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- Mediterranean Shrimp with Dijon Vinaigrette
- Elegant Zucchini Spiralizer
- Italian Slaw
- Artisanal Salsa of Basil and Artichoke
- Rustic Bruschetta
- Middle Eastern Hummus of Cannellini and Artichoke
- French Inspired Artichokes
- Country Style Carrot Artichoke and Mushroom Soup
- Roasted Mediterranean Artichokes
- Grilled Artichokes
- 101 Oriental Brussels Sprouts
- Radish Ceviche
- Margarita's Ceviche
- Spanish American Inspired Ceviche
- Southern California Style Ceviche
- Alfalfa Cucumber Lunch
- Aunty's Cucumber Slaw
- North Carolina Slaw
- Skinny Girl Lunch Box
- Cucumbers
- Simple Mediterranean Escarole
- Cauliflower, Pumpkin and Lentil Curry
- Peas, Zucchini and Cabbage Curry
- Microwave Carrot Curry
- Much more

Again remember these recipes are unique so be ready to try some new things. Also remember that the style of cooking used in this cookbook is effortless. So even though the recipes will be unique and great tasting creating them will take minimal effort.

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