

# Rustic Mediterranean Build A Plate Featuring Rustic Lemon Garlic Thyme

Clean Low Glycemic Intentional Cooking

This class builds a composed Mediterranean plate with warm, roasted, and fresh elements. Each component highlights whole ingredients and herb forward flavor using Milford Spice Rustic Lemon Garlic Thyme. Build your plate with a warm bean base, roasted vegetables, a bright crisp slaw, and an optional roasted salmon protein.

## Creamy Lemon Garlic White Beans with Swiss Chard

### *Ingredients*

- 1 1 tablespoon olive oil
- 2 1 half yellow onion diced
- 3 3 cloves garlic minced
- 4 2 cans white beans drained and rinsed
- 5 1 to 2 teaspoons Rustic Lemon Garlic Thyme
- 6 1 half cup vegetable broth
- 7 Zest of half lemon
- 8 Juice of half lemon
- 9 2 cups chopped Swiss chard
- 10 Salt and black pepper to taste

### *Instructions*

- 1 Heat olive oil in a large skillet over medium heat.
- 2 Add onion and cook about 3 to 4 minutes until soft.
- 3 Add garlic and cook about 30 seconds until fragrant.
- 4 Stir in white beans vegetable broth and Rustic Lemon Garlic Thyme.
- 5 Simmer gently about 5 to 7 minutes until creamy.
- 6 Add Swiss chard and cook until wilted.
- 7 Finish with lemon zest and lemon juice.

## Roasted Carrots and Cauliflower with Lemon Garlic Thyme

### ***Ingredients***

- 1 1 head cauliflower cut into florets
- 2 3 carrots sliced
- 3 2 tablespoons olive oil
- 4 1 to 1 and one half teaspoons Rustic Lemon Garlic Thyme
- 5 Salt and black pepper
- 6 Zest of half lemon optional

### ***Instructions***

- 1 Preheat oven to 425 degrees.
- 2 Toss cauliflower and carrots with olive oil and Rustic Lemon Garlic Thyme.
- 3 Spread evenly on a baking sheet.
- 4 Roast about 20 to 25 minutes until golden and caramelized.
- 5 Finish with lemon zest if desired.

## **Shaved Cabbage and Apple Herb Slaw**

### ***Ingredients***

- 1 3 cups thinly shaved cabbage
- 2 1 green apple thinly sliced
- 3 1 quarter cup chopped parsley
- 4 1 tablespoon lemon juice
- 5 1 tablespoon olive oil
- 6 Small pinch Rustic Lemon Garlic Thyme
- 7 Salt and black pepper

### ***Instructions***

- 1 Combine cabbage apple and parsley in a bowl.
- 2 Add lemon juice olive oil and a pinch of Rustic Lemon Garlic Thyme.
- 3 Season lightly with salt and pepper.
- 4 Toss well and let sit about 5 minutes before serving.

## **Optional Lemon Garlic Thyme Roasted Salmon**

## ***Ingredients***

- 1 1 pound wild caught salmon fillet
- 2 1 tablespoon olive oil
- 3 1 to 1 and one half teaspoons Rustic Lemon Garlic Thyme
- 4 Zest of half lemon
- 5 Juice of half lemon
- 6 Salt and black pepper

## ***Instructions***

- 1 Preheat oven to 400 degrees.
- 2 Place salmon on a parchment lined baking sheet.
- 3 Drizzle with olive oil and sprinkle with Rustic Lemon Garlic Thyme.
- 4 Roast about 10 to 12 minutes until just cooked through.
- 5 Finish with lemon zest and lemon juice before serving.

## **How to Plate**

- 1 Start with the creamy white beans as the warm base.
- 2 Add roasted carrots and cauliflower slightly overlapping.
- 3 Place the cabbage apple slaw to the side for freshness.
- 4 Add roasted salmon on top or alongside if using.
- 5 Finish with a squeeze of lemon and drizzle of olive oil.