

AUGUST

RECIPES



1. Turmeric and Basil Egg Frittata

Ingredients:

- 6 eggs
- 1 tsp turmeric
- 1/4 cup fresh basil, chopped
- 1 onion, diced
- 2 garlic cloves, minced
- 2 cups spinach, chopped
- Salt and pepper to taste

Steps:

1. Preheat your oven to 350°F (175°C).
2. In an oven-safe skillet, sauté the onions and garlic until soft.
3. Add spinach and cook until wilted.
4. Whisk the eggs in a bowl, add turmeric, basil, salt, and pepper.
5. Pour the egg mixture into the skillet, ensuring it spreads evenly.
6. Cook on the stove for 2-3 minutes until the edges set.
7. Transfer the skillet to the oven and bake for 15-20 minutes until the eggs are fully set.
8. Slice and serve warm.

Add Yogurt Sauce

Ingredients:

- 1/2 cup plain yogurt
- Salt and pepper to taste

Steps:

1. While the frittata is baking, mix yogurt with a pinch of salt and pepper for a sauce.
2. Serve the frittata warm, topped with a dollop of yogurt sauce.

2. Roasted Butternut Squash with Figs and Balsamic Glaze

Ingredients:

- 1 butternut squash, peeled and cubed
- 6 fresh figs, halved
- 2 garlic cloves, minced
- 1 onion, sliced
- 2 tbsp balsamic vinegar
- 1 tbsp olive oil
- 1/4 cup fresh basil, chopped
- Salt and pepper to taste

Steps:

1. Preheat the oven to 400°F (200°C).
2. Toss the butternut squash with olive oil, salt, and pepper.
3. Spread the squash on a baking sheet and roast for 25-30 minutes until tender.
4. In a small saucepan, simmer balsamic vinegar until it reduces to a glaze.
5. In the last 10 minutes of roasting, add figs, garlic, and onion to the squash.
6. Remove from oven, drizzle with balsamic glaze, and sprinkle with fresh basil.
7. Serve warm.

3. Tomato and Bean Stew with Turmeric

Ingredients:

- 4 tomatoes, diced
- 2 cups cooked beans (your choice)
- 1 tsp turmeric
- 1 onion, diced
- 3 garlic cloves, minced
- 1/4 cup fresh basil, chopped
- 2 cups vegetable broth
- Salt and pepper to taste

Steps:

1. In a large pot, sauté onions and garlic until soft.
2. Add turmeric and cook for another minute.
3. Stir in the tomatoes and cook until they begin to break down.
4. Add the beans and vegetable broth, bringing the stew to a simmer.
5. Cook for 15-20 minutes, allowing flavors to meld.
6. Stir in fresh basil, season with salt and pepper, and serve hot.

4. Stuffed Peppers with Spinach, Eggplant, and Figs

Ingredients:

- 4 bell peppers, tops cut off and seeds removed
- 1 eggplant, diced
- 1 cup spinach, chopped
- 4 figs, chopped
- 1 onion, diced
- 2 garlic cloves, minced
- 1/4 cup fresh basil, chopped
- 1 tbsp olive oil
- Salt and pepper to taste

Steps:

1. Preheat oven to 375°F (190°C).
2. In a large skillet, sauté onions, garlic, and eggplant in olive oil until soft.
3. Add spinach, figs, basil, salt, and pepper, and cook until spinach is wilted.
4. Stuff the mixture into the prepared bell peppers.
5. Place stuffed peppers in a baking dish, cover with foil, and bake for 30-35 minutes.
6. Serve warm.

5. Acorn Squash and Sweet Potato Leaves Curry

Ingredients:

- 1 acorn squash, peeled and cubed
- 2 cups sweet potato leaves, chopped
- 1 tsp turmeric
- 1 onion, diced
- 3 garlic cloves, minced
- 1 can coconut milk
- 2 tbsp curry powder
- Salt and pepper to taste

Steps:

1. In a large pot, sauté onions and garlic until soft.
2. Add turmeric and curry powder, cooking for another minute.
3. Add acorn squash and cook for 5 minutes.
4. Pour in coconut milk and simmer until the squash is tender.
5. Stir in sweet potato leaves, cook until wilted, and season with salt and pepper.
6. Serve hot with rice or bread.

6. Eggplant and Butternut Squash Ratatouille

Ingredients:

- 1 eggplant, diced
- 1 butternut squash, peeled and cubed
- 4 tomatoes, diced
- 2 bell peppers, diced
- 1 onion, diced
- 3 garlic cloves, minced
- 1/4 cup fresh basil, chopped
- 2 tbsp olive oil
- Salt and pepper to taste

Steps:

1. Preheat the oven to 375°F (190°C).
2. Toss the eggplant, butternut squash, bell peppers, onions, and garlic with olive oil, salt, and pepper.
3. Spread on a baking sheet and roast for 25-30 minutes until tender.
4. Transfer the roasted vegetables to a pot, add tomatoes, and cook for another 10 minutes.
5. Stir in fresh basil and serve warm.

