

Apple Beet Salad

1 bunch beets with greens
3-4 apples, diced, preferably a tart variety
Olive oil
Balsamic Vinegar
Salt

Decide from the beginning if you want to use the beet greens or not. If the greens will be used, boil or steam until tender – 15 minutes, set aside. Steam or boil roots separately until tender. Remove beets from heat and allow to cool. Remove skin by running under cold water. Coarsely chop greens and place in bowl. Slice beets and add to greens. Add diced apples. Drizzle with balsamic vinegar, olive oil and salt to taste. Toss and serve.

Barely Wilted Salad

Fresh Spinach
Olive oil
Soy sauce
Toasted Sesame Oil – use sparingly as a little goes a long way.
Herbed or wine vinegar
Fresh garlic, coarsely chopped, at least 2 cloves

In a large skillet, add olive oil, soy sauce, toasted sesame oil and chopped garlic. Stir fry garlic for a minute stirring to combine the ingredients. Remove from heat and add fresh spinach. Toss to coat with warm dressing. Add salt to taste and fresh ground pepper. The spinach is amazing and the garlic pieces infused with the soy and toasted sesame oil quite tasty. Make sure you serve spinach with lots of sautéed garlic pieces.

Basic Buttermilk Dressing

2 cup well-shaken buttermilk
2 tablespoons sour cream (or plain yogurt)
1 tablespoon mayonnaise
1/2 teaspoon minced garlic, mashed to a paste with 1/4 teaspoon salt
1/4 teaspoon dry mustard, or to taste
Salt & Pepper to taste

Combine all ingredients well. If you like a thicker dressing, use less buttermilk and/or more sour cream or mayonnaise.

Hint: For more flavor, add seasoning of choice, diced green onions, bacon bits, fresh or dried dill.

Basil Pesto

Every year, I make a batch of basil pesto. I make enough to fill two ice cube trays, cover them, and freeze for use over the winter. The basil retains its beautiful color, aroma, and flavor when frozen. This is not difficult or too gourmet. It's throwing the ingredients into a food processor or blender, hitting the button, and that's about it. As with any wonderful food, it pays to start with good ingredients. This is a really basic recipe without pine nuts. You can add them or walnuts but even without the nuts, you will get the wonderful basil flavor.

Fresh Basil – 1 ½ c
Fresh Garlic – 3 – 4 cloves (more or less if you choose)
Olive Oil – ¼ cup
Fresh Grated Parmesan – ¼ cup

Blend basil, garlic and olive oil until you have a smooth mixture. Adjust ingredients as needed for consistency and flavor. Stir in Parmesan cheese. Use immediately or freeze in covered ice cube trays.

Serving Suggestions: Try adding a frozen pesto cube to drained warm pasta. It coats the noodles so they don't stick and gives wonderful flavor. Spread fresh pesto on pizza dough before adding other toppings.

Beets and Beet Greens

One bunch of beets with greens
2 T chopped green onions
Olive oil
Fresh Parsley - chopped
Salt and fresh ground pepper

Cut stems and leaves 1" above the beet crowns and put leaves aside. Wash beets and steam until tender and peel if desired. Set aside. Peeling may not be necessary with small young beets.

Cut leaves and stems into ½" slices. Sauté chopped green onions in olive oil until tender (about 2 minutes) Add beet greens. Sauté another 2-3 minutes just until greens are wilted. Season with salt and pepper and serve with warm steamed beets. Sprinkle with fresh parsley.

Variation: Serve beets and greens with a drizzle of Balsamic Vinegar.

Breaded Eggplant

This is a simple appetizer or vegetable side. Vary the flavor by adding different spices or herbs to the final bread crumb or cornmeal coating.

Eggplant
Eggs
Flour
Cornmeal or Bread Crumbs
Seasoning of your choice: garlic powder, Italian seasoning, curry powder, etc.
Vegetable oil – canola, peanut, olive
Chopped tomatoes tossed with olive oil, fresh basil or pesto, and chopped garlic

Wash and slice eggplant in ¼ inch slices. The 'Fairytale' eggplant can be sliced lengthwise or crosswise in small circles. If sliced lengthwise, you may have to peel the skin so breading will stick. Place flour in a shallow dish or plate. Crack eggs into a shallow dish and whisk together. Place bread crumbs or cornmeal and any seasoning you would like in a third shallow dish. Dip eggplant slices in flour, then egg, then bread crumbs or corn meal. Fry eggplant on the stove in just a bit of vegetable oil so the slices don't stick. Brown on each side. Keep warm in oven until all slices are prepared. Serve with chopped tomato blend, fresh grated parmesan cheese, and a sprinkle of salt if you like.

Brian's Homemade Salsa

Tomatoes – One quart. We like our 'Juliet' tomatoes but the red slicing tomatoes work just fine. Core tomatoes then cut in half. Squeeze the seed pockets out of tomatoes and discard. Pulse tomato halves in blender or food processor until broken into chunks. Or chop fine by hand.

Onion – ½ medium, chopped fine

Peppers – raw, chopped fine. OR, roast on the grill or oven until skin is charred. Remove skin and chop fine.

Garlic – Four cloves garlic pressed

Cilantro – an absolute must for authentic tasting salsa

Cumin to taste

Salt to taste

Lemon or Lime Juice – ½ Tb

Combine all ingredients in mixing bowl. Taste for seasoning and adjust if necessary. Let sit overnight for best flavor or eat immediately.

