

Hosted by:

Dorian Hemington
Sandy Gruwell
Jody Knauf
Mari Donnelly

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LAVENDER LEMON SPARKLER MOCKTAIL

Ingredients

- Ice
- 2 tablespoons (1 ounce) lavender simple syrup store bought or homemade
- 2 tablespoons (1 ounce) freshly squeezed lemon juice about 1 lemon, but can depend on the size and juiciness of the lemons.
- 8 ounces sparkling water chilled
- Lemon slices optional garnish
- Fresh or dried lavender stem optional garnish

Instructions

- Fill the glass $\frac{2}{3}$ of the way with ice, or your desired amount.
- Pour the lavender syrup into the glass, then follow with the lemon juice. Top off the glass with sparkling water.
- Gently stir, enjoy immediately



Crostini with Sun-Dried Tomato Jam



Recipe courtesy of Giada De Laurentiis

Show: Everyday Italian Episode: Cooking From the Heart

Level: Easy

Total: 1 hr

Prep: 15 min

Cook: 45 min

Yield: 4 to 6 servings

Ingredients:

Sun-Dried Tomato Jam:

- One 8-ounce jar sun-dried tomatoes packed in oil, drained and chopped, oil reserved
- 1 tablespoon olive oil
- 1/2 onion, thinly sliced
- 1 clove garlic, minced
- 2 tablespoons sugar
- 1/4 cup red wine vinegar
- 1 cup water
- 1/2 cup chicken broth
- 1 teaspoon chopped fresh thyme leaves
- 1/2 teaspoon salt
- 1/2 teaspoon freshly ground black pepper

Crostini:

- 1 baguette, cut into 3/4-inch slices
- 1/4 cup olive oil
- Salt
- Freshly ground black pepper
- 5 ounces goat cheese, room temperature
- 2 teaspoons chopped fresh thyme leaves

Directions:

- 1** For the sun-dried tomato jam:
- 2** Place a medium saucepan over medium heat. Add the chopped sun-dried tomatoes, 1 tablespoon of the reserved sun-dried tomato oil, olive oil, onion, and garlic. Stir and cook until the onions are soft and beginning to brown at the edges, about 5 to 7 minutes. Add the sugar, vinegar, water, chicken broth, thyme, salt, and pepper. Bring the liquid to a boil, reduce the heat, and simmer, covered, for 30 minutes. Remove the cover and continue simmering until most of the liquid is reduced and the mixture is the consistency of jam, about 5 to 10 more minutes. Remove from the heat and set aside.
- 3** For the crostini:
- 4** Preheat the oven to 400 degrees F. Line a baking sheet with foil.
- 5** Place the baguette slices on the baking sheet. Using a pastry brush, lightly coat the baguette slices with olive oil. Sprinkle with salt and pepper. Bake until lightly toasted, about 8 minutes.
- 6** Place the soft goat cheese in a small bowl. Stir in the thyme.
- 7** To assemble:
- 8** Spread the crostini with sun-dried tomato jam and top with the goat cheese and herb mixture. Transfer to a serving plate and serve.



RENEWING RAINBOW KALE SALAD

yield: 4 LARGE SALADS OR 8 SMALL prep time: 25 MINS total time: 25 MINS

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INGREDIENTS:

FOR THE SALAD

- 2 bunches kale, stems removed and torn into bite pieces (about 16 ounces)
- 1 small head red cabbage, thinly sliced
- 1 medium beet, peeled and shredded (about 1 and 1/2 cups)
- 1 cup shredded carrot
- 2 mandarin oranges (or other preferred fruit)
- 1/4 cup sunflower seeds
- 1/4 cup pumpkin seeds
- 1 avocado, sliced

FOR THE DRESSING

- juice of 1 lemon (about 3 tablespoons)
- 1 tablespoon apple cider vinegar
- 2 tablespoons extra virgin olive oil
- 1/2 tablespoon pure maple syrup
- 1/2 tablespoon dijon mustard
- salt & pepper, to taste

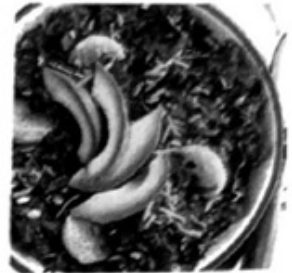
DIRECTIONS:

Place the chopped kale in a large bowl. In a measuring cup, whisk together the ingredients for the dressing. Pour the dressing over the top of the kale then use your hands to massage it into the leaves. The kale should reduce in size.

Add the cabbage, beet, carrot, pumpkin seeds, and sunflower seeds to the bowl then toss to combine. Top with orange segments and sliced avocado, serve and enjoy!

Leftovers can be stored in an airtight container for up to 3 days. Wait to top with avocado until ready to serve.

