

# Appetizers

Spring	Summer	Fall	Winter
<b>Cookin' Greens Kale</b> or <b>Spinach</b> and cream of asparagus soup using yoghurt or sour cream topped off with fresh dill	<b>Cookin' Greens Kale, Spinach,</b> or <b>Rapini</b> coconut curry soup	<b>Cookin' Greens Kale</b> Autumn Soup with chicken broth, corn and squash	<b>Cookin' Greens Kale, Spinach,</b> or <b>Rapini</b> chicken noodle soup with garlic, carrots and celery
<b>Cookin' Greens Spinach</b> or <b>Rapini</b> California rolls using brown or short grain white rice, avocado, surimi (processed crab), and flavoured mayonnaise	<b>Sautéed Cookin' Greens Spinach</b> or <b>Kale</b> hummus	<b>Cookin' Greens Kale</b> in a Cuban black bean soup with garlic and sofrito	<b>Cookin' Greens Kale</b> winter white bean stew with olive oil, leeks, chorizo, garlic, stock, white beans and parsley
<b>Cookin' Greens Kale, Spinach</b> or <b>Rapini</b> green goddess dip with parsley, yoghurt, greens, garlic, salt and pepper	<b>Cookin' Greens Kale</b> or <b>Spinach</b> gazpacho soup served chilled	<b>Cookin' Greens Spinach</b> or <b>Kale</b> empanadas stuffed with crumbled chorizo, corn and potato	<b>Cookin' Greens Kale</b> or <b>Spinach</b> in a basic pesto for more fibre and nutrients- toss with spinach pasta
<b>Cookin' Greens Kale</b> caldo verde soup with, chorizo, potatoes, onion and garlic	<b>Cookin' Greens Kale</b> or <b>Spinach</b> spicy Mexican melted cheese dip (Queso Fundido) served with nacho chips	<b>Cookin' Greens Kale</b> and butternut squash timbales with barley	<b>Cookin' Greens Kale</b> or <b>Spinach</b> California rolls using brown or short grain white rice, with avocado, surimi (processed crab), and flavoured mayonnaise
<b>Cookin' Greens Kale, Spinach,</b> or <b>Rapini</b> and cannellini beans, garlic and olive oil crostini	<b>Cookin' Greens Spinach</b> Thai salad rolls with sprouts, cilantro, cucumber and carrots and dipping sauce	<b>Cookin' Greens Spinach</b> tapenade crostini with a sliver of parmesan cheese	Warm <b>Cookin' Greens Spinach</b> salad with goat's cheese, dried blueberries or cranberries, walnuts and a balsamic dressing
<b>Cookin' Greens Kale</b> or <b>Spinach</b> cream of tomato soup	<b>Cookin' Greens Kale, Spinach,</b> or <b>Rapini</b> summer tomato and goat cheese tart	<b>Cookin' Greens Kale</b> warm camembert crostini with dried fruit	<b>Cookin' Greens Kale, Spinach,</b> or <b>Rapini</b> Greek Tzatziki dip
Warm <b>Cookin' Greens Kale</b> salad with pine nuts, parmesan and currants	<b>Cookin' Greens Kale</b> nest with grilled vegetable and polenta	<b>Cookin' Greens Kale</b> purses with sausage stuffing	<b>Cookin' Greens Kale</b> sausage and split pea soup