Cabbage and Radish Slaw with Peanut Dressing

The peanut dressing can be made ahead and refrigerated in an airtight container up to four days; bring it to room temperature before using. You can let this slaw stand for up to one hour after dressing it; if you do so, stir in the peanuts and red radishes just before serving so they stay crunchy.

1 tablespoon finely chopped peeled fresh ginger

¼ cup coarsely chopped green onion

¼ cup natural peanut butter

½ cup rice-wine vinegar

3 tablespoons soy sauce

3 tablespoons packed dark-brown sugar

¼ cup canola oil

1 small green cabbage finely chopped

6 red radishes, chopped

4 green onions chopped

½ cup dry-roasted peanuts

Blend ginger, green onion, peanut butter, vinegar, soy sauce, sugar, and oil in a blender until smooth; set aside. Place cabbage, radishes, green onions, and peanuts in a large serving bowl. Pour in peanut dressing; toss thoroughly to combine.

Chicken Broth Soup with Ground Pork, Garlic, and Greens

Recipe inspired by “True Thai” by Victor Sodsook

This is one of our favorite soups. Very few ingredients so each one is important to make the soup complete. Fish sauce can be found at a natural grocery.

1 lb ground pork

10 garlic cloves, crushed

½ tsp ground pepper

1 T fish sauce

½ T sugar

½ lb greens swiss chard, kale, spinach work well

6 cups chicken stock

Cilantro, chopped

Combine ground pork with garlic, pepper, fish sauce, and sugar in a small mixing bowl. Mix by hand until well blended. Set aside. Chop greens into large but bite size pieces. Set aside. Pour chicken stock into soup pot and set over high heat. Bring to a low boil. Using a spoon, gather up scoops of the pork mixture and drop them one by one into broth. Bring the soup back to a slow simmer. Stir in greens and turn off heat. Allow greens to wilt in soup. Ladle into bowls and garnish with fresh cilantro.

Chickpea and Tomato Salad

I saw this recipe on 'Everyday Food' – a PBS cooking show. I made a couple substitutions and it turned out great. Many variations can make this salad very tasty.

1-16 oz. can chickpeas (also called Garbanzo beans)
1 pint 'Sungold' cherry tomatoes, sliced in half
2 – red slicing tomatoes, diced
1-medium zucchini, diced
2 T Olive Oil
2 T Vinegar – use a good red wine vinegar or herbal vinegar for best flavor
1 T Dijon Mustard
Salt/Pepper

In a mixing bowl, whisk together olive oil, vinegar, Dijon mustard, dash of salt and pepper. Drain chickpeas and rinse. Add to bowl. Add sliced 'Sungold' tomatoes and sliced red tomatoes. Toss with dressing. Set aside. Sauté diced zucchini in a bit of olive oil just until tender. Add straight to bowl with tomatoes and chickpeas. Toss and serve.
Variations: So Many! Try diced cucumber, red onion, or crumbled feta cheese in this salad. In the original recipe, broccoli was steamed and added to the chickpeas and tomatoes instead of zucchini. Yum!

Cilantro Dressing

Combining the salty olives with the fragrant cilantro makes a dressing very well suited to the robust flavors found in field salad mixes. It is also a good marinade for fish such as tuna. Never let fish marinate longer than 30 minutes, refrigerated, because the fish starts to become mushy.

3/4 cup pitted black olives, chopped
1/2 cup packed cilantro leaves, chopped
1/3 cup olive oil
2 Tbsp. minced onion
2 Tbsp. red wine vinegar
1/4 tsp. pepper
In a small bowl, add all ingredients and whisk to combine. Makes 1 ½ cups.

Cilantro Pesto

1 bunch fresh cilantro
5 cloves garlic, minced
1 tablespoon white wine vinegar
1/4 cup grated Parmesan cheese
1/2 teaspoon cayenne pepper
1/2 cup walnuts or pecans
salt to taste
1/2 cup olive oil

In an electric food processor or blender, blend cilantro, garlic, vinegar, Parmesan cheese, cayenne pepper, nuts, and salt. Add 1/4 cup of the olive oil, and blend the pesto. Add more olive oil until the pesto reaches your desired consistency.

Cool Mediterranean Pasta with Radish and Orange

8 ounces (3 cups) pasta (bow tie or similar)

2 cups fresh spinach leaves torn in bite-sized pieces
1-1/2 cups thinly sliced radishes
1 cup fresh orange chunks
1/4 cup olive oil
2 tablespoons red wine vinegar
2 tablespoons mayonnaise
1 teaspoon oregano leaves, crushed
1 teaspoon minced garlic
Salt, to taste

Cook pasta in salted water according to package directions; drain and rinse under cold water. Place in a large bowl along with spinach, radishes and orange. In a small bowl combine olive oil, vinegar, mayonnaise, oregano, garlic and salt. Pour over pasta mixture. Serve immediately or cover and refrigerate up to 3 hours. Yield: 4 to 6 portions, 7 cups

Couscous Salad with Arugula

1 cup green lentils
1/2 teaspoon fine sea salt, plus more to taste
1 cup couscous
1/4 cup lemon juice
3 tablespoons red wine vinegar
1/4 cup olive oil
2 garlic cloves, minced and mashed into a paste with a sprinkle of salt
6 scallions, white and green parts, chopped
2 cups packed coarsely chopped arugula or mesclun
1 pint cherry tomatoes, cut into halves
1 cup crumbled feta cheese or rindless chevre

