



The Wright Way Farm Veggie Book

What to do with your fresh produce!

From using it fresh to freezing, blanching or dehydrating, this will be your guide to answering questions on "What do I do with this?"

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Vegetable Care

Acorn Squash



See Winter Squash

Immediate Care

N/A

Processing and Handling

N/A

Arugula



Immediate Care

See Greens

Processing and Handling

N/A

Asparagus



Immediate Care

Asparagus is one of the early season treats. A hardy vegetable, it can be grilled, sautéed, or even ground up into a pesto. It is especially tasty in scrambled eggs or lightly sautéed with onions and mushrooms. It is usually one of the first fresh vegetables of the season eaten around here.

Processing and Handling

Asparagus can be frozen after being chopped into one inch pieces. It will lose its crispness after being frozen.

Basil



Immediate Care

Basil is very sensitive to cold. Do not place these in your refrigerator. The leaves will discolor. They can remain out and even placed like flowers into water, but if you do not use them immediately, consider drying them.

Processing and Handling

Basil is best preserved by drying. Either use a dehydrator or hang your basil upside down in a sunny location in your kitchen for several weeks until dry.

Beans



Snap or string beans are a great summer treat. They can be eaten, like many vegetables, cooked or raw. When fresh, they will be crunchy, making them ideal for a summer dip or just eaten as a side on their own. They also make a great snack, replacing potato chips. You can also toss them into a salad, summer stir fry, or ratatouille.

Immediate Care

Snap beans can be stored in the vegetable drawer of your refrigerator for seven to ten days. As with many vegetables, you shouldn't wash them until you are ready to eat them. Many people prefer to snap off the ends before eating.

Processing and Handling

If you find yourself with an abundance of beans or if you simply wish to save some for a winter, you can freeze them. Simply place beans in already boiling water for about 60 seconds. Then rinse them immediately in cold water (this is called blanching), drain, and place serving-sized portions in separate freezer bags or containers in your freezer. They will not be crisp when you thaw them out, but they will make a great vegetable side or soup ingredient.

Beets



Immediate Care

Beets, closely related to spinach and chard, is delicious and nutritious. Both the leaves and the tuber can be eaten. The leaves can be eaten in a salad or steamed with butter. The beets bulbs can be stored for several weeks in a cool, humid, and dark place like a basement. They can be steamed or shredded into a slaw.

Processing and Handling

Beets store well in the winter like potatoes in basement or cellar.

Broccoli



Immediate Care

Broccoli is a brassica that is an early summer and early fall vegetable. It is especially sweet in the fall when it is harvested after a light frost. Most people know what broccoli is, and most do not know what fresh broccoli tastes like. Be prepared to be blown away by the taste of fresh broccoli. When you get it in your share, simply refrigerate it immediately. Also, since we are organic, we do not spray neurotoxins on our food to kill bugs. Cabbage worms like broccoli. One way to safely remove any unwanted insects is to soak your broccoli in salt water for about 30 minutes before eating. Any insects will float out dead.

Processing and Handling

Broccoli can be frozen. Simply drop broccoli into boiling water for 60 seconds, rinse with cold water (a process called blanching), and pack into freezer bags to be frozen.

Brussel Sprouts



Immediate Care

You will have to remove the sprouts from the stem when you take them home. They are best placed in the refrigerator. They will store well into you use them sometime during the week.

Processing and Handling

Brussel sprouts can be frozen. Simply twist the sprouts off of the stem, place in serving size freezer bags and place in your freezer.

Buttercup Squash



See Winter Squash

Immediate Care

N/A

Processing and Handling

N/A

Butternut Squash



See Winter Squash

Immediate Care

N/A

Processing and Handling

N/A

Cabbage



Immediate Care

Cabbage is a brassica that is an early summer and early fall vegetable. It is especially sweet in the fall when it is harvested after a light frost. When you get it in your share, simply refrigerate it immediately. You can wash it before you prepare sauerkraut, coleslaw or cabbage soup.

Processing and Handling

Cabbage can be stored in a cool, humid, and dark place. Some varieties can store for months at 40 degrees F.

Cantaloupe

Immediate Care

See Melons

Processing and Handling

N/A.

Carrots



Immediate Care

Carrots can be cooked, but they are best raw. Like so many vegetables, there is no comparison between the taste of a fresh carrot and a mass produced carrot bought at the store. Be sure to remove the tops to keep the tops from drying out the carrots. After that, simply wash them, cut them up, and enjoy the taste of one very healthy food.

Processing and Handling

Carrots can be cut up and frozen for winter soups.

Crookneck Squash



See Summer Squash

Immediate Care

N/A

Processing and Handling

N/A

Cucumber



Immediate Care

Cucumbers can sit out on the counter if they are not cut. They can also be placed in a warmer section of your refrigerator. You should only rinse the dirt off of it before you eat it to prolong its shelf life. Slicing them up for refrigerator pickles is a great and easy way to eat them throughout the week.

Processing and Handling

Cucumbers make great pickle spears. Pickling is easy, and usually safe if you follow USDA guidelines.

Delicata Squash



See Winter Squash

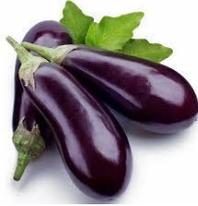
Immediate Care

N/A

Processing and Handling

N/A

Eggplant



Immediate Care

Eggplant, closely related to tomatoes and peppers is a delicious summer treat. Eggplant can be frozen but is best eaten fresh. Eggplant prefers warmer storage, like your counter. It will last there for about five days.

Processing and Handling

Eggplant can be frozen. Simply cut it up into cubes and freeze.

Garlic



Immediate Care

Garlic can be stored in a breathable bag. It does not need to be refrigerated. It is best to store out of the light once it is dried down. When you receive your garlic from us, it will be cured. Leave the stem on until you use the cloves.

Processing and Handling

Garlic will store easily in a dark dry location for months. Leave the stem on until you are ready to use it.

Garlic Scapes



Garlic scapes are the reproductive flower stalk of the garlic plant. They are harvested in spring to promote growth of the garlic bulb. They are a treat in their own right, that when chopped, serve as mild substitute for garlic. They can be eaten raw or chopped into a recipe.

Immediate Care

These are best eaten fairly fresh, within the week of getting them. They can be stored in the refrigerator

Processing and Handling

N/A

Greens

While technically not all related to each other, lettuce, spinach, kale, arugula, mustard greens, and Swiss chard are all leafy greens that can be tossed in a salad or even cooked into pasta and other dishes

Immediate Care

We harvest greens in the early morning to ensure the best taste. While we try to avoid harvesting in the rain, sometimes that is unavoidable. Rain causes a couple of issues. First, it gets the greens wet. We do not wash your greens because it speeds up the decaying process. If the greens are wet, it is best to dry them as soon as possible in a salad spinner or on paper towels. Once dried, they should be stored in your vegetable crisper in your refrigerator. The second issue with rain is that it splatters sand from our soil on the greens. They rinse off easily, though. If your greens arrive dry, then wash them only as you use them. This will ensure a longer shelf life. If cared for properly, greens can last up to a week in the refrigerator.

An important note is that greens will wilt fast in the heat. We harvest them and get them chilled immediately. The sooner that you can pick up your share at your drop-off location, the better it will be for the greens. If they wilt a little, they will perk up a bit, if they are placed in a refrigerator quickly.

Processing and Handling

Kale and spinach can be frozen for winter soups, though they will lose their crispness.

Kale



Immediate Care

See Greens

Processing and Handling

Kale can be frozen for soups, as can spinach, though they lose their crispness.

Kohlrabi



Immediate Care

Often called the alien vegetable, this brassica, related to radishes, broccoli, and cabbage, can be cooked but is best eaten raw. The leaves can be steamed, but the best part is the swollen stem, which can be sliced, diced, or shred in a slaw. They make great sandwiches too. It is best to remove the leaves when you take them home to avoid drying out the bulb. They can be stored in the refrigerator for about a week, longer if the humidity is higher.

Processing and Handling

Some varieties of kohlrabi can store in cellars for a month or so in the fall.

Lettuce



Immediate Care

See Greens

Processing and Handling

N/A.

Melons

Immediate Care

Nothing says summer like the taste of a fresh cantaloupe or watermelon. Melons will arrive from The Wright Way Farm, fully ripe, and can be eaten immediately. If there is any soil on your melon, you may want to wipe it off with a damp cloth. Whole melons can be stored on the counter for short periods of time, less than a week, and in a warmer section of the refrigerator.

Processing and Storing

They can be stored a little longer in the refrigerator, where they prefer temperatures in the upper 50's Fahrenheit. Once they are cut, they must be refrigerated, though. Salmonella bacteria, ubiquitously found in soil, will contaminate the inside fruit through contact with the knife. Once in the sweet flesh of the melon, the bacteria will begin to grow in dangerous numbers in a few hours. If refrigerated, it will be fine. Also, if you ever have a fruit that has a split in it that was missed by us, do not eat it. Though rare in occurrence, we will gladly replace it at no cost.

Mizuna Mustard Greens



Immediate Care

See Greens

Processing and Handling

N/A

Onions



Immediate Care

Large onions can be placed on the counter in your kitchen. Green onions, or bunching onions should be cleaned, trimmed, and placed in your refrigerator. Green onions should be eaten the week you get them for best flavor.

Processing and Handling

Large onions, especially our red onions, can be stored all winter in a breathable bag in a basement or dark cellar.

Pak Choi



Immediate Care

Pak Choi can be trimmed, washed, and placed in the refrigerator. It can be eaten raw in a salad or in a stir fry. It is best to eat it the week you get it.

Processing and Handling

Pak Choi can be frozen, but I don't recommend it.

Patty Pan Squash



See Summer Squash

Immediate Care

N/A

Processing and Handling

N/A

Peppers (Sweet)



Bell peppers, in the solanaceae or nightshade, family are cousins to eggplant, tomatoes, and potatoes. These beautiful ornaments of the garden come in many colors and shapes and consist of a shiny surface. Known scientifically as, *Capsicum annuum*, their flavor can enhance many summer recipes. Loaded with anti-oxidants, vitamin C, and carotenoids, this cousin of the tomato can be a healthy source of vitamins and minerals in your diet.

Immediate Care

Bell peppers can be stored in the vegetable drawer of your refrigerator for seven to ten days. They require moisture as they will dry up easily, and a moist paper towel stored with them in the vegetable drawer will provide enough humidity for them. As with many vegetables, you shouldn't wash them until you are ready to eat them.

Processing and Handling

If you find yourself with an abundance of peppers or if you simply wish to save some for a winter soup or pizza, you can slice your pepper into thin strips and freeze in plastic bags. You do not need to blanch your peppers; so, you can place serving-sized portions in separate bags in your freezer after slicing. They will not be crisp when you thaw them out, but they will make a great addition to a winter soup or stew.

Peppers (hot)



Eating hot peppers such as cayenne, habanero, and jalapenos will not only spice up your recipes, they have many health benefits, including containing anti-oxidants, assisting chronic pain relief, boosting immune system, and providing decongestant relief. There is even evidence that they can lower blood pressure. If the heat is too much for you at first when using hot peppers, try incorporating yogurts or avocados into your recipes to cool their effects.

