm and sprinkle with some of queso fresco

Mini Bell Peppers

- [Stuffed Mini Peppers Recipe - A Spicy Perspective](#)
 - Ingredients
 - 1 1/2 pounds mini bell peppers or a mix of mini bell peppers and jalapeños
 - 12 ounces garlic and herb seasoned chevre goat cheese

- 1 tablespoon honey
- Instructions
 1. Preheat the oven to 400 degrees F. Line a large baking sheet with parchment paper and set aside.
 2. Cut all the peppers in half lengthwise and remove any seeds. Lay them cut-side-up on the baking sheet. Spoon the seasoned goat cheese into the center of each pepper half.
 3. Lightly drizzle the peppers with honey, and sprinkle with salt if desired. You can also garnish them with fresh herbs if you like, but it's not necessary. Bake for 10 minutes, then serve warm.

Jalapeno

- [Jalapeno Poppers - Spend With Pennies](#)
 - Ingredients
 - 12 jalapeños
 - 6 ounces cream cheese softened
 - 1 teaspoon garlic powder
 - 4 ounces sharp cheddar cheese shredded
 - 2 tablespoons chopped fresh chives
 - ¼ cup Panko bread crumbs
 - 1 tablespoon melted butter
 - Instructions
 1. Preheat the oven to 400°F.
 2. Wearing gloves, slice the jalapenos in half lengthwise. Using a small spoon, scoop out the seeds and membranes.
 3. In a bowl mix cream cheese, garlic powder, cheddar cheese and chives (if using).
 4. In a separate bowl, combine Panko crumbs and melted butter.
 5. Fill jalapenos with the cheese mixture. Top with crumbs.
 6. Place on a baking pan and bake 18-22 minutes or until golden.
 7. Cool 5-10 minutes before serving.

Turnips

- [Turnip Casserole {Easy to Make-Ahead} - Spend With Pennies](#)
 - Ingredients
 - 3 large turnips peeled and diced
 - 1 cup applesauce
 - ¼ cup butter melted
 - 3 tablespoons brown sugar
 - ½ teaspoon salt or to taste
 - ¼ teaspoon black pepper
 - ½ cup Panko bread crumbs
 - ½ teaspoon cinnamon

- **Streusel Topping**
 - ¼ cup all-purpose flour
 - ¼ cup brown sugar
 - 2 tablespoons butter softened
- Instructions
 1. Preheat oven to 350°F. Combine topping ingredients in a bowl and mix until crumbly. Set aside.
 2. Boil turnips until fork tender, about 10 minutes.
 3. Place turnips in a large bowl and mash until smooth. Add applesauce, butter, brown sugar, bread crumbs, cinnamon, and salt & pepper to taste.
 4. Spread into a 2QT baking dish.
 5. Sprinkle topping over casserole and bake 35-40 minutes or until hot and crumbs are golden.

Pumpkin

- [Pumpkin Empanadas \(Empanadas De Calabaza\)](#)
 - Ingredients
 - 2 ½ pound pumpkin, seeded without skin and cut into large cubes
 - 6 oz. Piloncillo or brown sugar
 - ¼ cup water
 - 1 cinnamon stick of about one inch. This will be removed after the pumpkin cooks
 - 1 tsp. ground cinnamon
 - 1 tsp. Ground anise seeds
 - ¼ tsp. Ground clove spice
 - **For the dough:**
 - 2 ½ cups all-purpose flour
 - 2 eggs, lightly beaten
 - ⅓ cup warm milk
 - 1 teaspoon dry yeast
 - ¼ cup sugar
 - ½ stick of melted butter
 - ¼ tsp. salt
 - 1 egg, lightly beaten to brush the empanadas
 - Instructions
 - **Cook the pumpkin pie filling**
 1. Place the pumpkin in a saucepan with the piloncillo, ¼ cup of water, and the cinnamon stick. Bring to a boil and cook for 15-20 minutes until the pumpkin is tender. Remove the cinnamon stick.
 2. The piloncillo should have been dissolved; add the cinnamon, ground anise, and clove. Keep cooking uncovered for about 20 or more minutes, frequently stirring

until the mixture takes the texture of a jam. This can be done beforehand and must be at room temperature before forming the empanadas.