Place the lentils in a medium saucepan and add enough water to cover by 2 inches. Bring to a boil over high heat. Reduce the heat to medium low and simmer until the lentils are just tender, about 45 minutes. Drain, rinse under cold water, and transfer to a bowl. In the meantime, bring 1 1/4 cups water and the salt to a boil over high heat. Stir in the couscous, remove from the heat, and cover tightly. Let stand until the couscous is tender and has absorbed the water, about 10 minutes. Fluff with a fork and stir into the lentils. Whisk the lemon juice, vinegar, oil, and garlic in a small bowl to combine. Pour over the lentils and couscous and mix well. Add the scallions, arugula, and cherry tomatoes and mix. Season with the salt. Cover and refrigerate until chilled, at least 2 hours and up to 8 hours. Just before serving, mix in the cheese. Serve chilled.

Cream of Swiss Chard Soup

Swiss chard leaves – 1/2 to 3/4 lb
1-1/2 cups potato cut into small cubes
2-1/4 cups milk – 2 % or whole for richest flavor (can substitute goat or plain soy milk)
3/4 cup onion minced
1 clove garlic minced
1/4 cup unsalted butter
1 tsp. thyme
pepper
1 Tbsp. fresh ground parmesan
4 cups chicken broth

Fresh chopped Basil

Steam or sauté swiss chard for 5 to 10 minutes or until wilted. Heat the milk just short of a boil.

In a large pan place 3/4 cup minced onion, 1 clove garlic minced and 1/4 cup butter. Cook at a low heat until onion is translucent and tender. Add the potatoes and half of the milk. Simmer for 12 to 15 minutes or until the potatoes are cooked. Meanwhile squeeze the extra water from the Swiss chard and then slice into bite size pieces. Once the potatoes are cooked put them in a food processor or blender along with the remainder of the milk, the Swiss chard and the thyme. Blend or pulse until smooth. I like the Swiss Chard in small pieces, not pureed, in the soup. If you prefer this, leave the Swiss Chard out of the previous step and add along with the chicken broth in the next step.

Place soup back into pan along with the chicken broth. Bring to a boil and then simmer for 5 minutes. Taste and adjust the salt accordingly. Serve in bowls with a sprinkle of fresh parmesan and basil

Creamy Cilantro Salad Dressing/Dipping Sauce

This sauce would be excellent on a taco salad, quesadilla, grilled chicken breast or fish.

1/3 cup chopped fresh cilantro leaves
1/4 cup sour cream
1/4 cup mayonnaise
1/4 cup plain yogurt
1/2 lemon, juiced
Salt and freshly ground black pepper

Combine ingredients in mixing bowl. Whisk ingredients to incorporate them fully and season with salt and pepper, to taste. Yield: about 1 cup

Dill Potatoes

A very simple but flavorful dish using fresh potatoes and dill. Wash and cut potatoes into 1" pieces to speed cooking time. Boil or steam potatoes until just tender. Drain and place in serving bowl. Add butter and fresh chopped dill. Allow butter to melt, sprinkle with salt and fresh ground pepper, toss to coat potatoes.

Extra Virgin Mashed Potatoes

1 1/2 lb potatoes, peeled or not depending on your preference, cut into equal size pieces
4 T extra virgin olive oil

Place potatoes in heavy large pot. Cover with cold water. Boil over medium-high heat until potatoes are tender when pierced with fork. Drain, reserving 1 1/2 cups potato cooking liquid. Return potatoes to dry pot. Stir over medium heat until any excess liquid evaporates. Add 3 tablespoons olive oil and mash until almost smooth. Mix in enough potato cooking liquid as needed to moisten. Season to taste with salt and pepper. Transfer potatoes to large bowl. Drizzle with remaining tablespoon olive oil and serve.

Fennel and Mushroom Saute

1 or 2 Fennel Bulb and Leaves
1 cup sliced mushrooms
3 T butter
1 T olive oil
Salt and fresh pepper

Wash and trim fennel removing stems and leaves from bulb. Thinly slice bulb removing core. Mince 3 T of fennel leaves and set aside. Heat 1 T butter and oil until foamy, add mushrooms sautéing until browned. Remove and set aside. Add remaining butter and fennel to pan, cook until fennel is softened but still crunchy. Add mushrooms and stir to combine. Season with salt and pepper and minced fennel leaves.

Tips on Using Fennel

- Add sliced fennel bulb and/or leaves to chicken or tuna salad
- Roast fennel bulb in the oven drizzled with olive oil until just caramelized
- Add halved fennel bulb to chicken cavity when roasting
- Include Fennel with eggs - omelettes, frittatas, scrambled, egg salad
- Serve raw fennel slices with an excellent cheese and fine olive oil – sharp cheddar, gorgonzola, creamy goat cheese

Fennel Vinaigrette Dressing

1/2 cup olive oil
1/2 cup fennel leaves
1/4 cup lemon juice
1 clove garlic, peeled
pinch salt
pinch sugar

In a small saucepan, heat oil, fennel leaves, lemon juice, crushed garlic and salt and sugar. Simmer over low heat for 5 minutes.