7. Spinach and Turmeric Stir-Fry

Ingredients:

- 4 cups spinach, chopped
- 1 tsp turmeric
- 2 garlic cloves, minced
- 1 onion, sliced
- 1 tbsp olive oil
- Salt and pepper to taste

Steps:

1. Heat olive oil in a large skillet over medium heat.
2. Sauté onions and garlic until soft.
3. Add turmeric and cook for another minute.
4. Stir in spinach and cook until wilted.
5. Season with salt and pepper, and serve hot.

8. Roasted Eggplant and Fig Salad with Yogurt Dressing

Ingredients:

- 1 eggplant, diced
- 6 fresh figs, halved
- 4 cups lettuce, chopped
- 1/4 cup fresh basil, chopped
- 2 garlic cloves, minced
- 1 onion, sliced
- 1 tbsp olive oil
- 1/2 cup plain yogurt
- 2 tbsp balsamic vinegar
- Salt and pepper to taste

Steps:

1. Preheat the oven to 400°F (200°C).
2. Toss the eggplant with olive oil, salt, and pepper.
3. Roast the eggplant on a baking sheet for 20-25 minutes until tender.
4. In a large bowl, combine lettuce, roasted eggplant, figs, onions, basil, and garlic.
5. Mix yogurt with balsamic vinegar to create a dressing.
6. Drizzle the dressing over the salad, toss to coat, and serve.

9. Garlic and Turmeric Sautéed Beans

Ingredients:

- 2 cups beans (your choice), cooked
- 1 tsp turmeric
- 2 garlic cloves, minced
- 1 onion, diced
- 1 tbsp olive oil
- 1/4 cup fresh basil, chopped
- Salt and pepper to taste

Steps:

1. Heat olive oil in a skillet over medium heat.
2. Sauté onions and garlic until soft.
3. Add turmeric and cook for another minute.
4. Stir in the beans and cook until heated through.
5. Add fresh basil, season with salt and pepper, and serve warm.

10. Eggplant and Butternut Squash Lasagna

Ingredients:

- 1 eggplant, sliced
- 1 butternut squash, peeled and sliced
- 4 tomatoes, diced
- 2 cups spinach, chopped
- 2 garlic cloves, minced
- 1 onion, diced
- 1/4 cup fresh basil, chopped
- 2 cups ricotta cheese
- 2 cups shredded mozzarella cheese
- 1 package lasagna noodles
- Salt and pepper to taste

Steps:

1. Preheat the oven to 375°F (190°C).
2. Sauté onions, garlic, spinach, and basil in olive oil until spinach is wilted.
3. Cook lasagna noodles according to package instructions.
4. In a baking dish, layer lasagna noodles, ricotta cheese, eggplant, butternut squash, spinach mixture, and tomatoes.
5. Top with mozzarella cheese and bake for 45 minutes until bubbly and golden.
6. Let cool slightly before serving.

11. Tomato and Basil Frittata

Ingredients:

- 6 eggs
- 4 tomatoes, diced
- 1/4 cup fresh basil, chopped
- 1 onion, diced
- 2 garlic cloves, minced
- 2 cups spinach, chopped
- Salt and pepper to taste

Steps:

1. Preheat your oven to 350°F (175°C).
2. In an oven-safe skillet, sauté the onions and garlic until soft.
3. Add spinach and tomatoes, cooking until spinach is wilted.
4. Whisk the eggs in a bowl, add basil, salt, and pepper.
5. Pour the egg mixture into the skillet, ensuring it spreads evenly.
6. Cook on the stove for 2-3 minutes until the edges set.
7. Transfer the skillet to the oven and bake for 15-20 minutes until the eggs are fully set.
8. Slice and serve warm.

12. Yogurt and Turmeric Marinated Chicken with Squash

Ingredients:

- 4 chicken breasts
- 1 acorn squash, peeled and sliced
- 1 cup plain yogurt
- 1 tsp turmeric
- 2 garlic cloves, minced
- 1/4 cup fresh basil, chopped
- Salt and pepper to taste
- 1 tbsp olive oil

Steps:

1. In a bowl, mix yogurt, turmeric, garlic, basil, salt, and pepper.
2. Coat the chicken breasts in the yogurt mixture and let marinate for at least 1 hour.
3. Preheat oven to 375°F (190°C).
4. Arrange the chicken and squash slices on a baking sheet.
5. Drizzle with olive oil and bake for 25-30 minutes, until the chicken is cooked through.
6. Serve hot, garnished with fresh basil.