Immediate Care

Always use care when handling hot peppers. Be sure to wash your hands thoroughly after handling them. The oils can stick to your fingers and rub off onto any sensitive body part like your eyes, causing extreme pain, even hours after handling them. They can be stored in the short term on a counter or in the refrigerator. Dicing one or two will spice up any soup, and the amount you use will be based on personal experience and preference. Start with one, and experiment.

Processing and Handling

To store hot peppers longer for use in soups, salsas, and other recipes, you can dry them out. If you have a dehydrator, simply dry the peppers overnight. If you do not have a dehydrator, take a needle and thread and string the thread through your peppers, one at a time, until you have a string of peppers. Then loop back the bottom of the string and tie it up with the top of the string. You can hang your string of peppers up in a warm dry area until the peppers are dry. After they are dry, either from the dehydrator or the strings, you can store them in plastic bags for use in your winter recipes.

Potatoes



Potatoes are the most consumed vegetable in the United States, usually eaten in the form of French Fries. Closely related to tomatoes and peppers, it is easy to use. From soups and potato salads to fried, mashed and baked potatoes, you will clearly notice the taste of a fresh potato will overshadow any store-bought potato.

Immediate Care

Potatoes need to be stored in a cool, humid, and dark place, but not your refrigerator. A dark corner of a basement is perfect. Do not wash potatoes until you use them. A little sand and soil helps preserve them until you are ready to use them.

Processing and Handling

If you find yourself with an abundance of potatoes or if you simply wish to save some for a winter, you simply leave them in the cool dark storage area. If they are exposed to light for a day or more, they may turn green. Do not eat green potatoes as they have a chemical that will give you an upset stomach. A potato properly stored can be eaten well into March.

Pumpkins



See Winter Squash

Immediate Care

N/A

Processing and Handling

N/A

Radishes



One of the first vegetables of the season, this brassica, the family belonging to cabbage, broccoli, kale, arugula, and others, is tasty and can be eaten in more ways than just a salad. The greens can be wilted, and a German favorite, radish sandwiches, is something I personally enjoy.

Immediate Care

When you receive them, you should cut the tops off immediately. The tops will draw water from the radish root, making them dry out. After that, you can rinse them. For best results, they should be eaten immediately.

Processing and Handling

N/A

Rhubarb



Often enjoyed in spring in desserts, especially strawberry rhubarb desserts, it is one of the first treats of spring. The stalks can be eaten raw, though they are very sour, or when mixed with honey or sugar, that are very tasty.

Immediate Care

When you receive them, you can place them in the refrigerator. It is best to use them within a week.

Processing and Handling

These can be chopped into $\frac{1}{4}$ inch slices and placed in freezer bags to be frozen and used at a later time.

Spaghetti Squash



See Winter Squash

Immediate Care

N/A

Processing and Handling

N/A

Spinach



Immediate Care

See Greens

Processing and Handling

Kale can be frozen for soups, as can spinach, though they lose their crispness.

Straightneck Squash



See Summer Squash

Immediate Care

N/A

Processing and Handling

N/A

Strawberries



Immediate Care

These tasty June treats are best eaten immediately, preferably before you even get home. Do not wash them until you are ready to eat them. If it rains within a day of harvest, they will have sand on them. Simply wash it off. If we wash them, your strawberries will look nice but decay faster.

Processing and Handling

Strawberries can be frozen or canned, but I doubt you will have excess. These are too good to not eat immediately.

Summer Squash

Many early and mid- summer squash are commonly known as summer squash. These cucurbits are usually young and, usually tender on the outside. Zucchini, straightneck, crookneck, and patty pans are all summer squash. These squash, can last for about a week, but unless frozen, are best eaten immediately.

Immediate Care

When you receive them, you should wipe them down with a damp cloth. Once, clean, they can be placed on the counter where they will last 5 – 7 days, or a warm humid area of your refrigerator. Do not stack them too high, and they must be stored in a breathable container because they are still alive and need to exchange air. If you have a lot of them, you should inspect them frequently to ensure none have started to rot.

Processing and Handling

You can chop them into small pieces or in the case of zucchini, you can also shred them with a cheese shredder. Either way, you can place them in freezer bags for zucchini desserts or soups/stir fries.

Sweet Corn



Immediate Care

Sweet corn is a delicious summer treat that is best eaten or processed the day it comes home. We take great care to get your corn to you with the most amount of flavor possible. The corn is so good that you can and should eat it raw. If you boil it or grill it, consider only warming it. You will not need to smother it in butter either. It will be so full of flavor that you won't want to cover it up. Your sweet corn should be refrigerated in the husks immediately until you eat it, and it is best to eat it or freeze it the day you receive it or the at best, the second day after you receive it. It loses sugar content each day after harvest.

Processing and Handling

Sweet corn can be frozen. You simply cut off the kernels with a knife and place in freezer bags to be frozen.

Swiss Chard



Immediate Care

See Greens

Processing and Handling

N/A

Tomatoes



Immediate Care

Whether you eat them on sandwiches or as salsa, nothing says summer like a meal made with fresh tomatoes. Tomatoes can hold their flavor after harvest for several days, but do not refrigerate them. Store them on a cool counter, preferably near sunlight. They prefer about 65 degrees but will be fine in the mid 70s. If you refrigerate them, they will lose their flavor.

Processing and Handling

Tomatoes can be frozen after being quartered or canned into sauces, juices, or salsas. If you can, be careful to learn how to can safely, before attempting, though only a few simple precautions are needed, which are outlined clearly on many websites, including the USDA site.

Watermelons

Immediate Care

See Melons

Processing and Handling

N/A

Winter Squash

Many late summer squash are commonly known as winter squash. These cucurbits are fully ripe, usually hard on the outside, and have a small piece of the stem intact on the fruit. Butternut, acorn, spaghetti, baking pumpkins, buttercup, and delicata squash are all winter squash. These squash, if cared for and stored properly, can last through the New Year, and some will be able to be eaten as late as March.

Immediate Care

When you receive them, you should wipe them down with a damp cloth. Any fruit with small blemishes or nicks in the skin should be eaten fairly soon. These are entry points for diseases. Sometimes in handling, these are unavoidable. Be careful to not break off the stem. Once, clean, they can be placed in a warm sunny area for about a week. After that, they should be stored in a cool, dark, slightly humid place like a basement. Do not stack them too high, and they must be stored in a breathable container because they are still alive and need to exchange air. If you have a lot of them, you should inspect them frequently to ensure none have started to rot. The sweeter the squash, the shorter will be its shelf life. Most can be stored from one to four months.

Processing and Handling

In addition to storing them in cold storage, you can pre-bake them, scoop out the flesh, and freeze the contents in freezer bags. Be sure to save the seeds. You can bake and salt them to eat as a snack or add to any soup.

Zucchini



See Summer Squash

Immediate Care

N/A

Processing and Handling

N/A

Recipes

Acorn Squash

INGREDIENTS:

- 1 medium acorn squash, halved and seeded
- 1 tablespoon butter
- 2 tablespoons brown sugar

DIRECTIONS:

1. Preheat oven to 350 degrees F (175 degrees C).
2. Turn acorn squash upside down onto a cookie sheet. Bake in a 350 degrees F (175 degrees C) oven until it begins to soften, approximately 30 to 45 minutes.
3. Remove squash from the oven and turn onto a plate so that the flesh is facing upwards. Place butter and brown sugar into the squash, and place remaining squash over the other piece. Place squash in a baking dish (so the squash wont slide around too much) while baking.
4. Place squash in the 350 degrees F (175 degrees C) oven and bake another 30 minutes.

Acorn Squash Slices

INGREDIENTS:

- 2 medium acorn squash
- 1/2 teaspoon salt
- 3/4 cup maple syrup
- 2 tablespoons butter or margarine, melted
- 1/3 cup chopped pecans

DIRECTIONS:

1. Wash squash. Cut in half lengthwise; discard seeds and membrane.
2. Cut each half crosswise into 1/2-in. slices; discard the ends. Place slices in a greased 13-in. x 9-in. x 2-in. baking dish. Sprinkle with salt.
3. Combine syrup and butter; pour over squash. Sprinkle with pecans if desired.
4. Cover and bake at 350 degrees F for 40-45 minutes or until tender.

Acorn Squash Soup

INGREDIENTS:

1 small onion
1/4 cup chopped celery
2 tablespoons butter or margarine
2 tablespoons all-purpose flour
1 teaspoon vegetable bouillon granules
1/2 teaspoon dill weed
1/4 teaspoon curry powder
dash cayenne pepper
2 cups vegetable broth
1 (12 ounce) can evaporated milk
3 cups mashed cooked acorn squash
salt and pepper to taste

DIRECTIONS:

1. In a large saucepan, saute the onion and celery in butter. Stir in flour, bouillon, dill, curry and cayenne until blended. Gradually add broth and milk. Bring to a boil; cook and stir for 2 minutes. Add the squash, salt and pepper; heat through.
2. In a blender, process the soup in batches until smooth. Pour into Bowls.

Asian Greens With Ginger Miso Dressing

DRESSING:

1 (2-inch) piece fresh ginger, coarsely chopped
2 tablespoons white miso
3 tablespoons tahini (sesame paste)
1/2 cup water
3 tablespoons fresh lemon juice

SALAD:

5 ounces baby Asian salad mixed greens with mizuna
1 small radish, sliced into 1/8-inch-thick rounds
1 carrot, cut into 2-inch-long slender sticks
2 green onions (white part only), chopped

DIRECTIONS:

1. For the dressing, place ginger, miso, tahini, water and lemon juice in a blender and blend until completely smooth. The consistency should be similar to cream.
2. Strain the dressing through a fine sieve to remove ginger fiber.
3. For the salad, divide greens among serving plates. Arrange radish and carrot on top, then sprinkle with scallions.
4. Drizzle one to two tablespoons of dressing over each salad and serve.

Asparagus Risotto Recipe

INGREDIENTS

2 tablespoons unsalted butter, divided

1/2 cup chopped shallots

1 cup arborio rice

1/4 cup dry white wine (or 1 tablespoon lemon juice and 3 tablespoons water)

About 4 cups chicken stock (or vegetable stock for vegetarian option)*

1/2 pound asparagus, trimmed, tips cut off, tough skins of the spears peeled (if working with thick apparatus spears), and the spears cut into thin disks

1/2 cup freshly grated Parmesan cheese

Salt and pepper

DIRECTIONS:

1. In a 3 or 4 quart saucepan, heat 1 tablespoon butter on medium heat. Add the shallots and cook for a minute or two, until translucent. Add the rice and cook for 2 minutes more, stirring until nicely coated.
2. While the shallots are cooking, bring the stock to a simmer in a saucepan.
3. Add the wine. Slowly stir, allowing the rice to absorb the wine. Once the wine is almost completely absorbed, add 1/2 cup of hot stock to the rice. Continue to stir until the liquid is almost completely absorbed, adding more stock in 1/2 cup increments. Stir often to prevent the rice from sticking to the bottom of the pan. Continue cooking and stirring rice, adding a little bit of broth at a time, cooking and stirring until it is absorbed, until the rice is tender, but still firm to the bite, about 20-25 minutes. With the last ladle of stock, add the asparagus. Turn off the heat. Note the stock amount given is approximate. You may need a little more or less. If you end up needing more stock and you find yourself without, just use water.
4. Gently stir in the Parmesan cheese and the remaining 1 tablespoon butter. Add salt and pepper to taste. Serve immediately.