Fresh Pasta Bowl

Here's a recipe to use up left over vegetables and greens but is still wonderful, fresh and easy. It's also kind of fun to assemble the ingredients and toss it together in front of your family. Enjoy the oohs! and aahhs! as you blend it all together and dish onto each person's plate.

Fresh vegetables chopped into bite size piece - Broccoli, green onions, sugar snap/snow peas, carrots etc.

Chopped greens of your choice – Arugula, spinach, kale, etc

Pasta – your choice

Olive oil

Pesto (if you have it)

Fresh garlic chopped

Fresh Parmesan or Asiago cheese, grated

Fresh Parsley chopped

Salt and Pepper to taste

Prepare pasta according to directions. In the meantime, sauté in olive oil OR steam your vegetables if you prefer. An easy method to steam is to add water to the bottom of a large skillet, add veggies and put on lid. Steam just a few minutes checking often so you don't overcook. Cook just until tender. Drain.

Place cooked pasta in a large bowl and toss with olive oil. Add prepared vegetables, chopped greens, fresh garlic, pesto, and grated cheese. Toss. Add chopped parsley and salt and pepper to taste.

There are any number of combinations that can be used to create this dish. Add what you like and leave out what you don't want. Want meat or beans? Add cooked chicken, fresh tuna, salmon, 15 oz can of garbanzos or Great Northern beans. It's just an easy way to fix supper.

Fried Green Tomatoes

4-5 medium tomatoes, cored, thickly sliced

Salt & Pepper to taste

2 eggs, beaten

½ c bread or cracker crumbs

4 Tb butter or oil

Salt & pepper tomato slices and dip in beaten egg. Toss lightly in crumbs. Fry in skillet over moderate heat, browning on both sides.

Greek Fennel Skillet

From the cookbook 'Simply in Season'. Serve as a side dish or make it a meal by serving over pasta or polenta. It can also top Italian bread which has been brushed with olive oil and toasted in the oven.

2 cloves garlic, minced

2 fennel bulbs, julienned

1 onion, julienned

1 T Lemon Juice

2 medium Tomatoes, chopped

1 ½ cup feta cheese

½ cup black olives

Saute in olive oil the minced garlic. Add onion and fennel, sauté until tender 5 – 10 minutes. Add lemon juice and tomatoes, cook over medium heat until part of liquid evaporates, about 10 minutes. Add salt and pepper to taste. Stir in feta cheese and black olives, serve.

Greek Salad Vinaigrette

3 T red wine vinegar

1 ½ t lemon juice

2 t minced fresh oregano leaves or 1 tsp dried oregano

½ t salt

Fresh ground pepper

1 medium clove garlic, minced

6 T olive oil

Whisk the ingredients in a large bowl until combined. Serve over mixed greens with Kalamata olives and feta cheese.

Green Salad with Oranges and Radishes

Try to find organic Navel oranges for this recipe. Choose fruit that is heavy for its size.

The organic oranges are soooo much better than the conventional. Serves 6

1 lb lettuce or mixed greens of your choice

2 oranges, peeled, (seeded, if necessary), sliced into chunks

1 C thinly sliced radishes

1/3 C sliced red onion or green onions

4 tbsp. toasted/salted sunflower seeds

Dressing:

4 tbsp. olive oil

3 tbsp. red wine vinegar

1 tbsp finely chopped garlic

1/4 tsp. salt

Fresh ground pepper

Combine vinegar and salt and let sit a few minutes. Then slowly drizzle olive oil into vinegar while whisking. Add garlic and fresh ground pepper. Prepare salad by placing washed drained

greens in bowl, arrange prepared orange, onion and radishes on top. Drizzle with remaining dressing and sprinkle with sunflower seeds. Toss and serve.

Green Tomato Casserole

This recipe is pure comfort food – easy, quick and warms the body on a cold day.

5-6 green tomatoes	1lb ground beef, turkey, chicken or vegetarian substitute
½ c chopped onion	¼ tsp garlic powder
¼ c chopped red pepper	1 tsp salt
½ c chopped green pepper	½ tsp cumin
½ tsp Worcestershire sauce	1 c tomato sauce
1 c whole kernel corn	½ c grated Parmesan cheese
	Dash cayenne pepper

Cut tomatoes in small chunks. Set aside. Brown beef in a large skillet. Add onions, peppers, and tomato chunks. Saute several minutes. Stir in seasonings, sauce, corn and cook several minutes stirring frequently. Pour ingredients into a buttered casserole dish, sprinkle with Parmesan cheese and cayenne. Bake in 350° oven for 35 minutes.

Green Tomato Cheese Pie

1 unbaked 9-inch pie shell	3 T chopped parsley
4 T butter	1 T lemon juice
1 clove garlic	2 T Flour
Milk	1 ½ tsp salt
2 onions sliced	Freshly ground pepper
4-5 green tomatoes	1 c sharp Cheddar cheese, grated

Brush pie shell with milk, prick with fork and bake in a 450° oven 5 minutes. Remove from oven and cool. Melt butter in a large skillet and sauté onions and garlic until tender. Add sliced tomatoes and cook until tender. Add parsley, lemon juice, flour, salt, and pepper. Cook, stirring frequently for about 10 minutes. Pour into pie shell and sprinkle cheese evenly over top. Bake in 400° oven 10-15 minutes until top is browned.