- **Form the dough**
 1. Place the yeast in a small bowl, add the warm milk, and let it proof for about 5 minutes.
 2. Place the Flour, eggs, melted butter, sugar, and salt in a large bowl. Add the yeast mixture and mix to form a soft dough. Knead on a floured surface for about 5 minutes, adding more flour if needed.
 3. Place the dough in an oiled bowl, turning to coat it with the oil. Cover with plastic and let it rest for about 1 ½ hours in a warm place.
 4. After that period, knead the dough again for 2-3 minutes and divide it into 12 small soft balls to form the empanadas. Cover with plastic wrap.
- **Make the empanadas**
 1. Using your rolling pin, roll out each dough ball on a lightly floured surface into circles about 7 inches in diameter, stretching it if necessary.
 2. Place about ¼ cup of filling in each center; fold the dough to enclose the filling and form a half-moon. Seal edges by crimping with a fork.
- **If you want your empanadas to look symmetric, place a cereal bowl upside down and press to cut any excess dough once you fold the circle.**
 1. Preheat the oven to 375 degrees. Arrange empanadas on 2 greased baking sheets; brush with egg wash and dust with sugar if desired. Let them rest for about 30-35 minutes until the dough rises.
 2. Bake until light brown, 15 to 18 minutes; rotate pans between racks halfway through. Baking time will vary depending on your oven.

Onion

- [French Onion Soup - Spend With Pennies](#)

- Ingredients
 - ⅓ cup unsalted butter
 - 3 large sweet onions
 - ½ teaspoon brown sugar (optional)
 - 8 cups beef broth (64 oz)
 - ⅓ cup dry white wine
 - 3 sprigs fresh thyme or ½ teaspoon dry
 - 1 bay leaf
 - ¼ teaspoon black pepper
 - 1 tablespoon Worcestershire sauce
 - 1 tablespoon dry sherry (optional)
 - 1 loaf baguette
 - 3 cups shredded Gruyere cheese
 - 6 tablespoons shredded Parmesan cheese
- Instructions

1. Slice onions ¼" thick. In a large soup pot or dutch oven, melt the butter over low heat. Add the onions and brown sugar and cook for 30 to 45 minutes, stirring occasionally.
2. Add the beef broth, wine, thyme, bay leaf, black pepper, Worcestershire, and dry sherry. Bring to a boil, reduce heat, and simmer uncovered for 1 hour. Remove bay leaf and thyme sprig and discard.
3. Meanwhile, slice the bread ½-inch thick, brush with olive oil, and place on a baking sheet. Broil under high heat for 1 to 2 minutes per side or until golden.
4. Place 6 ceramic bowls on a baking sheet and ladle the soup into the bowls. Add 2 slices of bread to each bowl and divide both cheeses evenly over the bowls. Broil until cheese is golden and bubbly, about 1 to 2 minutes.

Rhubarb

- [Celery Rhubarb Pico de Gallo - Cook With Renu](#)

○ Ingredients

- 1 Cup Rhubarb, about 2-3 stalks, chopped into small pieces
- ½ Cup Celery, around 1 stalk, chopped into small pieces
- ¼ cup Sweet Pepper/Capsicum, chopped
- 5-6 Cherry tomatoes, cut in half
- 2 tablespoons chopped onions
- 2 tablespoons Onion Greens, chopped
- 1 tablespoon garlic, chopped/grated
- 2 tablespoons Garlic Greens, chopped
- 1 tablespoon Lemon Juice
- 1 tablespoon Demerara Sugar/ Honey /Maple Syrup – Sweetener of your choice
- Salt
- Black Pepper powder, freshly ground, to taste
- 1-2 tablespoon parsley, chopped
- 3-4 cups of water to blanch

○ Instructions

1. In a big pot, boil water
2. In the meantime, chop the rhubarb into 1-2cm pieces
3. Chop the celery similarly
4. Once the water has boiled, add the chopped rhubarb and celery
5. Cook for 2 minutes and switch off
6. Drain the water and run the rhubarb and celery in cold/tap water or immerse them in cold/tap water
7. Now, in a big bowl, add chopped tomatoes, chopped sweet pepper, chopped onion, onion greens, garlic, garlic greens
8. Add in rhubarb, celery, lemon juice, sugar, salt, black pepper, and parsley and mix everything
9. Serve it in a bowl, sprinkle some freshly ground black pepper on top, and garnish with parsley

