

# *Farm Fresh Recipes*

*A collection of reproducible recipes  
for market gardeners' use*



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***Edited by Janet Majure***

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## *Table of Contents*

|                            |    |                             |    |
|----------------------------|----|-----------------------------|----|
| How to use this book ..... | 4  | Horseradish .....           | 47 |
| Apples .....               | 5  | Kohlrabi.....               | 48 |
| Arugula.....               | 10 | Leeks .....                 | 49 |
| Asparagus.....             | 11 | Lettuces .....              | 50 |
| Basil.....                 | 12 | Mushrooms .....             | 52 |
| Beans .....                | 14 | Okra .....                  | 53 |
| Beets .....                | 17 | Onions, green .....         | 54 |
| Berries .....              | 18 | Onions .....                | 55 |
| Bok choy .....             | 21 | Parsley .....               | 57 |
| Broccoli.....              | 22 | Peaches.....                | 58 |
| Brussels Sprouts .....     | 23 | Pears .....                 | 60 |
| Cabbage .....              | 24 | Peas .....                  | 62 |
| Cantaloupe.....            | 25 | Peppers, hot .....          | 63 |
| Carrots .....              | 26 | Peppers, sweet (bell) ..... | 64 |
| Cauliflower .....          | 27 | Potatoes .....              | 68 |
| Celery .....               | 28 | Radishes .....              | 70 |
| Chard.....                 | 29 | Rhubarb .....               | 71 |
| Cherries (sour) .....      | 30 | Spinach .....               | 72 |
| Cilantro.....              | 31 | Strawberries .....          | 73 |
| Corn.....                  | 32 | Summer squash .....         | 75 |
| Cucumber .....             | 33 | Sweet Potatoes.....         | 77 |
| Gazpachos .....            | 36 | Tomatillo .....             | 80 |
| Dill.....                  | 37 | Tomatoes .....              | 81 |
| Eggplant.....              | 38 | Tomatoes, green.....        | 89 |
| Fennel.....                | 40 | Turnips .....               | 90 |
| Fruit (assorted).....      | 41 | Vegetables, assorted .....  | 91 |
| Garlic .....               | 42 | Winter squash .....         | 92 |
| Greens .....               | 43 | Zucchini .....              | 95 |
| Herbs (various).....       | 46 | Mixed bag.....              | 97 |

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## *Recipes for farm-fresh produce*

The concept is simple: Recipes sell produce, but farmers don't have time to type up or search for recipes. This book solves that problem. It contains a collection of recipes culled from dozens of sources, reviewed, revised, and edited to fit farmers' needs for recipes that

- use plenty of produce,
- are appealing to cooks and eaters,
- are in a format appropriate for distribution to farmers' customers.

Not all the recipes have been kitchen-tested as written, and what tastes good is a matter of, well, taste. Nevertheless, a professional writer, editor, and cookbook author (me) has reviewed them all and is eager to try them all. We hope you and your customers are, too.

## *How to use this book*

In selling this book, Fairplain Publications grants you, the purchaser, the right to photocopy recipes for individual distribution to customers on one side of a 3x5-inch recipe card. We suggest you follow these steps in using the book to serve your customers:

1. Select the page(s) of recipes you want to reproduce. As the table of contents reveals, recipes are organized by key ingredient. Since many recipes use more than one type of produce, the book also includes an index that provides cross-reference information.

2. Take the book to a copy shop, and get copies of the pertinent pages. Use one of the templates in the book or create your own to copy your farm's name and contact information on the back of the recipes.

3. Cut (or have the shop cut) the recipes into "cards" for distribution at market.

### *Tip*

*Use different colored paper for different key ingredients, but avoid dark and Day-Glo papers, because they make the recipes too hard to read.*

## *Send us your suggestions*

Let us know how well this book works for you. Do you like the recipes? What's missing? Could the layout be improved? We'll take your suggestions to heart for future publications. Send your comments to:

growing4market@earthlink.net

*or*

Fairplain Publications

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Lawrence, KS 66046

Meanwhile, best wishes for flourishing gardens and prosperous markets.

— *Janet Majure, editor*

# Apples

## **Apple butter**

Makes 3 pints

6 lbs firm, tart apples,  
peeled and quartered  
1 quart apple cider  
1 1/4 c sugar  
2 tsp cinnamon  
1/4 tsp salt  
1/4 tsp ground cloves  
1/4 tsp ground nutmeg

1. Place apples in cider in pot. Bring to boil; cook over medium heat, stirring often, until soft, about 30 minutes. Remove from heat.
2. Using hand mixer on high speed, puree apples. Return to heat, and stir in sugar, cinnamon, salt, cloves and nutmeg. Boil rapidly, stirring constantly to prevent splattering.
3. Cook until thick enough to spread. Test: Pour a Tbsp of hot mixture onto chilled plate. If no rim of liquid forms, it is ready.
4. Pour into hot, sterile jars. Attach hot, sterile lids and rings. Process 5 minutes in boiling-water bath.

## **Apple cobbler**

Makes 8-10 servings

1 c sugar  
2 Tbsp flour  
1/2 tsp ground cinnamon  
1/4 tsp ground nutmeg  
6 c peeled, sliced apples  
*For topping:*  
1 c flour  
1 c sugar  
1/2 tsp salt  
1 egg  
4 Tbsp butter, softened

1. In large saucepan, combine sugar, flour, cinnamon, nutmeg and apples. Stir gently to coat with sugar mixture.
2. Cook over medium heat 7 minutes, or until just slightly softened. Spoon into buttered 7 1/2- by 11 3/4-inch baking dish.
3. Prepare topping: Stir together flour, sugar, salt, egg and butter until crumbly. Distribute over fruit.
4. Bake at 350 degrees 45 minutes, or until fruit is tender and topping is lightly browned.

## **Apple crisp**

Makes 4 servings

4-5 tart, firm apples,  
peeled and sliced  
1 tsp cinnamon  
1/2 c water  
3/4 c flour  
1/4 lb butter, softened  
1 c sugar

1. Place apple slices in buttered 9- by 5- by 4-inch loaf pan.
2. Combine water and cinnamon. Pour over apples.
3. In food processor or with pastry blender, blend flour, butter and sugar until crumbly. Pour mixture on top of apples and pack down, making sure all apples are covered. Bake 1-1 1/2 hours at 350 degrees, until browned and bubbly. Best served warm with vanilla ice cream.

*Note: This recipe is easily doubled and tripled.*

## **Apple packets**

Makes 3 servings

3 medium baking apples,  
tart or sweet, peeled,  
cored, and sliced

1/4 c raisins

2 Tbsp honey

1 tsp ground allspice

Pastry for a single 9-inch  
pie crust

Milk or water

Sugar

1. Combine apples with raisins, honey and allspice in bowl.
2. Roll out pastry to a 10-inch circle. Spoon apple mixture over half the dough, leaving 1-inch border.
3. Moisten edges of dough with milk or water. Fold the other half of dough over the apples; press edges together to seal.
4. Place on large, greased baking sheet. Brush with milk, and sprinkle with sugar. Bake for 45 minutes at 400 degrees.

*Variations: Add 1/2 tsp each of ground nutmeg and ginger; replace the allspice cinnamon; or add grated orange or lemon zest.*

## **Apple oatmeal crisp**

Makes 9 servings

5-6 apples, sliced

2/3 c brown sugar

1/3 c flour

2/3 c oatmeal

1/2 tsp nutmeg

1 tsp cinnamon

2 Tbsp sesame seeds

1 c chopped nuts

1/3 c melted margarine

1. Place sliced apples in 9-inch-square baking dish treated with nonstick cooking spray.
2. Mix together brown sugar, flour, oatmeal, nutmeg, cinnamon, sesame seeds and nuts. Add melted margarine, and stir. Sprinkle over apples.
3. Bake at 375 degrees 30 minutes, or until apples are tender and topping is browned.

## **Apple salad**

Makes 8 servings

1 red-skinned apple, cored

1 yellow- or green-skinned  
apple, cored

1/2 c seedless raisins

1/2 c golden raisins

1/2 c chopped celery

1/4 c chopped macadamia nuts

Juice of 1 orange

8 oz vanilla yogurt

Ground cinnamon

1. Chop apples, and combine with raisins, golden raisins, celery, and nuts.
2. Blend orange juice into yogurt. Pour over salad and toss well.
3. Sprinkle cinnamon on top and serve.

## **Apple torte**

Makes 16 servings

2 c flour  
1/2 c oatmeal  
1/2 tsp salt  
1 c brown sugar  
3 Tbsp margarine  
10-12 medium apples,  
peeled and sliced  
3 Tbsp cornstarch  
1 c water  
1 c sugar  
1 Tbsp butter  
1 tsp vanilla

1. Use fingers or pastry blender to mix until crumbly the flour, oatmeal, salt, brown sugar, and margarine. Reserve 1 c mixture, and press the rest across bottom and up sides of greased 9- by 13-inch pan. Cover with sliced apples.
2. Dissolve cornstarch in water; add sugar and butter and cook over medium heat until thick, 4-6 minutes. Stir in vanilla and spoon over apples.
3. Pat reserved crumbs over all. Bake at 350 degrees until apples are tender and topping is brown, 45-50 minutes.

*Note: Cover loosely with foil if top browns before apples are done.*

## **Apple-cinnamon pancakes**

Makes 4 servings

1 1/2 c flour  
1 tsp salt  
3 Tbsp sugar  
1 3/4 tsp baking powder  
1/2 tsp cinnamon  
1 egg  
3 Tbsp canola oil  
1 c milk  
1 large apple, peeled and cored

1. Mix dry ingredients in bowl.
2. Beat egg; add oil and beat. Stir in milk.
3. Slice apple thin, and cut slices in half crosswise.
4. Add egg mixture to dry ingredients; stir until moistened. Don't beat. Stir in apple bits.
5. Pour batter in 1/4 c portions on hot griddle; turn when bubbly on top. When browned, serve hot with butter and syrup.

## **Apples with onions**

Makes 4 servings

4 apples, cored  
and sliced  
1 large onion,  
diced  
1 Tbsp butter

1. Sauté apples and onion in butter over medium-high heat, stirring, until tender.
2. Serve as a side dish.

### ***Baked apples***

Makes 12 servings

1 c chopped nuts

1 c honey

12 large, sweet  
cooking apples

Butter

1 tsp cinnamon  
(optional)

Boiling water

1. Mix nuts with honey. Core apples to within 1/2 inch of bottom, being careful not to pierce the bottom of apple.
2. Fill cavity with walnut-honey mixture. Dot the top of each apple with butter and, if desired, sprinkle with cinnamon.
3. Place apples in ovenproof dish just big enough to hold them. Pour boiling water to 1 inch level; cover with foil.
4. Bake 30 minutes at 375 degrees, or until tender but hold shape. Serve warm or cold.

### ***Hot breakfast apples & oats***

Makes 4 servings

4 tart apples, peeled and cored.

2 Tbsp cornstarch

1/4 c maple syrup

2 tsp lemon juice

1 tsp ground cinnamon

*For oat topping:*

1 c quick-cooking rolled oats

2 Tbsp maple syrup

2 tsp oil

1 tsp vanilla

1. Peel and core the apples, then cut into small chunks. Place in a 9-inch glass pie plate and toss with cornstarch, syrup, lemon juice, and cinnamon.
2. Cover with vented plastic wrap and microwave on high for 6 minutes, or until the apples are tender. Let stand for 5 minutes.
3. Meanwhile, place oats in another 9-inch pie plate. Add syrup, oil and vanilla; mix. Microwave on high 1 minute. Stir well. Repeat 3-4 times, until the oats are crisp and lightly browned. Sprinkle over apples.

### ***Easy apple crisp***

Makes 6 servings

5-6 c sliced, pared or  
unpared, tart, firm apples  
(about 6)

1 c flour

1/2-1 c sugar, depending  
on tartness

1 tsp baking powder

3/4 tsp salt

1 unbeaten egg

1/3 c melted butter

Cinnamon

1. Place apples in buttered 6x10-inch baking dish.
2. In bowl, mix flour, sugar, baking powder and salt. Add egg and mix with fork until crumbly. Sprinkle mixture over apples.
3. Pour melted butter over all, and sprinkle generously with cinnamon.
4. Bake at 350 degrees 30-40 minutes, until apples are tender.

## ***German apple cake***

Makes 12 servings

3 eggs  
1 c vegetable oil  
1 tsp vanilla  
2 c sugar  
2 c flour  
2 tsp cinnamon  
1 tsp baking soda  
1/2 tsp salt  
4 c thinly sliced, peeled  
apples (about 4 large  
apples)  
1 c walnuts, chopped

1. Grease and flour a 9- by 13-inch baking pan.
2. Beat eggs, oil and vanilla until foamy. Add sugar, flour, cinnamon, baking soda and salt; blend well.
3. Stir in apples and nuts. Pour batter into pan. Bake at 300 degrees 1 hour, or until crusty on top. Toothpick inserted in center should come out clean.

*Note: Excellent with cream cheese frosting. Freezes well.*

## ***Grilled apples***

Makes 4 servings

2 Tbsp cinnamon  
2 Tbsp sugar  
4 baking apples, cored

1. In small bowl, combine cinnamon and sugar. Place each apple on center of aluminum foil sheet; spoon Tbsp T cinnamon/sugar mixture into core, and wrap apple in foil.
2. Place foil-wrapped apples in small foil pie tins on the grill, and cook until apples are tender. Unwrap, discard foil and serve.

## ***Succulent stovetop apples***

Makes 6 servings

2 tsp butter  
4 medium apples,  
washed, cored and  
sliced  
2 Tbsp sugar  
1/2 tsp cinnamon

1. Melt butter in large skillet over low heat.
2. Distribute apples over bottom of skillet.
3. Mix sugar and cinnamon in small bowl; sprinkle over apples.
4. Cover and cook over low heat, turning occasionally, until tender. Serve hot.

# Arugula

## **Colorful arugula salad**

Makes 4 servings

1 large head green leaf lettuce

1 bunch arugula

1 large red bell pepper

1/2 lb mushrooms

*For dressing:*

1 tsp Dijon mustard

1 Tbsp balsamic vinegar

Salt and black pepper, to taste

1/4 tsp minced garlic

1/3 c olive oil

1. Remove stems, and thoroughly wash, rinse, and dry lettuce and arugula. Tear into bite-size pieces, and place in salad bowl.
2. Slice pepper into fine julienne, and slice mushrooms. Add to bowl.
3. Put dressing ingredients in jar with tight-fitting lid. Shake well.
4. Pour dressing over salad; toss to coat. Serve immediately.

## **Pungent pasta**

Makes 4 servings

1/4 c extra virgin olive oil

1/4 tsp minced garlic

2 serrano chilies, sliced thin

2 Tbsp drained capers

1 lb linguine

8 large plum tomatoes, peeled, seeded and chopped

2 c arugula, stemmed, washed, dried and chopped

Salt and black pepper, to taste

1/4 lb Romano, grated

1. Heat oil over moderate heat. Add garlic, chilies and capers; cook, stirring, 1 minute. Set aside.
2. Cook pasta according to package directions until al dente. Reserve 1/4 c cooking water, drain pasta and place in large, warm bowl.
3. Add reserved water to chilies and bring to boil. Add tomatoes and arugula; cook 1-2 minutes, just to warm.
4. Pour sauce over pasta. Season with salt and pepper; toss well. Top with Romano.

## **Tomato & arugula pasta**

Makes 6 servings

6 c tomatoes, diced

2 tsp minced garlic

1 1/2 tsp salt

1/2 tsp ground black pepper

1/3 c extra virgin olive oil

7 oz medium pasta

1 c arugula leaves

3 Tbsp grated parmesan

1. Combine tomatoes, garlic, salt, pepper and olive oil.
2. Cook pasta according to package directions. Drain and toss immediately with tomato mixture and arugula, which will wilt.
3. Sprinkle with cheese and serve.

# Asparagus

## **Asparagus with sun-dried tomato pesto dressing**

Makes 4 servings

1 lb fresh asparagus  
1 qt water  
1 Tbsp salt  
1/4 lb sun dried tomatoes (not marinated variety)  
2-3 chipotle peppers  
1/2-1 c olive oil

1. Snap woody ends from asparagus. Bring water to boil with salt. Add asparagus, and boil for 2 minutes to blanch.
2. Drain and plunge into cold water to stop cooking. Drain.
3. Cover tomatoes with an inch of boiling water; let soak until soft, about 20 minutes.
4. Drain tomatoes and peppers and put in food processor with 1/2 c oil. Puree until minced. Blend in additional oil to achieve desired consistency.
5. Arrange asparagus spears on plate; pour pesto over top. Serve warm or cold.

## **Asparagus soup**

Makes 8 servings

1/4 c butter  
1 medium onion, chopped  
1 celery stalk with leaves, chopped  
4 c chicken broth  
3 lbs asparagus, cut into 1-inch pieces, tips reserved  
2 potatoes, peeled and diced  
2 Tbsp minced fresh basil  
2 c cream  
Salt and white pepper, to taste  
2 Tbsp water

1. Melt butter in large saucepan. Add onion and celery and sauté 2-3 minutes, to soften. Add chicken stock, asparagus stalk pieces, 2/3 of the asparagus tips, potatoes and basil.
2. Cover and cook, stirring occasionally, until vegetables are tender, about 20 minutes.
3. Puree soup in batches in blender or food processor. Return puree to pan. Stir in cream; season with salt and white pepper. 4. Warm over low heat. Blanch remaining asparagus. Spoon soup into warmed bowls and garnish with asparagus tips.

## **Roasted asparagus with Dijon dressing**

Makes 4 servings

20 asparagus spears  
1/4 tsp grated lemon peel  
1 Tbsp fresh lemon juice  
1 Tbsp chicken broth  
3/4 tsp Dijon mustard  
1/2 tsp olive oil  
Black pepper  
2 large lettuce leaves

1. Snap off woody asparagus ends. Place asparagus in a single layer on baking sheet. Spray with vegetable oil spray.
2. Roast asparagus in 500-degree oven for 10 minutes, or until crisp-tender and lightly browned.
3. Meanwhile, combine peel, juice, broth, mustard, olive oil, and pepper to taste in a screw-top jar. Cover and shake until blended.
4. Place asparagus on a lettuce-lined serving plate. Drizzle vinaigrette over asparagus. Toss gently to coat.

*Note: Good warm, at room temperature, or chilled.*

# Basil

## **Basil pesto**

Makes about 1 c

2 c fresh basil leaves  
3 cloves garlic  
2 Tbsp pine nuts or  
English walnuts  
1/2 c olive oil  
Salt, to taste  
1/2 c freshly grated  
Parmesan cheese

1. Place basil, garlic, nuts, oil and salt in food processor or large mortar and pestle. Puree till smooth.
2. Stir in Parmesan. Use to flavor soups, sandwiches. Add a little water, and stir into hot cooked pasta.

## **Basil-eggplant salad**

Makes 8 servings

3 medium eggplants, skin on,  
cut into chunks  
1 c olive oil, divided  
1 Tbsp salt  
4 cloves garlic, minced  
2 large onions, thinly sliced  
Black pepper  
1 c fresh basil leaves,  
coarsely chopped  
Juice of 2 lemons

1. Place eggplant in foil-lined roasting pan. Toss with 1/2 c olive oil, salt, and garlic.
2. Bake 35 minutes at 400 degrees, or until eggplant is soft but not mushy. Cool 5 minutes on pan; transfer to large bowl.
3. Heat remaining olive oil in large skillet; add onions and cook, covered, over low heat until tender, about 15 minutes.
4. Add onions to eggplant. Season generously with pepper.
5. Add basil and lemon juice; toss. Serve at room temperature.

## **Tomato-bread-basil salad**

Makes 8 servings

4 c fresh diced tomatoes  
3/4 c slivered red onion  
1/2 c water  
1/3 c each olive oil  
1/3 c white wine vinegar  
1 tsp black pepper  
1 tsp salt  
1 tsp sugar  
1/2 c shredded fresh basil  
6 c day-old dense, crusty bread in 1-inch cubes

1. Combine tomatoes, onions, water, oil, vinegar, pepper, salt, sugar and basil in a large bowl; let stand 10 minutes.
2. Add bread; toss well to coat.

*Note: Salad will hold several hours at room temperature.*

### ***Tomato basil sauce***

Makes about 3 c

1 medium onion, minced  
1/2 c dry white wine  
Pinch red pepper flakes  
3 medium fresh tomatoes, peeled, seeded and chopped  
3 Tbsp butter (optional)  
1 tsp sugar  
1/2 tsp salt  
1 tsp tomato paste  
3/4 c fresh basil, chopped

1. Cook onion in wine over medium-low heat, until liquid is reduced to a few tablespoons.
2. Add pepper flakes, tomatoes, butter, sugar, salt and tomato paste. Simmer, stirring occasionally, about 15 minutes, until consistency of a chunky salsa.
3. Add basil; remove from heat. Serve hot cooked pasta.

### ***Tomato basil tart***

Makes 6 servings

4 large tomatoes  
1 1/2 tsp salt  
1 9-inch pie shell, baked  
1 c fresh basil leaves, washed and dried  
2/3 c ricotta cheese  
2 large eggs  
1/4 lb mozzarella, grated  
1/2 c grated Parmesan

1. Slice tomatoes. Place on sturdy paper towels, sprinkle with salt, and let sit for 1/2 hour.
2. Layer half the tomatoes inside pie shell.
3. Puree basil and ricotta in food processor or blender. Add the eggs, mozzarella and Parmesan. Blend.
4. Pour the basil-cheese mixture over the tomatoes in shell; place remaining tomatoes.
5. Bake 40-50 minutes at 350 degrees, or until golden.

### ***Pasta with zippy herbed sauce***

Makes 8 servings

8 ripe tomatoes, peeled and coarsely chopped  
4 cloves garlic, minced  
1 c fresh basil, chopped  
2 Tbsp chopped fresh mint  
2 tsp salt  
1 tsp black pepper  
3/4 tsp red pepper flakes  
1/2 c olive oil  
1 lb small pasta shells, or rotini  
1/2 c freshly grated Parmesan cheese  
1/2 lb Fontina cheese, finely diced (about 2 c)

1. Toss tomatoes, garlic, basil, mint, salt, black pepper, red pepper and olive oil. Let stand at room temperature at least 2 hours, tossing occasionally.
2. Cook pasta until al dente. Meanwhile, add Parmesan and Fontina to tomato mixture. Drain pasta and transfer to the tomato-cheese mixture in serving bowl. Toss.
3. Garnish as desired with additional black pepper. Serve warm or at room temperature.

Note: Best served fresh.

# Beans, green

## **Cashew green beans**

Makes 6 servings

1/2 c coarsely chopped salted cashews  
3 Tbsp unsalted butter  
2 Tbsp honey  
1 lb fresh green beans, blanched and drained

1. Cook cashews in butter over low heat about 5 minutes.
2. Add honey and cook 1 minute longer, stirring constantly.
3. Pour sauce over beans and toss until coated.

## **Chinese-style green beans**

Makes 8 servings

1 lb fresh green beans  
1 tsp vegetable oil  
1 tsp peeled, minced ginger root  
1 clove garlic, minced  
2 Tbsp water  
1 Tbsp low-sodium soy sauce  
1 tsp cornstarch  
1/2 tsp brown sugar  
1/2 tsp dark sesame oil  
1/4 tsp crushed red pepper

1. Trim beans; place in vegetable steamer over boiling water; cover and steam 5 minutes. Drain and plunge into cold water; drain.
2. Treat large skillet with cooking spray. Add vegetable oil, and place over medium-high heat until hot. Add ginger and garlic; sauté 30 seconds.
3. Add beans; stir 5 minutes until heated through.
4. Whisk together water, soy sauce, cornstarch, brown sugar, sesame oil and red pepper. Add to beans. Cook 30 seconds, stirring, until heated through.

## **Green beans with tomatoes**

Makes 6 servings

1 1/2 lbs fresh green beans  
1 large tomato, chopped  
1/2 c chopped onion  
1 jalapeno pepper, seeded and cut julienne  
1 clove garlic, minced  
2 Tbsp olive oil  
5 pods okra or one white potato, cubed  
Salt and pepper  
1 c water

1. Trim beans, set aside.
2. Heat olive oil in a nonstick pan. Add onions and sauté 1 minute. Add peppers, garlic and tomatoes; cook 1 minute.
3. Add green beans, toss; add okra or potato, season with salt and pepper. Add water; cover and simmer 10 minutes. Serve hot.

### ***Lemony green beans***

Makes 6 servings

- 1 pound fresh green beans
- 2 Tbsp butter
- 2 Tbsp olive oil
- 1 or 2 shallots, or small bunch green onions, minced
- Fresh lemon juice
- Salt

1. Bring pot of salted water to boil. Add beans; cook 5 minutes. Drain and plunge beans into ice water to stop cooking; drain when cold.
2. Sauté shallots in butter and olive oil over medium heat until tender, about 5 minutes.
3. Add beans to shallots mixture and sauté for a few minutes or until tender. Sprinkle with lemon juice, and season to taste with salt. Serve at once

### ***Mediterranean vegetable soup***

Makes 10 servings

- 1 medium onion, chopped
- 2 cloves garlic, minced
- 2 Tbsp olive oil
- 1 (28-oz) can Italian-style plum tomatoes, cut up
- 1 (15-oz) can tomato sauce
- 1 (14-oz) can beef broth, or 2 c water
- 1 bunch spinach, stems removed, chopped
- 1 lb green beans, cut into 2-inch pieces
- 1 c sliced carrots
- 1 tsp dried oregano leaves
- 16 oz small bow tie pasta
- 8 oz feta, crumbled

1. In pot over medium heat, cook onion and garlic in oil 3 minutes.
2. Add tomatoes, tomato sauce, broth or water, spinach, green beans, carrots and oregano; bring to a boil, reduce heat and simmer for 10 minutes.
3. Add pasta; simmer 10 minutes more. Serve with crumbled feta on top.

### ***Green bean-new potato salad***

Makes 6 servings

- 2 lbs small new potatoes
- 1 1/4 lbs green beans
- 1/2 c bottled vinaigrette-style salad dressing
- Ground black pepper

1. Wash new potatoes. Trim beans.
2. Add potatoes and beans to pot of boiling water; boil gently until just tender, 10-15 minutes. Take care not to overcook. Drain.
3. Place beans and potatoes in bowl. Add salad dressing and pepper to taste. Toss gently. Serve hot, cold, or at room temperature.

## ***Soul stew***

Makes 8 servings

4 smoked turkey wings  
6 c water  
1 lb fresh green beans  
1 medium onion, chopped  
Salt and pepper to taste  
6 small new potatoes,  
washed and quartered  
3/4 lb okra, trimmed and  
sliced 1/2-inch thick  
Kernels from 4 ears corn

1. Put turkey wings and water in pot. cover and bring to a boil. Reduce heat and simmer, covered, 1 1/2 hours.
2. Wash and trim beans. Break into thirds. Add beans, onions, salt and pepper. Simmer, covered, 20 minutes.
3. Add potatoes, okra and corn. Simmer until potatoes are tender, about 15 minutes.
4. Adjust seasoning to taste. Remove meat from bones and return meat to pot. Serve hot.

## ***Southern stir-fry green beans***

Makes 6 servings

1 1/2 lb fresh green  
beans, trimmed  
2 Tbsp olive oil  
3 cloves garlic, chopped  
1 c chopped pecans  
2 Tbsp packed brown  
sugar

1. Heat olive oil in pan over medium heat. Sauté garlic 1 minute. 2. Add green beans; cover, reduce to medium-low and cook 8 minutes, until tender, stirring occasionally.
3. When beans are tender, add pecans and brown sugar; toss. Serve at once.