Baked Apples with Mint

INGREDIENTS:

4 Red Delicious apples

1/2 cup raisins

1/4 cup brown sugar

1 tablespoon chopped fresh mint leaves

4 teaspoons butter

DIRECTIONS:

1. Preheat oven to 350 degrees F (175 degrees C).

2. Core apples and peel off a 1 inch strip around the hole on the top of each apple. Place apples in a shallow baking dish.
3. Combine raisins, brown sugar, and mint leaves. Fill apples with the raisin mixture. Top the raisin filling in each apple with 1 teaspoon butter.
4. Bake in a preheated 350 degrees F (175 degrees C) oven for 50 minutes, until apples are tender.

Baked Kohlrabi Fries

Ingredients

- 2 pounds of kohlrabi, skinned and cut into matchsticks no larger than a finger
- 1 tablespoon lemon juice
- 1 teaspoon soy sauce or tamari
- 2 tablespoons olive oil
- 6 tablespoons brown rice flour or white flour
- 1/2 teaspoon garlic powder
- 1/2 teaspoon chili powder
- 1/8 teaspoon salt

Directions:

1. Warm the oven 425 degrees and line a rimmed baking sheet with parchment paper or foil.
2. Mix together the flour, spices, and salt in a small bowl.
3. Toss together the lemon juice, soy sauce, and olive in a large bowl and add the kohlrabi.
4. Sprinkle the spice mixture over the kohlrabi and mix until everything is all well coated.
5. Spread the kohlrabi over the baking sheet and bake for about 30 minutes, turning half waythrough, or until the fries are golden and slightly crispy.
6. Serve warm and with your favorite dipping sauce.

Baked Radish Chips

INGREDIENTS:

- 10 radishes
- 1 tsp chili powder
- 1/2 tsp garlic salt
- 1/2 tsp paprika

DIRECTIONS:

1. Thinly slice radishes
2. Steam in microwave for 5 minutes
3. Put in bowl with spices; stir
4. Bake at 350 degrees for 10 minutes, flip the chips, and bake for another 10 minutes.

Baked Spaghetti Squash Lasagna Style

INGREDIENTS:

1 spaghetti squash, halved lengthwise and seeded
1 onion, chopped
2 tablespoons minced garlic
2 (14 ounce) cans stewed tomatoes
1 tablespoon dried basil
1 cube vegetable bouillon
black pepper to taste
1 (15 ounce) can black olives, chopped
1 cup shredded mozzarella cheese
1 cup shredded Parmesan cheese

DIRECTIONS:

1. Preheat oven to 325 degrees F (165 degrees C). Spray a baking sheet with a thin layer of cooking spray. Place squash halves cut side down on the baking sheet.
2. Bake squash 35 minutes in the preheated oven, or until a knife can be easily inserted. Remove from oven, and cool.
3. Meanwhile, spray a non-stick saucepan with cooking spray. Over medium heat, saute the onion and garlic until golden brown. Stir in tomatoes, basil, bouillon cube, and black pepper. Cook for about 15 minutes, or until you have a medium thick sauce.
4. Remove squash strands with a fork, reserving the shells. Layer each half with a spoonful of the sauce, a layer of spaghetti squash strands, olives, and mozzarella cheese. Repeat layers until shells are full, or until all of the ingredients are used. Top with Parmesan cheese.
5. Bake for 20 minutes in the preheated oven, or until Parmesan cheese melts.

Baked Zucchini Chips

INGREDIENTS:

2 medium zucchini, cut into 1/4-inch slices
1/2 cup seasoned dry bread crumbs
1/8 teaspoon ground black pepper
2 tablespoons grated Parmesan cheese
2 egg whites

DIRECTIONS:

1. Preheat the oven to 475 degrees F (245 degrees C).
2. In one small bowl, stir together the bread crumbs, pepper and Parmesan cheese. Place the egg whites in a separate bowl. Dip zucchini slices into the egg whites, then coat the breadcrumb mixture. Place on a greased baking sheet.

3. Bake for 5 minutes in the preheated oven, then turn over and bake for another 5 to 10 minutes, until browned and crispy.

Balsamic Strawberries

INGREDIENTS:

1 (16-oz.) container fresh strawberries, quartered
1/4 cup sugar
4 teaspoons balsamic vinegar
8 round shortbread cookies \$
8 (3-oz.) vanilla ice-cream cups
Garnishes: chocolate curls, fresh basil sprigs

DIRECTIONS:

1. Combine first 3 ingredients in a medium bowl; let stand 1 to 2 hours at room temperature, stirring occasionally.
2. Place shortbread cookies on individual serving plates. Remove ice cream from cups, and place on cookies. Spoon strawberry mixture over ice cream. Garnish, if desired. Serve immediately.

Basil Parmesan Dip with Pita Chips

INGREDIENTS:

4 (6-inch) pitas
Cooking spray
1/2 teaspoon freshly ground black pepper, divided
1/4 teaspoon salt
1 cup lightly packed basil leaves (about 1/2 ounce)
3/4 cup finely grated Parmigiano-Reggiano cheese
3/4 cup reduced-fat sour cream
2 teaspoons fresh lemon juice
1 garlic clove, minced
Basil sprigs (optional)

DIRECTIONS:

1. Preheat oven to 375°.
2. Split pitas; cut each half into 8 wedges. Place wedges on a baking sheet. Coat with cooking spray; sprinkle with 1/4 teaspoon pepper and salt. Bake at 375° for 12 minutes or until crisp.
3. Combine remaining 1/4 teaspoon pepper, basil, and next 4 ingredients (through garlic) in a blender or food processor; process until smooth. Scrape into a serving bowl using a rubber spatula. Garnish with basil sprigs, if desired. Serve with pita chips.

Bean Soup with Kale

INGREDIENTS:

1 tablespoon olive oil or canola oil
8 large garlic cloves, crushed or minced
1 medium yellow onion, chopped
4 cups chopped raw kale
2 (15 ounce) cans white beans, such as cannellini or navy, undrained
4 plum tomatoes, chopped
2 teaspoons dried Italian herb seasoning
Salt and pepper to taste
1 cup chopped parsley

DIRECTIONS:

1. In a large pot, heat olive oil. Add garlic and onion; sauté until soft.
2. Add kale and sauté, stirring, until wilted.
3. Add 3 cups of broth, 2 cups of beans, and all of the tomato, herbs, salt and pepper. Simmer 5 minutes.
4. In a blender or food processor, mix the remaining beans and broth until smooth. Stir into soup to thicken.
5. Simmer 15 minutes. Ladle into bowls; sprinkle with chopped parsley.

Beet Greens and Feta Pasta Recipe

INGREDIENTS

Kosher salt
2 tablespoons olive oil
1/2 medium white onion, finely chopped
4 medium garlic cloves, finely chopped
Freshly ground black pepper
2 pounds beet greens, washed, ribs removed, and coarsely chopped (about 11 cups)
1 pound penne pasta
5 ounces crumbled feta (about 3/4 cup)

DIRECTIONS:

1. Bring a large pot of heavily salted water to a boil. Meanwhile, heat the olive oil in a large frying pan over medium heat. When shimmering, add the onion and garlic, season with salt and pepper, and cook until the vegetables are translucent, about 3 minutes.
2. Add the beet greens and cook until just wilted, about 3 minutes. Season well with salt and pepper, remove from heat, and reserve. Meanwhile, cook the pasta according to the package directions. Drain the pasta, reserving 1 cup of the cooking water.
3. Return the pasta to the pot and place over low heat. Add the reserved pasta water and the beet green mixture, then sprinkle in the crumbled feta. Stir until thoroughly combined and heated through. Taste and adjust the seasoning as needed.

Braised napa cabbage

For a quick and easy side-dish, add the cut up white stems of the napa cabbage to a skillet and cover them half way with vegetable broth, ground ginger, garlic powder, and a few teaspoons of soy sauce. Cook over medium heat for 8 to 10 minutes or until the napa cabbage becomes soft.

Breaded Brussels Sprouts

INGREDIENTS:

1 1/2 pounds Brussels sprouts
1 teaspoon salt
4 tablespoons butter, melted
4 tablespoons grated Parmesan cheese
4 tablespoons dried bread crumbs
1/4 teaspoon garlic powder
1/4 teaspoon ground black pepper
1/4 teaspoon seasoning salt

DIRECTIONS:

1. Wash and trim Brussels sprouts. Cut an "X", about 1/8 inch deep in the stem of the sprouts, (this helps cook the sprouts more evenly and quickly).
2. In a medium-size pot, cover Brussels sprouts with water, add 1 teaspoon salt and bring to boil. Cover and simmer for 6 minutes or until tender; drain. Be careful not to overcook sprouts.
3. Place sprouts in a small casserole dish. Sprinkle 2 tablespoons of melted butter over the sprouts and mix well to coat.
4. Combine parmesan cheese, dried bread crumbs, garlic powder, black pepper, seasoning salt and remaining butter and mix well; sprinkle mixture over sprouts.
5. Heat sprouts under broiler (about 4 inches away from heat) for about 5 minutes or until crumb mixture is lightly browned. Serve hot.

Broccoli Salad

INGREDIENTS:

1 large head broccoli, chopped in bite-size pieces
1/2 cup red onion, chopped fine
1 cup cheese, grated
1/2 cup raisins
1/2 cup sunflower seeds

1 cup carrot, grated

DRESSING:

1 cup mayonnaise

2 tablespoons sugar

2 teaspoons red wine vinegar

salt and pepper

DIRECTIONS:

1 Prepare first 6 ingredients and place in bowl.

2 Mix dressing ingredients well and toss with vegetables, one hour before serving.

Broccoli Slaw

INGREDIENTS:

4 cups broccoli florets

1 medium carrot, shredded

2 cups shredded red cabbage

1/2 cup raisins

1 small sweet onion, chopped

1 (16 ounce) bottle coleslaw dressing

DIRECTIONS:

1. In a serving bowl, combine all ingredients. Cover and refrigerate for at least 2 hours. Stir before serving.

Brussels Sprouts

INGREDIENTS:

3 cups water

1 pound Brussels sprouts, trimmed

2 tablespoons olive oil

2 cloves garlic, minced

1 teaspoon salt

1 teaspoon ground black pepper

DIRECTIONS:

1. Bring the water to a boil in a large saucepan. Add Brussels sprouts, and cook for 5 to 7 minutes. They should still be slightly firm. Drain, and rinse with cold water. Slice the sprouts in half, and set aside.

2. Heat one tablespoon of olive oil in a large skillet over medium-high heat. Add the garlic; cook and stir for about 5 minutes, until garlic is lightly browned. Add the remaining olive oil and Brussels sprouts.

Reduce the heat to medium and cook, stirring until the sprouts are well coated with the flavor. Season with salt and pepper, and cook for 5 more minutes before serving.

Brussels Sprouts in Mustard Sauce

INGREDIENTS:

2 tablespoons cornstarch
1/4 cup water
1 (14.5 ounce) can vegetable broth
1 pound Brussels sprouts
2 teaspoons prepared Dijon-style mustard
2 teaspoons lemon juice

DIRECTIONS:

1. Dissolve cornstarch in 1/4 cup water, and set aside.
2. In a medium saucepan over medium heat, bring vegetable broth to a boil. Add Brussels sprouts, and cook until tender. Strain, reserving vegetable broth, and place Brussels sprouts in a warm serving dish.
3. Return vegetable broth to stove, stir in mustard and lemon juice, and return to boil. Add cornstarch mixture.
4. Cook and stir until thickened.
5. Pour over Brussels sprouts to serve.