- [Braised Rhubarb Chicken Recipe - ¡HOLA! JALAPEÑO](#)

○ Ingredients

- 1 whole chicken (about 4 pounds) cut into 10 pieces (each breast cut in half)
- 2 tablespoons olive oil
- 2 medium shallots, thinly sliced
- 2 tablespoons finely chopped ginger
- 1 teaspoon ground cardamom
- 1/2 cup dry white wine
- 1/4 cup honey
- 1/4 cup orange juice
- 1 pound of fresh rhubarb, all leaves removed and sliced into 1-inch-thick slices

○ Instructions

1. Heat the oven to 375°F and arrange a rack in the middle. Season the chicken pieces generously with salt and pepper.
2. Heat oil over medium heat in a large, oven-safe braiser until shimmering, then add half the chicken pieces. Let them cook undisturbed until browned and quickly pull away from the pan's bottom, about 5 minutes. Turn and repeat on the other side and transfer to a clean plate. Brown the remaining chicken on both sides, then transfer to the plate.
3. Return the pan to the heat and add the shallots, ginger, and cardamom. Season with salt and pepper and cook, stirring constantly, until starting to brown for about 1 minute. Add wine and scrape up any browned bits stuck to the bottom of the pan with the back of a wooden spoon. Add chicken broth, honey, and orange juice, and boil.
4. Place the chicken in the pan, skin side up, cover, and transfer to the oven. Let cook until the chicken is no longer pink in the middle, about 30 minutes. Remove from the oven and scatter the rhubarb around the chicken. Cover and return to the oven for 15 minutes or until the rhubarb is tender when pierced with a knife. Taste and add more salt and pepper as needed, then serve.

Oregano

- [Oregano Pesto – Mess in the Kitchen](#)

○ Ingredients

- 1 cup fresh oregano leaves, no stems
- 1/4 cup pine nuts
- 2 cloves garlic roughly chopped
- 1/2 cup parmesan cheese grated
- 1 tbsp lemon juice from half a lemon
- 1/3 cup olive oil
- 1/4 tsp salt or to taste

- 1/4 tsp pepper or to taste
- Instructions
 1. Add all the ingredients to a blender or food processor.
 2. Pulse to blend the ingredients. You can blend until completely smooth, or leave a bit of texture in the pesto to your preference.

Thyme

- [Creamy Lemon Thyme Chicken \(Very Easy!\) - Sally's Baking Addiction](#)

- Ingredients
 - 4 boneless skinless chicken breasts (around 1.5 lbs total)
 - 1/4 teaspoon salt
 - 1/4 teaspoon freshly ground black pepper
 - 1 Tablespoon olive oil
 - 1 and 1/2 cups (360ml) chicken broth (I recommend reduced sodium)
 - 1/4 cup (60ml) lemon juice (about 2 medium lemons)
 - 1 Tablespoon lemon zest
 - 1/3 cup finely chopped onion (1/3 of a medium onion)
 - 2 cloves garlic, minced
 - 2 and 1/2 teaspoons fresh thyme leaves (or 1.5 teaspoons dried)
 - 1/3 cup (80ml) heavy cream at room temperature
 - 3 Tablespoons (43g) unsalted butter, cubed and at room temperature
 - Optional garnishes: lemon slices and fresh thyme
- Instructions
 1. If the chicken breasts are unevenly thick, pound them down so they're roughly all the same thickness.
 2. Lightly salt and pepper both sides of each chicken breast. In a large ovenproof skillet, heat the oil over medium-high heat. Add the chicken and cook for 7-8 minutes, turning once halfway. You want the chicken nice and browned on the outside but not fully cooked in the center because it will finish cooking in the oven. Set the chicken on a plate and cover tightly with foil until step 5.
 3. Preheat oven to 375°F (190°C).
 4. Remove the skillet from the stove and add the broth, lemon juice, lemon zest, onion, garlic, and thyme. Return the skillet to the stove over medium-high heat. Cook and stir to scrape up the browned bits from the bottom of the skillet. Bring to a boil. Allow to boil, uncovered, for 10 minutes or until the liquid is reduced to around 1/2 cup (120ml). Stir in the cream and butter. Bring to a simmer, stirring occasionally, and simmer for 3-4 minutes.
 5. Add the chicken to the sauce and place the skillet in the preheated oven. Bake until the chicken is fully cooked through, about 10 minutes. (Chicken is considered done when an instant-read thermometer reads the center of the thickest part as at least 165°F (74°C).)
 6. Serve chicken with sauce spooned on top and any optional garnishes listed. Leftovers keep well in the refrigerator for a few days. Reheat to your liking.