## ***Green beans with lemon vinaigrette***

Makes 6 servings

2 tsp minced fresh parsley  
2 Tbsp lemon juice  
1 Tbsp plain, unsweetened yogurt  
2 tsp chopped chives or green  
onion with green top  
Salt and black pepper, to taste  
1/3 c canola oil  
1 lb fresh green beans, trimmed  
1/2 c julienne-cut red pepper strips

1. Combine parsley, juice, yogurt, chives, salt, pepper, and oil in jar with tight-fitting lid. Shake vigorously. Chill.
2. Blanch green beans 4 minutes; plunge in ice water to stop cooking. Drain.
3. Toss green beans and red peppers with vinaigrette.

# Beets

## **Beet burgers**

Makes 6-8 servings

4 fresh medium beets  
2 sprigs fresh basil, chopped  
1/2 medium onion, chopped  
2 eggs, beaten  
Salt and ground black pepper, to taste  
1/4-2/3 c flour  
Olive oil  
Burger buns  
Mozzarella slices

1. Trim beet tops and root. Shred beets in food processor; transfer to bowl. Add basil, onions, eggs, salt and pepper; mix. 2. Mix in just enough flour to make mixture stick together.

Form mixture into 4-inch patties about 1/2-inch thick. (Don't make too thick or centers won't cook well.)

3. Heat 1/4 inch of olive oil in skillet over medium-high heat. Fry patties 2-3 minutes on one side, until crispy. Turn, place mozzarella slice on top and fry 2-3 minutes more, until crispy.

4. Place hot on bun; serve immediately.

## **Marinated beets**

Makes 6 servings

2 bunches beets  
2 Tbsp water  
1/4 c vinegar  
2 Tbsp caraway seeds  
1 tsp sugar  
2 Tbsp minced onion  
1 tsp prepared horseradish  
1/4 tsp ground cloves  
1/2 tsp salt  
1/4 tsp pepper  
5 Tbsp vegetable oil

1. Wash beets, trim off greens, place in medium saucepan with salted water to cover; bring to a boil then simmer until tender, about 40 minutes.

2. When cool enough to handle, peel, slice, and place in glass or ceramic bowl.

3. Whisk together water, vinegar, sugar, onion, horseradish, cloves, salt, pepper and oil until sugar and salt dissolve.

4. Pour over beets and let stand several hours, stirring occasionally, before serving.

## **Dijon roasted beets**

Makes 8 servings

3 lbs beets, uniform in size (about 2 inches)  
4 Tbsp olive oil, divided  
1 tsp salt  
1/2 tsp black pepper  
1 Tbsp Dijon mustard  
Juice of one orange  
1 tsp sugar  
1 Tbsp red wine vinegar  
1 Tbsp fresh minced rosemary

1. Trim beets of all but 1/2 inch stem and root.

2. Place beets in roasting pan; add 1 Tbsp olive oil, salt and pepper. Toss to coat.

3. Roast at 400 degrees 45 minutes or until beets are tender. Remove and allow to cool enough to handle.

4. Whisk mustard, orange juice, sugar, and vinegar in bowl. Whisk in remaining 3 Tbsp olive oil and rosemary. Set aside.

5. Rub beets to remove skins; cut into quarters. Add warm beets to bowl and toss with dressing. Let stand 30 minutes while beets absorb dressing.

# Berries

## ***Black and blue pie***

Makes 8 servings

Prepared pastry for a double-crust 9-inch pie

3/4 c white sugar

1/3 c flour

1/2 ts ground cinnamon

4 c fresh blueberries

1 1/2 c fresh blackberries

1 T lemon juice

2 Tbsp butter

1. Roll pastry into two 11-inch rounds on lightly floured board. Line a 9-inch pie dish with one round.
2. Mix sugar, 1/3 c flour, and cinnamon. Toss gently with berries to coat. Place in pastry-lined dish. Sprinkle with lemon juice, dot with butter.
3. Moisten edge of pastry. Place second pastry round on top. Press top and bottom crusts together to seal; trim excess pastry. Cut slits in top.
4. Bake at 425 degrees 40 minutes. If edge of crust is done sooner, cover edges with foil.

## ***Blackberry pie***

Makes 8 servings

4-5 c fresh blackberries

1/2 c white sugar

1/2 c flour

Prepared pastry for a double-crust 9-inch pie

2 Tbsp milk

1/4 c white sugar

1. Combine berries with the sugar and flour. Spoon into an unbaked pie shell; moisten edges of pastry. Cover with the top crust. Press crust together to seal; trim excess pastry. Brush the top crust with milk, and sprinkle with 1/4 c sugar.
2. Bake at 425 degrees 15 minutes. Reduce heat to 375 degrees; bake an additional 20-25 minutes.

## ***Tri-berry cobbler***

Makes 8 servings

1 1/2 c flour

1/4 tsp salt

5 Tbsp frozen butter, in pieces

4 Tbsp frozen vegetable shortening, in pieces

4-5 Tbsp ice water

6 c washed berries (any combination of blueberries, raspberries, and/or blackberries)

3/4 c sugar

1/4 c butter

1. Mix flour and salt in food processor with steel blade. Add butter and shortening; pulse until bits are size of small peas. With motor running, add water until dough clings together. Gather into a ball. Roll into 14-inch circle. Line a 1 1/2-2 quart baking dish with pastry, leaving extra dough to hang over sides.
3. Fill with berries, pour sugar over, and dot with butter. Lay edges of pastry over berries. (Pastry will probably not cover center of dish.) Bake 45 minutes at 425 degrees, or until crust is browned.
4. Cool 1 hour; filling will not thicken.

## **Blueberry tart**

Makes 6-8 servings

### *For pastry*

2 c sifted flour  
9 Tbsp butter, in pieces  
1/2 c sugar  
4 egg yolks

### *For filling*

9 oz fresh blueberries  
1 Tbsp cornstarch  
1/2 c cold water  
2 Tbsp sugar  
1 tsp grated lemon rind  
1 Tbsp vanilla

1. Pastry: Make mound of flour on board. Make well in center; add butter, 1/2 c sugar and yolks. Work with hands until blended. Form ball, wrap in plastic, and place in freezer 1 hour.
2. Work dough until pliable. Press into 9-inch false-bottom pan. Prick dough with fork. Cover with foil; fill with dry beans for weight. Bake at 350 degrees 10-15 minutes, or until golden.
3. Filling: Crush 1/3 of berries in pan. Mix cornstarch and water; add to pan. Add sugar and lemon rind. Cook, stirring, until mixture is thick and bubbly, about 5 minutes. Cook 1 more minute; set off heat. Stir in remaining berries. Cool. Stir in vanilla. Spoon berries into cooled pastry shell. Remove pan sides. Serve.

## **Blueberry mini-tarts**

Makes 6 servings

3 c fresh blueberries, divided  
3/4 c sugar  
1 Tbsp cornstarch  
2/3 c water  
1 tsp lemon juice  
1 package (10 oz) frozen puff pastry shells, baked  
or 6 packaged individual graham cracker tart shells

1. In 1-quart microwaveable bowl, toss 1 c blueberries with sugar and cornstarch. Stir in water.
2. Microwave on high 3 minutes. Stir well and crush berries.
3. Microwave on high 3 minutes more; stir. Microwave again until thickened, about 2 minutes. Time may vary by microwave.
4. Stir in lemon juice and remaining 2 c blueberries.
5. Cool, and fill pastry or tart shells and serve. Alternately, chill before spooning into shells.

## **Blueberry muffins**

Makes 1 dozen

1 c fresh blueberries  
1 3/4 c plus 1 Tbsp flour, divided  
1/2 c sugar  
1 tsp baking powder  
1/2 tsp baking soda  
1 tsp nutmeg  
3/4 tsp salt  
1 egg  
1 c sour cream  
1/3 c milk

1. Toss blueberries with 1 Tbsp flour. In separate bowl, combine remaining 1 3/4 c flour, sugar, baking powder, baking soda, nutmeg and salt; set aside.
2. Beat egg, sour cream and milk; stir into flour mixture until just combined (batter will be lumpy). Stir in blueberries until evenly distributed.
3. Fill greased muffin cups 2/3 full with batter. Bake at 400 degrees about 20 minutes until golden.

### ***Three berry jam***

Makes 5 pints

2 c blueberries  
2 c raspberries  
2 c strawberries  
7 c sugar  
1/3 c fresh lemon juice  
6 oz liquid fruit pectin

1. Combine berries in pot and crush lightly. Add sugar and lemon juice. Mix well.
2. Bring to rapid boil over high heat; boil, stirring constantly, for 1 minute. Remove from heat.
3. Stir in pectin. Skim foam. Ladle jam into hot, sterile jars, leaving 1/2 inch head room. Attach hot, sterile lids and rings.
4. Process 5 minutes in boiling-water bath.

### ***Blueberry chutney***

Makes 1 1/2 cups

1/2 c raspberry vinegar  
1/2 c sugar  
1 medium onion, minced  
1/4 tsp fresh minced ginger  
1/8 tsp ground cinnamon  
1 tsp minced lemon rind  
Pinch cayenne pepper  
Pinch salt  
3 c blueberries, divided  
1/4 c dried cranberries

1. Combine the vinegar, sugar, onion, ginger, cinnamon, lemon rind, cayenne, and salt in saucepan, bring to a boil. Simmer 15 minutes.
2. Add 1 c blueberries and cranberries. Simmer 20 minutes, stirring frequently.
3. Add remaining 2 c blueberries; simmer 10 minutes.
4. Use as condiment with pork roast, duck, venison, broiled chicken or beef, or as a topping for a turkey or chicken sandwich. Note: Use it for a quick appetizer by spreading it over wedge of brie or cream cheese and serve with crackers or crusty bread.

### ***Triple berry crisp***

Makes 12 servings

1 1/2 c fresh blackberries  
1 1/2 c fresh raspberries  
1 1/2 c fresh blueberries  
4 Tbsp sugar  
2 c flour  
2 c rolled oats  
1 1/2 c packed brown sugar  
1 tsp ground cinnamon  
1/2 tsp ground nutmeg  
1 1/2 c butter

1. Gently toss together blackberries, raspberries, blueberries, and sugar in bowl; set aside.
2. In a separate bowl, combine flour, oats, brown sugar, cinnamon, and nutmeg. Dot in butter until crumbly. Press half of mixture in the bottom of a 9x13 inch pan. Add berries. Sprinkle remaining mixture over the berries.
3. Bake at 350 degrees 30-40 minutes, or until fruit is bubbly and topping is golden brown.

# Bok choy

## **Bok choy stir fry**

Makes 4 servings

2 Tbsp soy sauce  
2 Tbsp water  
2 tsp sugar  
1 Tbsp canola oil  
1 tsp sesame oil  
1 bunch bok choy  
4 green onions, chopped  
3 cloves garlic, minced  
Crushed red-pepper flakes  
2 Tbsp coarsely chopped peanuts

1. In a small bowl, mix soy sauce, water and sugar; set aside.
2. Cut bok choy ribs and leaves crosswise into 2-inch pieces.
3. In a wok or large, deep skillet, heat canola and sesame oils over medium-high heat. Add bok choy, green onions, garlic, soy sauce mixture and pepper flakes to taste. Stir-fry just until bok choy is wilted, about 3 minutes. Stir in peanuts and serve immediately over steamed rice.

## **Bok choy salad**

Makes 8 servings

1/2 c red wine vinegar  
1/2 c olive oil  
1/2 c sugar  
1 T soy sauce  
1/4 c margarine  
1/4 c slivered almonds  
1/4 c sesame seeds  
2 (3 ounce) packages ramen noodles  
1 medium head bok choy  
3 green onions

1. In a small bowl, whisk together the vinegar, oil, sugar and soy sauce until sugar dissolves. Set aside.
2. Melt margarine in small skillet. Crush the ramen noodles while still in their packaging. Discard seasoning packet and add noodles to the margarine along with almonds and sesame seeds. Sauté until golden brown. Remove from heat and drain on paper towel.
3. Chop the bok choy and green onions. Place in large bowl. Add noodle mixture and dressing; toss and serve at once.

## **Garlicky bok choy sauté**

Makes 4 servings

3 Tbsp peanut oil  
1 tsp salt  
1 1/2 lb. bok choy  
4 garlic cloves, chopped

1. Heat wok over high flame 1 minute. Add the oil and heat. When it is very hot (on verge of smoking), add salt, garlic and bok choy.
2. Stir-fry until bok choy is wilted, about 3 minutes.

*Serve as side dish.*

# Broccoli

## **Broccoli stir-fry**

Makes 6 servings

2 Tbsp toasted sesame seed oil  
1/2 c chopped walnuts  
1/4 c chopped green onions with tops (optional)  
4 c broccoli florets  
1/4 c red pepper strips  
2 Tbsp soy sauce

1. Heat oil in skillet until hot. Add walnuts and onions; stir-fry 1 minute.
2. Add broccoli; continue to toss 3-4 minutes.
3. Add red pepper and soy sauce; cook 1 minute longer. Serve immediately.

## **Broccoli with mustard sauce**

Makes 4 servings

1/2 c chicken broth  
1/2 tsp dried thyme  
3 c broccoli florets  
2 Tbsp reduced-fat sour cream  
2 tsp flour  
2 tsp Dijon mustard

1. Bring broth and thyme to a boil over high heat. Add broccoli. Return to a boil.
2. Reduce heat, cover and simmer 5 minutes, or until tender-crisp. Retain cooking liquid, and remove broccoli; keep warm.
3. Blend sour cream, flour and mustard. Stir into cooking liquid still in saucepan. Cook and stir over medium heat until thickened, about 2 minutes; cook and stir 1 minute more, but do not boil. (If sauce is too thick, add more broth, 1 Tbsp at a time.)
4. Return broccoli to saucepan with sauce. Stir gently until coated. Serve at once.

## **Broccoli with herbs**

Makes 6 servings

1 bunch broccoli  
2 Tbsp butter  
2 Tbsp fresh dill weed  
1 Tbsp fresh lemon juice

1. Cut broccoli into stalks or florets. Steam 6 minutes, until just tender and bright green.
2. Meanwhile, melt butter. Stir in dill and juice.
3. Pour butter mixture over hot broccoli and serve at once.

# Brussels sprouts

## **Braised Brussels sprouts with mustard butter**

Makes 4 servings

1 lb small, firm Brussels sprouts  
1/2 c water  
1/2 tsp salt  
2 Tbsp melted butter or margarine  
2 Tbsp Dijon mustard  
Salt and black pepper

1. Remove loose or discolored leaves from sprouts. Cut an X through stem end to assure even cooking.
2. Bring sprouts, water and salt to a boil in a saucepan over medium-high heat. Lower heat, cover and simmer 8-10 minutes, until just tender. Shake pan occasionally during cooking to redistribute sprouts. Drain.
3. Melt butter in a large skillet. Whisk in mustard. Heat and whisk 30 seconds.
4. Add sprouts to skillet; coat well. Season to taste with salt and pepper.

## **Nutty Brussels sprouts**

Makes 6 servings

3 c Brussels sprouts  
3 Tbsp red wine vinegar  
3 Tbsp honey  
1 Tbsp minced shallots  
2 tsp Dijon mustard  
1/3 cup walnut or olive oil  
Salt and pepper, to taste  
3/4 cup chopped walnuts or pecans

1. Remove any loose or discolored leaves from sprouts. Cut an X with paring knife through stem end to assure even cooking. Steam in vegetable steamer until just barely tender, about 6 minutes.
2. Combine vinegar, honey, shallots and mustard in jar with tight-fitting lid. Let sit for 5 minutes. Add oil, salt, and pepper. Close lid, and shake well to emulsify.
3. Toss cooked Brussels sprouts with the vinaigrette and walnuts. Serve immediately.

## **Simple, savory Brussels sprouts**

Makes 4 servings

1 lb Brussels sprouts, ends trimmed and halved lengthwise  
2 tsp butter  
4 green onions, cut into 1/4 inch slices  
Salt and pepper, to taste

1. Steam Brussels sprouts in vegetable steamer until just barely tender, about 6 minutes. Drain, and run under cold water. Drain.
2. Melt butter over medium heat. Sauté green onions 5 minutes, until softened. 3. Add Brussels sprouts and sauté 5 minutes to heat through. Season with salt and pepper to taste, and serve.

# Cabbage

## **Braised cabbage and vegetables**

Makes 6 servings

1/4 c olive oil or peanut oil  
4 green onions chopped  
1 medium bell pepper, diced  
1 head green cabbage, shredded  
1/2 tsp crushed red pepper flakes (optional)  
2 cloves garlic, minced  
1 c water or chicken stock  
Salt and pepper to taste

1. Heat large, heavy, non-reactive pot or skillet over medium high heat; add oil to hot pan, immediately add onions and bell peppers and stir-fry 1 minute.
2. Add crushed red pepper and garlic, stir 15 seconds. Do not allow garlic to brown.
3. Add two handfuls of cabbage; stir 30 seconds. Repeat until all of the cabbage is in pot. Add water or stock, cover and cook 10 minutes.
4. Stir occasionally to keep from sticking. Add more water if necessary. When cabbage is tender, almost all the liquid will have cooked away.

## **Savoy slaw with buttermilk dressing**

Makes 6 servings

5 c Savoy cabbage, thinly shredded  
1 c red cabbage, thinly shredded  
1/2 c grated carrots  
2 green onions, chopped  
*For dressing:*  
1/2 c buttermilk  
1/3 c mayonnaise  
1 1/2 tsp sugar  
1 1/2 tsp coarse mustard  
1/8 tsp celery seed

1. Mix vegetables together in a large bowl. Toss with hands.
2. Combine dressing ingredients in jar or bowl. Shake or stir until sugar is dissolved.
3. Add dressing to vegetables, toss, and serve.

## **Chinese cabbage salad**

Makes 6 servings

2 c chopped Chinese cabbage leaves  
1/2 green pepper cut in strips  
1/4 c sunflower seeds  
1/2 c shredded carrot  
1/2 c chopped chives or green onion  
1 c fresh spinach leaves, torn into bite-size pieces

1 c blanched sugar snap peas, cooled

*For dressing*

1/3 c mayonnaise  
2/3 c unsweetened plain yogurt  
1 small clove garlic, minced  
Cayenne pepper, to taste  
2 tsp minced basil  
1/2 tsp dill weed

1. Combine cabbage, green pepper, seeds, carrots, chives, spinach and peas in bowl.
2. Whisk together mayonnaise, yogurt, garlic, basil and dill. Add dressing to salad; toss. Serve at once.

# Cantaloupe

## **Fruit salsa**

Makes about 5 c

2 c diced fresh pineapple  
1 c diced cantaloupe  
1/2 large sweet onion, diced  
2 medium tomatoes, diced  
1 jalapeno pepper, minced  
1/4 c-1/2 c chopped fresh cilantro, to taste  
3/4 ts-1 tsp ground cumin, to taste  
1 tsp minced garlic  
1/2 tsp salt

1. Combine all ingredients.
2. Cover and refrigerate at least 1 hour before serving.

## **Melon soup**

Makes 4 servings

1 large ripe cantaloupe  
1/4 c orange juice  
1/4 c honey, or to taste  
1/4 c cream  
Nasturtium blossoms or cinnamon for garnish

1. Remove cantaloupe pulp, being careful not to use any green flesh near the rind. Puree in food processor.
2. Add orange juice, honey and cream. (If the melon is very ripe and full-flavored, the honey can be omitted. Taste before adding.) Pulse until blended.
3. Serve chilled in glass bowls with a washed nasturtium blossom on top, or sprinkle cinnamon very lightly on top.

## **Cantaloupe ice cream**

Makes 2 quarts

1 medium, ripe cantaloupe  
2 Tbsp fresh lemon juice  
1/2 c sugar  
1/4 c honey  
3 c half & half  
1/2 tsp vanilla

1. Cut open cantaloupe; scrape out and discard seeds. Cut pulp from rind and into chunks. Puree with lemon juice until almost smooth.
2. In a large bowl, combine sugar, honey and half & half. Add puree and vanilla. Stir until sugar dissolves.
3. Pour into ice cream freezer canister and freeze according to manufacturer's directions.

# Carrots

## ***Braised parsleyed carrots***

Makes 4 servings

1 lb small carrots or carrots cut into 2-inch logs  
1 c beef broth  
1 tsp honey  
1 Tbsp butter or margarine  
2 Tbsp minced fresh parsley, chopped (or use one Tbsp dried)

1. Wash, scrub and peel carrots. Leave whole or cut into logs.
2. In a medium saucepan, bring beef broth to a boil, add carrots, honey, butter and parsley. Cover and simmer 4-5 minutes.
3. Remove carrots to a warm plate.
4. Continuing to simmer broth 15-20 minutes, until reduced to about 2 tablespoons. Return carrots to pan and toss. Serve at once.

## ***Marinated carrots***

Makes 3 cups

1 lb carrots  
2 1/2 Tbsp lemon juice  
1/2 tsp Dijon mustard or other grainy mustard  
1/4 c olive oil  
1 or 2 green onions, chopped  
1 Tbsp chopped parsley  
1 clove garlic, crushed  
Salt and black pepper

1. Scrub and peel carrots. Cut into uniform matchsticks or slices.
2. Blanch carrots in boiling water 3-4 minutes or until barely tender. Drain.
3. In a jar with tight-fitting lid, combine lemon juice, mustard, olive oil, onions, parsley and garlic. Shake vigorously.
4. Pour over warm carrots. Season with salt and pepper to taste. Refrigerate 6-8 hours or overnight.

## ***Candied carrots***

Makes 4 servings

1 lb carrots  
2 Tbsp butter, diced  
1/4 c packed brown sugar  
1/8 tsp salt  
Black pepper, to taste

1. Peel carrots and cut into 2-inch lengths. Drop in pot of salted water and bring to a boil. Reduce heat and simmer 20-30 minutes, until tender but not mushy. Drain.
2. Return carrots in pan over low heat. Add butter, brown sugar, salt and pepper. Stir. Cover and cook 3-5 minutes, until sugar is bubbly.

# Cauliflower

## **Red, white and green salad**

Makes 8 servings

- 1 head romaine lettuce
- 1/2 lb fresh mushrooms, sliced, or whole if small
- 1 lb cherry tomatoes
- 1 small head cauliflower, broken into florets
- 1 lb young raw asparagus spears
- 1 c bottled vinaigrette-style salad dressing

1. Line salad bowl with whole romaine leaves. Tear remaining romaine into bite-sized pieces and add to bowl.
2. Place cauliflower, tomatoes, and mushrooms in bowl in layers. Chill thoroughly.
3. Just before serving, drizzle with salad dressing, or serve it on the side.

## **Roasted cauliflower**

Makes 6 servings

- 2 large cloves garlic, minced
- 3 tablespoons olive oil
- Salt and black pepper, to taste
- 1 large head cauliflower, separated into florets
- 1/3 cup grated Parmesan cheese
- 1 bunch fresh parsley, chopped

1. Combine garlic, olive oil, salt and pepper in a casserole dish. Add cauliflower, and toss to coat well.
2. Bake 25 minutes at 425 degrees, stirring halfway through.
3. Sprinkle top with Parmesan and parsley, and broil 3-5 minutes, until golden brown.

## **Cauliflower with browned butter**

Makes 6 servings

- 1 head cauliflower, broken into florets
- 1/4 c butter (no substitutes)
- 2 Tbsp fresh minced parsley

1. Steam cauliflower until just tender, about 6 minutes. Drain and keep hot.
2. Melt butter in small saucepan over medium heat. Cook and swirl butter until it foams and then turns a pale brown. (Don't let butter burn! If it does, start over.)
3. Pour hot butter over cauliflower and sprinkle with parsley. Serve at once.

# Celery

## ***Two-celery soup***

Makes 8 servings

1 medium celery root (celeriac),  
peeled and diced  
1 head celery, chopped coarsely  
3 leeks, sliced  
1/2 tsp thyme  
3 bay leaves  
4 sprigs parsley  
2 qts chicken broth  
Salt and pepper, to taste  
4 Tbsp minced parsley and/or chives

1. Combine celery root, celery, leeks, thyme, bay leaves, parsley sprigs and broth in pot. Add salt and pepper.
2. Bring almost to a boil, reduce heat, then simmer 25 minutes or until vegetables are soft. Adjust seasoning if needed.
3. Serve hot with a sprinkle of parsley and chives on top.

## ***Celery salad***

Makes 6 servings

1 bunch celery  
1 red onion, cut in 1-inch strips  
6 Tbsp vegetable oil  
2 Tbsp red wine vinegar  
1/2 tsp salt  
Black pepper  
2 oz blue cheese, crumbled  
2 green onions, chopped  
1/4 c minced parsley

1. Cut celery crosswise into 1/4-inch slices. Put in bowl. Add red onions.
2. In small bowl, combine remaining ingredients except parsley. Pour over celery and red onions. Toss. Top with parsley flakes.
3. Chill at least 4 hours and serve. Leftovers are great.

## ***Celery-feta salad***

Makes 4 servings

6 oz feta cheese, crumbled  
3 stalks celery, thinly sliced  
1 small jar pimento strips  
2 Tbsp fresh chopped thyme or oregano  
2 Tbsp bottled vinaigrette-style salad dressing  
1 small head leaf lettuce, washed and trimmed

1. Mix the feta cheese with the celery, pimento and chopped herbs. Sprinkle with the vinaigrette.
2. Place lettuce leaves on four plates; top with feta and celery mixture.

# Swiss Chard

## ***Wilted Swiss chard with garlic***

Makes 4 servings

2 pounds Swiss chard, washed well, stems stripped and coarsely chopped; leave wet  
3 tablespoons olive oil  
2 cloves garlic, minced  
Salt and black pepper, to taste  
Fresh lemon juice, optional

1. Heat large skillet or heavy Dutch oven over medium-high heat.
2. Add olive oil and garlic; sauté additional 15 seconds.
3. Add the wet chard one handful at a time. Stir after each addition. After all chard has been added, reduce heat to low, cover and cook 5 minutes or until chard is wilted but still bright green.
4. Remove the lid, raise heat to high and cook until all liquid has evaporated, 2-3 minutes. Season with salt and pepper to taste. Serve immediately with a squeeze of lemon juice, if desired.

## ***Braised Swiss chard with leeks***

Makes 8 servings

3 Tbsp olive oil  
2 lb leeks, trimmed, sliced and well washed  
Salt and ground black pepper  
1 lb Swiss chard, chopped

1. Heat oil in large pan over medium heat; add leeks. If using chard stalks, add them, too. Season with salt and pepper. Cover, reduce heat and cook until tender, about 8 minutes.
2. Add chard leaves; cover. Simmer until wilted, about 5 minutes. Serve at once.

## ***Baked haddock with Swiss chard & tomatoes***

Makes 4 servings

1 lb Swiss chard  
1/4 c water  
1 1/2 lb haddock fillets  
Salt and pepper to taste  
1 Tbsp olive oil  
2 tomatoes, chopped  
1 large onion, chopped  
1/2 c minced parsley  
2 Tbsp sliced garlic  
2 tsp minced fresh tarragon

1. Strip stems from Swiss chard leaves; slice stems crosswise.
2. Shred leaves and place in shallow 2-quart baking dish. Sprinkle with water.
3. Place fish on chard; add salt and pepper.
4. In nonstick skillet, heat oil over medium-high heat. Add chard stems, tomatoes, onion, parsley, garlic and tarragon. Season with salt. Cook until onion is crisp-tender, about 4 minutes.
5. Spread tomato mixture over fish, cover and bake 10-15 minutes at 450 degrees, or until fish just flakes when tested with a fork.