Brussels Sprouts with Mushrooms

INGREDIENTS:

4 cups Brussels sprouts, trimmed and halved
1/2 pound whole mushrooms
5 tablespoons butter
1/2 cup chopped fresh parsley
salt and pepper to taste
fresh lemon juice

DIRECTIONS:

1. Cook Brussels sprouts in a pot of lightly salted boiling water for 15 minutes, or until fork-tender; strain through a colander, removing as much water as possible. Set aside.
2. Melt butter in a large skillet over medium high heat. Cook and stir mushrooms until lightly browned.
3. Toss Brussels sprouts with mushrooms, and sprinkle with parsley and lemon juice. Serve immediately.

Butternut and Acorn Squash Soup

INGREDIENTS:

1 butternut squash, halved and seeded
1 acorn squash, halved and seeded
3 tablespoons butter
1/4 cup chopped sweet onion
1 quart chicken broth
1/3 cup packed brown sugar
1 (8 ounce) package cream cheese, softened
1/2 teaspoon ground black pepper
ground cinnamon to taste (optional)
fresh parsley, for garnish

DIRECTIONS:

1. Preheat oven to 350 degrees F (175 degrees C). Place the squash halves cut side down in a baking dish. Bake 45 minutes, or until tender. Remove from heat, and cool slightly. Scoop the pulp from the skins. Discard skins.
2. Melt the butter in a skillet over medium heat, and saute the onion until tender.
3. In a blender or food processor, blend the squash pulp, onion, broth, brown sugar, cream cheese, pepper, and cinnamon until smooth. This may be done in several batches.
4. Transfer the soup to a pot over medium heat, and cook, stirring occasionally, until heated through. Garnish with parsley, and serve warm.

Butternut Squash, Apple, Onion Au Gratin

INGREDIENTS:

Cooking spray
1/4 cup flour
1 teaspoon salt
1 pinch cinnamon
1 butternut squash - peeled, seeded and sliced
4 apples - peeled, cored and sliced
1/2 sweet onion, thinly sliced
1 cup vegetable stock
1 cup shredded sharp Cheddar cheese

DIRECTIONS:

1. Preheat oven to 350. Spray 9- x 11-inch glass baking pan with cooking spray.
2. Place flour, salt, and cinnamon into a large plastic bag. Add squash, apples, and onions; shake until lightly dusted.

3. In glass dish, layer 1/2 of squash, apples, and sweet onion. Pour 1/2 cup stock over the top, then sprinkle 1/2 of cheese. Layer with remaining squash, apple, and onions. Pour remaining stock over the top, and cover with foil.
4. Bake in preheated oven for 40 minutes.
5. Take out and sprinkle with remaining cheese. Return, uncovered, to oven; bake for another 5 minutes. Let sit for 5 minutes before serving.

Butternut Squash Bisque

INGREDIENTS:

- 1 tablespoon canola oil
- 1 tablespoon unsalted butter
- 1/2 cup diced onion
- 3/4 cup diced carrots
- 4 cups peeled and cubed butternut squash
- 3 cups vegetable stock
- salt and ground black pepper to taste
- ground nutmeg to taste
- 1/2 cup heavy cream (optional)

DIRECTIONS:

1. Heat the oil and melt the butter in a large pot over medium heat. Cook and stir the onion in the butter and oil under tender.
2. Mix the carrots and squash into the pot. Pour in vegetable stock, and season with salt, pepper, and nutmeg. Bring to a boil, reduce heat, and simmer until vegetables are tender.
3. In a blender or food processor, puree the soup mixture until smooth. Return to the pot, and stir in the heavy cream. Heat through, but do not boil. Serve warm with a dash of nutmeg.

Butternut Squash Casserole

INGREDIENTS:

- 1 butternut squash
- 1 cup white sugar
- 1 1/2 cups milk
- 1 teaspoon vanilla extract
- 1 pinch salt
- 2 tablespoons all-purpose flour
- 3 eggs
- 1/4 cup margarine, melted

TOPPING

1/2 (16 ounce) package vanilla wafers, crushed
1/2 cup margarine, melted
1 cup brown sugar

DIRECTIONS:

1. Preheat oven to 425 degrees F (220 degrees C).
2. Put butternut squash in the microwave and cook on high, until soft, 2 to 3 minutes. Cut in half, scoop out seeds and cube. Bring a large pot of water to a boil. Add squash and cook until tender, about 15 minutes. Drain and mash.
3. In a 9x13 inch casserole dish combine 3 cups mashed butternut squash, white sugar, milk, vanilla extract, salt, flour, eggs and 1/4 cup melted margarine.
4. Bake in preheated oven for 45 minutes, or until set.
5. In a medium bowl combine crushed vanilla wafers, 1/2 cup melted margarine and brown sugar. Crumble over top of cooked casserole and return to oven to brown.

Butternut Squash Layer Cake

INGREDIENTS:

1/2 cup butter, softened
1 cup sugar
1 cup packed brown sugar
2 eggs
1 cup mashed, cooked butternut squash
1 teaspoon maple flavoring
3 cups cake flour
4 teaspoons baking powder
1/4 teaspoon baking soda
1/2 cup milk
1 cup chopped walnuts

BROWN SUGAR FROSTING:

1 1/2 cups packed brown sugar
3 egg whites
6 tablespoons water
1/4 teaspoon cream of tartar
1/8 teaspoon salt
1 teaspoon vanilla extract

DIRECTIONS:

1. In a mixing bowl, cream the butter and sugars. Add eggs, one at a time, beating well after each addition. Add squash and maple flavoring; mix well. Combine flour, baking powder and baking soda; add to creamed mixture alternately with milk. Stir in walnuts. Pour into two greased and floured 9-in. round baking pans.

2. Bake at 350 degrees F for 25-30 minutes or until a toothpick inserted near the center comes out clean. Cool 10 minutes before removing from pans to wire racks.
3. For frosting, combine the brown sugar, egg whites, water, cream of tartar and salt in a heavy saucepan. With a portable mixer, beat on low speed for 1 minute. Continue beating over low heat until a thermometer reads 160 degrees F, about 8-10 minutes.
4. Pour frosting into a large mixing bowl; add vanilla. Beat on high speed until stiff peaks form, about 3 minutes. Spread between layers and over top and sides of cake.

Butternut Squash Pizzas with Rosemary

INGREDIENTS:

- 1 cup thinly sliced onion
- 1/2 butternut squash - peeled, seeded, and thinly sliced
- 1 teaspoon chopped fresh rosemary
- salt and black pepper to taste
- 3 tablespoons olive oil, divided
- 1 (16 ounce) package refrigerated pizza crust dough
- 1 tablespoon cornmeal
- 2 tablespoons grated Asiago or Parmesan cheese

DIRECTIONS:

1. Preheat oven to 400 degrees F (205 degrees C). Place sliced onion and squash in a roasting pan. Sprinkle with rosemary, salt, pepper, and 2 tablespoons of the olive oil; toss to coat.
2. Bake in the preheated oven for 20 minutes, or until onions are lightly browned and squash is tender; set aside.
3. Increase oven temperature to 450 degrees F (230 degrees C). On a floured surface, roll each ball of dough into an 8 inch round. Place the rounds on a baking sheet sprinkled with cornmeal (you may need 2 baking sheets depending on their size).
4. Distribute squash mixture over the two rounds and continue baking for 10 minutes, checking occasionally, or until the crust is firm. Sprinkle with cheese and remaining tablespoon olive oil. Cut into quarters, and serve.

Butternut Squash Rolls

INGREDIENTS:

- 1 tablespoon active dry yeast
- 1/4 cup warm water (105 degrees to 115 degrees)
- 1 teaspoon sugar
- 2/3 cup warm fat free milk (110 to 115 degrees F)
- 1 cup mashed, cooked butternut squash
- 1/3 cup butter or stick margarine, melted

1/3 cup packed brown sugar
1 teaspoon salt
2 cups whole wheat flour
2 cups all-purpose flour

DIRECTIONS:

1. In a mixing bowl, dissolve yeast in warm water. Add sugar; let stand for 5 minutes. Stir in the milk, squash, butter, brown sugar and salt. Add whole wheat flour. beat on medium speed for 2 minutes. Stir in enough all-purpose flour to form a soft dough.
2. Turn onto a floured surface; knead until smooth and elastic, about 10 minutes. Place in a bowl coated with nonstick cooking spray, turning once to coat top. Cover and let rise in a warm place until doubled, about 1 hour.
3. Punch dough down and turn onto a floured surface; divide into 20 pieces. Shape each piece into a ball. Place 2 in. apart on baking sheets coated with nonstick cooking spray. With a sharp knife, make shallow slashes on top of rolls. Cover and let rise until doubled, about 45 minutes.
4. Bake at 400 degrees F for 11-13 minutes or until golden brown. Remove from pans to wire racks to cool.

Butternut Squash Soup

INGREDIENTS:

6 tablespoons chopped onion
4 tablespoons margarine
6 cups peeled and cubed butternut squash
3 cups water
4 cubes vegetable bouillon
1/2 teaspoon dried marjoram
1/4 teaspoon ground black pepper
1/8 teaspoon ground cayenne pepper
2 (8 ounce) packages cream cheese

DIRECTIONS:

1. In a large saucepan, saute onions in margarine until tender. Add squash, water, bouillon, marjoram, black pepper and cayenne pepper. Bring to boil; cook 20 minutes, or until squash is tender.
2. Puree squash and cream cheese in a blender or food processor in batches until smooth. Return to saucepan, and heat through. Do not allow to boil.

Butternut Squash Soup with Spinach Ravioli

INGREDIENTS:

1/4 teaspoon ground cumin
1/4 teaspoon ground nutmeg
2 tablespoons butter
1 cup sliced onions
3/4 cup sliced leeks
2 1/2 cups peeled, seeded and cubed butternut squash
1/2 cup dry white wine
5 cups chicken broth
1 pinch ground cinnamon
1 pinch ground ginger
1 pound cheese filled spinach ravioli
3/4 cup light cream
salt and pepper to taste

DIRECTIONS:

1. Place the cumin seeds and nutmeg in a large saucepan over medium heat, and cook until lightly browned.
2. Stir in the butter, and saute the onions and leeks until tender.
3. Mix in squash, wine, and chicken broth. Season with cinnamon and ginger. Reduce heat, and simmer 10 to 15 minutes.
4. Bring a large pot of lightly salted water to a boil. Add ravioli, and cook 8 to 10 minutes or until al dente; drain.
5. With a hand mixer, puree the soup mixture. Blend in light cream, and season with salt and pepper. Mix in the cooked ravioli just before serving.

Cabbage and Pasta

INGREDIENTS:

1 (12 ounce) package farfalle (bow tie) pasta
1 cup butter
1 medium head cabbage, chopped
1 medium onion, chopped
3 cloves garlic, minced
1/2 teaspoon salt
1/4 teaspoon pepper

DIRECTIONS:

1. Bring a large pot of lightly salted water to a boil. Add farfalle pasta, and cook for 8 to 10 minutes or until al dente; drain.
2. Melt the butter in a skillet over medium heat. Stir in the cabbage, onion, and garlic, and season with salt and pepper. Cook 15 minutes, or until the cabbage and onion are tender.
3. In a large bowl, toss together the cooked farfalle and the cabbage mixture. Serve warm.