Green Tomato Salsa

4 c chopped green tomatoes
2 c chopped, seeded sweet peppers
Chopped and seeded jalapenos (control heat by removing or leaving in seeds and cavity that holds seeds)
1 c chopped onion
2 tsp salt
1 ½ c cider vinegar
3 cloves crushed garlic
Chop all ingredients and place in saucepan. Bring to a boil, reduce heat and simmer for 10 minutes. Refrigerate to enjoy when cool OR pour salsa in clean hot pint jars. Seal with lids and bands and process in a water bath for 30 minutes.

Grilled Cabbage

Brian may be on to something here. The grill gives the cabbage wonderful flavor.

One head of cabbage
Olive oil

Balsamic or Apple Cider Vinegar **OR** Soy Sauce

Wash cabbage and cut a 1" slice from the head. The slice should have some of the larger outside leaves on one side or the cabbage slice will fall apart. Brush with olive oil and sprinkle with salt. Grill until the cabbage slice starts to soften and become pliable. Start on low heat to begin with to get the inside cooked and then raise the heat to brown the outside if needed. Remove cabbage and slice into 1" pieces. Toss with vinegar of your choice or soy sauce. You choose.

Variation: Apples pair very well with cabbage. Peel apples and either sauté in olive oil or skewer and grill with the cabbage just until tender. Toss with chopped cabbage and sprinkle of cinnamon.

Leftover Idea: We tossed our left over cabbage into a stir fry with broccoli, zucchini, carrots, and green onions. Splashed with Soy Sauce and it was wonderful.

Grilled Greens

We're always trying something new on the grill. We heard about this and had to try it. Yes, it's possible to grill greens.

Washed Greens – heartier leaves like kale and endive work well
Olive oil

This is simple. Brush greens with olive oil and place on the grill. Grill just until wilted. The kale and endive turned out especially well.

Grilled Green Onions

This recipe doesn't sound real exciting but they are fabulous. Such a simple dish but the flavor is outstanding. Give it a try. And make sure you eat the tops also – they're the best part!!

Large green onions with tops (usually described as thinnings from our storage onions)
Olive oil

Wash onions. Leave outer skins, roots, and tops. Slice onions in half length wise. Brush with olive oil and place on grill **cut side down**. You will flip the onion halves only once when the cut side is browned. Once the center of the onion begins to cook and soften, if you flip it cut side down, the center will fall out. Once both sides are browned, remove from grill and serve– tops and all. You will find the tops to be rich and flavorful while the onion itself is sweet and tender. We ate the entire onion and found it all to be delicious.

Grilled Pizza

This recipe is one that appears difficult but is absolutely easy and delicious. I am assuming most or all of you have a bread machine. If you don't, making homemade pizza dough is not difficult and a recipe can be found in most basic cookbooks or online.

Fresh pizza dough – I use my bread machine which makes delicious pizza dough.
Sautéed, steamed or grilled vegetables – zucchini, onions, eggplant, tomatoes
Meat of choice – roasted chicken, sausage (precooked), pepperoni
Cheese, grated or sliced thin – fresh mozzarella, parmesan, asiago, feta
Pesto – arugula or basil based
Fresh basil
Olive oil

Prepare pizza dough. If using a bread machine, remove dough from machine when cycle completes and divide into 3 or 4 pieces. Roll out one piece about 8-10". This can be rough – bigger or smaller as you choose as long as you can get it off the grill. Place flattened dough onto a preheated grill. Cook on first side 3-4 minutes until the bottom just begins to brown. Flip it over and add toppings. This is the fun part. Spread pesto on browned crust. Add meat if using, prepared vegetables, and cheese. Close lid and let cook another 5 minutes or so until cheese melts. Remove from grill and add fresh basil and a drizzle of olive oil. Slice and serve. You will be amazed at the flavor when using homemade dough, fresh vegetables, and basil. Try all kinds of variations. We typically don't use a traditional red sauce but you can. Try topping the pizza with chopped tomatoes tossed with feta cheese, olive oil, and chopped basil. You quickly realize these pizzas work with all kinds of combinations. Variation: One of our favorites – **Barbecue Chicken Grilled Pizza**. Toss roasted chicken with barbecue sauce of your choice. After cooking dough on first side and flipping, add chicken and cheese of choice. Cook another 5 minutes or until chicken is heated through and cheese is melted.

Our Favorite Green Bean Recipe

Handful of fresh green beans
Olive oil
Soy sauce
Toasted Sesame Oil – use sparingly as a little goes a long way.
Herbed or wine vinegar
Fresh garlic, chopped

Steam green beans just until tender – no more than 10 minutes in a basket steamer. In a skillet, add olive oil, soy sauce, toasted sesame oil and chopped garlic. Stir fry garlic for a minute stirring to combine the ingredients. Remove from heat and add green beans, salt to taste, and fresh ground pepper. The beans are outstanding and the garlic pieces infused with the soy and toasted sesame oil quite tasty.

Kale – How to Use this Green

Kale has a flavor very similar to cabbage. This makes sense as it's in the same plant family as cabbage, cauliflower, broccoli – the Brassica family. This group of plants was pointed out in recent years for its health benefits and possible cancer prevention. Either way, it tastes great either raw in salads or in one of the dishes below:

- Chop coarsely and sauté with olive oil until wilted. Serve with your morning scrambled eggs or include in an omelette. The flavor goes very well with eggs.
- Grill it by brushing with olive oil and wilting slightly on the grill.
- Replace your lettuce with kale on your next sandwich.

