



## TERIYAKI CANNA-WINGS

Yield: 24 Wings, 6 Servings  
Serving Size: 4 Wings  
Difficulty: Easy

*If wings are your thing, this recipe delivers. The pineapple juice gives this dish a wonderful sweet and savory flavor. And since we know you won't be able to eat just one, we've set the serving at a satisfying size of 4 wings!*

2.5-3 pounds chicken wings (approx. 24 wings)  
Kosher salt and black pepper  
1 cup + 1 tablespoon water  
2 tablespoon vegetable or grapeseed oil  
¼ cup low sodium soy sauce  
¼ cup Japanese yuzu  
¼ cup cane sugar  
¼ cup coconut sugar  
¼ cup pineapple juice  
1 tablespoon minced fresh ginger  
1 tablespoon minced fresh garlic  
1 teaspoon corn starch  
2 tablespoons canna-oil

1. Preheat oven to 350° F.
2. Rinse and pat dry the chicken wings. Season with salt and pepper. Place on parchment lined sheet tray, and bake for 45 minutes to one hour. Making sure the internal temperature of the wings reach 160° F.
3. In a small saucepot over medium heat, whisk together water, grapeseed or vegetable oil, soy sauce, yuzu, sugars, pineapple juice, ginger, garlic, and a pinch of both salt and pepper. Whisk until sugar dissolves, and turn heat to low.
4. In a small bowl whisk together 1 tablespoon water and 1 teaspoon corn starch until all lumps are gone. Whisk into sauce until cornstarch mixture is completely dissolved.
5. Continue to heat for five more minutes, over low heat, until sauce thickens. Take off heat and whisk in canna-oil for 1-2 minutes, ensuring even distribution.
6. Set sauce aside for later use.
7. Once the wings have finished baking, transfer to a large mixing bowl and toss with the prepared sauce.
8. Place wings on your serving tray and scrape out any sauce that is left in the bowl. Try to leave as little sauce behind as possible for most accurate dosing levels.



## SPAGHETTI ARUGULA AND PESTO

Yield: 4 Servings  
Difficulty: Easy

*This pasta totally rocks. The sauce is earthy and tangy and the uncooked arugula adds a freshness that you will adore. I like to keep a jar of the pesto on hand for a spread on sandwiches and bruschetta.*

6 cups arugula, packed  
½ cup walnuts  
4 garlic cloves, peeled  
½ cup olive oil  
4 teaspoons canna-olive oil  
¼ cup grated Parmesan  
Salt  
Pepper  
1 lb. pasta  
1 bunch arugula, rinsed and dried on a clean dishtowel  
2 tablespoons olive oil  
Small chunk Parmesan for grating

1. In a food processor or blender combine the arugula, walnuts, garlic, salt, and pepper.
2. Drizzle in the olive oils.
3. Turn the pesto into a serving bowl and stir in the Parmesan.
4. In a large saucepot bring salted water to a boil. Cook the pasta according to the package instructions.
5. Drain the pasta, return to saucepot off heat, and toss with the pesto and the remaining bunch of arugula.
6. Divide the pasta between the plates, drizzle with olive oil and sprinkle with some grated Parmesan.

### Chef's Note

- This dish would also be wonderful with the addition of shrimp, scallops or chicken.
- Feel free to use spinach instead of arugula.



## TRIPLE CHOCOLATE CHIP COOKIES WITH ESPRESSO

Yield: 4 Dozen Cookies, 24 Servings  
Serving Size: 2 Cookies  
Difficulty: Easy

*Everyone who tastes these cookies begs me for this recipe. Perfect cocoa flavor with the hint of espresso. And we all know that coffee and chocolate are a winning combo. Subtle coffee notes come through just enough to make this one superior cookie.*

4 ounces butter, softened  
½ cup (4 ounces) canna-butter, softened  
1 cup white sugar  
½ cup brown sugar, packed  
2 eggs  
2 teaspoons vanilla  
2 cups flour  
2/3 cup unsweetened cocoa powder  
2 teaspoons instant espresso powder  
1 teaspoon baking soda  
¼ teaspoon salt  
1 cup bittersweet chocolate chips  
2/3 cup white chocolate chips  
Cooking spray

1. Heat oven to 340° F.
2. Spray baking sheets and set aside.
3. In a mixing bowl combine the butter and sugars and beat well. Beat in the eggs and vanilla.
4. In a large bowl combine the flour, cocoa, espresso, baking soda, and salt.
5. Add the flour mixture to the butter mixture and mix well. Add the chocolate chips and combine.
6. Drop by heaping tablespoons at least two inches apart. Bake until golden brown, about 7 to 9 minutes.



## HUMMUS

Yield: 1 ½ Cups, 6 Servings  
Serving Size: ¼ Cup  
Difficulty: Easy

*With all the varieties of hummus available, I still feel like the original is best. But with cannabis of course! It is simple to make using canned beans and is a great food to have in the fridge for late night munchies. And certainly feel free to change it up to fit your culinary needs.*

1 tablespoon water  
1 med sized garlic clove, coarsely chopped  
1 tablespoon fresh lemon juice  
1 teaspoon lemon zest  
¼ cup tahini  
1 15oz. can garbanzo beans  
2 tablespoons canna-oil  
¼ teaspoon smoked sweet paprika  
¼ teaspoon turmeric  
Salt and pepper to taste

1. In a food processor, combine the water, garlic, lemon juice, and tahini and puree to a smooth paste.
2. Add half of the garbanzo beans to food processor and pulse to combine. Scrape down the sides of the bowl before adding the remainder of garbanzo beans.
3. With the lid still on and the processor running, drizzle in the canna-oil until completely desired consistency is achieved.
4. Finally, add the paprika, turmeric, salt, pepper, and lemon zest, and pulse to combine.

### Chef's Note

- Try serving with plain pita chips, veggies, or use as a spread on sandwiches in place of mayo.
- Substitute black beans for the garbanzo beans, and instead of using turmeric use cumin powder. Serve with tortilla chips and add chopped fresh cilantro and diced tomatoes.

Recipes and commentary provided by Laurie Wolf. Photos provided by Bruce Wolf.

**WARNING: IF YOU HAVE NEVER CONSUMED MARIJUANA EDIBLES, PROCEED WITH CAUTION. THE EFFECTS OF CANNABIS EDIBLES ARE VERY DIFFERENT FROM SMOKING MARIJUANA.**