Cabbage Salad II

INGREDIENTS:

1 small head green cabbage, cored and shredded
1 carrot, peeled and shredded
1 small green bell pepper, seeded and chopped
1 small onion, chopped
3 tablespoons mayonnaise
2 tablespoons white vinegar
1 tablespoon sugar
1/4 teaspoon salt

DIRECTIONS:

1. In a large bowl, toss together the cabbage, carrot, green pepper and onion.
2. In a small bowl, whisk together the mayonnaise, vinegar, sugar and salt. Pour over the cabbage mixture, and toss to coat.
3. Cover and refrigerate for at least 4 hours, or overnight.

Caramelized Turnips

INGREDIENTS:

- 3 cups diced peeled turnips
- 1/4 cup water
- 1 cube chicken bouillon
- 1 tablespoon butter, or more as needed
- 2 tablespoons white sugar

DIRECTIONS:

1. Place the turnips into a skillet with the water and chicken bouillon cube over medium heat, and simmer until the water has evaporated and the turnips are tender, about 15 minutes. Stir in the butter, let melt, and sprinkle on the sugar. Gently cook and stir the turnips until the butter and sugar cook into a brown, sticky coating on the turnips, about 10 minutes. Serve hot.

Cheesy Acorn Squash

INGREDIENTS:

1 acorn squash, halved and seeded
3 tablespoons butter
1 cup diced celery
1 cup finely chopped onion

1 cup fresh mushrooms, sliced
1/8 teaspoon salt
1 pinch ground black pepper
1 teaspoon chopped parsley
1/2 cup shredded Cheddar cheese

DIRECTIONS:

1. Preheat oven to 350 degrees F (175 degrees C).
2. Place squash cut side down in a glass dish. Cook in microwave for 20 minutes on HIGH, until almost tender.
3. In a saucepan over medium heat, melt butter and add celery and onion; saute until transparent. Stir in mushrooms; cook 2 to 3 minutes more. Sprinkle with salt, pepper, and parsley. Divide mixture in half, spoon into the squash and cover.
4. Cook 15 minutes in the preheated 350 degrees F (175 degrees C) oven. Uncover, sprinkle with cheese and put back in the oven until the cheese bubbles.

Cheesy Zucchini Casserole I

INGREDIENTS:

4 slices bread, cubed
1/4 cup melted butter
2 cups cubed zucchini
1 large onion, chopped
1 teaspoon garlic salt
1 egg, beaten
2 cups shredded Cheddar cheese

DIRECTIONS:

1. Preheat oven to 350 degrees F (175 degrees C).
2. Place bread cubes in a medium bowl and pour melted butter over the bread. Add the zucchini, onion, garlic salt and egg; mix well. Transfer the mixture into a 9x13 inch baking dish and top with the cheese.
3. Bake, covered, in preheated oven for 30 minutes. Then uncover the dish and bake for another 30 minutes.

Chile con Queso

INGREDIENTS:

2 cups tomatoes, chopped
2 cups onions, chopped
2 cups chiles, roasted (poblano or anaheim are best)

1/4 cup oil, more if needed so veggies do not stick
Milk, until the top of the veggies start to float
1-1/2 bouillon cubes
Salt and pepper to taste
Cheese, Monterey jack, cut into cubes

Tortillas or tortilla chips

DIRECTIONS:

To roast the chiles:

The peppers should be avocado size and bigger. The less curly the easier to roast as they lay flat for even roasting.

1. Heat cast iron flat surface and place chiles at medium heat. The purpose is to heat until the outer skin of the chile gets toasted (dark brown) and inflates like a balloon leaving the inside skin free. You will have to turn the chiles and hear them crackle. Take your time, each chile will be completely roasted at its own tim Have a plastic bag ready, when a chile is fully roasted place on plastic bag and close the bag (chile needs to sweat to separate properly & easily). Keep on until all chiles are done roasted.

2. Under slow running water clean each chile (fragile so slow down) to remove the roasted outer skin, the seeds & the veins of the chile. You will have the delicious inner skin of the chile. If you want the chile con queso to be “hot” leave the veins, even “hotter” leave the seeds too. Now you have this “thick & sweet & smoke” chile inner skin, cut in rajas = thicker than julian style.

Cheese sauce:

1. Stirring required every minute or so.
2. On a big pan add oil & onion & “rajas” chile, until the onions are brownish
3. Add salt & pepper & tomatoes. Cook until tomatoes 1st bubble
4. Add bullion & milk until floating veggies & bring to a boil.
5. Warm the tortillas while waiting for milk to boil.
6. Once milk boils, stop the heat and add the cheese.
- 7 Served and eat with tortillas, the cheese will be melted by the time you can actually eat it. Do not overcook the cheese! Less heated cheese is better than melted & gone cheese!

Chinese Cabbage Salad

INGREDIENTS:

- 2 tablespoons sesame seeds
- 1 1/2 tablespoons rice vinegar
- 1/2 teaspoon sesame oil
- 2 tablespoons white sugar
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1/3 cup olive oil
- 4 cups shredded cabbage
- 2 carrots, shredded
- 1 (3 ounce) package ramen noodles, crushed

DIRECTIONS:

1. In a small skillet, toast sesame seeds over medium heat until golden brown and fragrant.
2. In a small bowl, mix together vinegar, sesame oil, olive oil, sugar, salt, pepper, and ramen seasoning packet.

3. In a large bowl, mix together cabbage, carrots, and crushed ramen noodles. Toss with dressing to coat evenly. Top with toasted sesame seeds.

Chocolate Zucchini Bread

INGREDIENTS: •

1-1/4 cups sugar
3 eggs
2/3 cup unsweetened applesauce
1/3 cup canola oil
3 teaspoons vanilla extract
1-1/2 cups all-purpose flour
1 cup cake flour
1/2 cup baking cocoa
1 teaspoon salt
1 teaspoon baking soda
1 teaspoon ground cinnamon
1/4 teaspoon baking powder
2 cups shredded peeled zucchini

DIRECTIONS:

1. In a large bowl, beat the sugar, eggs, applesauce, oil and vanilla until well blended. Combine the flours, cocoa, salt, baking soda, cinnamon and baking powder; gradually beat into sugar mixture until blended. Stir in zucchini. Transfer to two 8-in. x 4-in. loaf pans coated with cooking spray.
2. Bake at 350° for 40-45 minutes or until a toothpick inserted near the center comes out clean. Cool for 10 minutes before removing from pans to wire racks to cool completely.

Cold Sesame Pak Choi

INGREDIENTS:

2 cups pak choi, roughly chopped
2 2/3 green onions, sliced
1 tablespoon soy sauce
1 tablespoon mirin or 1 tablespoon rice wine vinegar
2/3 pinch sugar
1 1/3 tablespoons dark sesame oil
1 1/3 tablespoons sesame seeds

DIRECTIONS:

1. Steam or boil pak choi to desired doneness (we like ours to still be a bit firm).
2. Drain choi in a colander and use a wooden spoon to push the choi against the sides of the colander and squeeze out as much water as possible.
3. Once choi is as dry as possible, whisk together soy sauce, vinegar, sugar and green onions in a glass or ceramic bowl. Add choi and toss to coat.
4. Allow to chill in the fridge for one hour.
5. Just before serving, add the sesame oil and sesame seeds and toss to coat.

Cole Slaw

INGREDIENTS:

1 large head cabbage, shredded
1 green bell pepper, diced
1 onion, finely diced
1 1/2 large carrots, shredded
1 cup white wine vinegar
1 cup vegetable oil
1 cup white sugar

DIRECTIONS:

1. Combine the cabbage, bell pepper, onion and carrot.
2. Whisk together the vinegar, oil and sugar. Pour enough dressing over salad to coat. Mix well, cover and refrigerate 6 to 8 hours.
3. Drain any excess liquid, toss and serve cold.

Creamy Turnips with Paprika Soup

INGREDIENTS:

2 tablespoons olive oil
1 1/2 pounds peeled turnip bulbs, not the leafy tops, cut into 1-inch chunks
1 large onion, cut into large dice
1 tablespoon butter
1 pinch sugar
3 large garlic cloves, thickly sliced
2 teaspoons paprika
1 teaspoon dried thyme leaves
1/8 teaspoon cayenne pepper
3 cups chicken broth, homemade or from a carton or can
1 1/2 cups half-and-half (or whole milk)
Salt and freshly ground pepper, to taste
Garnish: shallot crisps*

DIRECTIONS:

1. Heat oil over medium-high heat in a large, deep sauté pan until shimmering.
2. Add turnips, then onion; sauté, stirring very little at first, then more frequently, until vegetables start to turn golden brown, 7 to 8 minutes.
3. Reduce heat to low and add butter, sugar and garlic; continue cooking until all vegetables are a rich spotty caramel color, about 10 minutes longer.
4. Add paprika, thyme and cayenne pepper; continue to sauté until fragrant, 30 seconds to 1 minute longer.
5. Add broth; bring to a simmer over medium-high heat. Reduce heat to low and simmer, partially covered, until turnips are tender, about 10 minutes.
6. Using an immersion blender or traditional blender, puree until very smooth, 30 seconds to 1 minute. (If using a traditional blender, vent it either by removing the lid's pop-out center or by lifting one edge of the lid. Drape the

blender canister with a kitchen towel. To 'clean' the canister, pour in a little half-and-half, blend briefly, and then add to the soup.)

7. Return to pan (or a soup pot); add enough half-and-half so the mixture is soup like, yet thick enough to float garnish. Taste, and add salt and pepper if needed. Heat through, ladle into bowls, garnish and serve.

Crookneck Squash and Tomatoes

INGREDIENTS:

4 yellow squash, sliced
4 medium tomatoes, sliced
2 green onions, chopped
2 tablespoons red wine vinegar
2 tablespoons olive oil
1 tablespoon Dijon mustard
1/2 teaspoon salt
1/4 teaspoon freshly ground black pepper

DIRECTIONS:

1. Preheat oven to 400 degrees F (200 degrees C). Lightly grease a 1 quart casserole dish.
2. Alternate slices of the squash and tomatoes in the prepared casserole dish, and sprinkle with green onions. Mix the vinegar, oil, mustard, salt, and pepper in a bowl, and drizzle over the vegetables.
3. Bake 15 minutes in the preheated oven or until squash is tender. Cool 15 minutes before serving.

Cucumber and Baby Pea Salad

INGREDIENTS:

1 cup plain whole-milk Greek yogurt
3 tablespoons fresh lemon juice
1/4 cup extra-virgin olive oil
1 cup flat-leaf parsley leaves
1/4 cup finely shredded basil leaves
Salt and freshly ground pepper
1 pound frozen baby peas, thawed
3 cucumbers — peeled, halved lengthwise, seeded and sliced crosswise 1/2 inch thick

DIRECTIONS:

In a large bowl, whisk the yogurt with the lemon juice and olive oil. Add the parsley and basil and season with salt and pepper. Stir in the peas and cucumbers and serve.

Green Bean Salad

INGREDIENTS:

1/2 pound green beans, trimmed
2 tablespoons chopped walnuts
2 tablespoons finely chopped fresh parsley leaves
2 tablespoons chopped red onion
2 teaspoons walnut oil or olive oil
1 teaspoon red wine vinegar
1 teaspoon Dijon mustard
Salt and pepper

DIRECTIONS:

1. Bring a large pot of water with a steamer basket to a boil, add green beans and steam for about 4 minutes. Transfer to a serving bowl.
2. Toast the walnuts in a small dry skillet over medium heat until they become fragrant, about 2 minutes, and then transfer them to a small bowl to cool. Add the parsley and onion to the walnuts and stir to combine.
3. In another small bowl, whisk together the oil, vinegar and mustard. Toss the dressing with the green beans, top with the walnut mixture and season with salt and pepper. Serve warm or at room temperature.