# Cherries (sour)

## Cherry cobbler

Makes 8-10 servings

3 c pitted sour cherries  
1/2 c sugar  
1 Tbsp cooking tapioca  
1 Tbsp butter, melted

*For topping:*

1 c flour  
1 c sugar  
1/2 tsp salt  
1 egg  
4 Tbsp butter, softened

1. In bowl, combine cherries, sugar, tapioca and butter. flour, cinnamon, nutmeg and apples. Stir until well-blended.
2. Spoon into buttered 7 1/2- by 11 3/4-inch baking dish.
3. Prepare topping: Stir together flour, sugar, salt, egg and butter until crumbly. If desired, use pastry blender to blend in butter. Distribute over top of fruit.
4. Bake at 350 degrees 45 minutes, or until fruit is tender and topping is lightly browned.

## Cherry soup

Makes 4 cups

1 lb pitted sour cherries  
2 c water  
1 c dry red wine  
1/4 c sugar  
1/2 tsp grated orange rind  
1 tsp arrowroot

1. Place cherries in non-reactive pan and cover with water and wine. Cook over medium heat until cherries are soft, about 10 minutes.
2. Remove from heat, and stir in sugar and rind until sugar is dissolved.
3. Puree cherries and return to pan.
4. Mix arrowroot with 1/4 c cooled syrup. Stir into mixture and cook until slightly thickened.

*Serve hot or cold as first or last course.*

## Poached cherries

Makes 3 cups

1 c water  
4 c pitted sour cherries  
1 c sugar

1. Bring water to boil in non-reactive saucepan. Add cherries; immediately reduce heat to simmer.
2. Cook until almost tender, about 8 minutes.
3. Stir in sugar to dissolve; continue cooking until tender. Serve as accompaniment to roasted beef or pork, or serve over ice cream for dessert.

# Cilantro

## **Cilantro-salsa steaks**

Makes 4 servings

4 small rib eye steaks, 1 inch thick  
1 c salsa  
1/4 c fresh lime juice  
3 Tbsp vegetable oil  
1/2 c chopped cilantro  
1 tsp cumin  
3 cloves garlic, crushed  
Red pepper flakes, to taste

1. Place steaks in a shallow dish in a single layer. Do not overlap.
2. In a mixing bowl, combine remaining ingredients and pour over steaks. cover and marinate in refrigerator overnight.
3. Remove steaks from marinade (discard) and grill to desired doneness over hot coals.

## **Green dipping sauce**

Makes about 1 1/3 c

1 tsp coarse salt  
1 bunch fresh cilantro, stems removed  
6 cloves garlic  
1 tsp cumin, ground or seed  
3/4 c olive oil  
1/4 c wine vinegar

1. Place salt in bottom of mortar, then add cilantro leaves and garlic; mash to a paste. (Coarse salt aids the grinding process.)
2. Add cumin and stir in olive oil and vinegar. Serve as sauce for shrimp, lobster or fish.

## **Cilantro chutney**

Makes 3/4 cup

2-3 jalapeno peppers, seeds and membranes removed  
2 c cilantro leaves  
1 1/2 tsp minced fresh ginger  
3 Tbsp fresh lemon juice  
1 tsp salt  
1 Tbsp ground cumin  
1/4 c shredded unsweetened coconut

1. Coarsely chop jalapenos.
2. Combine jalapenos, cilantro, ginger, juice, salt, cumin and coconut in a food processor. Process until almost smooth, but some chunks may remain. Serve with grilled meats.

# Corn

## **Roasted corn salsa**

Makes 4 cups

4 large ears sweet corn  
1/2 c minced red onion  
1 1/2 c chopped tomato  
1 or 2 jalapeno peppers (to taste), seeds removed and minced  
1/4 c minced cilantro  
1 Tbsp olive oil  
1 Tbsp fresh lime juice  
1 tsp ground cumin  
Salt and black pepper, to taste

1. Pull down corn husks and remove silk. Wash. Pull husks back up to cover ear; fasten by tying with string or piece from outer husk.
2. Place on baking sheet, partially covered with aluminum foil, and bake at 375 degrees 45-55 minutes.
3. Allow corn to cool. Cut kernels from ear until you have at least 2 1/2 c
4. Combine kernels with onion, tomato, jalapenos, and cilantro. Add olive oil, lime juice, and cumin. Stir in salt and black pepper.
5. Cover and chill 30 minutes. Best served same day.

## **Sour creamed corn**

Makes 4 servings

4 large ears corn  
2 Tbsp butter  
1/4 c sour cream or light sour cream  
Dash of Tabasco  
Salt and black pepper, to taste  
1/4 c chopped fresh chives  
Chopped parsley for garnish

1. Cut corn kernels from cobs, and place kernels in a bowl. You should have about 2 1/2 c.
2. Hold each cob over the bowl and scrape with back of a knife to extract juices.
3. Melt butter in a large heavy skillet over medium-low heat. Stir in corn; cook until barely tender, 4-5 minutes.
4. Add sour cream and pepper sauce. Cook until warmed through; do not allow to boil. Add salt and pepper to taste. Sprinkle with chives and parsley.

## **Tomato-corn relish**

Makes 2 1/2 cups

2 medium tomatoes, seeded and diced  
1 c corn kernels  
1/2 c diced green bell pepper  
1/2 c diced celery  
1/3 c diced red onion  
2 1/2 Tbsp white wine vinegar  
1 garlic clove, minced  
1/2 tsp sugar  
1 Tbsp Dijon-style mustard  
1/4 tsp red pepper flakes  
Salt, to taste

1. Combine all ingredients in bowl, and let marry 30 minutes.
2. Serve as picnic side dish, or as condiment to hot dogs and hamburgers.

# Cucumber

## **Cucumber pasta salad**

Makes 8 servings

8 oz rotini  
2 c peeled cucumber slices  
1 (15-oz) can garbanzo beans, drained and rinsed  
1 c quartered cherry tomatoes  
3/4 Tbsp dried dill weed  
1/2 c ranch-style dressing  
1/3 c plain low-fat yogurt  
Crumbled feta cheese

1. Cook pasta according to package directions; drain and rinse in cold water.
2. In salad bowl, toss cooled pasta with cucumbers, tomatoes, garbanzo beans, and dill weed.
3. In a small bowl, blend dressing and yogurt. Add to salad bowl; stir until well-coated. Cover and refrigerate 1 hour, stirring occasionally.
4. Crumble feta on top; serve.

## **Chilled Mideast yogurt soup**

Makes 8 servings

4 c plain, unsweetened yogurt  
2 c peeled, seeded and grated cucumber  
3/4 c raisins  
2 cloves garlic, minced  
1 c cold water  
Salt and black pepper, to taste  
1 c finely chopped walnuts  
2 tsp minced fresh dill

1. Beat yogurt until smooth. Stir in cucumber, raisins, garlic and cold water. Season with salt and pepper.
2. Refrigerate 1 hour.
3. Sprinkle top with walnuts and dill; serve.

## **Simple cucumber-tomato salad**

Makes 6 servings

3 medium cucumbers  
4 ripe medium-sized tomatoes, cut in 1-inch chunks  
1/2 medium onion, diced  
1/4 c white vinegar  
1/2 c granulated sugar  
Salt and black pepper, to taste

1. Peel cucumber and quarter lengthwise. Remove seeds. Cut into chunks and place in serving bowl.
2. Add tomatoes and onion to bowl.
3. Whisk together vinegar, sugar, salt and pepper until sugar and salt dissolve. Pour over vegetables. Refrigerate 30 minutes, or toss with handful of ice cubes and serve.

## ***Cucumber yogurt dressing***

Makes 1 1/2 cups

1 medium cucumber, peeled, seeded and coarsely chopped  
2/3 c plain, unsweetened yogurt  
2 Tbsp minced red onion  
1 Tbsp toasted sesame oil or vegetable oil  
2 tsp white vinegar  
1/4 tsp salt  
2 tsp chopped fresh dill

1. Puree cucumber, yogurt, onion, oil, vinegar, salt and dill in blender until creamy and smooth.
2. Chill 2 hours. Serve over salad greens, use as dip for raw vegetables, or use as condiment on sandwiches.

## ***Salmon with cucumber relish***

Makes 6 servings

*For relish:*

1/2 c white wine vinegar  
1/2 c sugar  
1 1/2 tsp minced, ginger root  
1/2 tsp salt  
2 medium cucumbers, halved lengthwise, seeded and sliced

*For fish:*

1/4 c white wine vinegar  
2 Tbsp sesame seed oil  
1 Tbsp fresh minced ginger  
2 Tbsp minced green onions  
1 tsp salt  
6 (1-inch-thick) salmon steaks

1. For relish: Combine vinegar, sugar, ginger and salt; stir until sugar dissolves. Add cucumbers; chill 30 minutes.
2. For fish: Combine vinegar, oil, ginger, onions and salt. Pour over salmon in glass dish; marinate 30 minutes.
3. Grill over medium heat about 10 minutes, or until cooked through. If desired, broil instead.
4. Serve relish on top or on the side of salmon.

## ***Mediterranean salad***

Makes 4 servings

2 tomatoes cut in wedges  
2 small cucumbers, sliced  
5 radishes (optional)  
1 small red onion, sliced  
1/3 c olive oil  
1/4 c red wine vinegar  
1 T lemon juice  
Dried oregano, to taste  
Salt and black pepper, to taste  
1/2 c Greek olives  
1/2 c crumbled feta cheese  
Anchovy fillets (optional)

1. Place tomatoes, cucumbers, optional radishes and onions in bowl.
2. Whisk together olive oil, vinegar, lemon juice, oregano, salt and pepper. Add to vegetables and mix, coating all well.
3. Top with olives and feta cheese. If desired, add anchovies. Serve.

## ***Thai cucumber salad***

Makes 4 servings

1/4 c sugar  
1 tsp salt  
1/2 c white wine vinegar  
4 small cucumbers, halved lengthwise, seeded and thinly sliced  
1 shallot, minced  
2 Tbsp cilantro leaves  
1/4 c chopped red pepper

1. Whisk sugar, salt and vinegar until sugar has dissolved. (If desired, heat in small saucepan to speed process; do not boil. Cool.)
2. Pour over cucumbers; marinate 30 minutes.
3. Garnish with red peppers and serve.

## ***Cukes and onion salad***

Makes 6 servings

2 sweet onions, thinly sliced  
4 cucumbers, sliced  
1 c mayonnaise  
2 Tbsp white vinegar  
1 Tbsp sugar

1. Separate onions into rings; combine with cucumber in large bowl.
2. Blend mayonnaise, vinegar and sugar. Pour over onions and cucumbers; mix well. Chill at least 1 hour. Serve.

## ***Peasant salad***

Makes 4 servings

2 tomatoes cut in wedges  
2 cucumbers, sliced  
1 small red onion, sliced  
1/2 c olive oil  
1/2 c red wine vinegar  
1 Tbsp lemon juice  
Dried oregano, to taste  
Salt and ground black pepper, to taste  
1/2 c Greek olives  
1/2 c crumbled feta cheese or anchovy fillets (optional)

1. Combine tomatoes, cucumbers, and onions in bowl.
2. Whisk olive oil with vinegar, lemon juice, oregano, salt and pepper. Add to vegetables; toss to coat. Top with olives.
3. If desired, add feta or anchovies.

# Gazpachos

## **Gazpacho with crab**

Makes 12 cups

3 lbs tomatoes  
1 red onion  
1 red bell pepper  
1/2 c cilantro leaves  
4 Tbsp olive oil  
3 Tbsp red wine vinegar  
3 Tbsp lime juice  
1/4 tsp cayenne pepper  
1 c V-8 juice  
1 1/2 c seeded, diced cucumber  
6 oz lump crab meat

1. Bring pot of water to boil. Drop tomatoes, one at a time, in boiling water for 30 seconds. Remove, let cool for a minute, skin and seed.
2. Place tomatoes in food processor with metal blade. Quarter onion and red pepper; add to processor. Add cilantro, olive oil, vinegar, juice, cayenne and vegetable juice. Process until blended but chunky.
3. Stir in cucumber and crab meat; serve chilled.

## **Simple gazpacho**

Makes 8 servings

1 small onion, quartered  
1 large green pepper, seeded and quartered  
1 large cucumber, quartered  
48 oz tomato juice  
1 tsp salt

1/4 tsp ground black pepper  
1 Tbsp lemon juice  
1/8 tsp Tabasco, or to taste  
1 tsp ground cumin  
3 Tbsp red wine vinegar  
Avocado & tomato wedges (garnish)

1. Place onion, green pepper and cucumber in food processor with metal blade; process until minced.
2. Add onion mixture to bowl with tomato juice, salt, black pepper, lemon juice, hot pepper sauce, cumin and vinegar. Chill thoroughly. Serve with a wedge of avocado and fresh tomato.

## **Gazpacho with herbs**

Makes 10 servings

1 onion  
1 green bell pepper  
1 cucumber  
3 medium, ripe tomatoes  
2 green onions  
1 clove garlic, minced

4 c tomato juice  
3 Tbsp fresh lemon juice  
2 Tbsp red wine vinegar  
1 ts dried tarragon  
2 tsp minced fresh basil  
1/4 c chopped fresh parsley  
1 tsp sugar  
Salt and pepper to taste

1. In a blender or food processor, chop onion, bell pepper, cucumber, tomatoes and green onions.
2. Add tomato juice, garlic, lemon juice, vinegar, tarragon, basil, parsley, sugar, salt and pepper. Blend until well-combined but still slightly chunky.
3. Chill at least 2 hours before serving.

## **Dilly mustard butter**

Makes 1/2 cup

1/2 c butter at room temperature  
2 tsp Dijon mustard  
2 Tbsp minced dill

1. Blend butter, mustard, and dill.
2. Use to season chicken, carrots, greens, and potatoes.

## **Dill pesto**

Makes 6 servings

2 Tbsp pine nuts  
2 cloves garlic, minced  
4 c fresh dill  
1 oz shredded parmesan  
2 Tbsp water  
2 tsp lemon juice  
2 Tbsp olive oil

1. Combine pine nuts, garlic, dill, parmesan, water, lemon juice and olive oil in blender; blend until smooth.
2. Serve with raw vegetables or as condiment on fish.

*May be kept chilled for about 3 days.*

## **Picnic potato salad**

Makes 4 servings

3 large russet potatoes, unpeeled and thinly sliced  
1/4 c white wine vinegar  
1 1/2 Tbsp Dijon mustard  
1/4 c canola oil  
1/2 c chopped fresh dill  
1/2 tsp salt  
1 large cucumber, unpeeled and thinly sliced

1. Place potato slices in a 9-inch microwave-safe baking dish; cover with microwaveable plastic wrap and microwave at high 3 minutes; stir. Repeat two more times, or until tender.
2. In jar with tight-fitting lid, combine vinegar, mustard, oil, dill and salt. Cover and shake vigorously.
3. Pour dressing over potatoes. Cover and refrigerate until chilled.
3. Add sliced cucumber; serve.

*Travels well without refrigeration.*

# Eggplant

## **Couscous with tomato eggplant sauce**

Makes 6 servings

1 medium onion, chopped  
1 tsp olive oil  
2 large cloves garlic, minced  
1 eggplant, skin on, diced  
1 green pepper, finely sliced  
2 c chopped fresh tomatoes  
Salt and black pepper, to taste  
1/4 tsp paprika  
1/4 tsp each dry basil, rosemary, & oregano  
1/4 c minced fresh parsley  
1 c water  
1 lb whole-wheat couscous

1. Cook onion until golden in olive oil in skillet over medium-high heat, about 4 minutes. Add the garlic and cook 1 minute.
2. Add eggplant and green pepper; cook and stir 10 minutes.
3. Add tomatoes, salt, pepper, paprika, basil, rosemary, oregano, parsley and water; stir.
4. Bring to boil, reduce heat, cover and simmer 30 minutes, stirring often. Mash eggplant, then cook 30 minutes more.
5. Cook couscous according to package directions. Serve sauce over hot cooked couscous.

## **Eggplant Parmigiana**

Makes 6 servings

3-4 eggs  
1 1/4 c grated Parmesan cheese, divided  
2 c bread crumbs  
Olive oil for frying  
2 large eggplants, peeled & sliced 1/2-inch thick  
Prepared marinara sauce  
16 oz mozzarella, sliced

1. In a bowl, beat eggs with 1/4 c grated cheese. Place bread crumbs in a bowl or pie plate.
2. Heat 1/2 inch oil in skillet. One at a time, dip eggplant slices in egg mixture to coat, then in bread crumbs to coat. Lay on waxed paper. When oil is very hot, but not smoking, fry eggplant, working in batches, about 30 seconds per side till lightly browned. Remove to paper towels.
4. In a 9- by 13-inch baking pan, place layers of eggplant, marinara sauce, mozzarella and Parmesan until pan is full, ending with Parmesan.
5. Bake at 350 degrees 40-45 minutes, until heated through and cheese is melted.

## **Grilled eggplant sandwich**

Makes 4 servings

1 large eggplant  
1/4 c olive oil  
1 long loaf crusty French bread  
1/4 c basil pesto  
1/4 lb provolone cheese, thinly sliced  
6 sliced mild peppers, such as banana peppers  
1 fresh tomato, optional

1. Slice eggplant 1/4-inch thick. Brush with olive oil on both sides. Grill over low to medium coals, turning once, until golden brown on both sides, 5-7 minutes total.
2. cut bread in half lengthwise. Spread pesto on cut faces of bread. Place eggplant, cheese, peppers and optional tomato in layers on one half of loaf. Top with other half of loaf.
3. If desired, wrap loaf in foil and heat at 350 degrees 20 minutes. Cut crosswise into 4 sandwiches and serve.

### ***Herbed baby eggplant***

Makes 6 servings

3 lbs small Oriental-type eggplants  
3 tsp salt  
2 tsp minced garlic  
1/2 c olive oil  
1/3 c sherry or red wine vinegar  
Freshly ground black pepper  
1/2 c fresh basil leaves, cut into shreds

1. Remove eggplant caps and quarter. Sprinkle with salt; let drain 30 minutes. Rinse and pat dry.
2. Spread pieces in a single layer on baking sheet, cut sides up.
3. Mix garlic and oil, and drizzle over eggplants. Bake 30 minutes, until the eggplant is brown and tender. Cool slightly.
4. Rinse basil leaves. Stack leaves and cut into thin shreds.
5. Place eggplant in a large bowl and drizzle with vinegar, add basil shreds and toss.

### ***Summer vegetable stew***

Makes 12 servings

5 medium onions, thinly sliced  
1/4 c vegetable oil  
1 lb cubed pork  
5 ripe tomatoes, sliced  
1 c fresh green beans, cut into pieces

2 c peeled, diced eggplant  
2 c diced green pepper  
1 carrot, peeled and sliced  
1/2 c uncooked rice (not instant)  
1 c water  
Salt and black pepper, to taste

1. Sauté onions in oil until soft. Remove from skillet and set aside. Add pork to skillet and brown; remove from heat.
2. Arrange half the onions in greased 9 x 13 x 3-inch baking dish. Add half the tomatoes. Sprinkle with salt and pepper. Add in layers half of the beans, eggplant, green peppers and carrots. Top with all the rice and pork. Season with salt and pepper.
3. Add in layers remaining onions, tomatoes, green beans, eggplant, green peppers and carrots. Season. Pour water over. Cover and bake at 375 degrees 2 1/2 hours. Uncover and bake 30 minutes more.

### ***Eggplant appetizer***

Makes 6 servings

1 large eggplant  
1/3 c chopped onion  
3 Tbsp olive oil  
2 Tbsp chopped fresh dill  
2 tsp salt  
1 tsp black pepper

1. Pierce skin of eggplant in several places. Cut in half lengthwise and place on greased baking sheet. Broil 8-10 minutes, until soft.
2. Scoop pulp from skin with a spoon and place in bowl. Add onion, olive oil, dill, salt, and pepper; blend well. Serve hot or cold with plain crackers or bread.

# Fennel

## ***Fennel slaw***

Makes 4 servings

2 Tbs. cider vinegar  
1/3 cup mayonnaise  
1/2 tsp black pepper  
2 tsp sugar  
1 1/2 Tbs. chopped fresh dill  
1/2 tsp grated lemon peel  
Salt, to taste  
1 1/2 lb. fennel bulb

1. Whisk vinegar, mayonnaise, pepper, sugar, dill, lemon peel and salt together.
2. Trim fennel stalks flush with bulb; discard stalks.
3. Halve fennel through root end; discard core and any discolored outer leaves. Thinly slice fennel.
4. Toss fennel with enough dressing to coat. Serve.

## ***Pasta with fennel***

Make 6 servings

2 bulbs fennel, trimmed & quartered  
1 lb (1/2kg) fettucine  
2 Tbsp olive oil  
Grated Parmesan  
Parsley (garnish)

1. Simmer fennel in 4 quarts salted water until tender, about 15 minutes.
2. Lift fennel from water and slice. Keep warm.
3. In the fennel water, cook the fettucine until al dente.
4. Drain pasta. Add olive oil and fennel.
5. Serve with sprinkle of Parmesan and parsley.

## ***Orange and fennel salad***

Makes 4 servings

3 large navel oranges  
2 medium fennel bulbs, leaves and root end trimmed  
1/2 cup dried, cured black olives  
3 Tbsp olive oil  
Salt and pepper to taste

1. Peel oranges, remove white pith; slice and arrange on a platter.
2. Cut fennel bulbs in half lengthwise and then into strips.
3. Distribute the fennel and olives over the oranges.
4. Drizzle with olive oil, and sprinkle with salt and pepper. Toss gently; serve.

# Fruit (assorted)

## **Almost-meringue fruit shell**

Makes 6 servings

12 individual saltine crackers,  
rolled fine  
1 c sugar  
1 tsp baking powder  
3/4 c chopped pecans  
1 tsp vanilla  
3 egg whites, beaten very stiff  
2 1/2 c sliced fruit or berries  
Whipped cream for garnish

1. Combine crackers, sugar, baking powder and nuts.
2. Blend vanilla into egg whites; fold into dry ingredients.
3. Smooth mixture into buttered 9-inch pie pan or 8- or 9-inch cake pan. Bake at 350 degrees 30 minutes, or until lightly brown.
4. Cool, and top with sliced fruit or berries. Garnish with whipped cream.

*Note: Adding a little liqueur, such as Amaretto, to the whipped cream makes dessert more elegant.*

## **Fruit-topped torte**

Makes 8 servings

1/2 c (1 stick) butter or  
margarine  
1 c sugar  
2 eggs  
1 c flour  
1 tsp baking powder  
2-3 c sliced fresh fruit (2-4  
medium pears, peaches,  
plums or apples)  
1/4 c cinnamon-sugar, or to  
taste (see note)

1. Cream together butter and sugar, beat in eggs, and gradually add flour and baking powder.
2. Spoon mixture into a greased 9- or 10-inch springform pan. Top with sliced fruit, placed in a single layer with edges overlapping. Arranging slices in concentric circles makes an attractive presentation. Sprinkle with cinnamon-sugar.
3. Bake at 350 degrees 1 hour, or until fruit is tender and crust is golden. Cool, remove ring and serve.

*Note: To make cinnamon-sugar, combine 1/4 c sugar with 1 1/2 tsp cinnamon.*

## **Chocolatey fruit dip**

Makes about 16 servings

1 (8-ounce)  
package Neufchatel cheese,  
softened  
2/3 c confectioners' sugar  
1/4 c cocoa  
1/4 c milk  
1/4 tsp orange extract or  
liqueur  
8 cups assorted fruits

1. Beat cheese until fluffy. Add powdered sugar, cocoa, milk and orange flavoring; beat until smooth.
2. Cover; refrigerate several hours or overnight for flavors to blend.
3. Just before serving, wash and dry fruit; cut large fruit into serving-size pieces, and brush cut fruit with lemon juice to prevent browning.
4. Remove dip from refrigerator and stir. Serve.

# Garlic

## **Baked garlic sweet potatoes**

Makes 6 servings

1 large garlic bulb  
2 Tbsp olive oil  
2 lbs sweet potatoes  
1 lb russet potatoes  
1/3 c butter  
1/2 c grated parmesan cheese, divided  
3 Tbsp. chopped Italian parsley  
1 tsp minced fresh rosemary  
Salt and pepper, to taste

1. Cut top off garlic bulb; discard. Place garlic, cut side up, in small baking dish. Drizzle with olive oil. Bake at 400 degrees 30 minutes or until very soft. Cool; remove garlic cloves from husks.
2. Use oil from baking dish to grease 1 1/2-quart casserole. Boil peeled and chunked sweet potatoes and white potatoes in salted water 20 minutes, or until tender. Drain.
3. Combine potatoes and garlic in large bowl. Beat with electric mixer until smooth. Add butter, 1/4 c Parmesan, parsley, rosemary, salt and pepper; blend.
4. Spoon into oiled casserole. Sprinkle with remaining Parmesan. Bake at 350 degrees 30 minutes, until golden on top.

## **Chinese delight**

Makes 6 servings

1/4 c peanut oil  
3 Tbsp each minced garlic & ginger  
1 lb boneless, skinless chicken breasts, cut in bite-sized pieces  
1 lb scallops  
1/4 c each soy sauce & dry sherry

1 (14-oz) can black beans, drained  
1 onion, coarsely chopped  
3 stalks bok choy, slivered  
1 sweet red pepper, julienne  
1 Tbsp chili paste  
1/4 c hoisin sauce  
1/2 c chicken broth  
2 Tbsp corn starch

1. In wok over medium heat, heat oil; add garlic and ginger. Cook 1 minute.
2. Raise heat to high; add chicken and scallops. Stir until chicken loses its translucence.
3. Add soy sauce, sherry, beans, onions, bok choy, and red pepper. Add chili paste and hoisin sauce; stir.
4. Add corn starch to chicken broth and stir. Add to pan; cook and stir until sauce thickens. Serve at once over hot rice.

## **Garlic-stuffed grilled London broil**

Makes 8 servings

1/4 c peeled and minced garlic  
2 Tbsp extra-virgin olive oil  
1/2 c thinly sliced green onions  
1/2 tsp salt  
1/2 tsp pepper  
1/4 c minced parsley  
1 (2 1/2- to 3-lb) first cut top round beef (London broil), 2 inches thick

1. Cook onions in oil in a small fry pan over medium heat until tender, about 5 minutes.
2. Add garlic; cook until tender, about 3 minutes. Stir in salt, pepper and parsley. Remove from heat; cool.
3. Create pocket in meat by cutting slit through the center, parallel to the surface. Cut to but not through opposite side. Spoon cooled stuffing into pocket, spreading evenly. Secure opening with toothpicks.
4. Grill steak over medium-hot coals, turning once, 12-15 minutes per side, or until to desired doneness. Slice meat through filling. Serve.

# Greens

## **Spicy beef with greens**

Makes 6 servings

1 lb top round beef  
2 tsp chili powder  
1 tsp each garlic powder & black pepper  
1/2 tsp each cayenne & dry mustard  
8 new potatoes, halved  
3 c chopped onion  
1/4 c chopped fresh oregano  
2 c beef broth  
2 cloves garlic, minced  
2 large carrots, cut into matchsticks  
2 bunches mustard, kale or turnip greens, washed and stems removed

1. Slice beef across grain into 1/8-inch thick strips. (Have butcher do it, or work with meat partially frozen.)
2. Combine chili powder, garlic powder, black pepper, cayenne, and mustard. Dredge beef strips in mixture.
3. Coat heavy skillet with nonstick spray coating, and place over high heat. Add meat; cook, stirring, 5 minutes.
4. Add potatoes, onion, oregano, broth, and garlic. Cook, covered, over medium heat 20 minutes. Stir occasionally.
5. Stir in carrots, and lay mustard greens on top. Cook, covered, until carrots are tender, about 15 minutes. Serve with hearty bread.