Preserved Eggplant in Olive Oil

Eggplant – sliced in ½" rounds
Salt
White wine vinegar – 1-2 cups
Olive oil
Fresh Garlic cloves 3 - 4

Place eggplant in large bowl and toss with salt. Lay salted slices on a layer of paper towels, place more paper towels on top and weigh down with a baking sheet. Let the eggplant sweat for 1 hour.

Bring vinegar to a boil, add eggplant and bring back to boil and simmer 5 minutes. Drain eggplant and pat dry.

Pour ½ “of oil into a sterilized pint jar and add eggplant slices and fresh garlic cloves. It does work better to have wide mouth jar if you have one available. Add enough of the remaining olive oil to cover eggplant. Store for one week in a cool dark place before eating. Once opened, make sure all eggplant slices remain immersed in oil to prevent them from spoiling.

Serving suggestion: Use Preserved Eggplant on a fresh pizza. Prepare pizza dough. Spread dough with red sauce, pesto, or both. Place eggplant slices on sauce and add fresh basil leaves, slices of onion, roasted chiles. Bake according to pizza dough recipe. Dress with fresh grated Parmesan or Asiago cheese. This would be wonderful with the Grilled Pizza recipe provided earlier in the season.

Pumpkin Pie

If you don't make crust, go to a store like Whole Foods and purchase a non-hydrogenated oil (NO shortening) pie crust. Brian's mother Sarah makes a wonderful crust using olive oil. That recipe is included in any basic family cookbook or go online for help. We cut the sugar in half on this recipe but you can leave it at 1 cup if you like. I feel the 1 cup makes the pie too sweet masking the warm flavors of roasted pumpkin, cinnamon and spices.

1 organic pie pumpkin
9-inch pie shell, preferably made with non-hydrogenated vegetable oil
1 cup sugar (We cut the sugar in half and use the least processed variety – Turbinado or Sucanet)
½ tsp salt
1 ½ tsp cinnamon
½ tsp ginger
½ tsp cloves
1 ½ c evaporated milk
½ c milk
2 eggs, slightly beaten

Wash the pie pumpkin and slice into into 6-8 pieces, removing any seeds and strings. Place in steamer rack over boiling water and cover. Steam until tender about 20-30 minutes. Remove from steamer, let cool. Using a spoon, scrape flesh away from skin. Mash or puree the cooked pumpkin and measure out 1 ½ cups for the pie. Remaining pumpkin can be enjoyed just like winter squash or frozen for later use.

Preheat oven to 425 F. Line a pie pan with 9-inch pie shell. Combine the mashed pumpkin and remaining ingredients in a large bowl and beat until smooth. Pour into lined pie pan. Bake for 10 minutes, then lower heat to 300 F and bake for another 45 minutes or until the filling is firm.

If any pie filling remains, place in oiled baking dish and bake until firm. If only a thin layer, it will only take 10-15 minutes. It's delicious without any crust.

Quesadillas on the Grill

We love Quesadillas and find they are even better on the grill. You have to start with good tortillas with no shortening or hydrogenated oils. Go to a natural grocery and buy delicious

varieties that are whole wheat, spelt, or sprouted grain. Add fresh vegetables, creamy melting cheese, and good salsa and you've got a great dish. Once your ingredients are chopped, sautéed, cooked, etc., these go together very quickly and have wonderful flavor.

Tortillas

Cheese – any good melting variety like Colby-Jack, American, Pepper Jack, etc.

Fresh Vegetables – onions, zucchini, peppers, tomatoes

1 – 15 oz can of organic beans of your choice – black, kidney, great northern, refried

Seasoned, cooked meat if you choose

Chopped greens

Fresh Tomatoes - chopped

Sour Cream or Yogurt

Salsa – can be eliminated if using fresh tomatoes and cilantro

Fresh Cilantro - chopped

Fire up the grill and let it preheat. In the meantime, sauté or steam your fresh veggies just until tender. Place tortilla on the grill and add cheese on one half of tortilla. Add a few sautéed vegetables, beans and meat. Fold in half. Grill just until cheese is melted and tortillas are just starting to brown a bit. Remove from grill and top with chopped greens (try some kale!), fresh tomatoes, salsa, sour cream or yogurt, and fresh cilantro. We find using one tortilla folded in half works better than two tortillas with the toppings in between. You don't lose toppings when trying to flip one tortilla over. This dish is so flexible and easy. Try any combination of fillings to make your Quesadillas just right!

Variation: For an even more intense grill flavor, grill the vegetables until just tender.

Rice Salad with Lemon, Dill, and Red Onion

¾ tsp coarse salt, plus more for cooking water
1 c white long-grain rice
½ small onion, finely chopped (about 1/3 cup)
3 T red-wine vinegar
3 T freshly squeezed lemon juice (1 lemon)
2 ½ T extra-virgin olive oil
1 ½ tsp finely chopped garlic
¼ tsp freshly ground pepper
3 T roughly chopped fresh dill
Grated zest of 1 lemon

Bring a medium saucepan three-quarters full of water to a boil; add salt. Stir in rice, and return water to a boil. Reduce heat to a simmer; cook uncovered until rice is tender, about 14 minutes. Drain rice in a sieve, and transfer to a medium bowl.