Dilled Green Beans

Ingredients:

3 cups fresh green beans, cleaned
3 cloves garlic, peeled and minced
1 teaspoon. salt
1/2 cup vinegar
1/2 cup water
1 bunch fresh dill, about 1 cup, chopped

DIRECTIONS:

1. Bring a large saucepan of water to a boil and place beans in the pan.
2. Cook for about 45 seconds, until beans turn bright green.
3. Remove from pan immediately and rinse in cold water until beans are cool.
4. Drain. Combine the remaining ingredients in a large bowl.
5. Mix in the beans; cover the bowl and refrigerate at least 4 hours before serving.

Egg Rolls

INGREDIENTS:

4 cups shredded cabbage
1 large carrot, shredded
1/2 green bell pepper, cut into thin strips
1 medium onion, chopped

3 cloves garlic, minced
3 teaspoons fresh ginger root, grated
1 tablespoon cornstarch
2 tablespoons soy sauce
1 1/2 tablespoons molasses
2 tablespoons vegetable oil
1 quart oil for frying
1 1/2 (14 ounce) packages egg roll wrappers
1 1/2 cups sweet and sour sauce

DIRECTIONS:

1. In a large bowl, mix the cabbage, carrot, green bell pepper, onion, garlic and ginger. In a small bowl, mix the cornstarch, soy sauce, and molasses until smooth.
2. Heat 2 tablespoons oil in wok. Stir in cabbage mixture in batches, cooking each batch 3 to 4 minutes, just until tender. Return vegetables to bowl, stir in the cornstarch mixture.
3. Heat 1 quart oil in a deep fryer to 365 degrees F (185 degrees C).
4. Place about 1 tablespoon filling on each egg roll wrapper. Fold one corner of wrapper over filling. Fold wrapper sides over filling. Roll wrappers to form egg rolls.
5. Fry egg rolls in batches in the hot oil until golden brown. Drain on paper towels and serve with sweet and sour sauce.

Finnish Turnips

INGREDIENTS:

4 small turnips, chopped
2 tablespoons butter
1/2 teaspoon salt
1 cup heavy whipping cream
2 eggs, beaten
1/3 cup packed brown sugar
1 cup crushed cornflakes cereal
2 tablespoons crushed cornflakes cereal

DIRECTIONS:

1. Preheat oven to 350 degrees (175 degrees C).
2. Bring a pot of salted water to a boil. Add turnips; cook until tender but still firm. Drain.
3. In a large bowl, add turnips, butter, salt, cream, eggs, brown sugar and 1 cup corn flakes. Blend until well mixed.
4. Pour into a 2 quart casserole dish, sprinkle with remaining 2 tablespoons crushed corn flakes. Bake for 45 to 50 minutes.

Fried Yellow Summer Squash

INGREDIENTS:

1 egg

1 1/2 cup milk
flour for breading
salt & pepper
Canola oil for frying
Yellow straight neck or crook neck squash

DIRECTIONS:

1. Choose young paler yellow squash that has dropped the bloom. Older, darker yellow squash will be tougher & seedier.
2. Slice yellow squash, with skin on, about 3/16" thick.
3. Mix the egg & milk & then drop in the sliced squash.
4. With flour in another bowl or using your batter pro, dredge in flour, making sure you pat it on to make it adhere to squash good. If using batter pro, no need to pat it on.
5. Squash is now ready to fry.
6. Heat about 2" canola oil in cast iron skillet or dutch oven.
7. Drop squash, one at a time into hot oil, turning only once when the first side is browned.
8. Let the second half brown & get crispy.
9. Remove from skillet & place on paper towels to drain. As soon as you take it

Garlic Monkey Bread

INGREDIENTS:

1 cup milk
1 egg
1/2 cup mozzarella cheese
3/4 cup whole wheat flour
2 1/4 cups bread flour
4 teaspoons sugar
4 teaspoons fresh oregano, OR 1 1/2 teaspoon dried oregano
3/4 teaspoon salt
1 teaspoon active dry yeast

DIRECTIONS:

1. Add ingredients to bread machine and set on dough cycle. When finished, place dough on lightly floured surface and pat to 1/2+ inch thickness. Cut dough into about 32 pieces.

Garlic Butter Mixture:

1/4 cup butter or margarine, melted
Diced garlic or chopped garlic scapes to taste

1. Dip dough chunks into the garlic/scape mixture and place them butter-side down in a greased bundt pan.
2. Continue dipping and layering dough with butter side down until all dough is in the bundt pan.
3. Bake at 375 until brown (15 to 25 minutes, depending upon the size of the cake pan). Invert onto a serving dish and serve warm...maybe with some additional garlic butter to dip the pieces in!

Garlic Scapes

You can slice scapes to whatever length you like and use them as you would garlic, as an aromatic in a wide variety of recipes. Scapes lose a lot of their bite when sautéed, more so than garlic cloves, so use at least three or four times as much scape-age as you would clove-age.

Scapes also work well as a vegetable, cut into lengths and added to stir-fries or blanched and added to salads, much as you might use green beans.

Ginger-Cabbage Salad

INGREDIENTS:

3/4 cup pickled ginger
4 cups shredded cabbage, green or red
1 cup shredded carrots
1/2 cup peanuts, crushed
1/4 cup mirin (sweetened Asian wine)
1/4 cup rice vinegar
4 scallions, sliced

DIRECTIONS:

1. Combine all.

Grandma Kilroy's Brown Bread

Ingredients:

2 cups white flour
2 cups whole wheat flour
1/2 teaspoon salt
1 teaspoon baking powder
1 teaspoon baking soda
3 tablespoons sugar
4 tablespoons butter, melted
2 eggs, slightly beaten
1-2/3 cups buttermilk

Directions:

1. Mix flour, salt, baking sode and sugar in large bowl.
2. Add butter, buttermilk and eggs, stirring until moistened. Do not overmix.
3. Place in greased and floured loaf pan
4. Bake at 375 for 45-55 minutes until browned.

Green beans

Ingredients:

1 bag green beans, clean/cut in 2 inches/remove tips
2 cups onion, chopped
2 teaspoons garlic, chopped
Salt to taste (optional)
2 teaspoons bouillon or 2 cups liquid bouillon
4 cups tomatoes, chopped
1 cup tomato sauce
2 teaspoons vegetable oil
Skillet big heavy cast iron with lid or any big/heavy skillet

Directions:

1. Heat oil on skillet, once heated, add onions, when onions turn translucent add garlic. Let garlic toast on slow heat then add green beans (slowly 1-2 cups at a time) increase heat to medium high, let the green beans sauté & get warmed with onions/garlic
2. Stir to even out heat, add more green beans, continue until you add all the green beans.
3. Allow all green beans to be warm – then add tomatoes slowly (1/2 cup at a time) let tomatoes warm-continue until you add all tomatoes. Add tomato sauce, stir and let the dish sauce (mainly tomatoes) change color from bright red to darker red.
4. Add bouillon/salt. Stir, turn heat to low and cover for 1 hour

Grilled Radishes.

INGREDIENTS:

A bunch of radishes, sliced
1 garlic clove, minced
2 teaspoons butter cut into small pieces
ice cube
salt and pepper to taste

DIRECTIONS:

1. Preheat the grill for high heat.
2. Place the radishes, garlic, butter, and ice cube on a double layer of aluminum foil large enough to wrap contents. Season with salt and pepper. Tightly seal foil around contents.
3. Place foil packet on the grill, and cook 20 minutes, or until radishes are tender.

How to Preserve Basil, Thyme, Parsley, Rosemary and Other Herbs

Preserving Your Herb Garden Goodies to Use All Year

There is no arguing that fresh herbs are the best things to use for your best dishes. Summertime gives us the opportunity to grow all of our favorite herbs in abundance. So, how do you save these flavors of summer for use in the fall, winter and beyond? Buying fresh herbs at the supermarket is expensive and makes most of us cringe at the thought since it was free to us all summer long after buying seeds or plants.

Unless you grow herbs indoors all year, to keep the fresh flavor, generally, there are only two choices. Freezing or drying. Most of us buy dried herbs from the spice aisle but how long have they been sitting in those jars? Drying your own, you'll know exactly how old they are and they will give you more flavor than their store bought counterparts. Of course, having the alternative of being able to buy them at the store is better than not having them at all.

The best and most flavorful herbs to consider keeping are the ones with the most robust flavors such as oregano, mint, basil, thyme and rosemary.

Ideally, having a dehydrating machine to dry your herbs would be easiest. However drying herbs without one is not difficult. To dry herbs, simply harvest and tie together and hang them upside down in a cool dark place such as a closet, basement or under a shady tree outside. Keep the bunches small so the drying time isn't too lengthy or your harvest will mold rather than dry. Make sure each bunch has plenty of air to pass through all of it. When leaves are easily crumbled, they can be stored in an airtight jar. Saving empty herb and spice jars is an excellent way to store these.

Another alternative to hanging in bunches is to lay individual leaves, such as sage, between paper towels for drying in layers. Don't pile these too high or make them too heavy or the mold will be an issue here as well.

Kale and Adzuki Beans

INGREDIENTS:

1 cup uncooked adzuki beans
1 tablespoon olive oil
2 cloves garlic, peeled and crushed
6 cups roughly chopped kale
2 tablespoons water
1/4 cup tamari
1 teaspoon ground cumin
1 teaspoon ground coriander
salt and pepper to taste

DIRECTIONS:

1. Place adzuki beans in a medium saucepan with enough water to cover.
2. Bring to a boil, reduce heat, and simmer 30 to 45 minutes, until tender.
3. Heat olive oil in a medium skillet over medium heat, and sauté garlic about 1 minute.
4. Mix in kale and 2 tablespoons water. Season with tamari, cumin, and coriander. Thoroughly blend in adzuki beans. Reduce heat to low, cover, and simmer about 20 minutes, until kale is tender.
5. Season with salt and pepper.

Lemon Zucchini Bread

INGREDIENTS:

1 1/2 cups shredded zucchini
3/4 cup white sugar
1 egg
1/2 cup vegetable oil
1 1/2 cups all-purpose flour
1/2 teaspoon salt
1/2 teaspoon baking soda
1/4 teaspoon baking powder
1 teaspoon ground cinnamon
2 teaspoons lemon zest

DIRECTIONS:

1. Preheat oven to 325 degrees F (165 degrees C). Grease an 8x4 inch loaf pan.
2. In a bowl, beat together the zucchini, sugar, egg, and oil. In a separate bowl, sift together the flour, salt, baking soda, and baking powder; stir in the cinnamon and lemon zest. Stir the flour mixture into the zucchini mixture just until blended. Pour the batter into the prepared pan.
3. Bake 45 minutes in the preheated oven, until a knife inserted in the center comes out clean. Remove from heat, and cool about 10 minutes before turning out onto a wire rack to cool completely.

