

THE FRESH FIVE COOKBOOK

Cooking and eating together is a great way to build connections, try new things, and nourish our bodies and spirits. We hope you enjoy this collection of Fresh Roots-tested, kid-approved recipes. Most recipes are easily adaptable to accommodate common allergies and dietary needs, and they are all delicious!

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things to put on other things

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easy veggies

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FRESH ROOTS

FAMOUS DRESSING!

MAKES ABOUT 2 CUPS

TIME: 5 MIN

This is the salad dressing that gets kids begging for more kale! It is great on slightly bitter greens (like kale), roasted vegetables, grain bowls, and more! You can leave out some of the oil if you want it lighter, or the water to make a thicker dip for veggie sticks!.

INGREDIENTS

1/3 cup Water
1/3 cup Soy Sauce (or GF/Soy-Free substitute)
1/3 cup Apple Cider Vinegar
1-2 cloves Garlic, minced
3/4 cup Nutritional Yeast
1 cup neutral flavored oil
(sunflower, vegetable, canola, etc.



DIRECTIONS

- Add Water, Soy Sauce, Vinegar, Garlic, and Nutritional Yeast to a large jar or blender. Shake or blend until well mixed
- Add Oil and shake or blend again until well mixed
- Enjoy!
- Will last up to one week in the refrigerator.

Adapted from a recipe from [Hollyhock Farm](#)



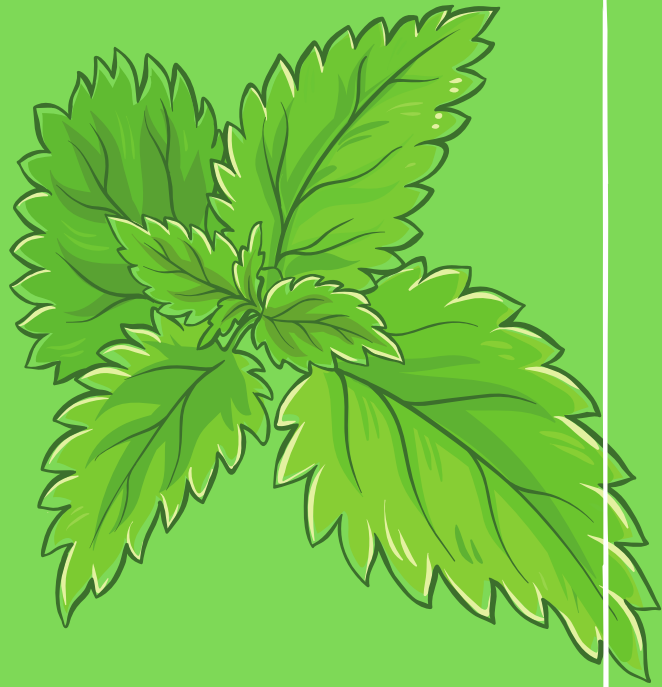
NETTLE PESTO (NESTO)

MAKES ABOUT 2 CUPS

PREP TIME: 20 MIN

INGREDIENTS

2 1/2 cups Nettles
2/3 c Walnuts, and/or sunflower seeds
2 cloves garlic, roughly chopped
1/2 Lemon
1/4 tsp. Salt
1/8 tsp. Black pepper (a few turns of a pepper grinder)
1/3 c Olive oil + extra
1/3 cup Parmesan cheese (optional)
OR
1/4 cup Nutritional Yeast (optional)



DIRECTIONS

1. Using gloves and tongs, drop nettles into a large pot of boiling salted water. Blanch for 3 minutes.
2. Remove nettles from pot and place in an ice bath.
3. Squeeze all the water out of the nettles and give them a chop.
4. In a blender or food processor, add nettles, walnuts and/or seeds, garlic, lemon juice, salt and pepper. Pulse a few times until combined and scrape down the sides.
5. Slowly add oil and blend until mostly smooth, stopping to scrape the sides occasionally. You may need a bit more oil.

For a cheesier pesto, add in 1/3 cup of Parmesan or 1/4 cup of Nutritional Yeast and pulse until blended.



CARROT TOP PESTO

MAKES ABOUT 2 CUPS

PREP TIME: 10 MIN

INGREDIENTS

- 1 1/2 cups basil or spinach
- 1 bunch carrot tops
- 2/3 c sunflower and/or pumpkin seeds
- 1 clove garlic, roughly chopped
- 1/4 tsp Salt
- 1/3 c olive oil + extra
- 1/3 cup Parmesan cheese (optional)
- OR
- 1/4 cup Nutritional Yeast (optional)

DIRECTIONS

1. Wash and dry greens.
2. In a blender or food processor, add greens, seeds, garlic, and salt. Pulse a few times until combined and scrape down the sides.
3. Slowly add oil and blend until mostly smooth, stopping to scrape the sides occasionally. You may need a bit more oil.

