



## ORGANICWORLD.US PERSONAL CHEF + PREPARED MEALS SERVICES.

If you do not have the time to **shop** and **cook**, we will **do it all for you**. We serve individuals, families and/or those who work & travel a lot.

### WHAT SET US APART:

- We use seasonal produce & natural resources from our **Sustainable Farm** in the **Catskills + other local Farms**.
- **Sustainable & holistic cooking** practices.
  - We serve any dietary needs including vegan, gluten - egg - dairy - soy - nuts - sugar free, low sodium, paleo and any other.
- **No weekly, monthly, year commitment.**
- **Private & Corporate, Parties & Events** services available.

### WE PROVIDE:

- **custom menus** for your individuals, family, friends, company needs.
- healthier versions of **favorite foods** and traditional **family dishes** without sacrificing deliciousness.
- Weekly menu options include innovative **recipes** and **exciting dishes**.

### SERVICES:

- **Personal Chef Services** at your home.  
**and/or**
- **Prepared Meals** from our kitchen delivered to your home.

### PRICING:

\* Pricing for prepared food containers goes from \$7 a pint, \$14 a quart, and up for meats/seafood.

\* Personal chef services start at \$150.

Contact us Ph: 212 518 3045      [organicworld.sw@gmail.com](mailto:organicworld.sw@gmail.com)

Sign Up for our Mailing List!  
<http://www.organicworld.us/sign-up>

*Sustainable Farm, Farm Share, Meal Prep  
Health Coaching, Cooking Classes, and Event Services!*

Phone: 212 518 3045 - Email:[organicworld.sw@gmail.com](mailto:organicworld.sw@gmail.com)

## SEASONAL ROASTED MUSHROOMS & VEGETABLES RAINBOW

*Roasted mushrooms & vegetables are sweet and delicious! Using the oven to slowly roast vegetables at low temperatures keeps all the precious nutritional value veggies have "sealed" inside, plus it provides them a yummy sweet taste! It is important we choose mushrooms & vegetables of different colors to create **nutritional rainbows**. Each color is due to a different essential nutrient! **Red** is for **lycopene**, **blue/purple** for the **anthoxydant anthosyanin**, **orange/yellow** for **carotenoids**, etc.*

*So have FUN eating RAINBOWS!*

### Ingredients:

1 cup red – purple vegetables	1 cup green vegetables
1 cup yellow – orange vegetables	1 cup white vegetables
1 cup brown vegetables	1 cup mushrooms
3 chopped garlic cloves	3 tbs extra virgin olive oil
1 tbs finely chopped thyme	1 tbs finely chopped rosemary
Salt and pepper to taste	

Optional: Lemon drizzle - Colorful edible flowers of choice.

NOTE: depending on the size of the vegetables and mushrooms, you will leave them as a whole, cut them in half or quarters.

### Directions:

1. Heat the oven to 350 F.
2. Place all vegetables and mushrooms in a roasting pan.
3. Add the oil, herbs, and salt and pepper to taste.
4. Kindly massage all vegetables making sure every single piece is coated with the oil and herbs mixture.
5. Roast in the oven for about 25 min or till tender when pinching with a fork. Remove from oven.
6. Optional: drizzle some fresh queezed lemon. Serve and decorate servings with edible flowers of choice. Enjoy!

*Signature Recipe created by Sandra Martinetto – OrganicWorld.US*

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