## **Collard greens with smoked turkey**

Makes 8 servings

1 smoked turkey drumstick (about 1 1/4 lb.)  
2 qts water  
2 lb fresh, young collard greens  
3 cloves garlic  
1 large onion, chopped  
2 hot chili peppers, seeded and chopped  
2 c chicken broth

1. Boil water; add turkey. Reduce heat and simmer 1-1 1/2 hours, or until turkey is almost tender. Remove turkey; reserve cooking liquid.
2. Meanwhile, strip tough stems and wash greens three times to remove all grit. Stack the wet greens and roll into tube shape. Slice crosswise into thin strips, or chop.
3. Boil broth. Add greens, garlic, onion, peppers, and turkey. Reduce heat to simmer. Stir often. Cook until collards are tender, 30-40 minutes. Remove meat from bone; serve.

## **Spring greens risotto**

Makes 6 servings

3 Tbsp olive oil  
1/2 c chopped green onions  
1 1/2 c Arborio rice  
1/2 tsp salt  
4 c hot chicken or vegetable broth, divided  
4 c coarsely chopped spring greens (spinach, chard, sorrel)  
1/4 tsp grated nutmeg (optional)  
1/2 c grated Parmesan cheese

1. Heat olive in heavy pot over medium-high heat. Add onions; cook 3 minutes to soften. Add rice and salt. Cook and stir until rice begins to color.
2. Add 1/2 c broth; cook and stir until most of broth is absorbed. Add 1 1/2 c broth; simmer, stirring occasionally, until mostly absorbed, about 10 minutes. Add remaining broth. Simmer 10 minutes, stirring occasionally.
3. Place greens on top of rice. Cover and simmer 3 minutes. Stir in greens. Simmer and stir a few minutes more until broth is absorbed but mixture is moist.
4. Remove from heat. Stir in Parmesan and serve.

### ***Wild greens with onions and wild mushrooms***

Makes 4 servings

4 c young, tender wild greens, such as dandelions, curly dock, chicory, lamb's quarter, chickweed, or, substitute spinach

1 Tbsp olive oil

1 medium onion

1 clove garlic, sliced

1 c wild mushrooms, washed and sliced

1. Wash greens thoroughly and place in steamer. Place over boiling water; steam 2 minutes, until bright green. Transfer to bowl.
2. Heat oil in skillet over medium heat. Add onion, garlic and mushrooms; cook until tender, about 5 minutes. Add mixture to steamed greens; toss. Serve at once as side dish.

### ***Portuguese kale soup***

Makes 6 servings

1/2 lb chorizo sausage, thinly sliced

2 (16-oz) cans great northern beans

1 medium head cabbage, chopped

2 bunches kale, stemmed and chopped

5 potatoes, peeled and cubed

1 qt water, approximately

Salt and pepper to taste

1. In a large pot, lightly brown sausage.
2. Add beans, cabbage, kale, potatoes and enough water to cover.
3. Bring to a boil. Reduce heat, and simmer until potatoes are tender, about 20 minutes. Season with salt and pepper.

### ***Zingy mustard greens***

Makes 6 servings

3 lbs mustard greens

1 Tbsp olive oil

1 c chopped onions

3 cloves garlic

1 large red bell pepper, chopped)

1/2 cup chicken or vegetable broth

1 Tbsp cider vinegar

2 tsp sugar

1. Wash greens thoroughly. Drain. Cut into 1/2 inch strips.
2. Heat oil in large, heavy pan over medium heat. Add onion and garlic, cook and stir for about 3 minutes.
4. Stir in greens, pepper and broth. Bring to boil then reduce to simmer. Cook, covered, 20-25 minutes, until greens are tender. (Large, older greens can take 45 minutes to become tender. Add more water if needed.)
5. Stir vinegar and sugar until dissolved. Sprinkle over cooked greens. Serve immediately as side dish.

## ***Salad of baby greens***

Makes 8 servings

8 c baby greens or mesclun  
1 c sliced fresh strawberries  
1 c toasted pine nuts  
Bottled red wine vinaigrette dressing

1. Divide baby greens among 8 salad plates.
2. Add strawberries and pine nuts.
3. Serve at once with dressing on the side.

*Note: Toast pine nuts by cooking 2-3 minutes*

## ***Endive and rice soup***

Makes 4 servings

1 head endive  
1 small onion, minced  
4 Tbsp. butter  
Salt  
4 1/2 c weak vegetable or beef broth  
1/4 c Arborio rice  
3 tbs. grated Parmesan cheese

1. Thoroughly wash endive leaves, and cut into diagonal ribbons, about 1/8-1/4 inch wide.
2. In a large saucepan, sauté onions in butter over medium heat until they are browned. Add endive and a little salt; sauté a minute or two.
3. Add 1/2 c stock, cover, and reduce heat. Simmer until tender, 20-30 minutes.
4. Add the rest of stock, bring to boil, stir in rice, then cover. 5. Reduce heat to low and cook 20 minutes—the rice should be tender but firm. Remove from heat, stir in the Parmesan cheese, and adjust seasoning. Serve immediately.

## ***Sicilian endive***

Make 6 servings

4 tsp olive oil  
2 heads endive, washed, dried and chopped  
1/2 c lemon juice  
1 Tbsp capers  
Salt to taste  
10 Calamata olives, pitted  
Ground black pepper

1. Heat oil in a wok over high heat. Add endive; cook and stir until greens begin to wilt.
2. Stir in lemon juice. Add capers, salt, and olives; cook and stir 15 seconds.
3. Season with black pepper to taste. Serve immediately.

# Herbs (various)

## **Chicken breasts with herb stuffing**

Makes 6 servings

2 c bread crumbs  
3 Tbsp chopped fresh chives  
3 Tbsp chopped fresh parsley  
1 tsp salt  
1/2 tsp pepper  
1/3 c olive oil  
6 boneless, skinless chicken breast halves, pounded to 1/4 inch thickness

1. Combine crumbs, chives, parsley, salt and pepper. Reserve about 1/2 c of mixture; place the rest in mixing bowl.
2. Gradually stir in olive oil until crumbs are moistened. Place about 2 Tbsp stuffing mixture in center of each chicken breast and roll tightly.
3. Place, seam side down, on broiler rack; broil 10 minutes, about 3 inches from broiler. Remove pan and baste breasts with olive oil, turn, baste again, and broil 5 minutes.
4. Sprinkle with reserved crumb mixture. Broil 1-2 minutes, or until crumbs are lightly brown.

## **Herbed, grilled pork tenderloin**

Makes 4-6 servings

3 pork tenderloins, 10-12 oz each  
3 Tbsp fresh rosemary, thyme or marjoram, or any mixture of the three  
Freshly ground black pepper

1. Pat tenderloins dry with a paper towel. Sprinkle with herbs on all sides, pressing into meat. Season with freshly ground black pepper.
2. Cover, and let stand for 1/2 hour or refrigerate up to 3 hours.
3. Grill tenderloins 6 inches from very hot fire, rotating each tenderloin a quarter turn every 5 minutes, until cooked through, 20-25 minutes.
4. Remove from fire and allow to stand 5 minutes. Slice crosswise into 1/2- to 3/4-inch medallions. Serve plain or with a raspberry jalapeno sauce, available in food specialty stores.

## **Zesty grilled chicken**

Makes 8 servings

1/2 c olive or canola oil  
1/2 c soy sauce  
4 Tbsp lemon juice  
3 Tbsp brown sugar  
4 cloves garlic, minced  
1 Tbsp whole cloves  
1 tsp ground black pepper  
2 Tbsp minced fresh thyme  
2 Tbsp minced fresh basil  
8 boneless, skinless chicken breast halves

1. Place oil, soy cause, juice, sugar, garlic, cloves, pepper, thyme and basil in large zipper lock plastic bag. Seal and turn to mix ingredients.
2. Add to chicken to bag. Seal and refrigerate 4-24 hours, turning bag often to distribute marinade. When ready to cook, place chicken in a bowl and place marinade in saucepan. Boil marinade 2 minutes.
3. Grill over medium coals, basting frequently with boiled marinade, until juices run clear, about 10 minutes per side when grilled 4 inches from coals. Close cover on grill while cooking.

# Horseradish

## **Horseradish sauce**

Makes 1/3-1/2 cup

1/4 c fresh grated  
horseradish

Juice of 1 whole lime

1 pinch salt

1 Tbsp heavy cream

1. Mix all ingredients together in a bowl.
2. Taste; adjust seasonings. Serve the same day.

*Excellent with roast beef, grilled steak or salmon.*

## **Zesty horseradish dip**

Makes about 4 cups

1 pint reduced-fat sour cream

16 oz cream cheese, softened

6 Tbsp shredded horseradish

2 tsp hot sauce such as Tabasco

1 tsp chives

Parsley or basil sprigs (garnish)

1. Blend sour cream, softened cream cheese, horseradish, hot sauce and chives with mixer on low speed.
2. Refrigerate 1 hour. Serve garnished with parsley or sprigs of basil.

## **Applehorse sauce**

Makes 1 cup

1/2 c unsweetened applesauce

1/4 c sour cream or plain yogurt

3 Tbsp fresh grated horseradish

1 Tbsp white wine vinegar or  
white vinegar

1/4 tsp pepper

1. In a glass or enamel bowl, combine all the ingredients.
2. Refrigerate at least 1 hour or until chilled.

# Kohlrabi

## **Steamed kohlrabi with lemon butter**

Makes 4 servings

1 bunch kohlrabi  
2 Tbsp butter  
1 Tbsp lemon juice  
1 clove garlic, minced  
1 Tbsp minced fresh  
parsley  
Salt and pepper to taste

1. Trim kohlrabi, but do not peel. Steam over simmering water, covered, 40 minutes or till tender.
2. Cool slightly, then peel and chop.
3. In saucepan, melt butter over medium heat; stir in lemon juice, garlic, and parsley. Cook 2 minutes. Add kohlrabi; toss to coat. Season with salt and pepper.

## **Kohlrabi Parmesan**

Makes 4 servings

3 medium kohlrabi,  
trimmed of stalks and  
leaves  
2 T. unsalted butter  
1/4 c Parmesan cheese  
1 T. minced parsley  
Salt and pepper, to taste

1. Peel kohlrabi 1/8th inch deep. Shred with grater or food processor.
2. Cook kohlrabi in butter over medium heat, stirring often, until tender, about 8 minutes.
3. Sprinkle with the cheese, salt and pepper. Toss and cook just until the cheese melts about 1 minute.
4. Garnish with parsley and serve immediately.

## **Kohlrabi slaw**

Makes 6 servings

2 Tbsp minced onion  
1/3 cup reduced-fat sour cream  
1/3 cup reduced-fat mayonnaise  
1 Tbsp Dijon mustard  
2 Tbsp lemon juice  
2 Tbsp each chopped fresh dill &  
chopped fresh parsley  
Black pepper to taste  
1 1/2 lbs kohlrabi, peeled and  
shredded (about 4 c)  
2 medium carrots, shredded

1. In a bowl, blend onion, sour cream, mayonnaise, mustard, juice, dill, parsley and pepper.
2. Add kohlrabi and carrots and toss to coat. Serve, or chill first 1 hour.

# Leeks

## **Four-onion relish**

Makes 6 servings

2 leeks, washed thoroughly and diced  
3 green onions, minced  
2 large sweet onions, diced  
2 large red onions, diced  
5 Tbsp butter  
1/2 tsp sugar  
2 Tbsp balsamic vinegar  
1 tsp minced fresh rosemary  
Salt and pepper, to taste

1. Cook leeks, green onions, sweet onions and red onions in butter over medium-high heat until the liquid they give off evaporates, about 10 minutes.
2. Add sugar, vinegar, rosemary, salt and pepper. Cook and stir until onions begin to brown at edges. Serve warm or at room temperature as accompaniment to any roast meat.

## **Leeks au gratin**

Makes 8 servings

2 lbs leeks  
1/4 c butter, plus about 1 Tbsp  
2 Tbsp flour  
3/4 c milk  
1 Tbsp white wine  
1/2 tsp ground nutmeg  
Salt and black pepper, to taste  
1 c grated baby Swiss cheese  
1/4 tsp Tabasco or similar hot sauce

1. Cut white and tender portion of green leek leaves lengthwise, and then into 1-inch pieces.
2. Boil until tender, about 20 minutes. Drain; place in buttered casserole.
3. In saucepan over medium heat, melt 1/4 c butter; stir in flour. Whisk in milk and wine. Stir and cook until thickened, 3-5 minutes. Add nutmeg, salt, pepper and Tabasco; pour over leeks. Sprinkle with cheese.
4. Bake at 400 degrees 15-20 minutes, or until bubbly. Dot with remaining butter, and brown under broiler, 3-5 minutes.

## **Leek and potato soup**

Makes 8 servings

3 c sliced leeks  
3 c diced peeled potatoes  
2 qts water  
1 Tbsp salt  
1/4 c heavy cream or 3 Tbsp butter, softened  
2 Tbsp fresh minced chives or parsley

1. Simmer leeks and potatoes in water with salt, partially covered 40-50 minutes, or until tender.
2. Mash vegetables with fork or put through food mill.
3. Set pot off heat and stir in cream or butter.

*Serve in bowls and sprinkle with herbs.*

# Lettuces

## Caesar salad

Makes 4 servings

3/4 c olive oil  
1/4 c red wine vinegar  
2 tsp anchovy paste  
2 cloves garlic, minced  
1 Tbsp fresh lemon juice  
2 tsp Dijon mustard  
1 tsp ground white pepper  
1 c freshly grated Parmesan cheese  
1 large head Romaine lettuce  
Croutons

1. Put oil, vinegar, anchovy paste, garlic, lemon juice, mustard and white pepper in food processor; blend.
2. Add Parmesan; pulse just to blend.
3. Rinse, pat dry and tear lettuce into bite-size pieces
3. Add half the dressing to lettuce; toss. Add more dressing, to taste; toss, then add croutons. Serve at once.

## Cashew salad

Makes about 6 servings

4 1/2 c mixture of three kinds of lettuce, such as red leaf, romaine and Boston, washed and torn into bite-size pieces  
1/2 head cauliflower, broken into bite-size pieces  
3/4 c cashews

*For dressing:*

1/2 small red onion, grated  
1/4 c vinegar  
1/2 c sugar  
1/8 tsp ground black pepper  
1 tsp celery seed  
2 tsp prepared mustard  
3/4 c olive oil

1. Toss lettuce with cauliflower and cashews.
2. Place onion, vinegar, sugar, pepper, celery seed, mustard and oil in jar with tight lid. Shake vigorously to emulsify, or blend in blender.
3. When ready to serve, toss salad with half the dressing, then add more, to taste, or serve dressing on side.

## French cream of lettuce soup

Makes 6 first-course servings

4 Tbsp butter  
2 cloves garlic, minced fine  
2 Tbsp minced fresh parsley  
1 Tbsp minced fresh tarragon  
1 medium onion, chopped  
1 lb Romaine lettuce, finely shredded  
1 bunch watercress, minced  
1 qt beef or vegetable stock  
2 egg yolks  
2 c half and half  
Salt and pepper to taste

1. Heat butter in saucepan over medium-high heat; add garlic, parsley, tarragon, and onion. Cook until onion is transparent.
2. Add lettuce and watercress. Stir over low heat 5 minutes. Stir in the beef stock and simmer uncovered 30 minutes.
3. When ready to serve, beat the egg yolks and the cream together with several tablespoons hot soup, then pour in, stirring constantly over low heat until the soup thickens slightly.
4. Stir in salt and pepper and serve.

### **Fruity-spicy salad**

Makes 6 servings

6 Tbsp olive oil  
3 Tbsp balsamic vinegar  
1 1/2 tsp honey  
3/4 tsp each ground cumin & chili powder  
1/2 tsp ground coriander  
Pinch cinnamon

Salt and pepper, to taste  
1 head butter lettuce  
Leaves of 1 bunch watercress  
1 large head radicchio  
1/2 red onion, thinly sliced  
2 oranges, peeled and sliced crosswise  
1/4 c each fresh blueberries & raspberries

1. Whisk oil, vinegar, honey, cumin, chili powder, ground coriander and cinnamon in small bowl to blend. Season with salt and pepper.
2. Place torn lettuce, watercress, torn radicchio, onion, oranges, blueberries and raspberries in large bowl. Toss salad with desired amount of dressing and serve.

### **Prospector salad**

Makes 6 servings

2 large heads butter lettuce, washed, dried and torn  
1 bunch parsley, chopped  
1 can hearts of palm, drained and sliced crosswise  
1/2 c English walnuts  
1/2 lb blue cheese, chopped

*For dressing:*

1/2 c white vinegar  
2 Tbsp sugar  
1/4 tsp garlic powder  
Salt and pepper to taste  
1 c peanut oil

1. Arrange lettuce on plates and sprinkle with parsley.
2. Top each plate with hearts of palm, walnuts and blue cheese.
3. Make dressing: Whisk together vinegar, sugar, garlic powder, salt and pepper. Whisk in oil added in stream. Or, combine all ingredients in a jar and shake to emulsify.
3. Dress to taste with vinaigrette. (You may have dressing left over.)

*Note: Tastes best with walnuts toasted dry or in butter with a little seasoned salt.*

### **Wilted lettuce salad**

Makes 6 servings

6 slices bacon  
3 Tbsp red wine vinegar  
1 T lemon juice  
2 Tbsp water  
2 tsp sugar  
1/2 ts ground black pepper  
8 c leaf lettuce - washed, dried and torn into bite-sized pieces  
6 green onions, thinly sliced  
1 hard-cooked egg (optional)  
8 radishes, thinly sliced (optional)

1. Cook bacon over medium high heat until evenly brown. Remove from skillet, crumble and set aside. Reserve drippings.
2. Combine lettuce and green onions in large bowl.
3. To the hot bacon drippings, add vinegar, lemon juice, water, sugar and pepper. Stir over medium heat until hot and sugar is dissolved.
4. Add warm dressing and toss to evenly coat. Sprinkle with bacon. If desired, garnish with egg and radishes. Serve immediately.

# Mushrooms

## **Mushroom pasta salad**

Makes 8 servings

10 oz. rotini  
1 head cauliflower  
1 head broccoli  
2 bunches green onions, chopped  
8 oz. fresh mushrooms, sliced  
4 tomatoes, chopped  
8 oz. bottled vinaigrette salad dressing

1. Cook pasta according to package directions until al dente; drain and rinse in cool water. Drain well.
2. Cut broccoli and cauliflower into florets.
3. Mix pasta, broccoli, cauliflower and green onions together with 2/3 of dressing. Marinate at least 4 hours.
4. Just before serving, add mushrooms, tomatoes and remaining dressing. Toss.

## **Light and easy picante fish**

Makes 4 servings

1 1/2 c fresh mushrooms, sliced  
1 bell pepper, chopped  
1 small onion, chopped  
2 Tbsp chicken broth  
4 (4-oz) fish fillets, about 3/4-inch thick  
1/2 tsp dry oregano  
1 c picante sauce  
2 Tbsp grated Parmesan cheese

1. In microwave-safe dish, combine mushrooms, bell pepper, onion and broth. Cover and cook on high 5-6 minutes, or until tender.
2. In another microwave dish, place fish in an even layer, tucking under thin parts. Cook, covered, on high 4-5 minutes, until fish flakes. Drain.
3. With slotted spoon, place vegetables on fish. Sprinkle with oregano, and spoon picante sauce over vegetables. Return to microwave and cook, uncovered, 1-2 minutes, until heated through. Sprinkle with Parmesan, and serve.

## **Penne pasta Sorrentino**

Makes about 8 servings

10 slices bacon  
1 c chopped onion  
1 c sliced mushrooms  
1 1/2 c chopped fresh spinach  
1 c prepared marinara sauce  
1/2 c butter  
1/2 c heavy cream  
1 lb penne pasta, cooked al dente  
1 c grated Parmesan cheese

1. Broil or cook bacon until cooked through, but not crisp. Drain between layers of paper towels. Reserve about 3 Tbsp drippings. Coarsely chop bacon and set aside.
2. Heat reserved drippings in large heavy skillet over medium heat; add onion and cook 5 minutes. Add mushrooms and cook 5 minutes; add spinach and cook 5 minutes more.
3. Stir in spaghetti sauce, butter, heavy cream and cooked pasta; cook until heated through, about 5-6 minutes. Stir in cheese, and serve at once.

## **Okra and corn with tomatoes**

Makes 6 servings

1/4 c olive oil  
1 large onion, thinly sliced  
2 bay leaves  
1/2 tsp each dried thyme, red pepper flakes and basil  
1 green pepper, diced  
3 large ripe tomatoes, seeded and chopped  
2 c small (2-inch) okra pods, whole or sliced  
1/2 c water  
3/4 tsp salt  
1/4 tsp black pepper  
Kernels from 4 ears corn (about 2 c)

1. In heavy skillet over medium-high, heat oil and add onions, bay leaves, thyme, red pepper flakes, and basil. Cook and stir until onions are limp.
2. Add green pepper; cook until onions are translucent. Add tomatoes, okra, water, salt and pepper. Reduce heat, and simmer uncovered 15 minutes, stirring occasionally.
3. Add corn and cook 5 minutes. Serve hot.

## **Okra and green beans**

Makes 6 servings

3/4 lb fresh whole okra  
3/4 lb fresh green beans  
1 c water plus 2 Tbsp  
1 (6-oz) can tomato paste  
4 Tbsp olive oil  
1 medium onion, diced  
2 large garlic cloves, minced  
Salt and pepper, to taste

1. Wash okra pods, trim stems, do not remove caps.
2. Wash beans and cut into 3-inch lengths.
3. Combine water, tomato paste, olive oil, onion, garlic, salt and pepper in a saucepan. Bring to boil, stirring often.
4. Add okra and beans and additional water if necessary to almost cover vegetables. Reduce heat to low, cover and simmer until vegetables are crisp-tender, 20-30 minutes. Serve hot or cold.

## **Shrimp gumbo**

Makes 6 servings

2 c sliced fresh okra  
1/4 c canola oil  
2/3 c chopped green onions  
3 cloves garlic, minced  
1/2 tsp black pepper  
2 c water  
1 c chopped tomatoes  
2 whole bay leaves  
1/2 c uncooked rice  
1 lb fresh medium shrimp, peeled and deveined  
6 drops hot pepper sauce

1. In a large stock pot over medium-high heat, sauté okra in oil 10 minutes.
2. Add onions, garlic, and pepper. Cook 5 minutes. Add water, tomatoes and bay leaves. Cover, reduce heat, and simmer 20 minutes.
3. While vegetables are simmering, cook rice according to package directions. Keep warm.
4. Add shrimp to okra mixture. Cover and remove from heat. Let stand 5 minutes, or until shrimp turns pink. Do not overcook. Remove bay leaves; stir in pepper sauce.

*Serve hot over cooked rice in soup bowls.*

# Onions, green

## **Chilled garden soup**

Makes 8 servings

1 bunch green onions, sliced  
2 Tbsp butter  
4 c peeled, diced cucumbers  
3 c chicken broth  
1 c chopped spinach  
1/2 c peeled, sliced potatoes  
Ground black pepper, to taste  
1 c heavy cream, approximately  
Fresh lemon juice  
Salt  
Cucumber slices for garnish

1. In saucepan over medium-high heat, sauté green onions in butter until soft, 3-5 minutes.
2. Add cucumbers, broth, spinach, potatoes and pepper. Bring to boil, then reduce heat and simmer, covered, until potatoes are tender, about 15 minutes.
3. Puree in blender, working in batches. Transfer to bowl and stir in almost enough cream to reach desired. Add lemon and salt to taste.
4. Chill several hours. Serve with thinly sliced cucumber garnish.

## **Curried tuna salad**

Makes 8 servings

2 lbs russet potatoes, peeled and diced  
1/2 c ranch salad dressing  
2 tsp curry powder  
2 (6-oz) cans tuna packed in water, drained  
1 c chopped green onions  
1/2 c pitted black olives, chopped  
6 c washed and drained mixed salad greens  
6 plum tomatoes, quartered  
3 hard-cooked eggs, quartered

1. Add potatoes to pot of boiling, salted water; return to boil and simmer 5-7 minutes, or until tender but firm. Drain and set aside.
2. In large bowl, blend dressing and curry powder. Stir in tuna, green onions and olives. Gently stir in potatoes.
3. Arrange greens on platter. Mound potato mixture on top, and garnish with tomatoes and eggs.

## **Tomato chicken salad**

Makes 6 servings

1 1/2 Tbsp lemon juice  
2 cloves garlic, minced  
1/2 tsp thyme  
1/4 tsp salt  
1/4 tsp pepper  
1/8 tsp cayenne pepper

1/2 c nonfat plain, unsweetened yogurt  
3 c cubed, cooked chicken  
1 c thinly sliced green onion  
1/2 c diced green pepper  
1/2 c diced celery  
3 c seeded and diced fresh tomatoes

1. Add lemon juice, garlic, thyme, salt, pepper and cayenne to medium bowl. Beat in yogurt.
2. Add chicken, green onions, green pepper, and celery. Turn gently to blend. Chill.
3. When ready to serve, fold in tomatoes.

# Onions

## **Caramelized onions**

Makes about 2 cups

2 lbs yellow onions, sliced  
1 Tbsp olive oil  
1 Tbsp Butter  
2 Tbsp chopped fresh herbs, such as rosemary, sage, thyme, savory (optional)  
Salt and freshly ground pepper to taste

1. Toss onions in hot oil in skillet over medium heat until oil coats onions. Cover and cook, stirring frequently, 15 minutes.
2. Stir in herbs; season with salt and pepper.
3. Cook uncovered over medium heat, stirring frequently, until onions are golden brown, about 10 minutes.

## **Red onion marmalade**

Makes about 3 cups

2 lbs red onion, cut julienne  
2 Tbsp olive oil  
1 c red wine  
1 c red wine vinegar  
1 c packed brown sugar  
1 tsp ground black pepper  
1/4 tsp cayenne pepper  
1 Lemon, zest (minced) and juice

1. Sauté red onions over high heat 5-10 minutes, until translucent and soft. Lift out of pan.
2. Add red wine and vinegar to onion pan. Stir and swirl to dissolve any cooked on bits. Bring to a boil; simmer until liquid is reduced by half.
3. Add sugar, black pepper, cayenne, lemon zest and lemon juice. Stir to dissolve sugar. Return onions to pan. Simmer 10 minutes to blend flavors.

*Serve as side dish to roast beef or pork or grilled salmon.*

## **Barbecued sweet onions**

Makes 2 servings

1 sweet onion, peeled and quartered  
1 small lemon, quartered  
2 tsp minced parsley  
2 Tbsp butter  
Lemon pepper, to taste

1. Place onion in small iron skillet or on large sheet of aluminum foil.
2. Squeeze lemon over onion, and add lemon piece to onions. Add parsley and butter. Season with lemon pepper.
3. If using foil, fold edges of foil together to seal tightly. Place skillet or foil pouch on grill over medium heat. Cook until onion is soft, about 15 minutes. Stir pan, or turn pouch occasionally. Serve hot as side dish.

*Variation: Sprinkle grated parmesan cheese over cooked onion prior to serving.*

### ***Italian-style sweet onions and pasta***

Makes 8 servings

2 lbs sweet onions, sliced  
4 Tbsp olive oil  
1/3 c water  
1/4 lb pancetta, slivered  
Salt and black pepper, to taste  
2 Tbsp chopped fresh parsley  
1 lb bucatini or fettucine  
1/2 c shredded Parmesan

1. Saute onions to oil in a large skillet 1 minute. Add water. Cover and cook over low heat 30 minutes, stirring occasionally. Add water if needed to keep from sticking.
2. Add pancetta. Season with salt and pepper. Cook, uncovered over medium heat, stirring, until mixture turns light golden color. Stir in parsley.
3. Cook pasta until al dente. Reserve 1 cup cooking water, then drain pasta.
4. Add pasta to skillet; mix. If sauce is too dry add a bit of the pasta water.

