

Grilled Veggie Sandwiches

Ingredients:

Zucchini
Onions
Peppers; red, green, yellow, red (your choice)
Fresh mozzarella cheese
Spinach
Fresh tomatoes
Roasted red peppers (jar or paste)
Pesto (salad dressing of your choice (optional)
Fresh basil or other spices or herbs (optional)
Hoagie buns (any bread or rolls)
Salt & pepper

Directions:

Grill zucchini, onions, peppers with olive oil and salt. Cut hoagie buns in half and spread pesto and/or roasted red pepper paste on each side. Add slices of fresh mozzarella, spinach and fresh tomato slices. Put grilled veggies on top of the cheese/tomato/spinach. Wrap up in tin foil and either throw in the oven or back on the grill (oven: 20-30 min.; grill: 10-15 min.).

TART CHERRY SORBET-Cherries have such amazing properties for reducing inflammation in the body. The benefits of tart cherries are greater than those of sweets. These tart cherries are good for baking and drying, but sweet cherries are great for fresh eating. Here are the many healing benefits:

- reducing flare ups with arthritis
- lowering uric acid and nitric oxide build up, both important for gout flare ups
- contain natural melatonin to aid in restful sleep
- lowers risk of stroke (reduces inflammation)
- reduces muscle pain after a workout (inflammation)



Ingredients

- 4 cups pitted tart cherries
- 6 tbsp agave nectar, date paste, honey, or maple syrup (agave & date paste are more neutral tasting), or less if using sweet cherries
- 1½ tsp fresh orange zest (about ½ the orange)
- 1½ tbsp fresh orange juice
- ⅛-¼ tsp ground black pepper
- pinch of fresh ground nutmeg

Instructions

1. Place all ingredients into a high-speed blender, like a Vitamix.
2. Add to an ice cream maker, and process until sorbet thickens.
3. Remove from ice cream maker, and place into a freezer-safe container to harden
4. Serve in scoops along side a chocolate ganache torte, or any cookie.