Basil

- [Homemade Pesto Recipe - How to Make Pesto](#)

- Ingredients
 - 1/3 c. pine nuts, toasted
 - 1 Tbsp. Lemon juice (optional)
 - 2 garlic cloves, smashed
 - 1/2 tsp. kosher salt
 - 1/4 tsp. Ground black pepper
 - 1/4 tsp. Red pepper flakes
 - 2 1/2 c. packed fresh basil leaves
 - 2/3 c. extra virgin olive oil
 - 1/2 c. grated parmesan cheese
- Instructions
 1. In a food processor, combine the pine nuts, lemon juice (if using), garlic, salt, black pepper, and red pepper flakes. Pulse until the pine nuts are finely chopped and the ingredients are well combined, scraping the sides of the processor bowl with a rubber spatula.
 2. Add the basil and pulse to combine. With the food processor running, slowly stream the oil until it combines well. Add the parmesan cheese and pulse to combine.
 3. Store the pesto in an airtight container for up to 1 week.

Mint

- [How to Make Peppermint Tea 5 Different Ways](#)

- Ingredients
 - 1 handful of fresh peppermint leaves, 2 teaspoons dried mint leaves, or 1 peppermint tea bag
 - 2 cups hot water
 - Sweetener (optional)
- Instructions
 1. Prepare according to the instructions on the bag if you are using tea bags. Fresh leaves require a bit more preparation, but it isn't time-consuming. Gently grind the fresh peppermint leaves to release the flavor. You can use a spoon or mortar to coax the aromatic peppermint oil that flavors this refreshing drink. For loose-leaf teas, use an infuser to keep the leaves contained.
 2. Herbal teas develop flavors better when brewed with hot water instead of boiling water. Bring the water to a rapid boil and let it cool for a minute or two. Pour the hot water into a teacup and add the tea bag or leaves.
 3. Steep the hot peppermint tea for 5 to 10 minutes. Fresh peppermint leaves require a longer steeping time than dried leaves. Typically, dried leaves should

steep for 5 minutes, while fresh leaves taste best after 8 minutes of steeping. When steeping, use a lid to cover the teacup to lock in the flavor and moisture. The longer the leaves steep, the stronger the flavor. Taste after the first 5 minutes and then in 30-second intervals to find the best flavor for your palette. Add in your preferred sweetener or a slice of lemon if desired.

Cilantro

- [Cilantro Chutney - Cook With Manali](#)

- Ingredients
 - 2 small bunches cilantro 50-60 grams each, hard stems removed
 - 1 green chili or to taste
 - 1/2 inch ginger
 - 1/4 teaspoon roasted cumin powder
 - 1/8 teaspoon chaat masala (optional)
 - pinch black pepper
 - 1/2 teaspoon salt or to taste
 - 2 teaspoons lemon juice
 - 1/2 teaspoon sugar
 - 1/4 cup yogurt plain milk yogurt or plain almond milk yogurt
- Instructions
 1. Remove all the hard stems/stalks from the cilantro, the tender ones are okay to have and then wash the cilantro.
 2. To a blender add the cilantro leaves, green chili, ginger, cumin powder, chaat masala, black pepper and salt. Also add in lemon juice and sugar.
 3. Add yogurt to the blender. I have used vegan yogurt here in this recipe (plain almond milk yogurt). You can also use plain milk yogurt.
 4. Blend it all together to a smooth consistency. If your chutney has a runny consistency, you may add a teaspoon of sev or peanuts to the chutney to make it thicker. Add 1 teaspoon at a time and then go from there.
 5. Keep this cilantro chutney refrigerated and use it as needed. You can also freeze the chutney.