For a cheesier pesto, add in 1/3 cup of Parmesan or 1/4 cup of Nutritional Yeast and pulse until blended.



ROASTED CURRY CAULIFLOWER

SERVES: 4

PREP TIME: 5 MIN

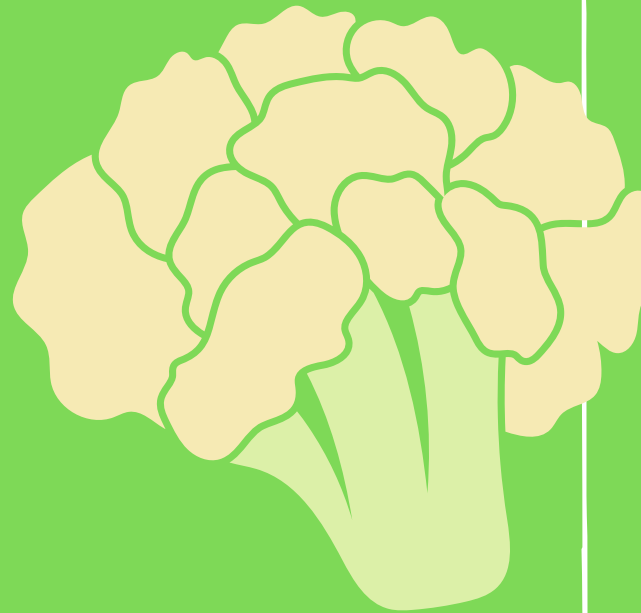
COOK TIME: 30-40 MIN

INGREDIENTS

1 large head Cauliflower
3 Tbsp Ghee, melted Butter, or Olive Oil
1 Tbsp Curry Powder
1/2 tsp Salt (or to taste)
1 Tbsp Dandelion Petals and/or Cilantro
(optional)

DIRECTIONS

Preheat oven to 425F. Line a large baking sheet with parchment or foil (for easy clean up).
Remove outer leaves and wash Cauliflower. Using a large, sharp knife, cut into florets.
In a large bowl, toss Cauliflower, Ghee/Butter/Oil, Curry Powder, and Salt until Cauliflower is well coated.
Spread Cauliflower onto baking sheet.
Roast for 20 minutes, flip the Cauliflower over, and roast another 15-20 minutes, until it's tender through and browned.
Sprinkle with Dandelion Petals and/or Cilantro, if desired.



CARROT FRIES

WITH LIME CREMA

SERVES: 4

PREP TIME: 5-10 MIN

COOK TIME: 20-25 MIN

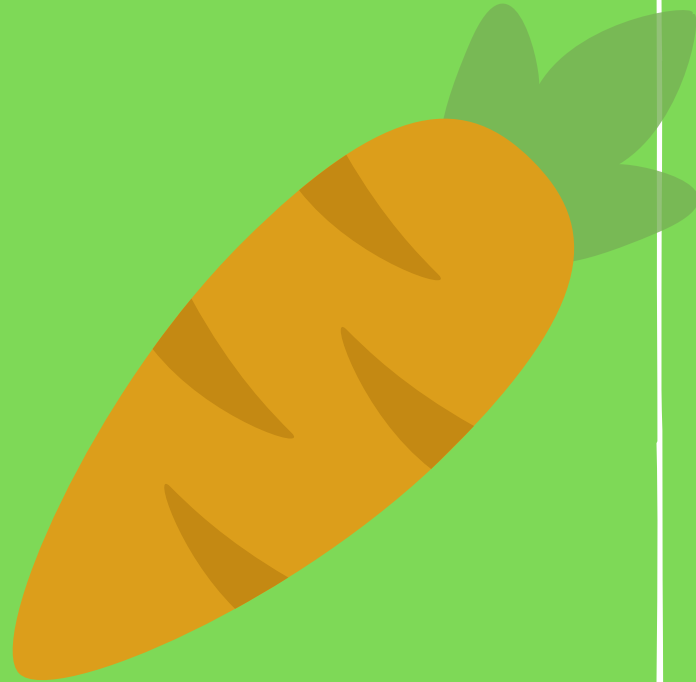
INGREDIENTS

Carrot Fries:

4 medium carrots
2 tsp paprika
2 tsp salt
olive oil

Crema:

1 cup Greek yogurt
1/4 tsp salt
1 clove garlic
Juice of 1 lime



DIRECTIONS

Carrot Fries:

Preheat oven to 425F. Line a large baking sheet with parchment (for easy clean up). Scrub carrots and cut each into 8 "fries". Toss in a bowl with salt, paprika, and enough oil to coat the "fries". Bake for 20-25 min, flipping halfway.