Meanwhile, mix together onion and vinegar in a small bowl. Let sit 5 minutes; strain onion in a sieve, discarding vinegar. Place lemon juice, oil, garlic, ¾ teaspoon salt, and the pepper in another small bowl, and whisk to combine.

Drizzle lemon mixture over hot rice. Add reserved onion, dill, and lemon zest; toss to combine. Serve.

Roasted Beet (OR Turnip), Spinach and Walnut Salad

5 T olive oil	2 garlic cloves, minced
3-4 beets, whole, tops removed	2 c spinach, cleaned
½ c walnut pieces	½ c crumbled Bleu Cheese (or cheese of your liking)
2 T balsamic vinegar	salt & pepper to taste

Lightly brush a baking sheet with olive oil and roast beets in a preheated 400 degree oven until beets are tender- approx. 30-45 min. (If you don't want to fire up the oven, try grilling the beets instead. Toast walnuts in the oven for just a few minutes) For the last 5 minutes of roasting beets in the oven, add the walnuts to the pan. Whisk the remaining olive oil with the balsamic vinegar, salt & pepper until well blended. Slice the beets. In a large mixing bowl, combine all ingredients and toss with vinaigrette. Sprinkle with Bleu Cheese. Substitute Feta or Parmesan if you don't care for the strong flavor of Bleu Cheese.

Roasted Cauliflower

1 head of cauliflower
2-3 cloves of garlic, peeled and coarsely minced
1 lemon
Olive oil
Salt and Pepper
Parmesan cheese

Preheat oven to 400°F. Cut cauliflower into florets and put in a single layer in an oven-proof baking dish. Add garlic. Squeeze a lemon over cauliflower and drizzle each piece with olive oil. Sprinkle with salt and pepper. If the oven hasn't reached 400°F yet, set aside until it has. Place casserole in the hot oven, uncovered, for 15-25 minutes, until the top is lightly brown. Test with a fork for desired doneness. Remove from oven and sprinkle generously with Parmesan cheese.

Roasted Eggplant and Onion Pasta

1	eggplant, cut into 3/4-inch-thick slices	1	c onion sliced
8	ounces uncooked tube shaped pasta	1	tablespoon olive oil
3	garlic cloves, minced	2	cups diced tomatoes
2	tablespoons chopped fresh herbs (dill, parsley, basil or any combination)	1/4	teaspoon salt
3/4	cup finely crumbled feta cheese optional	1/4	teaspoon black pepper
1/4	cup grated fresh Parmesan cheese	4	teaspoons pine nuts, toasted,

Preheat broiler. Place eggplant slices & onion on baking sheet, brush with olive oil; broil 20 minute, turn once or until both sides are golden brown. Remove from oven; cool. Cut into bite-size pieces. While eggplant & onion broil, cook pasta according to package directions. Heat oil in skillet over medium heat. Add garlic & saute 1 minute. Add tomato, fresh herbs, salt & pepper; cook over low heat for 10 minutes. Stir in eggplant & onion; cook 5 minutes. Add pasta, stir well. Top with feta and Parmesan & pine nuts.

Roasted Peppers

You can roast whole peppers (sweet or hot, depending on what you intend to use them for) over a very hot wood or charcoal fire. Place peppers directly on the grill (if it's still flaming a bit, so much the better!) and turn frequently with tongs to allow the skins to blister and blacken. Roasted peppers are wonderful on their own or added to a recipe.

When the peppers are charred, remove them from the fire and place in a food grade plastic bag. Allow some air to remain in the bag and loosely tie. The steam that will form in the bag will help to remove the skin. Let cool for about fifteen minutes or until you can easily handle the peppers. Remove from bag and use your hands to peel off the skins. Cut off the stem end and slice the peppers open. Remove the core and seeds and cut into strips.

Alternatively, you can use one of these other methods to roast peppers:

- You can roast and blacken the pepper on the burner directly over the gas flame on your stovetop.
- If you don't have an open fire, you can also roast peppers in the oven or under a broiler. Put the peppers directly on the oven rack and roast until blistered and charred. Proceed as above. Quarter, core and seed larger peppers before roasting this way.

Roasted Vegetable Salsa

This recipe is taken from Yankee Magazine. It is great for using up any extra vegetables you haven't been able to use. This is REALLY good and REALLY easy.

1 small eggplant, unpeeled, cut into ½ inch cubes
 1 summer squash, cut into ½ inch pieces
 1 cup cherry tomatoes cut in half
 1 small onion coarsely chopped
 1 small pepper coarsely chopped
 Kernels from 2 ears of sweet corn
 2 cloves garlic, minced
 1 T fresh herbs (and combination or one of the following: basil, parsley, oregano, rosemary, sage, thyme)
 3-4 T olive oil
 1 T fresh lemon juice

Heat oven to 450. Lightly oil a 15x10x1 inch baking pan. Place eggplant in colander and sprinkle with salt. Let it stand about 15 minutes, rinse and pat dry. Place vegetables in pan, sprinkle with salt, pepper, garlic and herbs. Drizzle with olive oil. Bake 10 minutes then give vegetables a stir. Bake another 10 minutes or until vegetables are tender and just begin to caramelize (brown a bit); cool slightly. Drizzle with lemon juice, season with additional salt and pepper if necessary. Serve on pita chips, as filling for a wrap or quesadilla, as a topping on warm crusty French bread sprinkled generously with fresh Parmesan cheese, tossed with pasta, or served with an omelet with crumbly fresh goat cheese. You will find many uses for these delicious roasted vegetables.

