

### Marinated Goat Cheese:

8 oz log, 2 Tsp olive oil, ¼ tsp black pepper, 2 cloves garlic minced,  
4 sprigs rosemary, 8 leaves fresh basil.

Combine, refrigerate. Use on bread or pasta.

### Sun Dried Tomato Dip(Ina Garten)

1 cup sundried tomatoes chopped, 8 oz cream cheese room softened

½ cup sour cream ½ cup mayonnaise

10 dashes Tabasco salt and pepper to taste

2 scallions thinly sliced

Process in food processor except scallions, fold those in last.

### Edamame Hummus:

Shelled edamame, water, lemon juice, tahini, parsley, olive oil, garlic, sea salt, cumin, coriander.

Process in food processor.

### Sweet Potato-Pine Nut spread:

1 large sweet potato or yam, baked, scraped from skin

2 Tbsp pine nuts

1-2 Tbsp maple syrup

1 tsp sunflower oil

¼ tsp cinnamon, pinch of sea salt

Puree in a food processor

### Hummus:

2 cups cooked chickpeas, rinsed and drained

1 ½ tsp cumin, 1 tsp salt, paprika to taste

1/3 cup tahini, ½ tsp lemon zest, 2-3 Tbsp fresh lemon juice

3 Tbsp olive oil, 3 garlic cloves

### Lemon-Rosemary White Bean Spread:

1 ½ cups cooked canellini or other white beans

1 tsp minced rosemary, preferably fresh

Grated zest and juice from 1 lemon

¼ tsp freshly ground pepper, sea salt

In a small heavy sauce pan combine olive oil, rosemary, lemon zest and pepper. Heat for 1 min. Let steep for 10-15 min. Puree all until fluffy.