*Serve hot with Parmesan on the side.*

### ***Minty onions***

Makes 6 servings

1/4 c loosely packed fresh mint leaves  
2 medium sweet onions, sliced  
6 Tbsp white wine vinegar  
Salt and pepper to taste

1. Chop mint leaves. Mix with onion and the vinegar and chill 30 minutes.
2. Season well with salt and pepper. Serve as condiment, salad, or vegetable side dish.

### ***Sweet onion and watermelon salsa***

Makes 4 cups

2 c chopped, seeded watermelon  
3/4 c chopped sweet onion  
3/4 c cooked black beans, rinsed and drained  
1/4 c chopped seeded jalapeno chilies  
1/4 c chopped fresh cilantro  
1 Tbsp brown sugar  
1/2 tsp salt

1. Mix watermelon, onion, beans, chilies, cilantro, brown sugar and salt in bowl.
2. Refrigerate, covered, 1 hour to blend flavors. Stir, and serve as dip, condiment, or salad.

# Parsley

## **Parsley shrimp pasta**

Makes 6 servings

1 large bunch Italian parsley leaves  
1 c walnuts, toasted, divided  
4 cloves garlic, divided  
1 1/2 tsp grated lemon peel  
1/2 c olive oil  
Salt and pepper to taste  
1 lb pasta twists  
2 Tbsp butter  
1 1/4 lbs medium shrimp, peeled, deveined  
1/4 c fresh lemon juice  
8 oz cherry tomatoes, halved

1. In a food processor or mortar, chop parsley, 3/4 c walnuts, 3 garlic cloves and lemon peel. Add olive oil, salt and pepper; blend until coarse paste forms.
2. Cook pasta according to package directions.
3. Mince remaining garlic. Add minced garlic to butter melted in skillet; sauté 30 seconds. Add shrimp; sauté 2 minutes. Add lemon juice; simmer until shrimp are opaque, about 2 minutes.
4. Toss parsley sauce with pasta. Add shrimp mixture and tomatoes. Top with 1/4 c walnuts.

## **Salmon with parsley-tomato sauce**

Makes 4 servings

1 lb plum tomatoes, seeded and chopped  
1/2 c lightly packed chopped fresh Italian parsley  
1/2 c olive oil, plus more for brushing  
1 shallot, chopped  
1 1/2 Tbsp fresh lemon juice  
1 Tbsp drained capers  
Salt and black pepper, to taste  
4 (6-oz) salmon fillets  
Lemon wedges

1. Combine tomatoes, parsley, oil, shallot, lemon juice and capers in medium bowl. Season with salt and pepper and set aside.
2. Brush salmon with oil and season with salt and pepper. Broil or grill without turning until just cooked through, about 4 minutes.
3. Spoon tomato mixture over salmon on warm platter. Garnish with lemon wedges and serve.

*Variations: Substitute arugula or basil for parsley.*

## **Speckled potatoes**

Makes 6 servings

6 medium red potatoes, peeled and thinly sliced  
1/2 c minced onion  
1 clove garlic, minced  
2 tsp salt  
1/2 c chopped parsley

1. Place potatoes, onions and garlic in large saucepan with enough water to cover by about 1 inch. Add salt. Cover, bring to boil over high heat; reduce to medium and cook 10 minutes.
2. Add parsley; cook 5 minutes more, or until potatoes are tender; drain.

# *Peaches*

## ***Fresh peach pie***

Makes 8 servings

5 c peeled and sliced peaches  
1/4-1/2 c sugar, according to taste  
1/2 tsp vanilla  
2 c sweetened whipped cream  
1 (9-inch) baked pie shell

1. Combine peaches and sugar; stir gently to mix. Refrigerate up to 1 hour.
2. Fold vanilla into whipped cream.
3. Immediately prior to serving, spoon sliced peaches into pie shell and spoon whipped cream over peaches.

## ***Peach ice cream***

Makes 4 quarts

1 c sugar  
1 c water  
5 1/2 c pureed peaches  
1/2 c peach schnapps  
2 c heavy cream

1. Mix sugar and water and bring to boil. Stir and boil until sugar is dissolved. Set off heat and cool to room temperature.
2. Combine cooled syrup with peaches, schnapps and cream.
3. Pour into 5-quart ice cream freezer and freeze according to manufacturer's directions.

## ***Cobbled peaches***

Makes 12 servings

1/2 c butter or margarine  
1 c flour  
1 1/2 c sugar, divided  
2 tsp baking powder  
1/4 salt  
3/4 c milk  
12 peaches, peeled and sliced  
3/4 tsp ground nutmeg

1. Melt butter in 13 x 9 x 2-inch baking dish.
2. Combine flour, 1 c sugar, baking powder and salt; mix well. Add milk and stir only until moistened. Pour over melted butter. Top batter with sliced peaches. Combine remaining 1/2 c sugar and nutmeg; mix well and sprinkle over peaches.
3. Bake at 350 degrees 30-40 minutes or until cake browns and peaches are cooked.

### ***Peach chutney***

Makes 3 pints

2 lbs peaches, peeled and chopped  
1 lb onions, chopped  
1 1/4 c red wine vinegar  
1/3 c chopped, pitted dates  
1/3 c white raisins

1 tsp salt  
1/2 tsp ground ginger  
1/2 tsp ground cinnamon  
1/4 tsp ground cloves  
1 Tbsp mustard seeds  
Grated peel and juice of 1 lemon  
1 1/2 c packed brown sugar

1. Bring peaches, onions, vinegar, dates, raisins, salt, spices, mustard seeds, lemon peel and lemon juice to a boil in large pan over high heat. Stir occasionally. Reduce heat and simmer, stirring occasionally, until peaches and onions are tender, 15-20 minutes.
2. Add sugar and stir until dissolved. Simmer 2-3 hours, stirring frequently to prevent scorching, or until chutney is a rich brown color and thick.
3. Fill hot, sterile jars, leaving 1/4 inch head room. Close with lids and rings. Process 10 minutes in boiling-water bath. Store in cool, dark place. Allow to mellow 6 weeks before using.

### ***Peach cobbler***

Makes 8-10 servings

1 1/2 Tbsp cornstarch  
1/4 tsp ground cinnamon  
1/2 c brown sugar  
1/2 c water  
1 Tbsp lemon juice  
1 Tbsp butter  
4 c peeled, sliced peaches  
*For topping:*  
1 c each flour & sugar  
1/2 tsp salt  
1 egg  
4 Tbsp butter, softened

1. In large saucepan, stir together cornstarch, cinnamon, brown sugar and water. Bring to a boil over medium-high heat.
2. Add lemon juice, butter and peaches. Gently stir until peach slices are well coated with sugar mixture.
3. Spoon into buttered 7 1/2- by 11 3/4-inch baking dish.
4. Prepare topping: Stir together flour, sugar, salt, egg and butter until crumbly. If desired, use pastry blender to blend in butter. Distribute over top of fruit.
5. Bake at 350 degrees 45 minutes, or until fruit is tender and topping is lightly browned.

### ***Canned spiced peaches***

Makes about 3 quarts

6 pounds peaches  
(about 24 medium)  
8 cups sugar  
2 3/4 c cider vinegar  
1 1/3 c water  
4 cinnamon sticks  
4 tsp whole cloves,  
plus

1. Working with about 6 at a time, plunge peaches into boiling water, then into ice water. Slip skins off. Leave peaches whole.
2. Bring sugar, vinegar and water to boil, stirring to dissolve sugar, in heavy nonreactive pot along with cinnamon sticks and cloves tied in cheesecloth bag. Boil 10 minutes.
3. Insert a whole clove into each peach. Add peaches to hot syrup. Simmer peaches for 10 minutes or until tender.
4. Pack peaches into hot, sterilized jars. Pour boiling syrup into jars to within 1/2 inch of top. Wipe rim of jar clean with clean, damp cloth. Seal according to lid manufacturer's instructions. Process in a boiling water bath 25 minutes.

# Pears

## **Bartlett pear relish**

Makes 3-4 pints

6 fresh Bartlett pears  
1 c sugar  
1 c white vinegar  
2 tsp salt  
3/4 tsp cayenne pepper  
2 large onions, finely diced  
3 green peppers, diced  
1 sweet red pepper, diced

1. Core and finely chop pears.
2. Combine sugar, vinegar, salt and cayenne pepper in large saucepan; bring to boil. Add pears, onions and peppers. Return to boil, reduce heat and simmer, stirring often, 25-30 minutes, until mixture is thick.
3. Pour into hot sterilized jars and seal. Process according to jar manufacturer's directions.

## **Pear dessert**

Makes 8 servings

4 Tbsp butter, divided  
4 Bartlett pears, halved and cored  
2 Tbsp fresh lemon juice  
1 1/2 c granola with dried cranberries and almonds  
1/3 c maple syrup  
Whipped cream (optional)

1. Coat a 9x13 glass baking dish with 1 Tbsp butter. Add the pear halves, cut side up. Drizzle with lemon juice and fill cores granola; set aside.
2. Heat maple syrup and 3 Tbsp butter in small saucepan or microwave. Pour over pears.
3. Bake at 375 degrees 40 minutes, or until pears are tender. Baste several times with pan juices. Serve warm or at room temperature. Garnish with whipped cream, if desired.

## **Pear 'honey'**

Makes about 6 pints

Fresh pears, about 1 peck, peeled and cored  
12 c sugar, approximately  
1 (8-oz) can crushed pineapple

1. Grind pears coarsely in food grinder or food processor but leave somewhat chunky. Measure pear pulp, then place in heavy sauce pan.
2. For each cup of pear pulp, add 1 c sugar. Add pineapple.  
Cook over medium heat until mixture cooks down and thickens. It's ready if a small spoonful is thick after being placed on a dish and set in freezer about 2 minutes to cool.
3. Spoon into hot, sterile jars, leaving 1/2 inch head room. Place hot sterile lids and rings on jars. Process in boiling water bath according to jar manufacturer's directions.

*Note: Excellent on fresh hot bread, rolls, or ice cream.*

## ***Spinach-pear salad***

Makes 6 servings

1 (10-oz.) package washed and ready-to-eat fresh spinach  
2 large pears, sliced  
1/2 c diced red bell pepper  
1/2 c chopped walnuts  
3 strips bacon, cooked crisp and crumbled  
1/4 c balsamic vinegar-based salad dressing  
1 tsp orange zest

1. Combine spinach, pears, bell pepper, walnuts and bacon in a salad bowl.
2. Whisk orange zest into dressing and drizzle over salad. Toss, and serve immediately.

## ***Pear salsa***

Makes 4 servings cups

2 pears, sliced or chopped  
1 red bell pepper, diced  
1 green bell pepper, diced  
1/2 small jalapeno pepper, seeded and minced  
2 Tbsp minced fresh cilantro  
1/2 c canned pear nectar  
1 Tbsp Dijon-style mustard  
Ground black pepper, to taste

1. Combine pears, red, green and jalapeno peppers and cilantro in bowl.
2. Whisk together pear nectar, mustard and black pepper.
3. Serve chilled or at room temperature over grilled fish, chicken or pork.

## ***Pear-cranberry cobbler***

Makes 9 servings

7 large slightly underripe pears, peeled and sliced  
1 c fresh or frozen cranberries  
1/2 c sugar  
2 Tbsp unbleached flour

1/2 tsp ground cinnamon

1/4 tsp ground ginger

*For topping*

1 c flour

2/3 c firmly packed brown sugar

1/2 old-fashioned rolled oats

1/4 tsp salt

1/2 c (1 stick) butter, cut into pieces

1. Toss pears, berries, sugar, flour, cinnamon, and ginger in a bowl to combine. Place in 8-inch square baking dish treated with nonstick cooking spray.
2. Mix topping ingredients well, using pastry blender or fingertips. Sprinkle over filling. Set dish on baking sheet and transfer to 350-degree oven.
3. Bake 1 hour, or until topping is golden and juices bubble thickly. Cool at least 20 minutes before serving with heavy cream or ice cream.

# Peas

## **French peas**

Makes 6 servings

3 Tbsp olive oil  
1/4 c finely chopped romaine lettuce  
1 1/2 lbs shelled fresh peas  
1/4 c minced shallots or white part of green onion  
1 large sprig parsley  
2 tsp sugar  
1 tsp salt  
1/8 tsp white pepper

1. Heat oil in a saucepan over medium heat. Add lettuce, then peas, shallots, parsley, sugar, salt and pepper.
2. Reduce heat and simmer covered, 10-15 minutes, or until peas are just tender. Stir occasionally. Remove parsley sprig before serving.

## **Red onion & snap pea salad**

Makes 4 servings

2 c torn romaine lettuce  
1 1/2 c thinly sliced bok choy leaves and stems  
1 1/2 c sugar snap peas, stringed and, if desired, blanched  
1/2 c thinly sliced red onion  
1/2 c feta or blue cheese, crumbled  
1/3 c olive oil  
3 Tbsp. white wine vinegar  
1 Tbsp. lemon juice  
1/4 tsp hot pepper sauce  
1/4 tsp salt

1. Place lettuce, bok choy, peas, onion, and cheese in large bowl. Toss to mix.
2. Place oil, vinegar, juice, pepper sauce, and salt in jar with tight-fitting lid. Shake well.
3. Pour dressing over salad. Toss and serve immediately.

## **Sugar snap peas with sesame seeds**

Makes 8 servings

2 Tbsp sesame seeds  
2 Tbsp butter  
4 c fresh sugar snap peas  
Freshly ground black pepper, to taste

1. Toast sesame seeds in dry skillet. Set aside.
2. Melt butter; add peas, and sauté over medium heat under tender, about 3 minutes.
3. Stir in sesame seeds, and season with black pepper. Serve at once.

# Peppers, hot

## **Hot pepper jelly**

Makes about 8 half-pints

1/4 c minced red chili peppers  
minus seeds and membranes

3/4 c minced jalapeno peppers  
minus seeds and membranes

6 1/2 c sugar

1 1/2 c white vinegar

6 ounces liquid pectin

1. In large pot, combine minced peppers, sugar and vinegar. Bring to a boil. Remove from heat; let stand 5 minutes. Skim off any foam.
2. Return pot to heat and bring to a full, rolling boil. Stir in pectin and boil 1 minute, stirring constantly.
3. Ladle into hot, sterilized half-pint jars, leaving 1/8 inch headspace. Wipe jar rims and seal with hot lids and screw bands. Process 5 minutes in boiling water bath.

## **California caviar**

Makes 8-10 servings

1 1/4 c dry black-eyed peas

3 c water

1 c chopped green pepper

1/2 c chopped green onion

1/4 c diced red bell pepper

1/4 c jalapeno chilies,  
seeded and minced

3/4 c Italian salad dressing

1. Place beans in large pot with water; bring to a boil, reduce heat and simmer 45–50 minutes or until beans are just barely tender.
2. Drain and rinse with cold water.
3. In bowl, mix beans with green pepper, green onion, red pepper, chilies, and salad dressing. Chill.

*Serve over lettuce or as dip.*

## **Holy cow! hot sauce**

Makes about 8 qts

8 qts tomatoes, coarsely  
chopped

2 c chopped mixture of red and  
green bell peppers

2 c chopped onion

1 c chopped jalapenos (seeds  
removed)

1/4 c minced habaneros (seeds  
removed)

4 cloves garlic, minced

12 oz tomato paste

2/3 c wine vinegar

2/3 c sugar

1/2 tsp ground cumin

1/2 tsp dried oregano

1/4 c lime juice

1. Place all ingredients in large pan over medium heat; bring to boil, stirring. Reduce heat; simmer 1 hour, stirring occasionally.
2. Have hot, clean jars and lids ready for canning. Fill jars, cap and process 15 minutes in boiling bath to seal. If you prefer, serve fresh.

*Note: For hotter mixture, include some jalapeno or habanero seeds.*

# Peppers, bell

## **Pepper pasta**

Makes 9 servings

3 large bell peppers (1 red, 1 orange, 1 yellow)  
3 lbs chicken breast cut in 2-inch pieces  
Salt and lemon pepper, to taste  
1/4 c vegetable oil  
6 green onions, chopped  
4 cloves fresh garlic, pressed  
1 lb hot, cooked fettucine  
1/4 c bottled teriyaki sauce  
1/4 c soy sauce  
Ground black pepper, to taste

1. Cut red, orange and yellow bell peppers into strips. Generously season chicken with salt and lemon pepper.
2. Heat oil in large skillet over medium heat. Sauté green onions and garlic 1 minute to soften; don't brown. Add chicken. Stir-fry 5 minutes. Add bell peppers; sauté 3 minutes.
3. Add teriyaki sauce and soy sauce; cover, reduce heat to low, and steam 2-3 minutes, until peppers are tender but not soft. Pour mixture over pasta in serving dish. Season with pepper. Serve hot.

## **Apple salsa with grilled chicken**

*Makes 4 servings with salsa to spare*

2 c chopped apples  
3/4 c chopped Anaheim chili pepper  
1/2 c chopped onion  
1/4 c lime juice  
Salt and pepper to taste  
1/4 c dry white wine  
1/4 c apple juice  
1/2 tsp grated lime peel  
4 medium boneless, skinless chicken breasts

1. Combine salsa apples, chili peppers, onion, lime juice and salt and pepper; mix well. Set aside for flavors to blend about 1/2 hour.
2. Combine wine, apple juice and lime peel. Pour over chicken breasts in glass dish or sealable plastic bag. Marinate 20-30 minutes.
3. Drain chicken; discard marinade. Grill over medium-hot coals, turning once, until chicken is done.

*Serve with salsa on the side.*

## **Greek-style garbanzo salad**

Makes 6 servings

1 1/2 c cooked (1/2 c dry) or 1 can (15 oz.) garbanzo beans, drained  
1/2 c sliced red onion  
1/2 c diced tomato  
1 small green pepper, chopped  
3 Tbsp apple cider vinegar  
2 Tbsp lemon juice  
2 tsp olive oil  
1 Tbsp minced garlic  
2 Tbsp fresh parsley, chopped  
Salt and pepper to taste

1. Combine beans, onion, tomato, pepper, vinegar, juice, oil, garlic, and parsley in large bowl. Season with salt and pepper.
2. Marinate at room temperature several hours then refrigerate.

### ***Jicama salad***

Makes 8 servings

- 1 small jicama, shredded
- 1/2 small red bell pepper, chopped
- 1/2 small yellow bell pepper, chopped
- 2 large carrots, shredded
- 1/4 c peanut oil
- 3 Tbsp lime juice
- 1/2 tsp salt
- 1/4 tsp ground red pepper

1. Combine jicama, red and yellow peppers, carrots, oil, juice, salt and red pepper in bowl; toss.
2. Cover and chill 30 minutes. Serve.

### ***Low-fat pepper omelets***

Makes 2 servings

- 1 tsp olive oil
- 1 sweet red pepper, thinly sliced
- 1 yellow pepper, thinly sliced
- 4 egg whites
- 1/2 tsp dried basil
- 1/4 tsp black pepper
- 2 tsp grated Parmesan cheese, divided

1. Heat oil in nonstick fry pan; add red and yellow peppers. Cook and stir 4-5 minutes over medium heat. Keep warm.
2. In a small bowl, whisk the egg whites, basil and black pepper.
3. Coat a small nonstick frying pan with nonstick spray. Heat at medium-high 1 minute. Add half the egg mixture, swirling to coat bottom. Cook 30 seconds or until eggs are set. Loosen and flip; cook 1 minute, or until firm.
4. Sprinkle half of peppers over cooked eggs. Fold to enclose filling. Transfer to a plate; top with 1 tsp cheese. Repeat steps 3 & 4 with remaining ingredients.

### ***Roasted red pepper sauce***

Makes about 3/4 cup

- 4 sweet red peppers
- 2 cloves garlic
- 1-2 Tbsp olive oil

1. Wash and dry peppers. Grill over charcoal fire until skin blackens and blisters. Or, use tongs and hold over gas flame.
2. Wrap in kitchen towel and allow to cool to touch, at least 10 minutes. Peel off charred skin, remove stem and seed.
3. Put peppers in food processor or blender, add garlic and 1 Tbsp olive oil. Puree. Add more garlic or oil to taste.

*Good as dip or meat condiment.*

### ***Italian-style roasted peppers***

Makes 6 servings

4 large green peppers  
1 large red bell pepper  
(optional)  
2 large cloves garlic,  
minced  
3 Tbsp olive oil  
Ground black pepper, to  
taste

1. Wash and dry peppers. Place on greased baking sheet under broiler. Broil and turn peppers until skin gets black on all sides. Or, use tongs and hold over gas flame.
2. Wrap in kitchen towel and allow to cool to touch (or place in paper bag and close) at least 10 minutes. Peel off charred skin, remove stem and seed. Cut into thin strips.
3. Mix pepper strips with garlic, olive oil and black pepper. Cover and refrigerate 3 hours or overnight.

### ***Sausage and peppers***

Makes 12-16 servings

4 lbs spicy Italian sausage links  
10 sweet peppers in assort  
colors, seeded and cut into  
chunks  
1 large yellow onion, quartered  
1 tsp dried oregano  
1 tsp fennel seed  
2/3 c dry white wine  
1/3 c chicken stock

1. Place sausage in roasting pan and cover with pepper chunks and onion quarters. Sprinkle with oregano and fennel seed.
2. Pour wine and stock over, and mix.
3. Bake 20 minutes at 375 degrees; toss.
4. Bake 30 minutes more, or until sausage is cooked through. Serve hot as a side dish or main dish.

### ***Spanish pasta salad***

Makes 12 servings

4 c cooked, drained mixed-color  
macaroni  
1 1/2 c salsa, divided  
1 c chopped red onion  
2 c chopped tomato  
1 c chopped red bell pepper  
1 c chopped green pepper  
1 c cooked black or red beans  
1 c cooked corn kernels  
1 Tbsp minced cilantro

1. In a bowl, mix macaroni and 1/2 c salsa.
2. Cool in refrigerator for 30 minutes, then add 1 c salsa, onion, tomatoes, red and green peppers, beans, corn and cilantro.
3. Cover and refrigerate at least 1 hour.

## ***Summer vegetable chili***

Makes 4 servings

1 large onion, chopped  
1 Tbsp vegetable oil  
4 medium tomatoes, chopped  
2/3 c picante sauce  
1 1/2 tsp ground cumin  
1 tsp salt  
1/2 tsp dried basil  
1 (16-oz) can black beans, rinsed and drained  
1 green bell pepper, diced  
1 red bell pepper, diced  
1 large yellow squash or zucchini, cut into 1/2-inch chunks (about 2 c)

1. In a large pan over medium heat, cook onion in oil until tender. Add tomatoes, picante sauce, cumin, salt and basil. Cover and simmer 10 minutes.
2. Stir in black beans, green pepper, red pepper and squash; cover and simmer until vegetables are tender, about 15 minutes.
3. Serve as-is, or over hot cooked rice.

## ***Sweet peppered green beans***

Makes 4 servings

2 medium red bell peppers  
1/2 lb. fresh green beans (about 3 1/2 c)  
2 tsp olive oil  
1/2 tsp salt  
1 Tbsp. balsamic vinegar  
Ground black pepper, to taste

1. Wash and dry peppers. Place on greased baking sheet under broiler. Broil and turn peppers until skin gets black on all sides. Or, use tongs and hold over gas flame.
2. Wrap in kitchen towel and allow to cool to touch (or place in paper bag and close) at least 10 minutes. Peel off charred skin, remove stem and seed. Cut into short strips and set aside.
3. Snap stems from beans. Steam 3-4 minutes or until tender and still bright green. (Time may vary.) Place hot beans in serving bowl. Toss with red pepper strips and season with oil, salt, vinegar, and ground pepper. Serve at once.

## ***Pickled pepper relish***

Makes 9 half-pints

6 cups minced onions  
3 cups minced red bell peppers  
3 cups minced green bell peppers  
1-1/2 cups sugar  
6 cups white vinegar  
2 Tbsp canning or pickling salt

1. Combine all ingredients in pot. Boil gently until mixture thickens and volume is reduced by half, about 30 minutes.
2. Fill hot, sterile jars with hot relish, leaving 1/2-inch headspace. Seal with hot lids and bands.
3. Process in boiling water bath 5 minutes. Or, store in refrigerator and use within one month.

# *Potatoes*

## ***Savory potato-bean soup***

Makes 8 servings

1 Tbsp olive oil  
4 cloves garlic, minced  
1 medium onion, chopped  
1/4 tsp pumpkin pie spice  
1 1/4 c diced ham  
1 1/2 lbs potatoes, scrubbed and diced  
1 (16-oz) can cannellini or kidney beans, drained  
5 c beef broth

1. In a large stock pot, heat olive oil over high heat and stir-fry cook garlic 1 1/2 minutes. Add onion and cook 2 minutes.
2. Add pie spice and ham; cook 3 minutes, stirring occasionally.
3. Stir in potatoes, beans and broth; bring to boil. Reduce heat and simmer 20 minutes or until potatoes are tender.
4. Ladle into bowls, and garnish with crushed red pepper flakes, cheese or parsley.

## ***Garlic-roasted potatoes***

Makes 6 servings

3 lbs new potatoes, scrubbed  
1/2 tsp hot red pepper flakes  
2 Tbsp fresh rosemary leaves  
3 cloves garlic, minced  
1/4 c olive oil

1. Preheat oven to 400 degrees. Cut potatoes into thick pieces or quarter.
2. Sprinkle red pepper flakes, rosemary, garlic and olive oil over potatoes, and toss to mix well.
3. Put into a roasting pan and roast 45 minutes-1 hour, or until browned, turning occasionally. Serve hot.

## ***Lemon-herb oven roasted potatoes***

Makes 6 servings

1/4 c canola or safflower oil  
2 Tbsp fresh lemon juice  
3/4 tsp dried oregano  
3/4 tsp dried thyme  
1/4 tsp paprika  
1/2 tsp ground black pepper  
1/2 tsp salt  
3 lbs small red potatoes, skin on, diced

1. Combine oil, lemon juice, oregano, thyme, paprika, pepper and salt; mix well. Add to the potatoes in a large bowl. Toss.
2. Line a broiler pan or baking sheet with foil, shiny side up, and spray with vegetable oil spray. Bake 45 minutes at 425 degrees, turning every 10-15 minutes, or until very brown and crispy.

## ***Parisian potatoes***

Makes 4 servings

8 small red potatoes  
Olive oil  
1/4 c flour  
2 Tbsp Parmesan cheese  
2 Tbsp minced parsley  
1 Tbsp minced rosemary  
2 tsp minced basil

1. Peel and quarter potatoes. Brush with olive oil.
2. Combine flour, Parmesan, parsley, rosemary and basil in medium bowl or plastic bag. Mix well. Add potatoes and toss to coat.
3. Arrange in baking pan. Bake at 375 degrees for 1 hour. Turn once.
4. Remove from oven and sprinkle with a little more Parmesan cheese.

## ***Roasted garlic-new potato salad***

Makes 8 servings

About 2/3 c olive oil, divided  
5-6 large cloves garlic, chopped  
1 tsp salt  
1/2 tsp ground black pepper  
1/2 tsp dry thyme leaves  
1/4 tsp dry rosemary  
2 1/2 lbs new potatoes, scrubbed and sliced 1/2-inch thick  
2 Tbsp white wine vinegar  
2 Tbsp Dijon mustard  
1/4 c minced shallots  
1 c watercress or parsley leaves

1. Mix 1/3 c oil, garlic, salt, pepper, thyme and rosemary in roasting pan. Add potatoes and toss to coat.
2. Bake at 375 degrees, stirring occasionally, until potatoes are tender and golden brown, about 50 minutes. Cool.
3. Transfer potatoes to bowl. Scrape pan drippings into measuring cup. Add oil to drippings to measure 6 Tbsp and place in shaker jar. Add vinegar, mustard and shallots. Shake well. Pour over potatoes and toss. Season to taste with salt and pepper.
4. Let stand 1 hour at room temperature. Add watercress, and toss to coat.

