

SIGN UP FOR PLANT SWOP'S MONTHLY NEWSLETTER

Refresh and edit your pantry and recipe box to include plant-based ingredients, nourishing meals, and explore some healthy swops to adopt.

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Chef Anne Callaghan

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ALL THE OOE + GOO WITHOUT THE MOO + COO®

Swop out dairy and eggs with plant-based options



END OF SUMMER BOUNTY
ZUCCHINI + PEACHES



READY-IN-MINUTES MEAL
SPICY ZUCCHINI PASTA



With minimal ingredients, this simple dish is delicious and ready in minutes. Inspired by a traditional Italian dish from the Amalfi Coast, the addition of chili flakes gives a punch of flavor. The starchy cooking water emulsifies with the zucchini and cheese to create a silky-smooth sauce without any added cream.

RECIPE

END OF SUMMER PEACHES
CARAMELIZED PEACH UPSIDE-DOWN CAKE

End-of-season peaches with concentrated flavors and firmer flesh are the perfect choice for this caramelized peach-sliced, moist upside-down cake. Juicy, sweet, and caramelized with butter, brown sugar, and bourbon vanilla peaches. For an added punch of peach, this quick bourbon vanilla-infused peach sauce is the perfect match for this caramelized peach-topped cake.

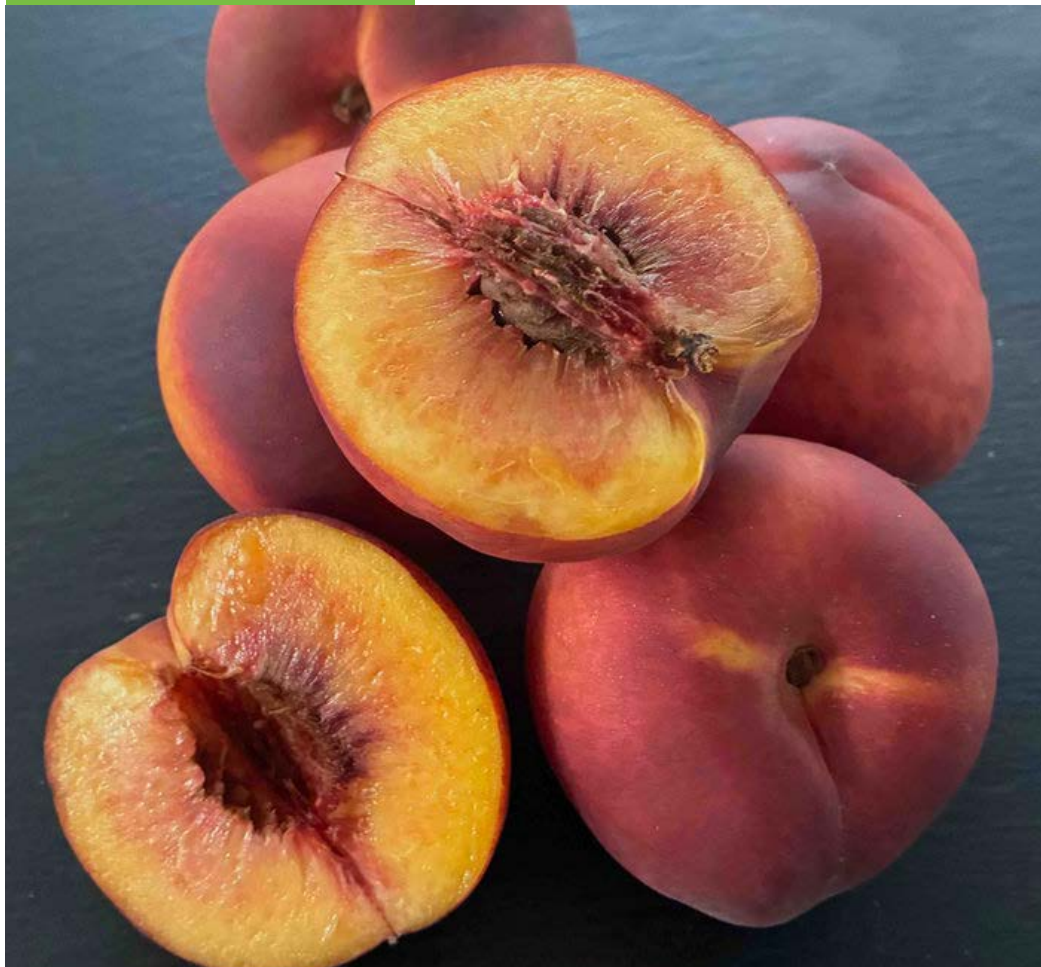


RECIPE

SMOOTH SKINLESS PEACHES
EASY AS 1-2-3: BLANCH, SHOCK & PEEL

Peach skins are edible and nutritious, but if you need them skinless, try this quick and easy method.

CHEF TIP



SCORE: Use a paring knife to make a ½" 'X'-shaped slice on the bottom of each peach.
BLANCH: Pour boiling water up to the rim of a large bowl; transfer the peaches and submerge for 45 seconds.
SHOCK: Using a slotted spoon, transfer the blanched peaches to an ice bath for 30 seconds. Transfer to a clean towel to remove excess water.
PEEL: Use the dull side of a knife, start at the 'X' and carefully peel back the skin from the flesh to reveal a smooth, skinless peach.

CHECK OUT THESE QUALITY INGREDIENTS



BOURBON VANILLA BEAN PASTE

4oz/113 Pack of 2

Ingredients: Made from 100% Bourbon vanilla beans grown on designated islands in the Indian Ocean (such as Mauritius or Réunion). It contains a blend of invert sugar syrup, concentrated bourbon vanilla extract, vanilla bean seeds, and xanthan gum as a thickener. Can be used in a straight 1:1 ratio as a substitute for vanilla extract.

SHOP



FOUR PEPPER BLEND, FLATIRON

PEPPER CO – 2.0 oz/56.69 g

Four Pepper Blend -100% premium chile pepper flakes. The bottle contains a blend of Habanero, Jalapeno, Arbol, and Ghost pepper. No salt or additives!

Great on pizza, stir-fry, pasta, stews, or any dish that needs a boost of flavor.

SHOP



HATCH VALLEY GREEN FLATIRON

PEPPER CO – 2.2 oz/ 62.37 g

Premium Green Chile Flakes. Bottle contains a blend of Hatch Valley Big Jim, Hatch Valley Sandia, Jalapeno, and Habanero - 100% premium chile pepper flakes. Never any salt or additives!

Great on pizza, stir-fry, pasta, stews, or any dish that needs a boost of flavor

SHOP

PLANT FORWARD VIEWS



FOOD, NEWS &
VIEWS PODCAST

Farmer Lee Jones of The Chef's Garden joined the Food, News & Views Podcast with Linda Gassenheimer and Sunny on the Scene to discuss regenerative farming and the innovative techniques we're exploring to grow flavor-forward vegetables.

LISTEN

Learn more about Farmer Lee Jones, The Chef's Garden, and the Culinary Vegetable Institute.

Order fresh vegetables directly to your home.

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