

Recipe Directions ↻

Generously sprinkle both sides of steak with sea salt, pat down with fingertips, & set aside for 40 minutes on countertop or overnight on rack in the refrigerator; this allows moisture to be drawn from steak and then reabsorbed to concentrate flavor. At this point, sprinkle both sides of steak with rib-eye steak seasoning.

Preheat a stovetop cast-iron grill or skillet to medium heat, add butter, and allow it to melt, coating it across pan—or fry steak without butter or oil—cook for 3½-4 min per side depending on desired doneness; remove steak and place onto a cutting board. Allow to stand for 5 min to become nice & juicy; cut across grain for a tender bite & serve with a favorite salad or veggies...& ENJOY!

Michelle Savage



About Coconut Water

America's new health craze, coconut water, is Mother Nature's sport drink!

Coconut water contains electrolytes, is hydrating, low in calorie, fat- and cholesterol-free, and packed full of potassium. If you're an athlete or gym junkie, this drink is just for you!

Recipe Directions ↻

Blend all ingredients on high for 40 seconds or until smooth...& ENJOY!

Michelle Savage



Recipe Directions ↻

Cook peas and enough water to cover them in a small pot over medium-low heat for 5 minutes. Use a slotted spoon to scoop out peas and place them into a food processor; setting aside 2 tbp peas for garnish.

Slather butter among slices. Place on the barbecue butter side down for approximately 3-5 min until there are nice grill marks or place onto a baking sheet, broil 5 min.

Smash garlic clove with large part of a cleaver and rub over buttered side of grilled baguette slices. Toss smashed garlic piece into food processor with cooked peas, add sea salt, balsamic vinegar, and peppercorn. Purée about 30-40 seconds until creamy. Spread, top with radish, drizzle sauce, garnish...& ENJOY!

Michelle Savage



Recipe Directions ↻

Slice beet into 1/8-inch slices. A mandoline works best. You will get approximately 5 to 7 slices. Steam the slices for 30 to 40 minutes until tender. Beets will stain so be careful while handling them.

On 1 slice of bread, spread the cream cheese. Cut steamed beet slices into small squares and layer on top of the cream cheese, smashing it down with a fork.

With the avocado half in one hand, use a butter knife to make thin slices lengthwise down the avocado and scoop it out with a spoon. Layer slices on top of the beet, stack arugula, and toss some pea shoots in the mix. Top with another slice of bread, cut diagonally...& ENJOY!

Michelle Savage