[Click Here for Nutrition Facts](#)



Miso Butter Salmon with Sizzled Scallion Salsa Verde

Ingredients (serves 2)

Miso Butter Salmon

- 2 filets of salmon (about 1-1.5 lbs)
- 1 tbsp white miso paste
- 2 tbsp butter, room temp
- Black pepper

Sizzled Scallion Salsa Verde

- 2 large scallions, finely chopped
 - 1 shallot, sliced
 - 4 cloves garlic, minced
 - 1/2 tsp aleppo or crushed pepper
 - 1/4 cup olive oil
 - 2 tbsp roughly chopped cilantro
 - 1 tbsp red wine vinegar
 - Juice of 1/2 lemon
1. Preheat oven to 400 F. In a small bowl, mash together miso paste and butter with a fork. Add the salmon filets to a baking sheet, skin side down, and spread the miso butter over the top. Season with a little black pepper, and bake for 15 minutes or until salmon is flaky.
 2. While salmon is baking, prepare the salsa verde. Add the scallions, shallots, garlic, and red pepper to a medium bowl. Heat up the olive oil in a pan on medium heat until hot, but not smoking. Pour the oil over the ingredients in the bowl, mix together, and let sit for about 10 minutes. Then mix in the cilantro, red wine vinegar, and lemon.
 3. When salmon is done baking, serve it over rice or greens, and spoon the salsa verde mixture over it.

Lemon Rice

Lemon Rice is a fresh, flavorful side that couldn't be easier. Add everything to the dish, uncooked rice included, and let the oven do the work for perfectly fluffy rice every time.

Prep Time 10 minutes, Cook Time 55 minutes, Resting Time 10
Minutes, Total Time 1 hour 15 minutes
Servings: 6

Ingredients

- Cooking spray
- 1-1/2 cups uncooked basmati rice see note 1
- 2 teaspoons minced garlic
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1/2 teaspoon dried thyme
- 1/2 teaspoon dried oregano
- 1 tablespoon Italian seasoning
- 1 teaspoon fine sea salt
- 1/2 teaspoon pepper
- 2-1/2 cups chicken stock or broth, see note 2
- 4 tablespoons unsalted butter

Add Later

- 1 to 2 large lemons
- 3 tablespoons finely chopped flat-leaf parsley
- Serving suggestions see note 3 (to make it a meal)

Instructions

- Preheat oven to 400°F. Very generously spray a glass or ceramic (not metal) 9x13-inch pan. Cut butter into 6 equal pieces and set aside.
- Add the uncooked basmati rice into the prepared pan along with the minced garlic, all the seasonings, salt and pepper and chicken stock. Stir with a wooden spoon until ingredients are incorporated, then spread in an even layer. Evenly top with cut pieces of butter. Cover tightly with foil. Bake for 40 minutes. Then, remove the foil (save foil; just set aside for now) and bake for 15 more minutes.
- Remove from oven. Don't stir the rice. Top with the foil again and let stand at room temperature for 10 minutes. This is very important to avoid mushy rice! Meanwhile, zest and juice the lemon to get 1 teaspoon zest and 3–4 tablespoons juice; finely chop the parsley.
- After 10 minutes, gently mix everything together and lightly fluff rice with a fork. Add lemon zest, lemon juice, and parsley. Mix in gently. Taste and add additional salt/pepper if needed. Gently stir and serve!

Chocolate Pound Cake with Caramel Icing

Chocolate Pound Cake:

- 1 $\frac{3}{4}$ cup all-purpose flour
- $\frac{1}{4}$ cup cocoa powder
- $\frac{1}{2}$ teaspoon baking powder
- $\frac{1}{2}$ teaspoon salt
- 2 sticks butter (room temperature, plus additional for greasing)
- 1 $\frac{1}{2}$ cups sugar
- 1 tablespoon vanilla extract
- 3 large eggs
- $\frac{1}{2}$ cup sour cream (room temperature)
- 1 cup mini chocolate chips (MD: I used 1 $\frac{1}{2}$ cups dark chocolate chips)

Caramel Icing:

- 1 $\frac{1}{2}$ cups dark brown sugar (packed)
- $\frac{1}{2}$ cup heavy cream
- 1 tablespoon butter (MD: I used 3-4 Tbsps)
- 1 teaspoon salt (MD: I used closer to 2 tsps of salt)
- 1 cup powdered sugar (MD: I used less, about $\frac{3}{4}$ cup)

For the Cake: Grease a 9x5 loaf pan with butter, line with parchment paper and grease parchment.

In a large bowl, add the flour, cocoa powder, baking powder and salt and whisk to combine. In a bowl of a stand mixer fitted with a paddle attachment, add butter and sugar and mix until light and fluffy, about 4 minutes. Add vanilla and eggs and mix to combine.

While mixing, add the flour mixture and sour cream alternating, beginning and ending with the flour. Add the chocolate chips and fold until just combined. Pour into the prepared baking dish and place in cold oven. Bake at 300 degrees F for 2 hours, until a toothpick inserted in the center comes out clean. Remove and allow to cool on a wire rack for 10 minutes. Turn out of the pan and allow to cool completely. Drizzle over the caramel icing, allow to set and serve.

For the Caramel Icing: In a medium saucepan add the brown sugar and cream. Bring to a boil and remove from the heat. Stir in butter and salt.

Remove from the heat, allow to cool completely. Transfer caramel mixture to the bowl of an electric mixer fitted with the whisk attachment. Add the powdered sugar and whisk until combined and smooth.

Tip: Be sure that the brown sugar has completely dissolved in the cream before removing and stirring in the butter and salt. If the icing becomes too thick after adding the powdered sugar, add a couple of tablespoons of heavy cream and whisk to combine until the right consistency.