## ***Vegetable chicken salad***

Makes 8 servings

2 lbs potatoes, well scrubbed  
1 lb fresh green beans, washed and trimmed  
1 Tbsp olive oil  
1 1/2 lbs boneless, skinless chicken breast, cut into 1-inch cubes  
3/4 c prepared pesto sauce

1. Bring pot of water to boil. Meanwhile, cut the potatoes in half lengthwise, then cut them crosswise in 1/2-inch slices. Add potatoes to boiling water, cover and return to boiling; cook 3 minutes.
2. Add green beans to pot with potatoes and cook 4 minutes; vegetables should be firm. Drain and set aside.
3. In the same pot, heat olive oil over high heat and cook the chicken, stirring, 6 - 8 minutes or until meat is cooked through.
4. Remove from heat; stir in pesto sauce, then gently stir in potatoes and green beans.

# Radishes

## ***Baked radishes***

Makes 4 servings

1/2 lb radishes, trimmed  
and halved  
1 Tbsp Honey  
1 Tbsp butter  
1 tsp cinnamon

1. Steam radishes 5 minutes.
2. Drain and arrange in a shallow baking dish.
3. Combine honey, butter and cinnamon in a small saucepan. Warm and stir until butter is melted.
4. Pour over radishes. Bake uncovered at 350 degrees until tender, about 30 minutes.

## ***Bulgur and radish salad***

Makes 8 servings

|                                  |                                   |
|----------------------------------|-----------------------------------|
| 2 c water                        | 1/4 tsp black pepper              |
| 1 1/2 c bulgur                   | 1 cup packed fresh parsley leaves |
| 1/4 cup olive oil                | 6 large radishes                  |
| 3 Tbsp lime juice or lemon juice | 2 small tomatoes                  |
| 1 tsp salt                       | 1 small cucumber                  |

1. Heat water to boiling over high heat in saucepan. Remove from heat; stir in bulgur, oil, lime juice, salt, and pepper. Set aside and stir occasionally.
2. Chop parsley and cut radishes into matchsticks. Slice tomatoes and cucumber. Stir parsley and radishes into bulgur mixture when it's cool and water is absorbed.
3. Scoop onto serving plate. Surround with tomato and cucumber slices.

## ***Couscous and radish salad***

Makes 4 servings

|                            |                                    |
|----------------------------|------------------------------------|
| 1 1/4 c water              | 1/4 tsp salt                       |
| 1 c couscous               | 1/8 tsp pepper                     |
| 2 c radishes, quartered    | 1/3 c lemon juice                  |
| 1/2 c parsley              | 2 Tbsp water                       |
| 1/3 c mint                 | 1 Tbsp olive oil                   |
| 1/2 tsp lemon rind, grated | 1 clove garlic, crushed            |
|                            | 2 Tbsp green onions, thinly sliced |

1. Bring water to a boil in saucepan; stir in couscous. Remove from heat, and let stand, covered, 10 minutes; fluff with a fork. Set aside.
2. Mince radishes by hand or in food processor. Place in large bowl. Mince parsley and mint. Add to radishes and stir in couscous.
3. Whisk together lemon rind, salt, pepper, lemon juice, oil and garlic. Add to couscous mixture, toss. Top with green onions.

# Rhubarb

## **Rhubarb bread**

Makes 2 loaves

1 c buttermilk or sour milk  
1 1/2 c packed brown sugar  
1 egg  
2/3 c oil  
2 1/2 c flour  
1 tsp salt  
1 tsp baking soda  
1 tsp vanilla  
1 1/2 c chopped rhubarb  
1/2 c chopped nuts  
1/2 c sugar  
1 Tbsp butter, softened

1. Mix buttermilk, brown sugar, egg and oil in mixing bowl. Add flour, salt, baking soda and vanilla, and blend.
2. Stir in rhubarb and nuts.
3. Pour into two loaf pans (9x5x3 inches) that have been greased and lightly floured.
4. Combine sugar and butter, and crumble half over top of each pan.
5. Bake at 350 degrees 60 minutes, or until toothpick inserted in center comes out clean.

## **Rhubarb crunch**

Makes 8-10 serving

1 c flour  
3/4 c uncooked quick oatmeal  
1 c brown sugar  
1/2 c (1 stick) butter, softened  
1 tsp cinnamon  
4 c diced rhubarb  
1 c sugar  
2 Tbsp cornstarch  
1 c water  
1 tsp vanilla

1. Mix the flour, oatmeal, brown sugar, butter and cinnamon with fingers or pastry blender until crumbly. Press 1/2 of mixture into bottom of 8- or 9-inch square pan. Top with rhubarb; set aside.
2. In a saucepan, combine sugar, cornstarch, water and vanilla; cook over medium-high heat until thick and clear, about 5 minutes. Pour over rhubarb. Top with remaining crumbly mixture.
3. Bake at 350 degrees 45-60 minutes, or until rhubarb is tender and topping is lightly browned.

## **Rhubarb dessert surprise**

Makes 8-10 servings

6 c diced rhubarb  
3 1/2 c sugar, divided  
6 Tbsp butter, softened  
2 c flour  
2 tsp baking powder  
1 tsp salt, divided  
1 c milk  
2 Tbsp corn starch  
3/4 c boiling water

1. Spread rhubarb over bottom of buttered 9-by 13-inch baking pan. In a mixing bowl, cream together 1 1/2 c sugar and butter.
2. Into another bowl, sift flour, baking powder and 1/2 tsp salt. Add portions of flour mixture to sugar mixture, alternating with portions of milk; mix well. Spread mixture over rhubarb.
3. Mix remaining 2 c sugar, corn starch and remaining 1/2 tsp salt. Pour over batter.
4. Slowly pour or spoon boiling water over the top. Bake at 350 degrees 1 hour. The top will look crusty, uneven and golden.

*Note: This dessert forms its own unusual crust.*

# Spinach

## **Asian spinach salad**

Makes 4 servings

1 lb fresh spinach, washed and trimmed  
1 Tbsp soy sauce  
1 1/2 Tbsp sesame oil  
1 Tbsp sesame seeds, toasted  
2 cloves garlic, minced  
1 tsp sugar  
1 Tbsp rice wine vinegar  
Freshly ground pepper, to taste

1. Steam spinach until tender, about 3 minutes. Drain and squeeze out as much water as possible. Chop coarsely.
2. In bowl, combine soy sauce, oil, seeds, garlic, sugar, vinegar and pepper; mix well. Add spinach to sauce, and toss to coat. Serve hot or cold.

## **Brilliant green and red soup**

Makes 6 servings

1 large onion, chopped  
1 clove garlic, crushed  
4 stalks celery, chopped  
1 tsp ground cumin  
2 Tbsp olive oil  
6 c packed spinach leaves (about 2 bunches), stems removed  
4 c chicken broth  
1 tsp dried oregano  
4 tomatoes, diced; divided  
Salt and pepper, to taste

1. Place onion, garlic, celery, and cumin in pot with olive oil over medium heat. Cook 5 minutes.
2. Add spinach; stir well. Reduce heat to low; cover. Simmer until spinach is wilted, about 4 minutes.
3. Add broth and oregano; simmer, covered, 20-25 minutes.
4. Working in batches, puree mixture. Place mixture and 2 cups of diced tomatoes in pot and heat through (but don't cook tomatoes). Season with salt and pepper.

*Serve garnished with reserved diced tomatoes.*

## **Spinach prosciutto salad**

Makes 12 servings

1/3 lb prosciutto, finely chopped  
1/2 c olive oil  
2 cloves garlic, chopped  
1/2 c dry white wine  
1/2 c lemon juice  
2 Tbsp sugar  
Salt and black pepper, to taste  
2 lbs fresh spinach, washed, stemmed, and torn into pieces

1/2 c chopped walnuts  
1 c sliced black olives  
1/4 c grated Parmesan cheese

1. Cook and stir prosciutto in hot oil in skillet over medium heat. When browned, add garlic. Cook 2 minutes. Add wine, juice, sugar, salt and pepper; heat just until simmering. Pour over spinach in bowl.
2. Add walnuts, olives and Parmesan to bowl; toss. Serve at once while dressing is still warm.

# Strawberries

## **Spinach strawberry salad**

Makes 8 servings

1/2 c sugar  
1 T poppy seeds  
2 Tbsp sesame seed  
1 1/2 tsp minced onions  
1/4 tsp paprika

1/4 c cider vinegar  
1/4 c wine vinegar  
1/2 c canola oil  
3/4 c slivered almonds  
2 Tbsp butter  
1 lb spinach, washed, dried and torn into bite-size pieces  
1 pint strawberries, sliced

1. Put sugar, poppy seeds, sesame seeds, onions, paprika, vinegars and oil in shaker jar. Shake to emulsify.
2. Melt butter in skillet over medium heat. Add almonds; cook and stir until lightly toasted, 2-3 minutes. Remove from heat and set aside to cool.
3. Combine spinach, strawberries and almonds in serving bowl. Pour half of dressing over and toss. Add more dressing as desired. Serve at once.

## **Strawberry freezer jam**

Makes 5 or 6 half-pint jars.

1 qt strawberries or blackberries (to make 2 c crushed)  
4 c sugar  
1 pkg powdered pectin  
1 c water

*Note: If jam is too firm or tends to separate, stir. If it is too soft, bring it to a boil; it will thicken when cool.*

1. Sort, wash, and drain berries. Remove tops. crush berries; place in a large mixing bowl.
2. Add sugar, mix well, and let stand 20 minutes, stirring occasionally.
3. Dissolve pectin in water; boil 1 minute.
4. Add pectin solution to berry mixture; stir 2 minutes.
5. Pour jam into freezer containers or canning jars, leaving 1/2 inch space at the top. cover containers and let stand at room temperature 24 hours or until jam has set.
6. Store up to 3 weeks in a refrigerator or up to a year in freezer. Once a container is opened, refrigerate and use within a few days.

## **Strawberry-cream cheese pie**

Makes 8 servings

1 c sugar  
3 Tbsp cornstarch  
2 pints fresh strawberries, washed and hulled, divided  
3 Tbsp strawberry gelatin  
4 oz cream cheese, softened  
1 (9-inch) baked pie shell  
Whipped cream

1. Mix sugar and cornstarch; set aside.
2. Crush 1 pt strawberries, and add enough water to make 1 1/2 c. Place in saucepan, and bring to boil.
3. Stir in sugar and cornstarch. Stir constantly until thick and clear. Remove from heat, and add strawberry gelatin. Stir until gelatin is dissolved. Set aside.
4. Mix cream cheese and 1 Tbsp hot cooked strawberries; spread mixture over baked pastry shell.
5. Stand remaining uncooked strawberries, pointed end up, on cream cheese. Pour hot mixture over. Refrigerate until set, about 3 hours. Top with whipped cream.

### **Strawberry- rhubarb sauce**

1 lb strawberries, halved  
1 lb rhubarb, washed and  
cut into 2-inch pieces  
1 1/2 c sugar  
2 vanilla beans split in  
half lengthwise

1. Place strawberries, rhubarb, sugar and vanilla beans in large saucepan over low heat. Stir constantly until the sugar melts.
2. Bring to boil, then reduce heat and simmer 20 minutes. Serve hot or warm over vanilla ice cream.

*Alternative method: Omit vanilla beans. After removing pan from heat, stir in 1 Tbsp vanilla.*

### **Very berry strawberry pie**

Makes 8 servings

2 pints whole strawberries,  
divided, plus 8 whole  
berries for garnish  
1/2 c water  
1 c sugar  
2 1/2 Tbsp cornstarch  
Juice of 1/2 lemon  
1 9-inch graham-cracker  
crust  
Whipped cream

1. Crush 1 pt strawberries in 1-qt saucepan. Add water, sugar, and cornstarch, and cook, stirring frequently, over medium-low heat until mixture boils and is clear and thickened, 10-15 minutes. Let stand until cool to touch. Stir in lemon juice.
2. Arrange remaining pint of strawberries, pointed ends up, in prepared graham cracker shell. Pour cooled filling over whole berries. Refrigerate 2-3 hours, or until set.
3. Serve garnished with whipped cream and whole strawberries.

### **Strawberries in wine**

Makes 6 servings

3 cups fresh straw-  
berries, sliced  
3/4 cup powdered  
sugar  
1 1/2 cups fruity white  
wine

1. Place strawberries in bowl. Add sugar. Pour the wine over all.
2. Cover and refrigerate for 2 to 3 hours.
3. Let strawberries stand at room temperature 15-20 minutes. Spoon berries into bowls, and pour liquid over.

# Summer squash

## **Southwestern-style squash**

Makes 6 servings

1 large white onion, chopped  
1/2 c red bell pepper, minced  
1 clove garlic, minced  
1 Tbsp corn oil  
1 c corn kernels  
2 lbs crookneck squash, chopped  
One (4-oz) can green chilies or 4 roasted chilies, seeded and peeled  
1/2 c hot water  
Salt to taste

1. In heavy skillet over medium-high heat, sauté onion, red pepper, and garlic in oil. Add corn; cook and stir until uniformly browned.
2. Cut squash into matchsticks. Cut chilies into long thin strips. (Try kitchen scissors.) Add squash and chilies to skillet along with water and salt.
3. Cover, reduce heat, and simmer 15 minutes. Serve with hot tortillas.

## **Pattypan squash New Orleans**

Makes 4 servings

8-10 pattypan squash (about 5-inch diameter)  
1 1/2 c water  
1 large white onion, chopped  
1 small bay leaf  
1 c crushed cooked tomatoes  
1/4 c freshly chopped parsley  
1/4 tsp Tabasco Sauce  
Salt and pepper, to taste  
2 c cooked brown or white rice  
1/4 c freshly chopped parsley

1. Cut squash into wedges; simmer in a deep pot with water, onion, and bay leaf until tender. Drain but reserve cooking liquid. Discard bay leaf.
2. Mash vegetables with fork; place in microwave-safe serving dish. Mix in tomatoes, parsley, Tabasco, salt and pepper. Add rice and liquid as needed to keep moist. Stir well, reheat in microwave, and serve garnished with parsley.

## **Golden squash dip**

Makes 8 servings

1 lb yellow summer squash, cubed  
1 medium eggplant  
2 Tbsp tahini (sesame butter)  
2 Tbsp sesame seeds  
1 large garlic clove, minced  
Juice of 1 lime or lemon  
Salt to taste  
1 tsp olive oil  
1/4 c freshly chopped parsley

1. Steam squash until tender; drain. Mash to a coarse consistency. Scoop into a serving dish.
2. Pierce eggplant skin at 1-inch intervals with fork. Broil, turning often, until eggplant is uniformly browned, which takes about a half hour.
3. Cool eggplant, cut open, and spoon pulp into bowl with squash. Mix vegetables; blend in add tahini, sesame seeds, garlic, lemon or lime juice, and salt. Chill.
4. Drizzle cooled dip with oil and garnish with parsley.

*Serve with pita bread or crackers.*

## ***Oven-roasted squash***

Makes 4 servings

- 2 Tbsp olive oil
- 2-3 Tbsp lemon pepper
- 1 Tbsp dried rosemary
- 1 lb small red potatoes, scrubbed, cut into 1/2-inch dice
- 1 1/4 lbs squash: zucchini, small pattypan, summer and/or crookneck (use a combination if possible), in 1-inch dice
- 1 large red onion, cut into 1-inch chunks

1. Put oil, lemon pepper, rosemary (crush first) and potatoes into plastic bag. Shake well to coat.
2. Add squash to bag; shake again to coat.
3. Spread vegetables on shallow baking pan. Roast at 400 degrees 30 minutes. Increase oven temperature to 450 degrees, stir vegetables, and continue roasting until brown, about 20 minutes.

## ***Two-squash bake***

Makes 4 servings

- 1 c chopped yellow onion
- 1 clove garlic, minced
- 1 tsp oil
- 3 c shredded raw zucchini and yellow squash
- 1 c shredded raw carrots
- 1 c shredded raw red potatoes (skin on)
- Pinch crushed dried oregano
- Salt to taste
- 1/2 c toasted wheat germ

1. Sauté onion and garlic in oil until brown.
2. Place shredded squash, carrots, and potatoes into large bowl. Mix well. Add oregano and salt.
3. Oil a deep 2-quart baking dish. Press half the shredded vegetables into dish. Top with half the onions and half the wheat germ. Repeat layers.
4. Cover and bake at 400 degrees 30 minutes; uncover and bake 10 minutes more. (Add a bit of hot water if dry.) Serve with crusty whole wheat bread.

## ***Vegetable medley***

Makes 4 servings

- 1 Tbsp margarine
- 2 medium yellow summer squash, sliced
- 1 medium zucchini, sliced
- 1 medium yellow onion, diced
- 3 medium fresh tomatoes, diced
- 1/2 c corn kernels
- 1 clove garlic, minced
- 1/2 tsp oregano
- 1/2 tsp basil
- 1/4 tsp ground black pepper

1. Melt margarine in a large pan over medium heat. Add squash, zucchini and onion. Cook 3-4 minutes.
2. Add tomatoes, corn, garlic, oregano, basil and pepper. Cook and stir 2-3 minutes, until heated through. Serve immediately.

# Sweet potatoes

## **Herb-roasted vegetables**

Makes 6 servings

3 medium sweet potatoes,  
scrubbed (about 2 lbs)  
1 red pepper  
1 yellow pepper  
1 red onion  
1/2 lb asparagus  
8 cloves garlic, chopped  
3 Tbsp fresh rosemary, chopped  
2 Tbsp fresh thyme  
2 Tbsp olive oil  
1/2 tsp salt

1. Halve potatoes lengthwise; cut into 1/2-inch slices. Dice peppers and onions. Cut asparagus into 1-inch piece.
2. Put vegetables in large bowl. Add garlic, rosemary, thyme and olive oil; toss to coat.
3. Spread mixture on cookie sheet; sprinkle with salt. Bake at 500 degrees 18-20 minutes. Until tender and a little brown.

## **Sweet potato pie**

Makes 2 pies

3 large sweet potatoes,  
peeled, sliced and  
boiled till tender  
1 c margarine  
1 1/2 c sugar  
4 eggs, well beaten  
1/2 c buttermilk  
1 tsp vanilla  
2 unbaked 9-inch pie  
shells

1. Mash potatoes with margarine while hot. Beat in sugar and eggs. Add milk and vanilla; mix well.
2. Pour mixture into pie shells. Bake at 300 degrees 1 hour, or until knife inserted in center comes out clean.

## **Mashed sweets with maple syrup**

Makes 4 servings

5 medium sweet pota-  
toes, scrubbed  
2 Tbsp maple syrup  
1/2 tsp salt  
Black pepper, to taste  
1/2 tsp ground cardamom  
or nutmeg  
1 Tbsp butter

1. Place potatoes on baking sheet and bake at 375 degrees 35-45 minutes, or until very soft when squeezed.
2. Cool potatoes until you can handle them. Cut ends off potatoes; peel. Place in a deep bowl and mash.
3. Add maple syrup, salt, black pepper, and ground cardamom or nutmeg; mix well. If desired, reheat briefly in microwave.
4. Serve topped with butter.

## ***Sweet potato casserole***

Makes 6 servings

4 medium sweet potatoes  
Vegetable oil spray  
1 Tbsp margarine  
1/4 c orange juice  
2 Tbsp chopped walnuts  
1/4 tsp nutmeg

1. Boil whole sweet potatoes 25-30 minutes or until tender. Drain and run under cool water to cool slightly. Peel and mash.
2. Add margarine, juice, nuts and nutmeg. Mix well.
3. Spoon mixture into 1-quart casserole treated with vegetable spray. Bake at 375 degrees, uncovered, 25 minutes. Serve hot.

## ***Sweet potato kugel***

Makes 12 servings

6 small sweet potatoes,  
peeled and grated  
3 apples, peeled and grated  
1 c raisins  
1 c matzo meal  
2 tsp cinnamon  
1 c walnuts, chopped (optional)  
1 c fruit juice or water

1. Mix potatoes, apples, raisins, meal, cinnamon, nuts, and juice or water together well.
2. Press into 9 x 13 baking dish. Bake 45 minutes at 375 degrees until crisp on top. Serve hot.

## ***Sweet potato pudding***

Makes 6 servings

4 c peeled and grated sweet  
potatoes  
1/2 c sugar  
1/2 c brown sugar  
1/3 c butter, melted  
1 tsp cinnamon  
1 1/2 c half and half  
1/8 tsp salt  
1 tsp nutmeg  
3 eggs

1. In mixing bowl, combine potatoes, sugar, brown sugar, butter, cinnamon, evaporated milk, salt and nutmeg.
2. Beat eggs well. Add eggs to mixture and blend.
3. Pour mixture into greased 1-quart casserole. Bake at 350 degrees 1 hour. Serve warm.

## ***Sweet potatoes and apples***

Makes 6 servings

- 3 medium sweet potatoes, boiled until tender
- 2 large apples, cored and sliced
- 1/3 c raisins
- 1/4 c chopped toasted almonds
- 2 Tbsp butter, melted
- 1/3 c firmly packed brown sugar
- 1/2 c quick-cooking oats
- 2 tsp grated lemon peel
- 1. Peel and slice cooled pota-

- toes. Add to apples, raisins and almonds in a large bowl; mix.
- 2. Spoon into a shallow 1 1/2-quart baking dish.
- 3. Combine butter, sugar, oats and lemon peel. Pour over apple mixture. Bake at 350 degrees 35 minutes or until apples are tender.

## ***Sweet potato biscuits***

Makes 1 1/2 dozen

- 1 1/4 c flour
- 1 Tbsp baking powder
- 1/2 tsp salt
- 1/4 tsp cinnamon
- 1/8 tsp nutmeg
- 3 Tbsp shortening
- 1 c mashed, cooked sweet potatoes
- 1/4 c milk

- 1. Mix flour, baking powder, salt, cinnamon and nutmeg in mixing bowl. Cut shortening into flour mixture until it resembles coarse meal.
- 2. Cut in sweet potatoes. Add milk all at once and toss with fork until mixture comes together. On lightly floured board, knead lightly 8 times.
- 3. Roll out on floured surface to 1/2 inch thickness. Cut with biscuit cutter. Arrange 2 inches apart on ungreased baking sheet.
- 4. Bake at 450 degrees 12 minutes or until golden and puffed.

## ***Sweets and nuts slaw***

Makes 6 servings

- 2 c shredded raw sweet potatoes
- 1 c diced apples
- 1 Tbsp. lemon juice
- 1/2 c sliced celery
- 1/2 c raisins
- 1/3 c sunflower seeds or toasted slivered almonds
- 2 Tbsp. chopped parsley
- 1/3 c reduced fat mayonnaise

- 1. Soak sweet potatoes in ice water 10 minutes; drain.
- 2. In large bowl, toss apples with lemon juice. Add potatoes, celery, raisins, seeds or nuts, parsley and mayonnaise. Blend well. Chill and serve.

# Tomatillos

## **Roasted tomatillo sauce**

Makes about 3/4 cup

- 2 Anaheim peppers
- 3 large tomatillos
- 2 cloves garlic
- 1/4 c sour cream
- 1. Grill peppers until skin blackens and blisters.

Or, use tongs and hold over gas flame. Wrap blackened peppers in kitchen towel and cool at least 10 minutes. Peel off charred skin, remove stem and seed.

- 2. Remove tomatillo husks, wash and drop in boiling water. Boil until tender, about 5 minutes. Cool. Remove skin and stem.
- 3. Place peppers, garlic and tomatillos in food processor or blender; process coarsely. Add 1/4 c sour cream. Blend until smooth.

*Note: Add more sour cream to cut the heat to your taste.*

## **Tomatillo salsa**

Makes about 4 cups

- 1 lb tomatillos
- 5 cloves garlic
- 1 small bunch cilantro
- 2 shallots
- 4 tomatoes, chopped
- 1/2 tsp sugar
- 1 jalapeno pepper, stem and seeds removed
- 1. Finely chop all ingredi-

ents.

- 2. Mix in glass bowl, cover, and refrigerate.

*Serve with chips or as a condiment.*

*Variations: Use 2 jalapenos for hot salsa, or brighten flavor with juice of 1 lime.*

## **Tomatillo soup**

Makes 6 servings

- 2 skinless, boneless chicken breast halves
- 3 Tbsp olive oil
- 1 onion, chopped
- 3 cloves garlic, minced
- 1 lb chopped tomatillos
- 2 jalapenos, seeded and minced
- 4 c chicken stock
- Cayenne pepper, to taste
- Salt and black pepper, to taste
- 2 Tbsp chopped fresh cilantro

- 1. Pound chicken thin, and brown in hot oil over high heat about 2 minutes per side. Remove.
- 2. Add onions and garlic; saute until golden. Stir in tomatillos, jalapenos, and broth. Bring to a boil. Reduce heat and simmer, covered, 15 minutes.
- 3. Puree vegetables. Return to pot, and reheat. Taste; add cayenne pepper or pepper sauce as desired.
- 4. Slice then shred chicken. Add to soup. Season with salt and pepper. Just before serving, stir in cilantro.

# Tomatoes

## **Stuffed cherry tomatoes**

Makes 8 servings

- 24 cherry tomatoes
- 1 tsp dried basil
- 2 Tbsp pine nuts, toasted
- 1 small garlic clove, minced
- 1 oz Parmesan cheese

1. Cut a small slice off the top of tomatoes and hollow out tomatoes. Discard seeds and juice. Put tomatoes on a baking sheet.
2. Combine basil, nuts, garlic and Parmesan in blender or food processor. Blend until cheese and nuts are ground.
3. Use baby spoon to stuff mixture into tomatoes. Serve cold, or heat in 400-degree oven 10 minutes just before serving.

## **Chilled creamy tomato soup**

Makes 6 servings

- 1 cucumber, peeled, seeded and chopped
- 1 green pepper, seeded and chopped
- 2 green onions, chopped
- 2 cloves garlic, crushed
- 1/2 tsp dill weed
- 3 c tomato juice
- 1 c chopped tomatoes
- 1 c plain yogurt
- Thinly sliced raw mushrooms, watercress sprigs or croutons, for garnish

1. Combine all ingredients, except garnish, and mix well.
2. Chill at least 2 hours. Garnish and serve as appetizer or main course, with a green salad and wheat rolls.

*Note: Vary vegetables according to availability, but note that celery tends to overpower other flavors. Add 1 tsp honey for a touch of sweetness, if desired.*

## **Easy no-cook tomato sauce**

Makes about 1 1/2 cups sauce

- 4 tomatoes, coarsely chopped
- 1 Tbsp olive oil
- 3/4 tsp each salt and sugar
- 1/2 tsp ground pepper
- 1 1/2-2 tsp balsamic vinegar

1. In a food processor or blender, combine all ingredients. Process to make a rough-textured sauce.
2. Adjust seasoning to taste. Makes about 1 1/2 c sauce. Use on pasta or as condiment.

*Variations: Add 1/4 c chopped fresh basil; 1/4 c chopped Greek or Italian olives plus 1 1/2 tsp finely grated orange peel; 1/2 c feta cheese plus 3/4 tsp minced fresh rosemary; or 3 Tbs. capers plus 2 Tbs. chopped parsley.*

## ***Herbed tomato salad***

Makes 4 servings

1/4 c olive oil  
3 Tbsp fresh lemon juice  
3/4 tsp salt  
Ground black pepper, to taste  
1 Tbsp chopped onion  
1/2 garlic clove, minced  
1 tsp paprika  
2 tsp fresh chopped mint  
3 large ripe tomatoes

1. Combine oil, juice, salt, pepper, onion, garlic, paprika and mint in jar with tight-fitting lid. Shake; refrigerate 30 minutes.
2. Slice tomatoes, pour the dressing over and serve.