Crema:

In a small bowl, mash garlic and salt with the back of a spoon. Add lime juice and yogurt and mix well.



MASSAGED KALE SALAD

There are so many ways to dress up a massaged kale salad. Swap in your favorite salad toppers!

SERVINGS: 4

PREP TIME: 15 MIN

INGREDIENTS

1 bunch green or red Kale

1 TBSP Lemon Juice (or red wine or apple cider vinegar)

1 TBSP Olive Oil (or other oil)

1 tsp coarse Salt

1/2 cup of red or sweet Onion, finely diced

1/2 cup each of:

a Fruit (chopped apple or pear, dried cranberries, raisins, berries, mango...)

a Root (grated carrot or beet, diced jicama, sliced radish or salad turnip...)

a Seed (sunflower seeds, sliced almonds, candied pecans...)

a Protein (feta or goat cheese, diced chicken, chickpeas or kidney beans...)

1/2 cup of Fresh Roots Famous dressing, or your favorite salad dressing

DIRECTIONS

Wash and dry Kale, and remove thick stems.

Chop or tear kale into bite-sized pieces and put in a large bowl.

With very clean hands, toss the kale with Lemon Juice, Oil, and Salt, and massage it into the kale for 2-3 minutes, until the kale is bright in color and shiny. Add toppings of your choice and dressing. Enjoy!



NORI ROLLS

These rolls are a choose-your-own-adventure- use any combination of the fillings, or come up with your own!

SERVINGS: 4

PREP TIME: 45 MIN

INGREDIENTS

8-12 sheets of nori or roasted seaweed

Rice:

1 1/2 cups of sushi rice

1/3 cup of rice vinegar

2 tsp Sugar

1 tsp Salt



Fillings:

Veggies: Cucumber, Carrot, Celery, Green Onion, Avocado...

Proteins: Roast Tofu, Mashed Chickpeas, Tuna, Cream Cheese...

DIRECTIONS

1. Cook the sushi rice according to the instructions. Mix together the vinegar, sugar and salt, then add to the rice.
2. Cut all the veggies into long, skinny pieces. Set out all fillings in individual bowls.
3. Make your rolls! Start by laying out one piece of nori rough-side-up. Using (clean!) wet fingers, gently press 2 Tbsp. of rice onto the nori, leaving 1 inch of no-rice nori at the far end. Make a line of your favourite fillings 1 inch away from the close edge. Starting with the close end, wrap the nori around the fillings. Roll until the end, then gently but tightly squeeze the sushi cylinder together. Cut into 6 pieces.
4. Repeat with the rest of the nori sheets. Enjoy!



SIMPLE KIMCHI

This vegan variation on a fermented Korean classic was adapted from a recipe at [The Kitchn](#)

MAKES: 1 - 500ML JAR

PREP TIME: 20 MIN

INACTIVE TIME: 1-5 DAYS

INGREDIENTS

For the Cabbage:

- 1/2 lb Napa Cabbage (about 1/4 of a medium head)
- 4 TBSP non-iodized Sea Salt or kosher salt
- Water (filtered, distilled, or left out overnight to dechlorinate)

For the Seasoning Paste:

- 2-3 cloves of Garlic, grated
- 1 tsp grated Ginger
- 1/2 tsp Sugar
- 1 TBSP Water
- 1/2-2 1/2 tsp Gochugaru (Korean red pepper flakes)

Additional Vegetables:

- 2 Scallions, cut in 1-inch pieces
- 1/2 cup Korean radish, Daikon, and/or Carrot, peeled and cut into matchsticks

DIRECTIONS

1. **Prep the Cabbage:** Wash cabbage. Remove hard core, then slice cabbage into 2-inch strips. Massage salt into cabbage until it starts to soften, then cover with water. Cover with plate a weigh down so cabbage stays under brine. Let stand for at least 1 hour or up to overnight.
2. **Drain and rinse the cabbage:** Drain the cabbage over a bowl and save some brine for later. Then rise cabbage in cold water and drain in a colander for 15 to 20 minutes.
3. **Make the seasoning paste:** Combine garlic, ginger, sugar, and 1 TBSP Water in a small bowl and mix to form a smooth paste. Mix in the Gochugaru, using less for mild and more for spicy.
4. **Mix it up:** Gently squeeze any remaining water from the cabbage. Add Cabbage, Additional Veggies, Seasoning Paste to a large bowl. Mix thoroughly with your hands (wear gloves to avoid Spicy Hands!).
5. **Pack it in:** Pack the kimchi into the jar, pressing down on it until the brine rises to cover the vegetables and there are no air bubbles in the jar. Add some of the reserved cabbage brine if there's not enough liquid to cover the veggies. Leave at least 1 inch of empty spaces in the jar. Put on the lid.
6. **Fermentation time!:** Place your jar in a dark, cool room temperature place (in a cabinet is great). Check it every 24 hours, opening the lid to release any built up gas, and pressing the veggies under the brine as needed. Taste it as you go. When it's ripe enough for your tastes (1-5 days), move it to the fridge. It'll be even better after a week or so in the fridge!