Light Zucchini Casserole

INGREDIENTS:

1 pound zucchini, shredded
1 small onion, grated
1/3 cup buttermilk
2 tablespoons vegetable oil
1/2 cup grated Parmesan cheese
1 cup biscuit baking mix

DIRECTIONS:

1. Preheat oven to 350 degrees F (175 degrees C). Grease a 9 inch pie pan.
2. In a medium bowl combine zucchini, onion, buttermilk, oil, cheese and biscuit mix. Mix well and pour into prepared pie pan.
3. Bake in preheated oven for 1 hour, or until lightly browned.

Mashed Turnips

INGREDIENTS:

7 turnips
1 cup whole milk
2 tablespoons butter
Salt to taste
Ground black pepper to taste

DIRECTIONS:

1. Peel, wash, and quarter turnips.
2. Boil 35-45 minutes or until tender. Strain and rinse cooked turnips.
3. Place in large mixing bowl and use fork to break up turnips into smaller bits. Add milk and butter. Blend to desired consistency. Add salt and pepper to taste.

Mashed Turnip II

INGREDIENTS:

1 large turnip, peeled and cubed
3 white potatoes, peeled and cubed
1/4 cup milk
3 tablespoons unsalted butter
1 teaspoon white sugar
3/4 teaspoon salt
1/4 teaspoon pepper

DIRECTIONS:

1. Preheat oven to 375 degrees F (190 degrees C).
2. Place turnip and potatoes in a large pot with enough water to cover, and bring to a boil. Cook 25 to 30 minutes, until tender. Remove from heat, and drain.
3. Mix milk, 2 tablespoons butter, and sugar with the turnip and potatoes. Season with salt and pepper. Mash until slightly lumpy.
4. Transfer turnip mixture to a small baking dish. Dot with remaining butter. Cover loosely, and bake 15 minutes in the preheated oven. Remove cover, and continue baking about 8 minutes, until lightly browned.

Minty Green Bean Salad

INGREDIENTS:

1/4 cup water
1 teaspoon white sugar
1 pound fresh green beans
4 cloves garlic, thinly sliced

2 slices onion, chopped
1 sprig fresh mint leaves

3 tablespoons olive oil
1 tablespoon cider vinegar
1/2 tablespoon minced garlic
1/4 teaspoon dried basil
1/4 teaspoon prepared mustard
salt and pepper to taste

DIRECTIONS:

1. In a medium saucepan, bring the water and sugar to a boil, and cook the green beans 10 minutes, or until tender but crisp; drain.
2. Transfer green beans to a medium bowl, and mix with garlic, onion, and mint.
3. In a small container with a lid, mix olive oil, cider vinegar, garlic, basil, mustard, salt, and pepper. Shake until well blended. Toss into the green bean mixture.

Pumpkin Pie

INGREDIENTS:

1 medium sugar pumpkin
1 tablespoon vegetable oil
1 recipe pastry for a 9 inch single crust pie
1/2 teaspoon ground ginger
1/2 teaspoon ground cinnamon
1 teaspoon salt
4 eggs, lightly beaten
1 cup honey, warmed slightly
1/2 cup milk
1/2 cup heavy whipping cream

DIRECTIONS:

1. Cut pumpkin in half, and remove seeds. Lightly oil the cut surface. Place cut side down on a jelly roll pan lined with foil and lightly oiled. Bake at 325 degrees F (165 degrees C) until the flesh is tender when poked with a fork. Cool until just warm. Scrape the pumpkin flesh from the peel. Either mash, or puree in small batches in a blender.
2. In large bowl, blend together 2 cups pumpkin puree, spices, and salt. Beat in eggs, honey, milk, and cream. Pour filling into pie shell.
3. Bake at 400 degrees F (205 degrees C) for 50 to 55 minutes, or until a knife inserted 1 inch from edge of pie comes out clean. Cool on a wire rack.

Red Cabbage

INGREDIENTS:

3/4 cup water
1 small head red cabbage, finely shredded
3 apples - peeled, cored and chopped
1/4 cup packed brown sugar
1 cup distilled white vinegar
1/2 teaspoon ground cinnamon
1/4 teaspoon ground allspice
1/4 teaspoon ground cloves
2 tablespoons butter, divided

DIRECTIONS:

1. Place water in a large saucepan, and stir in cabbage, apples, brown sugar, vinegar, cinnamon, allspice, cloves, and 1 tablespoon butter.
2. Bring to a boil. Reduce heat, and cover. Simmer 45 minutes, stirring occasionally, until cabbage is tender. Stir in remaining butter before serving.

Rhubarb Dream Bars

INGREDIENTS:

2 cups all-purpose flour
2/3 cup confectioners' sugar
1 cup butter, softened

3 cups white sugar
1 1/2 teaspoons salt
1/2 cup all-purpose flour
4 eggs, beaten
4 1/2 cups chopped fresh rhubarb

DIRECTIONS:

1. Preheat the oven to 350 degrees F (175 degrees C). In a medium bowl, mix together 2 cups of flour, confectioners' sugar and butter until it forms dough, or at least the butter is in small crumbs. Press into the bottom of a 9x13 inch baking dish.
2. Bake for 10 minutes in the preheated oven. While this bakes, whisk together the white sugar, salt, flour and eggs in a large bowl. Stir in rhubarb to coat. Spread evenly over the baked crust when it comes out of the oven.
3. Bake for another 35 minutes in the preheated oven or until rhubarb is tender. Cool and cut into squares to serve.

Roasted Brussels Sprouts

INGREDIENTS:

1 1/2 pounds Brussels sprouts, ends trimmed and yellow leaves removed

3 tablespoons olive oil
1 teaspoon kosher salt
1/2 teaspoon freshly ground black pepper

DIRECTIONS:

1. Preheat oven to 400 degrees F (205 degrees C).
2. Place trimmed Brussels sprouts, olive oil, kosher salt, and pepper in a large re-sealable plastic bag. Seal tightly, and shake to coat. Pour onto a baking sheet, and place on center oven rack.
3. Roast in the preheated oven for 30 to 45 minutes, shaking pan every 5 to 7 minutes for even browning.
4. Reduce heat when necessary to prevent burning. Brussels sprouts should be darkest brown, almost black, when done. Adjust seasoning with kosher salt, if necessary. Serve immediately.

Roasted Fall Vegetables

INGREDIENTS:

3 medium beets, peeled and cut into 1 inch cubes
1 large turnip, peeled and cubed
1 cup pearl onions, peeled
1/4 cup olive oil
1/2 teaspoon dried rosemary
salt to taste

DIRECTIONS:

1. Preheat oven to 425 degrees F (220 degrees C).
2. Place the beets and turnip in a 9x9 inch baking dish. Cut an X in the root end of the onions and place them in the dish. Drizzle the olive oil over the vegetables and add the rosemary and salt. Stir to coat the vegetables with oil.
3. Bake in preheated oven for 1 hour, or until the vegetables are golden brown and tender. Serve hot.

Sour Cream Rhubarb Cookies

Ingredients

- 1 1/2 cups all-purpose flour
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 1/2 cup butter, softened
- 3/4 cup sugar
- 1 egg
- 3/4 cup sour cream
- 1/2 teaspoon vanilla extract
- 2 cups rhubarb, diced

Preparation

Preheat the oven to 350 degrees F. Line two baking sheets with parchment paper.

In a medium bowl, whisk together the flour, baking powder, baking soda, and salt.

In a large bowl, beat the butter and sugar together with an electric mixer at medium speed until light and fluffy. Add the egg and beat to combine. Beat in the sour cream and vanilla, making sure all the ingredients are well combined.

Add 1/3 of the flour mixture and beat until combined. Add another 1/3 of the flour mixture and repeat until all the ingredients are combined. Stir in the rhubarb.

Drop rough tablespoons of batter onto the prepared baking sheets, spacing them about 2 inches apart. Bake 10 to 12 minutes, until the edges of the cookies start to brown and the tops of the cookies get a little color. Let cool slightly, then remove to a rack to cool completely.

Spaghetti Squash I

INGREDIENTS:

1 spaghetti squash, halved lengthwise and seeded
2 tablespoons vegetable oil
1 onion, chopped
1 clove garlic, minced
1 1/2 cups chopped tomatoes
3/4 cup crumbled feta cheese
3 tablespoons sliced black olives
2 tablespoons chopped fresh basil

DIRECTIONS:

1. Preheat oven to 350 degrees F (175 degrees C). Lightly grease a baking sheet.
2. Place spaghetti squash cut sides down on the prepared baking sheet, and bake 30 minutes in the preheated oven, or until a sharp knife can be inserted with only a little resistance. Remove squash from oven, and set aside to cool enough to be easily handled.
3. Meanwhile, heat oil in a skillet over medium heat. Sauté onion in oil until tender. Add garlic, and sauté for 2 to 3 minutes. Stir in the tomatoes, and cook only until tomatoes are warm.
4. Use a large spoon to scoop the stringy pulp from the squash, and place in a medium bowl. Toss with the sautéed vegetables, feta cheese, olives, and basil. Serve warm.

Spaghetti Squash Casserole

INGREDIENTS:

3 pounds spaghetti squash, halved lengthwise and seeded
1 tablespoon vegetable oil
1 medium onion, chopped
1 (8 ounce) can sliced mushrooms
1 teaspoon dried basil

3/4 cup sour cream
1/4 cup freshly grated Parmesan cheese
3 slices bread, cubed

DIRECTIONS:

1. Preheat oven to 400 degrees F (205 degrees C).
2. Cook squash on a baking sheet in the preheated oven for 40 minutes, or until tender. Shred with a fork once cooled slightly, then transfer to a lightly oiled casserole dish, discarding shell. Do not turn off the oven.
3. Heat 1 tablespoon of oil in a skillet over medium heat. Cook and stir the onions, mushrooms, and basil until onions are translucent and tender. Stir onion mixture and sour cream into the squash until well mixed. Sprinkle with Parmesan cheese and cover with bread cubes.
4. Bake in the preheated oven for 15 minutes, or until warmed through and top is lightly browned and toasted. Enjoy!

Stewed Cabbage

INGREDIENTS:

1/4 cup butter
2 onions, chopped
1 stalk celery, chopped
2 cloves garlic, chopped
1 medium head cabbage, cut into squares
1 (14.5 ounce) can stewed tomatoes, with liquid
Salt and pepper to taste

DIRECTIONS:

1. Melt butter in a large saucepan over medium heat. Add onion, celery, and garlic and saute for 3 to 5 minutes, or until translucent. Stir in cabbage, reduce heat to low, and simmer for 15 minutes.
2. Pour in tomatoes and season with salt and pepper to taste. Cover pan and cook over medium heat for 30 to 40 minutes, or until cabbage is tender.

Stir Fried Kale

INGREDIENTS:

3 tablespoons olive oil
1 onion, chopped
3 cloves garlic, minced
1 cup bread crumbs
3 bunches kale - washed, dried, and shredded

DIRECTIONS:

1. Heat oil over medium-high heat in a large frying pan. Add onions and garlic; cook and stir until soft.
2. Mix in breadcrumbs, and cook and stir until brown.
3. Stir in kale, and cook until wilted. Serve hot or warm.

Stir-Fried Kale and Broccoli Florets

INGREDIENTS:

1/8 cup extra virgin olive oil
7 cloves garlic, sliced
1 chile pepper, chopped (optional)
1 head fresh broccoli, chopped
1 bunch kale stems removed and chopped
1/4 cup sun-dried tomatoes cut in thin strips
Juice of 2 limes
Salt

DIRECTIONS:

1. Heat olive oil in a large wok or skillet over high heat. Stir in garlic and chile pepper; cook for 2 minutes, stirring frequently.
2. Stir in broccoli; cook 1 minute.
3. Add kale, and cook 2 minutes, stirring frequently.
4. Stir in sun-dried tomatoes. Pour in lime juice, and season with salt to taste. Toss well.