## ***Stuffed tomatoes***

Makes 8 servings

8 large, fresh tomatoes  
1/3 c raisins, soaked in boiling water 20 minutes  
1/2 c sliced green onions  
2 1/2 Tbsp lemon juice  
1 Tbsp chopped fresh mint  
1 tsp minced garlic  
Salt and black pepper, to taste  
1/3 c olive oil  
3 c cooked rice

1. Slice off top of tomatoes. Scoop out center with spoon; reserve. Turn tomatoes upside down to drain. Drain raisins.
2. Seed and chop reserved centers. Combine in bowl with green onions, juice, mint, garlic, salt and pepper. Stir in oil, rice, and raisins. Stuff tomatoes with rice mixture.

## ***Italian tomato-sausage sauce***

Makes 6 servings

2 Tbsp olive oil  
2 lbs Italian sausage, casings removed, meat crumbled  
2 shallots, minced  
1 large clove garlic, minced  
2 lbs fresh plum tomatoes, passed through food mill  
2 Tbsp Italian herbs, or basil, oregano and rosemary combination  
1/2 tsp sugar  
Salt and pepper, to taste

1. In a large saucepan, heat oil. Add sausage, and cook until meat is no longer pink.
2. Add shallots and garlic; cook 1 minute. Add tomatoes, Italian herbs and sugar. Bring to a fast boil, then simmer uncovered 40 minutes. Stir frequently and skim off fat.
3. Add salt and pepper. Excellent for lasagna or spaghetti.

*Note: Double or triple recipe and freeze the sauce.*

### ***Caramelized tomatoes***

- 6 tomatoes (about 3 lbs.)
- 1 Tbsp minced garlic
- 1 Tbsp chopped fresh thyme
- 2 Tbsp olive oil
- 1/4 tsp salt
- 1/4 tsp black pepper
- 1. Core tomatoes and cut

X in bottom. Dip in boiling water 10 seconds, then dunk in ice water. Slip skins off and cut tomatoes in half cross-wise.

- 2. Line baking sheet with foil; lightly oil it. Place tomatoes on the foil, cut side down.
- 3. Combine garlic, thyme, oil, salt and pepper. Rub over each tomato half.
- 4. Bake in 225-degree oven 5 hours. To store, cover with olive oil and refrigerate. Serve as side dish or on salads or sandwiches.

### ***Roasted tomatoes***

- 6 medium tomatoes, sliced crosswise 1/2-inch thick
- Olive oil
- Salt, pepper and sugar

- 1. Line two baking sheets with aluminum foil; generously rub with oil. Arrange tomato slices in a single layer on prepared baking sheets.
- 2. Sprinkle with salt, pepper and sugar. Roast at 300 degrees until the tomatoes shrivel, the edges start to turn brown and most of the liquid around the tomatoes has caramelized, about 1 hour. Roasted tomatoes will keep 4 or 5 days in the refrigerator.

### ***Panzanella***

Makes 8 servings

- 1 loaf Italian bread
- 3 c fresh basil leaves, cut in 1/2-inch strips
- 4 tomatoes, peeled and cut into chunks
- 2 sweet onions, halved and sliced
- Salt and pepper, to taste
- 2 Tbsp prepared pesto sauce
- 1/2 c olive oil
- 1 Tbsp balsamic vinegar

- 1. Remove crusts from bread, and cut into cubes
- 2. Place cubes large bowl with basil, tomatoes, and onions. Sprinkle with salt and pepper.
- 3. Blend pesto, oil and vinegar. Drizzle over salad ingredients. Toss.
- 4. Cover tightly and refrigerate overnight. Allow to come to room temperature before serving.

## ***Parmesan pan-fried tomatoes***

Makes 4 servings

1 c flour  
1 Tbsp onion powder  
2 tsp garlic powder  
1 tsp salt  
1/2 tsp black pepper  
1 c grated Parmesan cheese  
1 c bread crumbs  
3 large tomatoes, sliced 1/2-inch thick  
2 eggs  
2 Tbsp Dijon mustard  
3 Tbsp Olive oil

1. Combine flour, onion powder, garlic powder, salt and pepper in shallow bowl. Mix well. In separate bowl combine crumbs and parmesan. In third bowl, beat eggs and mustard.
2. Dip tomato slices in flour, then in egg mixture, and then in parmesan mixture. Press breading onto slices. Repeat with all slices and place in single layer on plastic wrap.
3. Heat oil in nonstick skillet, over medium-high heat. Fry in batches, about 2 minutes per side, until just golden brown. Serve hot .

## ***Mild salsa***

Makes about 3 cups

3 tomatoes, chopped  
1/2 green pepper, chopped  
1/2 white onion, chopped  
2 bunches green onions, sliced thin  
1 Anaheim pepper, seeded and minced  
3 Tbsp vegetable oil  
2 Tbsp cider vinegar  
1/4 c lime juice  
1/4 tsp dried oregano

Salt and black pepper, to taste

1. Combine tomatoes, green pepper, white onions, green onions, peppers, oil, vinegar, lime juice, oregano, salt and black pepper.
2. Chill and allow flavors to blend at least 30 minutes.

## ***Tomatoes with blue cheese & pine nuts***

Makes 6 servings

3 large tomatoes, sliced  
1 tsp minced garlic  
2 Tbsp olive oil  
Black pepper, to taste  
2 Tbsp toasted pine nuts  
2 oz. blue cheese  
1 Tbsp chopped parsley

1. Arrange tomatoes on platter. Mix garlic with oil and drizzle over.
2. Sprinkle with pepper and pine nuts and top with crumbled cheese and parsley. Let sit at room temperature 15 minutes before serving.

### ***Tomato bread***

Makes 4-5 servings

1 loaf French or Italian bread  
Margarine or butter, softened  
Garlic salt  
Thinly sliced tomatoes  
Oregano  
Basil  
Parsley  
Mozzarella, shredded or very  
thinly sliced  
Grated Parmesan

1. Split bread lengthwise and butter cut faces. Sprinkle with garlic salt to taste.
2. Add layer of sliced tomatoes. Sprinkle with oregano, basil and parsley to taste. (Fresh minced, if possible.)
3. Add mozzarella, and sprinkle with Parmesan. Bake at 400 degrees 12 minutes, or until cheese is melted and bubbling but not brown. 4. Cut crosswise into pieces. Serve hot as appetizer or side dish. Variation: Add pepperoni or other toppings and serve as you would pizza.

### ***Corny tomato salad***

Makes 6 servings

2 Tbsp lemon juice  
1 tsp salt  
1/2 tsp chopped, fresh oregano  
2 cloves garlic, minced  
1/2 tsp chili powder  
1/4 tsp ground cumin

1/4 tsp black pepper  
1/4 c vegetable oil  
4 tomatoes, diced  
2 small zucchini, diced  
1 c thinly sliced green onions  
1 pkg. (10 oz.) frozen corn, thawed  
1 medium avocado, diced

1. Whisk together juice, salt, oregano, garlic, chili powder, cumin, pepper and oil in medium bowl.
2. Add tomatoes, zucchini, onions, corn, and avocado; toss. Marinate at room temperature 1 hour or several hours in the refrigerator.

### ***Tomato garbanzo salad***

Makes 8 servings

3 c diced tomatoes  
1 c chopped red onion  
1/4 c chopped parsley  
1 1/2 Tbsp lemon juice  
1 tsp minced garlic  
1/2 tsp dill  
1/2 tsp red pepper flakes

1 tsp salt  
1/4 tsp pepper  
1/3 c olive oil  
2 (15-oz.) cans garbanzo beans,  
drained  
2 hard cooked eggs, finely chopped

1. Combine all ingredients in bowl.
2. Turn gently to coat with oil and herbs.

### **Tomato Parmesan tart**

Makes 8 servings

2 eggs

3/4 c cream

Salt and pepper

4 tomatoes

1/2 c grated Parmesan  
cheese, divided

1 baked 9-inch pie shell  
or tart shell

1. Beat eggs with cream, and salt and pepper to taste. Set aside.
2. Slice tomatoes 1/4 inch thick, sprinkle with 2 tsp salt. Place layers of paper towels to drain 10-15 minutes.
3. Sprinkle 2 Tbsp Parmesan cheese on bottom of baked shell. Add half the tomatoes in a layer, slightly overlapping. Sprinkle with half of remaining Parmesan. Add remaining tomatoes in another layer, sprinkle on remaining Parmesan, and pour egg mixture over all.
4. Bake at 400 degrees 20-25 minutes, or until custard is set. Serve hot or at room temperature. Refrigerate leftovers.

### **Tomato-potato salad**

Makes 8 servings

3 large tomatoes, cubed

1/2 c chopped onion

1/4 c chopped cilantro

1 1/2 tsp ground cumin

1 tsp chopped garlic

Salt and pepper, to taste

1 1/2 lbs. new potatoes,  
cooked and cubed

1/2 c nonfat plain yogurt

1. Mix tomatoes, onion, cilantro, cumin, garlic, salt and pepper. 2. Fold in potatoes and yogurt. Serve chilled or at room temperature.

### **Medium salsa**

Makes about 3 cups

2 cloves garlic, minced

1 Tbsp lime juice

1/2 tsp ground cumin

1/2 tsp salt

2 Tbsp vegetable oil

4 medium tomatoes, chopped

1 c chopped onion

2 Tbsp chopped fresh cilantro or parsley

1 whole jalapeno, seeds removed, minced

1. Mix garlic, juice, cumin, salt and oil.
2. Add tomatoes, onions, herbs and pepper; toss. Marinate at room temperature for 1 hour or several hours in the refrigerator.

## **Tomato sandwiches**

Makes about 8 servings

- 3 oz cream cheese, softened
  - 1 Tbsp grated onion
  - 1 Tbsp chopped parsley
  - 1 Tbsp minced green pepper
  - Salt and black pepper, to taste
  - 4 firm tomatoes, sliced
1. Combine cream cheese,

onion, parsley and green pepper. Season with salt and pepper.

2. Drop a heaping Tbsp of mixture on one tomato slice. Top with another slice and press together to make a sandwich. Serve.

*Variation: Beat an egg with 1 tsp water. Dip each sandwich in mixture then, roll in crushed corn flakes; fry in hot butter over medium heat until brown, about 3 minutes per side.*

## **Oriental tomato sauce**

Makes 6 servings

- 1 c sliced green onion
- 2 cloves garlic, minced
- 2 tsp grated fresh ginger
- 2 Tbsp vegetable oil
- 3 lb tomatoes (about 6 large), peeled, seeded and chopped
- 3 Tbsp soy sauce
- 1 Tbsp sugar
- 1/8 tsp red pepper flakes
- 2 Tbsp fresh chopped cilantro
- 1 tsp sesame oil

1. In large skillet over high heat, stir-fry onions, garlic, and ginger in vegetable oil 1 minute. Add tomatoes, soy sauce, sugar, and pepper flakes.
2. Cook over medium-high heat 10-15 minutes until sauce thickens. Stir and crush tomatoes with spoon while cooking.
3. Stir in cilantro and sesame oil. Toss with hot, cooked pasta or serve over hot rice.

## **Tomato soup**

Makes 6 servings

- 1 tsp olive oil
- 1 small white onion, chopped
- 4 green onions, chopped
- 2 Tbsp flour
- 1 clove garlic, minced
- 4 c chicken broth
- 3 tomatoes, peeled and chopped
- 2 Tbsp chopped fresh dill
- 1/2 tsp sugar
- Salt and pepper, to taste
- 1/2 c plain nonfat or low-fat yogurt

1. Heat oil in large saucepan over medium-high heat. Add white and green onions; sauté 2-3 minutes.
2. Add flour and garlic; stir and cook 1 minute. Stir in broth and bring to a boil over high heat. Add tomatoes, dill, sugar, salt, and pepper.
3. Reduce heat and simmer, covered, 30-40 minutes, or until tomatoes are very soft.
4. Puree in batches in blender or food processor. Reheat soup.
6. Add dollop of yogurt to each serving.

## **Tomato-mozzarella salad**

Makes 4 servings

1 sweet onion, thinly sliced  
4 large tomatoes, sliced about  
1/2 lb nonfat or part-skim mozzarella, thinly sliced  
1/4 c chopped fresh parsley  
2 tsp minced fresh basil  
3 cloves garlic, minced  
Salt and black pepper, to taste  
2 Tbsp extra-virgin olive oil  
2 tsp red wine vinegar

1. Place layer of onion on serving dish. Add layer of tomatoes and layer of mozzarella.
2. Sprinkle with some parsley, basil, garlic, salt, and pepper. Drizzle with a little oil and a splash of vinegar.
3. Repeat layers until all ingredients are used. Serve at room temperature.

## **Tomatoes vinaigrette**

Makes 6 servings

4 large tomatoes, peeled and sliced  
1/3 c chopped fresh parsley  
1 clove garlic, crushed  
1/3 c olive oil  
2 Tbsp cider vinegar  
Salt and black pepper, to taste  
3 Tbsp fresh chopped basil

1. Place tomatoes in bowl with parsley.
2. Whisk together garlic, oil, vinegar, salt, pepper and basil. Pour over tomatoes.
3. Let marinate 1 hour. Serve at room temperature.

*Variation: Use 2 lbs fresh green beans in place of tomatoes. Blanch or steam 5-8 minutes until bright green before combining.*

## **Uncooked pasta sauce**

Makes about 8 cups

5 large tomatoes, cut into chunks  
1 garlic clove, minced  
1 Tbsp minced shallot  
1/2 medium onion, chopped  
3 Tbsp chopped fresh basil  
1/4 c balsamic vinegar  
1/2 c olive oil  
Salt and black pepper, to taste  
Tabasco sauce, to taste (optional)

1. Mix tomatoes with garlic, shallots, basil, vinegar, olive oil, salt, pepper and, if desired, Tabasco.
2. Let stand at room temperature 30 minutes. Serve with hot pasta and grated Romano or Parmesan cheese.

# Tomatoes, green

## **Uncooked green tomato salsa**

Makes about 3 cups

2 c chopped green tomatoes  
1/2 c chopped cucumber  
1 tsp salt  
2 minced green onions (green and white parts)  
1/2 green pepper, finely chopped  
1 jalapeno pepper, minced  
1/4 c cilantro, minced  
Juice of 1 lime

1. Mix tomatoes, cucumber and salt. Let stand 1 hour, stirring occasionally; drain and return to bowl.
2. Add onions, green pepper, jalapeno, cilantro and juice; stir. Puree half the mixture in food processor. Return puree to bowl and chill. Serve as dip or condiment.

## **Fried green tomatoes**

Makes 4 servings

3 large green tomatoes  
1/2 c yellow corn meal  
1 Tbsp packed brown sugar  
1 tsp salt  
1/4 tsp black pepper  
Vegetable oil

1. Cut each tomato into thick slices.
2. Combine corn meal, brown sugar, salt and pepper in shallow dish. Dip both sides of each tomato slice into corn meal mixture.
3. Add oil to depth of 1/8th inch in large fry pan over medium-high heat. When hot, fry tomato slices, a few at a time, until golden brown on both sides, adding more oil to pan as needed.
4. Drain on paper towels, and serve immediately.

## **Chilled green tomato soup**

Makes 8 servings

1 Tbsp vegetable oil  
2 cloves garlic, minced  
1 large onion, chopped  
2 tsp curry powder  
4 large green tomatoes, peeled and cubed

1 large potato, peeled and cubed  
2 c chicken broth  
2 Tbsp chopped fresh mint  
1 Tbsp sugar  
1/2 c cream  
Salt and white pepper, to taste

1. In large saucepan over medium heat combine oil, garlic, onion and curry powder. Cook and stir 5 minutes, until onion is soft.
2. Add tomatoes, potato, broth, mint and sugar. Bring to boil; reduce heat and simmer, covered, 45 minutes.
3. Puree; stir in cream and let soup mixture cool. Season with salt, white pepper and additional sugar, if desired. Cover and chill 2 hours or more.

# Turnips

## **Garlic-mashed turnips and potatoes**

Makes 6 servings

1 lb turnips, peeled and diced  
1 lb potatoes, peeled and  
diced  
4 cloves garlic, peeled  
3 Tbsp butter  
2 Tbsp sour cream or plain  
yogurt  
Salt and pepper, to taste

1. Boil turnips, potatoes, and garlic for 10 minutes in pot of salted water, until the vegetables are tender. Drain.
2. Put vegetables through a food mill or ricer. Beat in the butter and sour cream. Season with salt and pepper.

## **Glazed turnips**

Makes 6 servings

3 large turnips, peeled  
and diced  
3 Tbsp butter  
2 Tbsp sugar

1. Blanch turnips 5 minutes in boiling salted water; drain. (Do not cook till tender.)
2. Melt butter in skillet over medium-high heat. Add turnips and sugar. Cook and stir constantly until turnips become golden. Serve hot.

## **Sautéed turnips with spinach**

Makes 6 servings

2 Tbsp olive oil  
1 clove garlic, minced  
3 medium turnips, peeled  
and cut into matchsticks  
1/2 c raisins  
3 Tbsp fresh lemon juice  
10 oz fresh spinach,  
coarsely chopped  
Freshly ground nutmeg  
Salt and pepper

1. Heat the oil over medium-high heat. Add garlic, turnip and raisins; cook about 1 minute.
2. Add lemon juice; cover and cook 3 minutes at medium heat.
3. Stir in the spinach and cook just until wilted. Sprinkle with nutmeg and salt and pepper to taste.

# Vegetables, assorted

## **Garden-fresh kabobs**

Makes 4 servings

1/2 c red wine vinegar  
1/3 c peanut oil  
2 Tbsp. soy sauce  
2 cloves garlic, crushed  
2 tsp sesame seeds  
2 c mixed fresh vegetables: red or green bell pepper chunks; blanched Brussels sprouts; cucumber, jicama, zucchini, or onion chunks; large mushroom caps, cherry tomatoes

1. Combine vinegar, oil, soy sauce, garlic, and sesame seeds in a shallow glass dish or zipper-lock plastic bag.
2. Add vegetable pieces. Cover or seal, and marinate at room temperature 20 minutes or in the refrigerator several hours.
3. Drain and reserve marinade.
4. Push 5-6 vegetable pieces onto skewers. Broil, basting often with reserved marinade, 4-5 minutes on each side till golden brown.

## **Vegetable grill**

Makes 6 servings

2 zucchini, 8-10 inches long  
1 large onion  
10-15 whole mushrooms  
4 Roma tomatoes  
1 green pepper  
1 large stalk broccoli, cut into florets  
Olive oil  
Dry fajita seasoning

1. Quarter zucchini lengthwise. Cut onion into 1/2-inch slices. Halve mushrooms and tomatoes. Cut green pepper into slices or chunks.
2. Place vegetables, including broccoli, on shallow pan small enough to fit on grill. Brush with olive oil and sprinkle with fajita seasoning. Cover pan with foil and place about 3 inches from medium coals.
3. Cook, stirring occasionally to assure even cooking and to avoid sticking, about 10 minutes, or until crisp-tender.

*Note: Vary vegetables according to availability.*

## **Vegetable mixed grill**

Makes 4 servings

1/4 c olive oil  
1/4 c balsamic vinegar  
1 tsp salt  
1/2 tsp black pepper  
4 Roma tomatoes, halved  
1 zucchini, halved lengthwise

1 yellow or patty pan squash, halved lengthwise  
1 large red onion, in thick slices  
1/2 lb. shiitake or button mushrooms, stems removed  
1 lb. asparagus, trimmed  
1 large bell pepper, in chunks  
2 Tbsp chopped Italian parsley

1. Combine oil, vinegar, salt and pepper in zipper-lock plastic bag. Add vegetable pieces. Seal, and marinate at room temperature 20 minutes or in the refrigerator several hours. Drain and reserve marinade.
2. Grill vegetables, stirring, in preheated, oiled slotted wok over hot coals. Remove items as they become tender. Drizzle cooked vegetables with reserved marinade. Top with parsley. Serve hot or at room temperature.

# Winter squash

## **Acorn squash and apple puree**

Makes 3 servings

- 1 acorn squash, halved and seeded
- 1 golden delicious apple, cored and cubed
- 1 tsp butter
- Freshly grated nutmeg to taste

1. Place squash, cut sides down, in glass baking dish. Prick skin all over with sharp knife. Microwave on high 10 minutes.
2. Put apple in a microwave-safe dish, covering with microwave-safe plastic wrap. Add it to oven with squash. Microwave on high 4-6 minutes, until tender.
3. Scoop squash flesh from skin. Press squash and apple through coarse sieve or medium disk of food mill.
4. Stir in the butter, nutmeg, and salt and pepper to taste.

## **Scalloped squash and potatoes**

Makes 6 servings

- 3 c buttercup squash, peeled and cut in chunks
- 2 c diced potatoes
- 1/3 c chopped onion
- 1/2 c chopped cooked ham
- 1/4 c flour

- 1 Tbsp. chopped parsley
- 1 tsp salt
- 1/4 tsp pepper
- 1/4 tsp ground nutmeg
- 1 1/3 c light cream or milk
- 2 Tbsp. butter

1. Place half of squash and potatoes in a greased 1 1/2-quart casserole dish. Sprinkle on half the onion and ham.
2. Whisk together together flour, parsley, salt, pepper, and nutmeg with cream or milk. Pour half the mixture over vegetables. Dot with half the butter. Repeat layers.
3. Cover and bake at 350 degrees 45 minutes. Uncover and bake 10-15 minutes, or until vegetables are tender.

## **Baked squash with herb butter**

Makes 6 servings

- 1 large butternut squash
- 2 tsp olive oil
- 1/4 c butter
- 1 Tbsp. chopped fresh basil
- 1 tsp chopped fresh dill
- 1 Tbsp. grated Parmesan cheese

1. Treat shallow baking dish with nonstick cooking spray. Halve squash and scoop out seeds and strings; brush cut sides with olive oil. Arrange squash halves, cut side down, in dish; cover with foil.
2. Bake at 375 degrees 1 hour, or until soft when pierced with a fork or knife.
3. In saucepan, melt butter; stir in herbs and cheese until well blended.
4. Scoop flesh from squash and place in serving bowl. Drizzle squash with butter-herb mixture, or serve butter on side. Serve hot.

### **Curried butternut apple soup**

Makes 8-10 servings

1/4 c butter  
2 c chopped onion  
1 rib celery, chopped  
4 tsp curry powder  
2 medium butternut squash  
peeled, seeded, and cubed  
3 medium apples, peeled and  
chopped  
3 c water  
1 c cider  
Salt and pepper, to taste.

1. Melt butter in heavy pot; add onions, celery, and curry powder. Cook over medium heat, stirring often, until vegetables are tender.
2. Add squash, apples, and water; bring to a boil. Reduce heat, cover, and simmer 20–30 minutes, or until squash and apples are tender. Drain and reserve liquid.
3. Puree apple-squash mixture with one cup of cooking liquid. Return to pot.
4. Add cider and as much of cooking liquid as needed to reach desired consistency. Season with salt and pepper. Reheat if necessary, and serve.

### **Stuffed acorn squash**

Makes 4 servings

2 acorn squash, halved  
and seeded  
1/4 c butter or margarine,  
melted  
1/2 c dried tart cherries  
1/4 c chopped pecans  
3 Tbsp packed brown  
sugar  
1/2 tsp cinnamon

1. Place squash cut side down in baking pan with 1/4 inch of water in bottom. Bake at 350 degrees 45-50 minutes or until squash is tender. (Or place squash cut side down in a microwave-safe container. Add a little water. Microwave on high 5-7 minutes, or until squash is tender.)
2. In saucepan, combine butter, cherries, pecans, brown sugar and cinnamon and heat until butter melts. Mix well.
3. Spoon one-quarter of the cherry mixture into cavity of each squash half. Serve immediately.

### **Squash Provencal**

Makes 4 servings

4 small winter squash such  
as delicata  
1/2 c water, divided  
1 1/2 c chopped zucchini  
2 c chopped tomatoes  
3 shallots, sliced  
1 clove garlic, minced  
1 Tbsp. fresh chopped basil  
1/2 tsp salt  
1/4 tsp pepper  
3 Tbsp. shredded mozza-  
rella cheese

1. Cut two slits in top of each squash. Microwave on high in dish with 1/4 c water 10 minutes. Squash should be tender. If not, microwave at 2-minute intervals until tender. Let stand, covered, 5 minutes.
2. Mix zucchini, tomatoes, shallots, garlic and 1/4 c water in another dish. Microwave with vented cover on high 3 minutes, stirring once. Drain off liquid.
3. Slice tops off squash. Discard seeds. Scoop out pulp, but leave shells intact. Combine pulp and zucchini mixture, basil, salt, and pepper. Spoon into shells. Microwave 2 1/2 minutes. Top with cheese and heat 2 1/2 minutes more.

## ***Roasted squash with blue cheese***

Makes 4 servings

4 lb buttercup or similar  
squash, halved and  
seeded  
2 Tbsp butter, melted  
2 tsp chopped fresh basil  
1 tsp minced fresh thyme  
1 tsp minced fresh dill  
1/3 c crumbled blue  
cheese

1. Place squash cut side up in a shallow baking pan.
2. Mix melted butter, basil, thyme and dill. Brush over squash. Cover and bake at 375 degrees 35-60 minutes depending on variety, until tender.
3. Uncover; sprinkle with blue cheese. Return to oven until cheese melts. Serve immediately. Makes 4 servings.

## ***Italian-style spaghetti squash***

Makes 6 serving

1/2 medium spaghetti  
squash (about 1 1/2 lbs),  
seeded  
2 Tbsp water  
1 (14 1/2-oz) can Italian-  
style stewed tomatoes,  
drained  
1/4 c grated Parmesan  
cheese

1. Place squash, cut side down, in a microwave-safe baking dish. Add water. Cover and microwave on high 10-14 minutes, or until tender.
2. Using a towel or pot holder, hold squash on its side in dish. With other hand, use fork to shred pulp into strands into the dish.
3. Add tomatoes, toss. Sprinkle with Parmesan cheese, and serve.

## ***Butternut squash soup***

Makes 6 servings

6 Tbsp chopped onion  
1/4 c butter  
6 cups peeled and cubed butternut  
squash  
3 cups chicken broth  
1/2 tsp salt  
1/2 tsp dried marjoram  
1/4 tsp black pepper  
1/8 tsp cayenne pepper  
8 ounces cream cheese, in pieces

1. Cook onions in butter in pot until tender. Add squash, broth, marjoram, black pepper and cayenne pepper. Bring to boil; reduce heat and simmer, partially covered, 20 minutes or until squash is tender.
2. Puree squash. Return to saucepan. Add cream cheese, and heat, stirring occasionally, until cheese is melted and soup is very hot. Add more broth or water if needed to achieve desired consistency. Do not allow to boil.

# Zucchini

## **Nutty zucchini**

Makes 6 servings

4 medium zucchini  
1/2 Tbsp. olive oil  
1 Tbsp. coarsely  
chopped walnuts  
2 Tbsp fresh thyme  
leaves  
Grated peel and juice of  
1 lemon  
Black pepper, to taste  
1/2 tsp salt

1. Quarter zucchini lengthwise, then cut crosswise into 1-inch pieces.
2. Heat oil in skillet over medium-high heat. Add zucchini. Cook and stir until almost tender.
3. Add walnuts and thyme. Cook 1 minute. Zucchini should still be bright green. Remove from heat.
4. Toss with lemon peel and juice, pepper, and salt. Serve hot.

