

Thyme For Me/December

Aroma Therapies Spa/814-443-1217

It's Your Turn to Set the Table Recipes Using Essential Oils

HARVEST SALAD

1#	Pasta of your choice
1 1/2 cups	Cherry Tomatoes, halved
1 1/2 cups	Cucumber, sliced and cubed
1/4 cup	Red Onion, thinly sliced

Dressing:

1/2 cup	Olive Oil
4 tbs.	Red Wine Vinegar
1 tsp.	Garlic, minced
1/2 tsp.	Salt
1/4 tsp.	Pepper
2 drops	Lemon EO
1 toothpick	Basil EO
1 toothpick	Oregano EO

Cook the pasta according to the package instructions, drain and rinse with cold water and set aside.

Vigorously whisk the olive oil, vinegar, garlic, salt, pepper, and essential oils in a large bowl.

Stir the pasta and vegetables into the dressing until coated. Taste and add additional salt and pepper if needed.

Refrigerate for 30 minutes.

Stir and top with parmesan cheese and fresh julienned basil before serving.

MAPLE VANILLA PECANS

12 tbs. pure Maple Syrup
10 drops Madagascar Vanilla
1/4 tsp. Salt
1 1/2 tsp. Water
2 cups Pecans, halved

Combine the maple syrup, vanilla, salt, and water in a small bowl and set aside.

In a saucepan, toast the pecans over medium heat for three to four minutes until fragrant. Stir consistently to prevent burning.

Remove the pecans from the heat, drizzle with the maple syrup mixture, and stir until the pecans are thoroughly coated.

Line a baking sheet with parchment paper, spread the coated pecans in an even layer on the baking sheet, and place in the refrigerator to cool.

Add to your favorite salad and store excess in an airtight container.

Herb Garden Project

I start getting my seed catalogs in the mail this time of year. Of course, I start to plan and figure out what I'm going to grow and projects that I'd like to make. I came across this Herb Garden Project and thought it was quite unique and simple. What you need:

1 foot x 8 feet piece of wood

Empty Containers

Herbs

Soil

Stain (optional)

Drill

Screws

Stain the board and let it dry. (Optional)

Poke three holes in the bottom of each jar for necessary drainage.

Decide where you want the jars to hang on your board, then screw them on.

Fill the jars with soil and transplant the herbs to the jars.

Label each jar with the names of the herbs.

See completed photo on the next page!!!