Apricot (Montrose)

- [Apricot Bars Recipe: How to Make Apricot Bars](#)

- Ingredients
 - 3/4 cup butter, softened
 - 1 cup sugar
 - 1 large egg, room temperature
 - 1/2 teaspoon vanilla extract
 - 2 cups all-purpose flour
 - 1/4 teaspoon baking powder
 - 1-1/3 cups sweetened shredded coconut

- 1/2 cup chopped walnuts
- 1 jar (10 to 12 ounces) apricot preserves
- Instructions
 1. Preheat oven to 350°. In a large bowl, cream butter and sugar until light and fluffy, 5-7 minutes. Beat in egg and vanilla. In a small bowl, whisk flour and baking powder; gradually add to creamed mixture, mixing well. Fold in coconut and walnuts.
 2. Press two-thirds of dough onto the bottom of a greased 13x9-in. baking pan. Spread with preserves; crumble remaining dough over preserves. Bake 30-35 minutes or until golden brown. Cool completely in pan on a wire rack. Cut into bars.

Hazelnut

- [Hazelnut Mexican Wedding Cookies - Cooking With Books](#)
 - Ingredients
 - 1 ½ cups hazelnut flour or ground hazelnuts
 - 2 sticks unsalted butter softened
 - ½ cup powdered sugar
 - 2 cups all-purpose flour
 - ⅛ teaspoon ground cardamom
 - 1 teaspoon vanilla extract
 - ¼ teaspoon salt
 - Powdered sugar to coat
 - Instructions
 1. Preheat the oven to 350F and line a baking sheet with parchment paper.
 2. Mix the hazelnut flour, butter, and powdered sugar in a large bowl until incorporated.
 3. Add the rest of the ingredients and form into a disc/ball.
 4. Shape into small, round balls and place on a baking tray.
 5. Baking for 12-15 minutes. Let cool a bit, but after about 10 minutes out of the oven, slide the still-warm cookies into a bowl of powdered sugar to coat. Leave in the bowl for an hour until they cool.

Pecan

- [How to make Cream of Pecan Soup \(Mexican Food Recipe\)](#)
 - Ingredients
 - 2 Tablespoons of butter
 - ½ cup white onion, chopped
 - 2 garlic cloves chopped
 - ½ cup celery, chopped

- 2 tablespoons of flour
- 1½ cups roasted pecans* about 6 ounces
- 4 cups of chicken broth
- 1 cup of heavy cream
- Salt to taste
- Finely chopped parsley or green onions for garnish
- Olive oil for drizzling on the soup, optional
- Instructions
 1. Melt the butter in a heavy pot over medium-low heat. Add the celery, onion, and garlic. Cook until the onion looks transparent, about 4 minutes.
 2. Stir in the flour and cook for 1 minute. Pour the broth and stir in the pecans, then boil over high heat. Cook until the vegetables are tender and the celery is cooked (about 10 more minutes).
 3. Turn the heat off and allow it to cool for a few minutes. Working in batches, process the pecans, broth, onion, and celery mixture in your blender until smooth (about 1 to 2 minutes). Return the soup to the pot, using a filter if necessary. Stir in the heavy cream and bring the soup to a simmer (uncovered) over medium heat. Season the soup with salt and pepper to taste. Drizzle with olive oil if desired.

Plum

- [Easy Plum Jam Recipe | A Baker's House](#)
 - Ingredients
 - 3 lbs plums, halved, pitted and quartered
 - 3 cups of sugar
 - 1/2 cup water
 - 1/2 cup lemon juice
 - Instructions
 1. Wash and cut the plums into chunks, removing the pits.
 2. Combine the plums, water, lemon juice, and sugar in a large saucepan. Bring to a boil to dissolve the sugar, stirring continuously.
 3. Continue to stir for 15-20 minutes, or until the gelling point has been reached.
 4. Remove from the heat and ladle into glass mason jars. Proceed with the boiling water canning method, if desired. If not, store the plum jam in the refrigerator.

Bee balm

- Fresh or dried flowers and leaves can be used to brew tea. Flowers can be used as an attractive edible garnish on salads

Nasturtium

- [Nasturtium Blossoms Avocado Guacamole - Cook With Renu](#)

○ Ingredients

- 1 large avocado
- 1.5-2 cups of nasturtium flowers
- 2 tablespoons lemon juice
- Salt
- Black pepper to taste

○ Instructions

1. Cut the avocado and remove the pit.
2. Mash the avocado in a bowl.
3. Roughly chop or crush the Nasturtium flowers in a mortar and pestle.
4. Add the chopped or crushed flowers to the bowl.
5. Add lemon juice, black pepper, and salt.
6. Mix everything and enjoy.

Coneflower

- Coneflower leaves, flowers, and roots can be dried and used to make teas.