## **Potato-zucchini pancakes**

Makes 4 servings

2 medium russet pota-  
toes, scrubbed  
2 small zucchini  
2 eggs  
1 tsp onion powder  
1 1/2 Tbsp olive oil,  
divided

1. Shred potatoes and zucchini. Place in bowl. Add eggs and onion powder; mix well.
2. Heat 1 tsp oil in a large nonstick skillet over medium heat. Working in batches, spoon mixture, 1/4 cup at a time, into heated skillet. Leave an inch or more between pancakes.
3. Cook 5 minutes or light brown on bottom; turn and cook on second side 3-5 minutes or until browned. Use remaining oil for remaining batches of pancakes.
4. Serve with your choice of condiments: marinara sauce, ketchup, applesauce, sour cream, or a mixture of 3/4 c sour cream and 1/4 c yellow mustard.

## **Sautéed zucchini**

Makes 6 servings

1 tsp vegetable oil  
2 lbs zucchini, in 1/2 inch slices  
1/2 c bread crumbs, toasted  
1/4 c minced fresh parsley  
2 Tbsp minced dry-roasted  
almonds  
1 Tbsp grated Parmesan cheese  
1 Tbsp chopped fresh oregano  
1 clove garlic, minced (optional)  
Ground black pepper to taste

1. In a large nonstick skillet, heat oil over medium-high heat. Add zucchini; cook and stir 5-8 minutes, or until just tender and lightly browned. Remove from heat.
2. Combine crumbs, parsley, almonds, Parmesan, oregano and optional garlic. Add to zucchini; toss and serve.

## ***Zucchini with chopped tomatoes***

Makes 4 servings

1 tsp soft margarine  
2 small onion, chopped  
4 small (6-inch) zucchini, thinly sliced  
2 tomatoes, chopped  
Black pepper, to taste

1. In a large nonstick skillet, melt margarine over medium-high heat. Add onions; sauté until softened.
2. Add zucchini; sauté 2 minutes.
3. Add tomatoes; cook for 3-5 minutes, or until zucchini is tender-crisp. Season with pepper, and serve.

## ***Zucchini and tomatoes with pasta***

Makes 4 servings

16 oz medium-sized pasta  
6 Tbsp olive oil  
2 garlic cloves, crushed  
2 medium zucchinis, halved lengthwise and in 1/4-inch slices  
2 fresh tomatoes, diced  
1/2 tsp crushed red pepper flakes  
1/4 c chopped fresh basil  
1 (6-oz) can sliced black olives  
Salt and black pepper, to taste

1. Cook pasta according to package directions. When done, drain and keep hot.
2. Meanwhile, heat oil in skillet over medium heat. Sauté garlic and zucchini until tender, 3-5 minutes. Add tomatoes, pepper flakes, basil, and black olives; season with salt and pepper. Simmer 10 minutes.
3. Toss vegetables hot pasta and serve.

## ***Zucchini bread***

Makes 2 loaves

3 eggs  
1 cup canola oil  
1 3/4 c sugar  
3 c flour  
1/4 tsp baking powder

1 tsp salt  
2 tsp cinnamon  
1/4 tsp each ground ginger and mace  
1 tsp allspice  
1 tsp baking soda  
2 c grated zucchini  
2 tsp vanilla  
1/2 cup chopped pecans

1. Beat eggs, oil and sugar in bowl. Add zucchini and vanilla; stir well.
2. In separate bowl, mix flour, baking powder, salt, cinnamon, ginger, mace, allspice and soda. Add to egg mixture; mix well. Stir in nuts.
3. Spoon into two greased and floured 8 1/2- by 4 1/2-inch loaf pans.
4. Bake at 350 degrees 50 minutes, or until toothpick inserted in center comes out clean. Let cool 10 minutes in pan, then remove from pan.

# Mixed bag

## **Pawpaw cookies**

Makes 1 1/2 dozen

1 c flour  
1/2 tsp baking powder  
1/4 c butter  
1/2 c brown sugar  
1 egg  
3/4 c pureed pawpaw pulp  
1/2 c black walnuts, chopped

1. Sift together flour and baking powder, and set aside.
2. Cream butter and sugar. Beat in egg. Stir in flour mixture, then pawpaw pulp and nuts. Drop by teaspoonfuls onto greased cookie sheet.
3. Bake 12 minutes at 350 degrees, until lightly brown on the top.

## **Mulberry muffins**

Makes 6 jumbo muffins

1 1/2 c flour  
1/2 c sugar  
1 ts baking powder  
1/2 ts baking soda  
1 pinch salt  
1/2 c reduced-fat sour cream  
1/4 c skim milk  
2 Tbsp applesauce  
1 egg  
1/2 ts almond extract  
1/2 c mulberries

1. Grease 6 jumbo muffin cups.
2. Combine flour, sugar, baking powder, soda and salt.
3. In a medium bowl, mix together sour cream, milk, applesauce, egg and almond extract. Stir in flour mixture until batter is smooth. Fold in mulberries.
4. Spoon batter into prepared muffin cups. Bake at 400 degrees 25-30 minutes, until a toothpick inserted into center of a muffin comes out clean.

## **Gooseberry Pie**

Makes 8 servings

4 c gooseberries  
2 Tbsp quick tapioca  
1 1/2 c sugar  
1/4 ts salt  
1 ts grated orange rind  
2 Tbsp butter, melted  
Pastry for double-crust  
9 inch pie

1. Mix together gooseberries, tapioca, sugar, salt, orange rind and butter; let stand 15 minutes.
2. Line 9-inch pastry tin with pastry, and add fruit mixture.
3. Cover fruit with second crust. Moisten edge of bottom crust, and press edges together. Crimp and trim excess pastry. Cut slits in several spots to allow steam to escape.
4. Bake at 450 degrees 15 minutes, then reduce heat to 350 degrees and bake 30 minutes longer. Cover edges with foil if they get brown before pie is done.

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# Index

## A

Acorn squash and apple puree 92  
Almost-meringue fruit shell 41  
Apple butter 5  
Apple cobbler 5  
Apple crisp 5  
Apple oatmeal crisp 6  
Apple packets 6  
Apple salad 6  
Apple salsa with grilled chicken 64  
Apple torte 7  
Apple-cinnamon pancakes 7  
Applehorse sauce 49  
apples 5; -cinnamon pancakes 7; Apple butter 5; Apple oatmeal crisp 6; baked 8; cobbler 5; crisp 5; Curried butternut apple soup 93; Easy apple crisp 8; German apple cake 9; grilled 9; Hot breakfast apples & oats 8; packets 6; salad 6; salsa with grilled chicken 64; succulent stovetop 9; Sweet potato kugel 78; Sweet potatoes and 79; torte 7; with onions 7  
Apples with onions 7  
arugula 10; Colorful salad 10; Pungent pasta 10; Salmon with parsley-tomato sauce 57; Tomato & arugula pasta 10  
Asian spinach salad 72  
Asparagus: roasted with Dijon dressing 11; soup 11; with sun-dried tomato pesto dressing 11  
asparagus 11; Red, white and green salad 27  
Asparagus soup 11  
Asparagus with sun-dried tomato pesto dressin 11

## B

Baked apples 8  
Baked garlic sweet potatoes 42  
Baked haddock with Swiss chard & tomatoes 29  
Baked radishes 70  
Baked squash with herb butter 92  
Barbecued sweet onions 55  
Bartlett pear relish 60  
basil 12; -eggplant salad 12; Panzanella 83; Pasta with zippy herbed sauce 13; pesto 12; Salmon with parsley-tomato sauce 57; Tomato basil sauce

13; Tomato basil tart 13; Tomato-bread-basil salad 12  
Basil pesto 12  
Basil-eggplant salad 12  
beans, green 14; -new potato salad 15; cashew 14; Chinese-style 14; Lemony 15; Mediterranean vegetable soup 15; Okra and green beans 53; Soul stew 16; Southern stir-fry 16; Sweet peppered green beans 67; Tomatoes vinaigrette (variation) 88; Vegetable chicken salad 69; with lemon vinaigrette 16; with tomatoes 14  
Beet burgers 17  
beets 17; burgers 17; Dijon roasted 17  
beets, : marinated 17  
berries 18. *See also* specific berry type; Tri-berry cobbler 18  
Black and blue pie 18. *See also* blackberries; blueberries  
blackberries. *See* berries; pie 18; Strawberry freezer jam 73  
Blackberry pie 18  
blueberries. *See* berries; chutney 20; mini-tarts 19; muffins 19; tart 19; Three berry jam 20  
Blueberry chutney 20  
Blueberry mini-tarts 19  
Blueberry muffins 19  
Blueberry tart 19  
bok choy 21; garlicky sauté 21; salad 21; stir fry 21  
Bok choy salad 21  
Bok choy stir fry 21  
Braised Brussels sprouts with mustard butter 23  
Braised cabbage and vegetables 24  
Braised parslied carrots 26  
Braised Swiss chard with leeks 29  
Brilliant green and red soup 72  
broccoli 22; Mushroom pasta salad 52; stir-fry 22; with herbs 22; with mustard sauce 22  
Broccoli stir-fry 22  
Broccoli with herbs 22  
Broccoli with mustard sauce 22  
Brussels sprouts 23; braised with mustard butter 23; nutty 23; simple savory 23  
Bulgur and radish salad 70  
Butternut squash soup 94

## C

cabbage 24; braised and vegetables 24; Chinese salad 24; Savoy 24; Savoy slaw with buttermilk dressing 24  
Caesar salad 50  
California caviar 64  
Candied carrots 26  
Canned spiced peaches 59  
cantaloupe 25; fruit salsa 25; ice cream 25; melon soup 25  
Cantaloupe ice cream 25  
Caramelized onions 55  
Caramelized tomatoes 83  
carrots 26; braised parslied 26; Candied 26; marinated 26  
Cashew green beans 14  
Cashew salad 50  
cauliflower 27; Cashew salad 50; Mushroom pasta salad 52; Red, white and green salad 27; roasted 27; with browned butter 27  
Cauliflower with browned butter 27  
celery 28; -feta salad 28; salad 28; Two-celery soup 28  
celery root: Two-celery soup 28  
Celery salad 28  
Celery-feta salad 28  
chard 29  
chard, Swiss. *See* greens; Baked haddock with & tomatoes 29; Braised with leeks 29; Wilted with garlic 29  
cherries (sour) 30; cobbler 30; poached 30; soup 30  
Cherry cobbler 30  
Cherry soup 30  
Chicken breasts with herb stuffing 46  
Chilled creamy tomato soup 81  
Chilled garden soup 55  
Chilled green tomato soup 89  
Chilled Mideast yogurt soup 33  
Chinese cabbage salad 24  
Chinese delight 42  
Chinese-style green beans 14  
chutney: Cilantro 31; Peach 59  
cilantro 31; -salsa steaks 31; chutney 31; fruit salsa 25; Gazpacho with crab 36; Green dipping sauce 31; Tomatillo salsa 80  
Cilantro chutney 31  
Cilantro-salsa steaks 31  
Cobbled peaches 59  
collard greens. *See* greens

Collard greens with smoked turkey 43  
Colorful arugula salad 10  
corn 32; Okra and corn with tomatoes 53; Roasted corn salsa 32; Soul stew 16; Sour creamed 32; Tomato-corn relish 32  
Corn salad fiesta 85  
Couscous and radish salad 70  
Couscous with tomato eggplant sauce 38  
cucumber: Gazpacho with crab 36  
Cucumber pasta salad 33  
Cucumber yogurt dressing 34  
cucumbers 33; Chilled garden soup 54; Chilled Mideast yogurt soup 33; Cukes and onion salad 35; Mediterranean salad 34; pasta salad 33; Peasant salad 35; Salmon with cucumber relish 34; Simple cucumber-tomato salad 33; Thai salad 35; yogurt dressing 34  
Cukes and onion salad 35  
Curried butternut apple soup 93  
Curried tuna salad 55

## D

Dijon roasted beets 17  
dill 37; Broccoli with herbs 22; Dilly mustard butter 37; pesto 37; Picnic potato salad 37  
Dill pesto 37  
Dilly mustard butter 37

## E

Easy apple crisp 8  
Easy no-cook tomato sauce 81  
eggplant 38; appetizer 39; Basil-eggplant salad 12; Couscous with tomato eggplant sauce 38; Golden squash dip 75; Grilled sandwich 38; Herbed baby 39; Parmigiana 38; Summer vegetable stew 39  
Eggplant appetizer 39  
Eggplant Parmigiana 38  
endive: and rice soup 45; Sicilian 45  
Endive and rice soup 45

## F

fennel 40; Orange and fennel salad 40; Pasta with 40; slaw 40  
Fennel slaw 40  
Four-onion relish 49  
French cream of lettuce soup 51  
French peas 62  
Fresh peach pie 59  
Fried green tomatoes 89  
Fruit (assorted) 41

Fruit salsa 25  
Fruit-topped torte 41  
Fruity-spicy salad 51

## G

Garden-fresh kabobs 91  
garlic 42; -mashed turnips and potatoes 90; -stuffed grilled London broil 42; Baked garlic sweet potatoes 42; Chinese delight 42; Green dipping sauce 31; Herb-roasted vegetables 77; Roasted garlic-new potato salad 69; Tomatillo salsa 80  
Garlic-mashed turnips and potatoes 90  
Garlic-roasted potatoes 68  
Garlic-stuffed grilled London broil 42  
Garlicky bok choy sauté 21  
gazpacho 36; Simple 36  
Gazpacho salsa 63  
Gazpacho with crab 36  
Gazpacho with herbs 36  
German apple cake 9  
Glazed turnips 91  
Golden squash dip 75  
Gooseberry pie 97  
Greek-style garbanzo salad 65  
Green bean-new potato salad 15  
green beans. *See* beans, green  
Green beans with lemon vinaigrette 16  
Green beans with tomatoes 14  
Green dipping sauce 31  
greens 43; Endive and rice soup 45; Portuguese kale soup 44; Sicilian endive 45; Spicy beef with 43; Spring greens risotto 43; Wild with onions and wild mushrooms 44; Zingy mustard 44  
Grilled apples 9  
Grilled eggplant sandwich 38

## H

Herb-roasted vegetables 77  
Herbed baby eggplant 39  
Herbed, grilled pork tenderloin 47  
Herbed tomato salad 82  
herbs. *See* specific herbs; Chicken breasts with herb stuffing 46; Herbed, grilled pork tenderloin 46; Zesty grilled chicken 46  
Herbs (various) 46  
Holy cow! hot sauce 63  
horseradish 47; Applehorse sauce 47; sauce 47; Zesty dip 47  
Horseradish sauce 47  
Hot breakfast apples & oats 8  
Hot pepper jelly 59

## I

Italian-style roasted peppers 67  
Italian-style spaghetti squash 94  
Italian-style sweet onions and pasta 57

## J

Jicama salad 65

## K

kale. *See* greens  
kohlrabi 48; Parmesan 48; slaw 48; Steamed with lemon butter 48  
Kohlrabi Parmesan 48  
Kohlrabi slaw 49

## L

Leek and potato soup 50  
leeks 49; au gratin 49; Braised Swiss chard with 29; Four-onion relish 49; Leek and potato soup 49; Two-celery soup 28  
Leeks au gratin 49  
Lemon-herb oven roasted potatoes 68  
Lemony green beans 15  
lettuce: Cashew salad 50; Colorful arugula salad 10; Curried tuna salad 54  
lettuce, butter: Prospector salad 51  
lettuce, leaf: Celery-feta salad 28; Fruity-spicy salad 51; Wilted lettuce salad 51  
lettuce, romaine: Caesar salad 50; French cream of lettuce soup 50; Red, white and green salad 27  
lettuces 50  
Light and easy picante fish 53  
Low-fat pepper omelets 65

## M

Marinated beets 17  
Marinated carrots 26  
Mashed sweets with maple syrup 77  
Mediterranean salad 34  
Mediterranean vegetable soup 15  
Medium salsa 86  
Melon soup 25  
Mild salsa 84  
Minty onions 57  
Mulberry muffins 97  
Mushroom pasta salad 52  
mushrooms 52; Light and easy picante fish 52; Mushroom pasta salad 52; Penne pasta Sorrentino 52; Vegetable grill 91; Wild greens with onions and wild mushrooms 44  
mustard greens. *See* greens

## N

Nutty Brussels sprouts 23  
Nutty zucchini 95

## O

okra 53; and corn with tomatoes 53; and green beans 53; Shrimp gumbo 53; Soul stew 16  
Okra and corn with tomatoes 53  
Okra and green beans 53  
onions 55; Apples with 7; Basil-eggplant salad 12; Four-onion relish 49; Pickled pepper relish 67; Spicy beef with greens 43; Summer vegetable stew 39  
onions, green 54; Chilled garden soup 54; Curried tuna salad 54; Lemon green beans 15; Mild salsa 84; Mushroom pasta salad 52; Tomato chicken salad 54  
onions, red: marmalade 55  
onions, sweet: and watermelon salsa 56; Barbecued 55; Cukes and onion salad 35; Italian-style and pasta 56; Minty onions 56  
onions, yellow: Caramelized onions 55  
Orange and fennel salad 40  
Oriental tomato sauce 87  
Oven-roasted squash 76

## P

Panzanella 83  
Parisian potatoes 69  
Parmesan pan-fried tomatoes 84  
parsley 57; Baked haddock with Swiss chard & tomatoes 29; Bulgur and radish salad 70; Parsley shrimp pasta 57; Prospector salad 51; Roasted cauliflower 27; Roasted garlic-new potato salad 69; Salmon with parsley-tomato sauce 57; Speckled potatoes 57  
Parsley shrimp pasta 57  
Pasta with fennel 40  
Pasta with zippy herbed sauce 13  
Pattypan squash New Orleans 75  
Pawpaw cookies 97  
Peach chutney 59  
Peach cobbler 59  
Peach ice cream 59  
peaches 58; Canned spiced peaches 59; chutney 59; Cobbled 58; cobbler 59; Fresh pie 58; ice cream 58  
Pear dessert 61  
Pear 'honey' 61  
Pear salsa 61

Pear-cranberry cobbler 63  
pears 60; -cranberry cobbler 61; Bartlett pear relish 60; Pear dessert 60; Pear 'honey' 60; salsa 61; Spinach-pear salad 61  
peas 62; French 62; Red onion & snap pea salad 62; Sugar snap peas with sesame seeds 62  
Peasant salad 35  
Penne pasta Sorrentino 53  
Pepper pasta 65  
peppers, bell 64; Apple salsa with grilled chicken 64; Bartlett pear relish 60; Colorful arugula salad 10; Greek-style garbanzo salad 64; Grilled eggplant sandwich 38; Herb-roasted vegetables 77; Italian-style roasted peppers 66; Jicama salad 65; Low-fat omelets 65; Pear salsa 61; Pepper pasta 64; Pickled pepper relish 67; Roasted red pepper sauce 65; Sausage and 66; Spanish pasta salad 66; Summer vegetable chili 67; Summer vegetable stew 39; Sweet peppered green beans 67  
peppers, hot 63; California caviar 63; cilantro chutney 31; Holy cow! hot sauce 63; Hot pepper jelly 59; Pungent pasta 10; Roasted tomatillo sauce 80; Sweet onion and watermelon salsa 56  
peppers, sweet. *See* peppers, bell pesto: dill 37  
Pickled pepper relish 67  
Picnic potato salad 37  
Poached cherries 30  
Portuguese kale soup 44  
Potato-zucchini pancakes 95  
potatoes 68; Curried tuna salad 54; Garlic-mashed turnips and potatoes 90; Garlic-roasted 68; green bean-new potato salad 15; Leek and potato soup 49; Lemon-herb oven roasted 68; Oven-roasted squash 76; Parisian 69; Picnic potato salad 37; Portuguese kale soup 44; Roasted garlic-new potato salad 69; Savory potato-bean soup 68; Soul stew 16; Speckled 57; Spicy beef with greens 43; Tomato-potato salad 86; Vegetable chicken salad 69  
potatoes, sweet. *See* sweet potatoes  
Prospector salad 51  
pudding: sweet potatoes 78  
Pungent pasta 10

## R

radicchio: Fruity-spicy salad 51  
radishes 70; Baked 70; Bulgur and radish salad 70; Couscous and radish salad 70; Wilted lettuce salad 51  
raspberries. *See* berries; Three berry jam 20  
Red onion & snap pea salad 62  
Red onion marmalade 55  
Red, white and green salad 27  
relish: Bartlett pear 60; Four-onion 49; tomato-corn 32  
rhubarb 71; bread 71; crunch 71; dessert surprise 71; Strawberry-rhubarb sauce 74  
Rhubarb bread 71  
Rhubarb crunch 71  
Rhubarb dessert surprise 71  
Roasted Anaheim-tomatillo sauce 80  
Roasted asparagus with Dijon dressing 11  
Roasted cauliflower 27  
Roasted corn salsa 32  
Roasted garlic-new potato salad 69  
Roasted red pepper sauce 66  
Roasted squash with blue cheese 94  
Roasted tomatoes 83

## S

Salmon with cucumber relish 34  
Salmon with parsley-tomato sauce 57  
salsa: Apple with grilled chicken 64; Medium 86; Mild 84; Pear 61; Roasted corn 32; Sweet onion and watermelon 56; Tomatillo 80; Uncooked green tomato 89  
Sausage and peppers 66  
Sautéed turnips with spinach 90  
Sautéed zucchini 95  
Savory potato-bean soup 69  
Savoy slaw with buttermilk dressing 24  
Scalloped squash and potatoes 92  
Shrimp gumbo 53  
Sicilian endive 45  
Simple cucumber-tomato salad 33  
Simple gazpacho 36  
Simple, savory Brussels sprouts 23  
Soul stew 16  
Sour creamed corn 32  
Southern stir-fry green beans 16  
Southwestern style squash 75  
Spanish pasta salad 67  
Speckled potatoes 59  
Spicy beef with greens 43  
Spinach 72. *See also* greens  
spinach: Asian spinach salad 72; Brilliant green and red soup 72; Medi-

terranean vegetable soup 15; prosciutto salad 72; Sautéed turnips with 90; Spinach strawberry salad 73  
Spinach prosciutto salad 72  
Spinach strawberry salad 73  
Spinach-pear salad 61  
Spring greens risotto 43  
squash, acorn: Acorn squash and apple puree. *See* winter squash  
squash, butternut: Scalloped squash and potatoes 94. *See also* winter squash  
Squash Provençal 93  
squash, spaghetti: Italian-style spaghetti squash 94  
squash, summer 75; Golden squash dip 75; Oven-roasted squash 76; Pattypan squash New Orleans 75; Southwestern-style squash 75; Two-squash bake 76; Vegetable medley 76  
squash, winter 92; Acorn squash and apple puree 92; Baked squash with herb butter 92; Curried butternut apple soup 93; Italian-style spaghetti squash 94; Roasted squash with blue cheese 94; Scalloped squash and potatoes 92; Squash Provençal 93; Stuffed acorn squash 93  
Steamed kohlrabi with lemon butter 48  
strawberries 73. *See also* berries; freezer jam 73; in wine 74; Spinach strawberry salad 73; Strawberry-cream cheese pie 73; Strawberry-rhubarb sauce 74; Three berry jam 20; Very berry strawberry pie 74  
Strawberries in wine 74  
Strawberry freezer jam 73  
Strawberry-cream cheese pie 73  
Strawberry-rhubarb sauce 74  
Stuffed acorn squash 93  
Stuffed cherry tomatoes 81  
Stuffed tomatoes 82  
Succulent stovetop apples 9  
summer squash. *See* squash, summer  
Summer vegetable chili 67  
Summer vegetable stew 39  
Sweet onion and watermelon salsa 57  
Sweet peppered green beans 67  
Sweet potato biscuits 79  
Sweet potato casserole 78  
Sweet potato kugel 78  
Sweet potato pie 77  
Sweet potato pudding 78  
sweet potatoes 77; and apples 79; and nuts slaw 79; Baked garlic sweet potatoes 42; biscuits

79; casserole 78; Herb-roasted vegetables 77; kugel 78; Mashed with maple syrup 77; pie 77  
Sweet potatoes and apples 79  
Sweets and nuts slaw 79  
Swiss Chard 29

## T

Thai cucumber salad 35  
Three berry jam 20  
Tomatillo salsa 80  
Tomatillo soup 80  
Tomatillos 80  
tomatillos: Roasted tomatillo sauce 80; salsa 80; Tomatillo soup 80  
Tomato & arugula pasta 10  
Tomato basil sauce 13  
Tomato basil tart 13  
Tomato bread 85  
Tomato chicken salad 55  
Tomato corn relish 32  
Tomato garbanzo salad 85  
Tomato Parmesan tart 86  
Tomato sandwiches 87  
Tomato soup 87  
Tomato-bread-basil salad 12  
Tomato-mozzarella salad 88  
Tomato-potato salad 86  
tomatoes 81; & arugula pasta 10; -bread-basil salad 12; -corn relish 32; -mozzarella salad 88; -potato salad 86; basil sauce 13; basil tart 13; bread 85; Brilliant green and red soup 72; caramelized 83; chicken salad 54; Corny tomato salad 85; Couscous with tomato eggplant sauce 38; Curried tuna salad 54; Easy no-cook sauce 81; garbanzo salad 85; Gazpacho with crab 36; Gazpacho with herbs 36; Green beans with 14; Herbed salad 82; Holy cow! hot sauce 63; Medium salsa 86; Mild salsa 84; Mushroom pasta salad 52; Okra and corn with tomatoes 53; Oriental tomato sauce 87; Panzanella 83; Parmesan pan-fried 84; Parmesan tart 86; Pasta with zippy herbed sauce 13; Peasant salad 35; Pungent pasta 10; Roasted 83; Salmon with parsley-tomato sauce 57; sandwiches 87; Simple cucumber-tomato salad 33; soup 87; Spanish pasta salad 66; stuffed 82; Summer vegetable chili 67; Summer vegetable stew 39; Tomatillo salsa 80; Uncooked

pasta sauce 88; Vegetable medley 76; vinaigrette 88; with blue cheese & pine nuts 84; Zucchini and tomatoes with pasta 96; Zucchini with chopped tomatoes 96  
tomatoes, cherry: Cucumber pasta salad 33; Parsley shrimp pasta 57; Red, white and green salad 27; Stuffed 81  
tomatoes, green 89; Fried 89; Uncooked salsa 89  
Tri-berry cobbler 18  
turnip greens. *See* greens  
turnips 90; Garlic-mashed turnips and potatoes 90; glazed 90; Sautéed with spinach 90  
Two-celery soup 28  
Two-squash bake 76

## U

Uncooked green tomato salsa 89  
Uncooked pasta sauce 88

## V

Vegetable chicken salad 69  
Vegetable grill 91  
Vegetable medley 76  
Vegetable mixed grill 91  
vegetables, assorted 91; Garden-fresh kabobs 91; Vegetable grill 91; Vegetable mixed grill 91  
Very berry strawberry pie 74

## W

watercress: French cream of lettuce soup 50; Fruity-spicy salad 51; Roasted garlic-new potato salad 69  
watermelon: Sweet onion and watermelon salsa 56  
Wild greens with onions and wild mushrooms 44  
Wilted lettuce salad 51  
Wilted Swiss chard with garlic 29  
winter squash. *See* squash, winter

## Z

Zesty grilled chicken 47  
Zesty horseradish dip 47  
Zingy mustard greens 44  
zucchini 95; and tomatoes with pasta 96; bread 96; Nutty 95; Potato-zucchini pancakes 95; Sautéed 95; with chopped tomatoes 96  
Zucchini and tomatoes with pasta 96  
Zucchini bread 96  
Zucchini with chopped tomatoes 96