

Ophelia's Thyme

Ophelia's Oven Roasted Potatoes

Prep Time: 10 minutes

Cook Time: 30 minutes

Yield: 4

Irresistible roasted baby potatoes with fresh herbs make a classic pairing.

Ingredients

2 pounds baby red potatoes

1 teaspoon kosher salt

3 tablespoon olive oil

2 teaspoon garlic powder

1 teaspoon kosher salt

Fresh ground black pepper

1 tablespoon of Ophelia's chopped fresh Garden Thyme

Optional: 1 clove of fresh garlic, lemon wedges, shredded Parmesan cheese

Instructions

Preheat the oven to 425 degrees Fahrenheit.

Wash the potatoes, then slice them in half (for baby potatoes) or dice them into 1/2-inch cubes.

In a large bowl, stir together potatoes, olive oil, garlic powder, kosher salt, and several fresh ground black pepper grinds.

Line a baking sheet with parchment paper. Spread the potatoes in an even layer on the sheet cut and make sure they are side down. Roast for about 30 to 35 minutes without stirring until browned, depending on the size of the pieces. (To step up these potatoes, remove them from the oven at 15 minutes and toss with 1/2 cup shredded Parmesan cheese.)

Remove the potatoes from the oven and toss them with Ophelia's fresh thyme. You can also spritz it with lemon wedges for a tangy flavor.

Ophelia's Rosemary

Ophelia's Rosemary Roasted Potatoes

Prep Time: 15 minutes

Cook Time: 35 minutes

Yield: 4 to 6

Irresistible rosemary roasted potatoes make a classic pairing.

Ingredients

2 pounds red potatoes

2 tablespoons chopped fresh rosemary, plus more to garnish

1/2 large lemon

2 tablespoons olive oil

½ teaspoon garlic powder

1 teaspoon kosher salt

Fresh ground black pepper

Instructions

Preheat the oven to 450 degrees Fahrenheit.

Wash the potatoes, then dice them into ½ to ¾ inch cubes. Finely chop the rosemary. Thinly slice the half lemon.

In a large bowl, stir together potatoes, olive oil, garlic powder, kosher salt, and several fresh ground black pepper grinds.

Line a baking sheet with parchment paper or aluminum foil. Spread the potatoes in an even layer on the sheet. Top with the lemon slices and sprinkle with rosemary. Roast for 30 to 40 minutes, until potatoes are cooked and browned, stirring once.

Garnish with another 1 tablespoon of finely chopped rosemary.

Ophelia's Arugula

Ophelia's Arugula Salad

Prep Time: 10 minutes

Cook Time: 0 minutes

Yield: 1

This easy arugula salad is delicious and comes together in minutes!

Ingredients

1 oz Parmesan cheese shavings

.25 oz of shallot

1 oz of Ophelia's Arugula

.33 oz tablespoons extra virgin olive oil

1 Pinch of kosher salt

.25 tablespoons lemon juice + zest of 1/6 lemon

Instructions

Thinly slice shallot.

In a large bowl, place the Ophelia's Arugula, olive oil, lemon zest (optional), lemon juice, and kosher salt. Use your hands to toss everything so it's evenly coated. Add the Parmesan shavings and shallot and toss for a few seconds until combined.

Ophelia's Cilantro

Ophelia's Cilantro & Lime Shrimp

Prep Time: 6 minutes

Cook Time: 4 minutes

Yield: 1

This cilantro lime shrimp dinner recipe takes just 10 minutes!

Ingredients

1/4-pound large shrimp, deveined

1/4 garlic clove

1/8 teaspoon cumin

1 pinch cayenne

1/8 teaspoon kosher salt

1/2 tablespoon butter or olive oil

1/2 tablespoon fresh lime juice, plus zest from 1 lime

1 oz cup fresh cilantro, chopped

Instructions

Thaw the shrimp

Mince the garlic.

