

## Grilled Peppers with Herbed Goat Cheese

Grilling peppers brings out their natural sweetness, making a delightful complement for tangy goat cheese and fresh basil. An assortment of grilled appetizers starts your celebration with a tasty bang.

- 1 green pepper
- 1 red pepper
- 1 tablespoon extra virgin olive oil
- Salt and freshly ground black pepper to taste
- 1 (5.5 ounce) package goat cheese with herbs and garlic
- 2 tablespoons slivered fresh basil leaves

Cut tops off peppers and scoop out insides. Cut each pepper into 4 pieces for a total of 8 pieces. In a bowl, toss the pepper pieces with olive oil, salt and pepper. Heat a grill to medium. Grill peppers for 5 minutes on each side. Remove and spread each piece with goat cheese. Top with slivered basil.

## Broccoli with Cheddar Cheese Sauce

Ever heard the old adage "smother vegetables with cheese and any kid will eat them?" This recipe definitely proves that there's truth to this statement. Savory cheddar cheese sauce poured over crisp-steamed broccoli is a tasty dish for kids and adults alike and provides a healthy calcium boost. Our natural recipe calls for organic ingredients, unbleached flour and unprocessed cheese.

- 6 cups organic broccoli florets
- 2 tablespoons organic butter
- 2 tablespoons unbleached organic white flour
- 1/4 teaspoon dry mustard powder
- sea salt, to taste
- 1 cup organic low fat milk
- 1 1/2 cups organic sharp cheddar cheese, grated
- white pepper, to taste

Steam the broccoli until crisp tender, about 4 to 5 minutes. Meanwhile, melt butter in a medium saucepan. Whisk in the flour, mustard powder and salt to taste. Gradually stir in the milk, whisking over med-low heat until thickened. Add the cheese, stirring until completely melted. Season to taste with white pepper. Pour over the steamed broccoli and serve at once.