

ESSENTIAL RECIPES



SPINACH AND FETA PASTA SAUCE

Submitted by Rachel E. Hall, Independent Product Consultant

SAUCE INGREDIENTS

- ¼ cup pine nuts
- Extra virgin olive oil
- 2 cloves crushed garlic
- 10 ounce package of thawed frozen spinach (or fresh spinach chopped and wilted)
- 8 ounces of crumbled feta cheese
- ½ bundle chopped scallions
- 4-6 diced Roma tomatoes
- 1 cup sliced mushrooms
- 1 drop dōTERRA essential oregano essential oil
- 1 drop dōTERRA black pepper essential oil
- 2 drops dōTERRA rosemary essential oil
- Optional: additional Italian herbs to taste

DIRECTIONS | Brown the pine nuts in a hot pan, then add 1-2 tablespoons of extra virgin olive oil and sauté with the crushed garlic. Next, add the spinach and feta cheese. When the cheese is mostly melted add the scallions. Once the cheese is incorporated into the spinach, add in the tomatoes and mushrooms and stir. Take care not to overcook the tender vegetables. Remove from heat and cool slightly before adding the essential oils and herbs. Stir to mix well.

TO SERVE | Serve over whole wheat pasta.

Tips: The key to this dish is the dōTERRA rosemary essential oil because it balances the spinach flavor. Taste first and then add more rosemary if needed. If you want additional flavor, add more garlic and onions. This also works wonderfully as a hot or cold dip.

BROILED LEMON ASPARAGUS

Submitted by Angela Zavala, Independent Product Consultant

INGREDIENTS

- 1 large bunch of asparagus
- Unrefined coconut oil
- dōTERRA lemon essential oil

DIRECTIONS | Wash asparagus and trim ends. Place on a large cookie sheet and sprinkle with sea salt. In a separate container melt 2 tablespoons of coconut oil and add 3-5 drops of lemon oil and stir; then drizzle over the asparagus. Broil on high for 5-7 minutes, watching carefully to ensure they don't burn. Serve immediately.