Stuffed Butternut Squash

INGREDIENTS:

1 butternut squash, halved and seeded
1/2 cup basmati rice
6 Brussels sprouts, trimmed and quartered lengthwise
1 medium carrot, peeled, sliced and julienned
1/3 (15.5 ounce) can garbanzo beans
1/4 cup soy milk
3 tablespoons tamari
1/2 teaspoon ground turmeric
2 cloves garlic, minced

DIRECTIONS:

1. Preheat oven to 400 degrees F (205 degrees C). Place squash in a baking dish with one inch of water, and cover with foil.
2. Bake squash in the preheated oven for 1 hour, or until flesh is fork-tender. Keep warm.
3. In a saucepan, bring water to a boil. Add rice and stir. Reduce heat, cover, and simmer for 20 minutes.
4. Meanwhile, place Brussels sprouts, carrots, and garbanzo beans in a skillet over medium high heat. Stir together soy milk, tamari, turmeric, and garlic, and add to the skillet, tossing to coat.
5. Cover, and simmer for 20 minutes, or until tender. Add a small amount of water or more soy-tamari mixture, as needed, to prevent drying out.

6. Combine rice with vegetable mixture, and scoop into squash. Serve with additional tamari and season to taste. Enjoy!

Sweet Pepper Pasta Toss with Kale

INGREDIENTS:

1 (8 ounce) package uncooked farfalle (bow tie) pasta
1 tablespoon olive oil
1 medium red bell pepper, chopped
1 medium yellow bell pepper, chopped
1 cup roughly chopped kale
4 cloves garlic, chopped
1 pinch dried basil
1 pinch ground cayenne pepper
salt and ground black pepper to taste
8 ounces feta cheese, crumbled

DIRECTIONS:

1. Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain.
2. Heat oil in a skillet over medium heat. Stir in red pepper, yellow pepper, kale and garlic. Season with basil, cayenne pepper, salt and black pepper. Cook until vegetables are tender.
3. In a large bowl, toss cooked pasta with skillet mixture. Sprinkle with feta cheese to serve.

Sweet Russian Cabbage Soup

INGREDIENTS:

1 1/2 pounds ground lean beef
1 (14.5 ounce) can diced tomatoes
1 (8 ounce) can tomato sauce
4 cubes vegetable bouillon
2 medium carrots, shredded
1 onion, chopped
2 tablespoons white vinegar
1/2 cup white sugar
1 1/2 teaspoons salt
1/2 teaspoon ground black pepper
2 quarts water, divided
3 cloves garlic, finely chopped
1 head cabbage, cored and cut into wedges

DIRECTIONS:

1. Crumble the ground beef into a large pot. Add the diced tomatoes, tomato sauce, vegetable bouillon cubes, carrots, onion, vinegar, sugar, salt and pepper. Pour in 1 quart of water, and bring to a boil. Stir to break up the beef while heating. Once the soup comes to a boil, cover and simmer for 30 minutes over low heat.
2. Pour in another quart of water, and return to a slow boil. Add garlic and cabbage. Simmer for 25 minutes, until cabbage is tender. Ladle into soup bowls to serve.

Sweet Potatoes for Two

INGREDIENTS:

- 2 sweet potatoes, cooked and peeled
- 1/2 cup packed brown sugar
- 2 tablespoons butter or margarine
- 2 tablespoons water
- 1/4 teaspoon salt
- 1 dash ground nutmeg or ground mace

DIRECTIONS:

1. Slice sweet potatoes into an 8-in. pie plate; set aside.
2. In a saucepan, combine brown sugar, butter, water and salt; bring to a boil. Pour hot syrup over potatoes.
3. Bake, uncovered, at 350 degrees F for 30 minutes, basting occasionally, or until syrup thickens and potatoes are glazed. Sprinkle with nutmeg or mace.

Sweet Potato and Turnip Swirl

INGREDIENTS:

- 1/2 pound turnips, peeled and cubed
- 2 sweet potatoes, peeled and cubed
- 1 teaspoon minced fresh ginger root
- 1 tablespoon reduced fat margarine
- 1 tablespoon white sugar
- 2 teaspoons orange zest

DIRECTIONS:

1. In a medium saucepan over medium high heat, cover the turnips and sweet potatoes with enough water to cover. Bring to a boil and cook until soft, about 15 to 20 minutes. Drain; transfer to a food processor and puree.
2. In a saucepan over medium heat, combine the ginger, margarine, sugar, and orange peel. Allow margarine to melt and mix ingredients together well.
3. Add the puree and swirl together. Serve warm.

Spaghetti Squash Medley

INGREDIENTS:

1 medium spaghetti squash
2 cups chopped seeded tomatoes
1 tablespoon olive or canola oil
1 garlic clove, minced
2 tablespoons minced fresh basil
1/2 teaspoon salt
1/4 teaspoon pepper
1 1/2 cups fresh broccoli florets
1 large carrot, thinly sliced
2 tablespoons water
2 ounces fresh or frozen snow peas, sliced
2 tablespoons grated Parmesan cheese

DIRECTIONS:

1. Pierce squash six times with a sharp knife. Place on a microwave-safe plate; microwave on high for 7 minutes. Turn squash; cook 7 minutes longer. Cover with an inverted bowl; let stand for 10 minutes.
2. Meanwhile, combine the tomatoes, oil and garlic in a microwave-safe bowl. Heat, uncovered, on high for 2-3 minutes or until tomatoes are softened, stirring once. Stir in the basil, salt and pepper. Place broccoli, carrot and water in another microwave-safe bowl. Cover and microwave on high for 2 minutes. Add peas; cover and cook 1-2 minutes longer or until vegetables are tender. Let stand for 5 minutes; drain. Add to tomato mixture.
3. Halve squash lengthwise; remove seeds. Using a fork, separate squash into strands; toss with tomato mixture. Serve with Parmesan cheese.

Tomato and Dill Soup

Ingredients:

2 sweet onions, minced
2 cloves garlic, chopped
1 teaspoon. olive oil
4 cups chopped plum/Roma tomatoes
1 diced sweet red pepper
1/4 cup diced celery
2 tablespoon chopped green chilies
2 cups vegetable stock
2 teaspoon fresh dill, chopped
2 tablespoon chopped fresh cilantro
1/2 teaspoon. cayenne pepper
salt to taste

DIRECTIONS:

1. Combine all the ingredients except dill, cilantro, cayenne and salt.
2. Bring soup to a boil and simmer for 25 minutes.
3. Allow to cool slightly, then puree in a blender.
4. Stir in the remaining ingredients and season with salt and pepper. Serve warmed or chilled.

Turnip Salad

INGREDIENTS:

4 turnips, peeled and chopped
1 bunch green onions, chopped
2 Granny Smith apples - peeled, cored and chopped
4 slices canned pineapple, chopped
1/2 cup white sugar
1/4 cup vegetable oil
1 tablespoon water
1 teaspoon salt
1/4 teaspoon ground black pepper

DIRECTIONS:

1. Bring a large pot of salted water to a boil. Add turnips and cook until tender but still firm, about 15 minutes. Drain, and cool.
2. In a large bowl, combine the turnips, green onions, apples, pineapple and sugar. Stir to evenly coat with the sugar.
3. Whisk together the oil, water, salt and pepper. Pour dressing over fruit and vegetables. Toss and refrigerate overnight.

Whipped Butternut Squash

INGREDIENTS:

2 butternut squash, halved and seeded
1/2 cup margarine
1 cup light sour cream
salt and pepper to taste

DIRECTIONS:

1. Preheat oven to 350 degrees F (175 degrees C).
2. Place squash halves cut side down in a medium baking dish with enough water to cover. Cover, and bake 1 hour in the preheated oven, until tender.
3. Scoop squash from skin into a medium bowl, and mix with margarine and light sour cream. Whip until smooth. Season with salt and pepper.

Winter Vegetable Hash

INGREDIENTS:

3 tablespoons olive oil
2 tablespoons butter
1 pound Yukon Gold potatoes, diced

1/2 pound fresh shiitake mushrooms, diced
1 red bell pepper, diced
1 small acorn squash, diced
1 shallot, finely chopped
2 teaspoons garlic powder
1 pinch salt
1 pinch ground black pepper
1 cup chopped kale
4 sprigs fresh sage

DIRECTIONS:

1. Place oil and butter in a large skillet over medium heat. Melt butter and mix in potatoes, mushrooms, pepper, squash, and shallot. Season with garlic powder, salt, and pepper. Cook 25 minutes, stirring occasionally, until potatoes are tender.
2. Mix kale and sage into skillet. Continue cooking 5 minutes, until kale is wilted. Serve and enjoy!

Zucchini Casserole II

INGREDIENTS:

6 cups diced zucchini
1 (10.75 ounce) can condensed cream of mushroom soup
1 cup sour cream
1/2 cup chopped onion
1 cup shredded carrots
1 (6 ounce) package dry bread stuffing mix
1/2 cup butter, melted

DIRECTIONS:

1. Preheat oven to 350 degrees F (175 degrees C). Grease a 2 quart casserole dish.
2. In a large saucepan over medium-high heat, cook zucchini in lightly salted water until crisp-tender, about 5 minutes. Drain, and place in a large bowl. Stir in the condensed soup, sour cream, onion, and carrots.
3. In a small bowl, mix together stuffing and melted butter. Spread half of the stuffing mixture in the bottom of the casserole dish, add a layer of the zucchini mixture, and top with remaining stuffing mixture.
4. Bake for 20 minutes in the preheated oven, or until the top is golden brown.

Zucchini Relish

INGREDIENTS:

1 cup chopped zucchini
1/2 cup chopped onion
1 tablespoon white sugar
1 tablespoon chopped fresh basil

2 tablespoons chopped red bell pepper
2 tablespoons lemon juice
1/4 teaspoon salt
1/4 teaspoon pepper

DIRECTIONS:

1. In a medium bowl, stir together the zucchini, onion, sugar, basil, red pepper, lemon juice, salt and pepper. Cover and refrigerate until serving.

Zucchini with Corn (Calabacitas con elote)

INGREDIENTS:

2 cups zucchini, chopped into small pieces
1/2 cup onions, finely chopped
3/4 cup corn

1/4 cup oil, more if needed so veggies do not stick
Milk, until the top of the veggies start to float
1 bouillon cube
Salt and pepper to taste
Cheese, Monterey jack, cut into cubes
Tortillas or tortilla chips

DIRECTIONS:

1. On a big pan add oil & corn, toss until corn is cooked
2. Add salt & pepper to corn & some bouillon. Taste to make sure corn has flavor.
3. Add onion & cook until onions are translucent
4. Add salt & pepper to onions & some bouillon. Taste to confirm flavor still there.
5. Add zucchini & cook until you get half (or so) full with green zucchini broth.
6. Add salt & pepper to zucchini & rest of bouillon. Taste a bit to have lots of flavor, Flavor strong & ready to dissolve when adding milk and cheese.
7. Add milk until floating veggies & bring to a boil
8. Add cheese & let cooked for a minute. Turn off. Do not overcook the cheese! Less heated cheese is better than melted & gone cheese!