Pat the shrimp dry. Mix the shrimp with the garlic, cumin, cayenne, and salt in a medium bowl.

In a large skillet, heat the butter or olive oil on medium-high heat. Cook the shrimp for 1 to 2 minutes per side until opaque and cooked through, turning them with tongs.

Spritz with lime juice and stir in the lime zest and chopped cilantro. Serve immediately.

Ophelia's Mint

Ophelia's Mint Tea

Prep Time: 5 minutes

Cook Time: 0 minutes

Yield: 1

Ophelia's Mint tea is a herbal tea made with just boiling water and fresh mint!

Ingredients

8 fresh mint leaves, left on the stem.

Boiling water

Instructions

Bring the water to a boil.

Wash the mint thoroughly.

Place the mint in a mug and pour over the boiling water. Allow the mint to steep for 5 minutes. Remove the mint and enjoy.

Ophelia's Lemon Balm

Ophelia's Seared Lemon Balm Chicken

yield: 4

prep time: 5 MINUTES

cook time: 13 MINUTES

A delicious, seared chicken breast, seasoned with fresh lemon balm, green onion, salt, and pepper.

Ingredients

4 small to medium boneless, skinless chicken breasts

2 tablespoons olive oil

2 tablespoons freshly chopped lemon balm

1 green onion, minced

salt and pepper

Instructions

Preheat the olive oil in a large skillet or grill pan over medium-high heat.

Pat the chicken breasts dry with a paper towel and then sprinkle one side with lemon balm, green onion, salt, and pepper.

Place them seasoned side down in the hot pan.

Sprinkle the side facing up with the remaining lemon balm, green onion, salt, and pepper.

Cook the chicken for 4 minutes*, flip, and then continue cooking for another 4 minutes.

Remove the chicken from the pan and let them rest for 5 minutes before serving.

Garnish with leftover fresh lemon balm if you have it.

*Cook time will vary by a minute or two, depending on the size of your chicken breasts. Use a probe thermometer to ensure they've reached 185°F internally before serving.

Ophelia's Basil

Ophelia's Basil Pesto

Prep Time:

5 minutes

Cook Time: 0 minutes

Yield: Heaping 1 cup

Ophelia's basil pesto recipe is made the classic Italian way!

Ingredients

½ cup raw unsalted pine nuts, cashews, or walnuts

½ cup grated Parmesan cheese

2 medium garlic cloves

2 cups loosely packed fresh basil

1 tablespoon fresh lemon juice

¼ teaspoon kosher salt

½ cup olive oil, plus additional as needed

Instructions

In a small dry skillet, toast the nuts over medium-high heat, stirring constantly, for about 2 to 3 minutes. Remove the nuts to a bowl and allow them to cool slightly.

In a food processor, combine the nuts, cheese, and peeled garlic. Process until finely ground, 20 to 30 seconds.

Add basil, lemon juice, and kosher salt.

Turn on the food processor and gradually pour in the olive oil. Once combined, turn off the food processor. Blend in a bit more olive oil if desired, to achieve a looser texture.

Ophelia's Minestrone Soup

Prep Time: 15 minutes

Cook Time: 25 minutes

Yield: 4

Timotheus's Herb Bundle

Italian Parsley

Ophelia's Minestrone soup is a colorful Italian soup full of hearty vegetables and pasta!

Ingredients

1 medium onion

2 medium carrots

1 celery rib

5 garlic cloves

1 small zucchini squash

¼ cup olive oil

2 tablespoons tomato paste

1-quart vegetable broth

One can of diced fire-roasted tomatoes (28 oz)

1 cup water

1 bay leaf or Allspice leaf from Ophelia's Timotheus's Herb Bundle

1 15-ounce can of cannellini beans

1 teaspoon each of Ophelia's Oregano and Ophelia's Garden Thyme

1 ¼ teaspoon kosher salt, divided

¾ cup pasta shells or spirals

3 cups Ophelia's Arugula or baby kale

Fresh ground black pepper

1/2 oz of Ophelia's Fresh Parsley, for garnish

Instructions

Peel and small dice the onion and carrots. Small dice the celery. Mince the garlic. Small dice the zucchini.