3-STEM RHUBARB COMPOTE

This simple spring dessert sauce uses three stems - sugar from sugar canes, maple syrup from maple tree trunks, and, of course, rhubarb!

MAKES ABOUT 2 CUPS

PREP TIME: 5 MIN

COOK TIME: 25 MIN

INGREDIENTS

4 cups chopped Rhubarb (about 4 medium stems)

1/4 cup granulated Sugar

2 TBSP Maple Syrup

1/4 tsp Orange Zest (optional)

DIRECTIONS

Wash Rhubarb stems and chop into about 2 cm pieces.

In a medium pot, mix all ingredients. (Don't worry if it looks dry! The granulated Sugar will pull water out of the rhubarb stems.)

Cook over medium heat for 25-30 minutes, stirring occasionally, until Rhubarb has broken down and sauce has thickened. Add additional Maple Syrup to taste.

Serve warm, room temp, or cold over Greek yogurt, ice cream, waffles, pancakes...



DANDELION FRITTERS

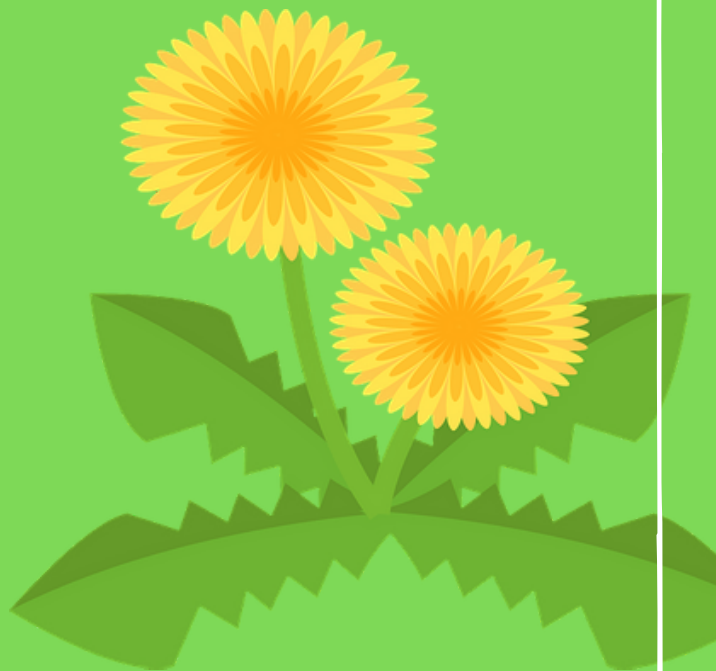
SERVES: 4-6

PREP TIME: 5 MIN

COOK TIME: 10 MIN

INGREDIENTS

2 cups Dandelion flowers
1 cup Flour (regular or Gluten-Free)
1 cup Milk (or use non-dairy milk)
1 egg (or a vegan flax egg replacer)
1/4 tsp Salt
Oil or butter for frying
Honey for serving



DIRECTIONS

How to Harvest Dandelions

Pick flowers when they are fully open on a sunny day. Be ready to use them right away! Soak them in a bowl of water for a few minutes to remove any dirt or critters, then let drain.

Make the Fritters

- Whisk flour, milk, egg, and salt in a medium bowl.
- In a heavy duty pan, heat up to 1 inch of oil over medium heat until a bit of batter sizzles when you drop it in.
- Dip the flowers into the batter to coat, then fry, petal side down until golden (about 2 minutes), then flip and fry an additional minute or so.
- Drain on paper towels and serve with honey for dipping!



POLLINATOR POWER SALAD

SERVES: 4-6

PREP TIME: 15 MIN

INGREDIENTS

6 cups mixed fresh fruit (berries, peaches etc.) cut into bite sized pieces

2 Tbsp. Honey

1 Tbsp. Lime Juice

1 Tbsp. Fruit Juice (or water)

DIRECTIONS

1. Mix honey and lime juice. Add fruit juice or water to make the sauce pour-able.
2. Pour sauce over fruit. Let stand in the fridge for fruit to soak up sauce ~10 min.
3. Toss fruit again before serving.
4. Thank the bees for pollinating all the fruit and making the honey before you eat!

This recipe is very customizable. Choose fresh, in season fruit for peak taste!