13. Spinach, Figs, and Yogurt Salad

Ingredients:

- 4 cups spinach, chopped
- 6 fresh figs, quartered
- 1/4 cup fresh basil, chopped
- 1/2 cup plain yogurt
- 1 tbsp honey
- 1 tbsp olive oil
- Salt and pepper to taste

Steps:

1. In a large bowl, combine spinach, figs, and basil.
2. In a separate bowl, mix yogurt, honey, olive oil, salt, and pepper to create a dressing.
3. Drizzle the dressing over the salad, toss to coat, and serve.

14. Eggplant and Bean Curry

Ingredients:

- 1 eggplant, diced
- 2 cups cooked beans (your choice)
- 1 tsp turmeric
- 1 onion, diced
- 3 garlic cloves, minced
- 1 can coconut milk
- 2 tbsp curry powder
- Salt and pepper to taste

Steps:

1. In a large pot, sauté onions and garlic until soft.
2. Add turmeric and curry powder, cooking for another minute.
3. Add eggplant and cook until softened.
4. Stir in the beans and coconut milk, bringing to a simmer.
5. Cook for 15-20 minutes, allowing flavors to meld.

15. Sweet Potato Leaves Stir-Fry

Ingredients:

- 2 cups sweet potato leaves, chopped
- 1 onion, diced
- 2 garlic cloves, minced
- 1 tsp turmeric
- 1 tbsp olive oil
- Salt and pepper to taste

Steps:

1. Heat olive oil in a skillet over medium heat.
2. Sauté onions and garlic until soft.
3. Add turmeric and sweet potato leaves, cooking until wilted.

16. Roasted Peppers and Figs with Yogurt

Ingredients:

- 4 bell peppers, sliced
- 6 fresh figs, halved
- 1 onion, sliced
- 2 garlic cloves, minced
- 1 tbsp olive oil
- 1/2 cup plain yogurt
- 1/4 cup fresh basil, chopped
- Salt and pepper to taste

Steps:

1. Preheat the oven to 400°F (200°C).
2. Toss the peppers, figs, onions, and garlic with olive oil, salt, and pepper.
3. Roast on a baking sheet for 20-25 minutes until tender.
4. Serve the roasted vegetables warm with a side of yogurt, garnished with fresh basil.

17. Tomato, Eggplant, and Basil Soup with Yogurt

Ingredients:

- 4 tomatoes, diced
- 1 eggplant, diced
- 1/4 cup fresh basil, chopped
- 1 onion, diced
- 3 garlic cloves, minced
- 1 tbsp olive oil
- 1/2 cup plain yogurt
- Salt and pepper to taste

Steps:

1. In a large pot, sauté onions, garlic, and eggplant in olive oil until softened.
2. Add the tomatoes and cook until they begin to break down.
3. Add basil, salt, and pepper, and simmer for 20 minutes.
4. Puree the soup until smooth and serve with a dollop of yogurt on top.

18. Spinach, Egg, and Butternut Squash Breakfast Bowl with Yogurt

Ingredients:

- 2 cups spinach, chopped
- 1 butternut squash, peeled and cubed
- 2 eggs
- 1 onion, diced
- 2 garlic cloves, minced
- 1/4 cup fresh basil, chopped
- 1/2 cup plain yogurt
- Salt and pepper to taste

Steps:

1. Preheat the oven to 400°F (200°C).
2. Roast the butternut squash on a baking sheet with olive oil, salt, and pepper until tender.
3. In a skillet, sauté onions, garlic, and spinach until wilted.
4. Cook the eggs to your liking (fried, poached, or scrambled).
5. Assemble the bowl with roasted butternut squash, sautéed spinach, and eggs.
6. Serve with a dollop of yogurt and fresh basil on top.

19. Turmeric and Garlic Roasted Acorn Squash

Ingredients:

- 1 acorn squash, peeled and cubed
- 1 tsp turmeric
- 2 garlic cloves, minced
- 1 onion, sliced
- 1 tbsp olive oil
- Salt and pepper to taste

Steps:

1. Preheat the oven to 400°F (200°C).
2. Toss the acorn squash with turmeric, garlic, olive oil, salt, and pepper.
3. Roast on a baking sheet for 25-30 minutes until tender.

20. Fig and Spinach Salad with Butternut Squash and Yogurt Dressing

Ingredients:

- 4 cups spinach, chopped
- 1 butternut squash, peeled and cubed
- 6 fresh figs, quartered
- 1/4 cup fresh basil, chopped
- 1/2 cup plain yogurt
- 1 tbsp honey
- 1 tbsp olive oil
- Salt and pepper to taste

Steps:

1. Preheat the oven to 400°F (200°C).
2. Roast the butternut squash on a baking sheet with olive oil, salt, and pepper until tender.
3. In a large bowl, combine spinach, roasted butternut squash, figs, and basil.
4. In a separate bowl, mix yogurt, honey, olive oil, salt, and pepper to create a dressing.
5. Drizzle the dressing over the salad, toss to coat, and serve.