In a large pot or Dutch oven, heat the olive oil over medium-high heat. Add the onion, carrots, celery, and tomato paste, and cook for 5 to 6 minutes until the onions are just translucent. Add the garlic and cook for 1 minute.

Add the vegetable broth, tomatoes and juices, water, zucchini, bay or allspice leaf, white beans, Ophelia's Oregano, Ophelia's Garden Thyme, and 1 teaspoon kosher salt. Bring it to a simmer, then cook for 10 minutes on medium-low.

Add the pasta and cook until pasta is just al dente, about 8 to 10 minutes. Turn off the heat and stir in the Ophelia's Arugula or baby kale for a few seconds until wilted.

Remove the bay or allspice leaf. Add the remaining ¼ teaspoon kosher salt. Taste and add fresh ground black pepper and more kosher salt to taste. Garnish with Ophelia's chopped Italian Parsley.

Ophelia's Butternut Squash Lasagna with Ophelia's Sage

Prep Time: 30 minutes

Cook Time: 1 hour

Yield: 9

Ricotta, Pecorino, and sage make an incredible dinner that pleases everyone.

Ingredients

2-pound butternut squash

½ tablespoon olive oil

½ teaspoon kosher salt

¼ teaspoon garlic powder

For the lasagna

9 to 12 lasagna noodles

1 ½ tablespoons of Ophelia's chopped fresh sage, divided, plus additional leaves as desired

Zest of 1/2 lemon

⅛ teaspoon ground nutmeg

½ cup plus 2 tablespoons milk

16 ounces whole milk ricotta cheese

¼ teaspoon kosher salt

Fresh ground black pepper

1 cup shredded Pecorino cheese, divided

8 ounces shredded mozzarella cheese, divided

Instructions

Preheat: Preheat the oven to 375 degrees Fahrenheit.

Boil the squash: Peel and cut the butternut squash into small cubes about ½ inch thick.

Bring a medium pot of water to a boil. Add the squash and cook for about 5 to 6 minutes until fork tender if done drain, then place in a medium bowl. Mix with the olive oil, kosher salt, and garlic powder.

Meanwhile, boil the noodles.

Bring a large pot of well-salted water to a boil. Boil the noodles until just before al dente, about 5 minutes, stirring often. Drain the noodles, then drizzle a baking sheet with a bit of olive oil. Lay the noodles flat onto the sheet, then turn them over so they become coated with olive oil to prevent sticking.

Prepare the ricotta sauce: Add 1 tablespoon of chopped sage to a medium bowl and reserve about ½ tablespoon for topping the lasagna. To the bowl, add the lemon zest, nutmeg, ricotta cheese, salt and pepper, and milk. Stir.

Layer the lasagna: In a 9" x 13" baking dish, spread ½ cup ricotta sauce on the bottom of the pan. Then top with 1 layer of noodles, ½ of the cooked squash, a scant 2/3 cup cheese sauce, 1 cup mozzarella, and ⅓ cup Pecorino cheese. Repeat again: 1 layer of noodles, the remaining squash, a scant 2/3 cup cheese sauce, 1 cup mozzarella cheese, and ⅓ cup Pecorino cheese. Finally, top with noodles then the remaining ricotta sauce spread with a spatula. Sprinkle the

entire top with the remaining $\frac{1}{2}$ cup mozzarella cheese, $\frac{1}{3}$ cup Pecorino cheese, and $\frac{1}{2}$ tablespoon sage.

Bake the lasagna: Cover the pan with aluminum foil and bake for 40 minutes. Carefully remove the foil and bake for another 20 minutes, until the top is browned. Let stand for 5 to 10 minutes before serving.