Rolled Stuffed Lasagna with Greens and Tomato Cream Sauce

1 pound greens (kale, spinach, collards, chard, or a combo)
 3 tablespoons butter or oil
 2 garlic cloves, minced
 1 medium-size onion, chopped
 1 container (15 ounces) ricotta cheese
 1 cup finely diced mozzarella cheese
 1/2 cup grated Parmesan cheese
 8 lasagna noodles, cooked al dente
 salt and pepper
 Preheat oven to 350 degrees. Rinse greens well; cut off any tough stems or ribs and discard. Chop greens. Heat butter or oil in large skillet. Add garlic and onion; saute 5 minutes. Add greens and cook 5 minutes longer, until wilted. Mix greens-and-onion mixture with ricotta, mozzarella, and 1/4 cup Parmesan cheese in large bowl. Stir in salt and pepper.

Tomato Cream Sauce

4 tablespoons butter
 4 tablespoons flour
 3 cups milk
 1 cup tomato puree

1/8 teaspoon ground nutmeg
salt and pepper

For the sauce: Melt butter in saucepan; whisk in flour. Cook 2 minutes, whisk in rest of ingredients, and cook 5 minutes or until boiling. Remove from heat. To assemble lasagna: Coat bottom of a large baking dish with sauce. Lay a noodle on a work surface; spread one-eighth of greens mixture evenly over it. Roll the noodle up loosely, like a jellyroll, and place seam side down in baking dish. Repeat with rest of noodles. Pour remaining sauce over noodles and sprinkle remainder of Parmesan cheese on top. Bake, uncovered, 30 minutes or until hot and bubbly.

Substitution: Marinara sauce would work just fine instead of the Tomato Cream Sauce. Meat of your choice could be added to the sauce, also.

Sauteed Summer Squash

Summer Squash – trim & dice larger zucchini or patty pan squash, leave tiny zucchini trimmed but whole

Fresh Garlic – peel cloves, leave whole

Heat olive oil or butter in pan. Add summer squash and garlic. Saute until lightly browned. Sprinkle with salt and pepper. Lower heat, cover, and cook just until tender 5-10 minutes. Sprinkle with lemon juice before serving.

Variation: Add fresh chopped dill with lemon juice. Toss and serve.

Simple Pasta Sauce

Core and slice tomatoes in half. We don't remove skins but you can if they really bother you. Place tomatoes in stock pot and cook until tomatoes are broken down and soft in their own juice. Don't add water. If the tomatoes are scorching, turn down the heat.

Place a few garlic cloves (you judge how many based on how big your stock pot, flavor, etc.), fresh basil, and a few ladles of your tomatoes in a blender. Pulse blender until garlic and basil are chopped. Add to stock pot. Freeze at this point in plastic containers if you like for use over the winter. To use for dinner tonight, continue on to complete the sauce.

At this point, if you don't like the skins in the sauce, use a Braun electric hand blender to chew up the skins. Or you could put the tomatoes in a food processor or blender and just **pulse** a few times to get rid of skins. We find this acceptable over putting the entire pot through a food mill. We add organic tomato paste to thicken and bring the sauce together (about one 6 oz can for every 2 qts of sauce). We add roasted or sautéed vegetables (carrots, zucchini, onion, mushrooms) cooked just until tender. Preparing the vegetables separately cuts down on cooking time (vegetables cook slowly in the sauce) and roasting or sautéing adds lots of flavor. We also cook our protein choice and add – seasoned ground beef, Italian sausage, ground turkey, ground pork. We adjust the seasoning adding a couple teaspoons of sugar, salt and pepper. Sugar is key – just a little bit really rounds out the sauce and brings it all together.

Sorrel Frittata

This recipe is taken from a list of French Sorrel recipes found at www.newenglandherbcompany.com. I thought this sounded like a wonderful way to incorporate the French Sorrel in a warm entrée.

1 Tbsp. butter
1 onion, minced
1 bunch sorrel, cut into strips

6 eggs
1 Tbsp. chopped fennel or parsley
2 Tbsp. grated Parmesan cheese
1 Tbsp. bread crumbs
salt and pepper to taste
1 Tbsp. olive oil

Heat butter in medium skillet over low heat. Add onion and cook 5 minutes, or until softened. Add sorrel and cook until wilted. Set aside.

In a medium bowl, beat eggs until frothy. Add sorrel, parsley, cheese and bread crumbs. Season with salt and pepper.

Preheat broiler. In a medium ovenproof skillet, heat oil over medium-high heat, swirling to coat the pan. Add egg mixture, reduce heat to low and cook, stirring until large curds form. Stop stirring and cook until eggs are set except for top. Place under broiler and cook until golden brown, watching carefully. Do not overcook. Let frittata cool in pan for a minute, place a serving plate over the skillet and invert.

Tzatziki Cucumbers with Dill

1 medium cucumber, chopped
2 garlic cloves, chopped
2 Tbs. olive oil
1 Tbs. lemon juice
8 oz. yogurt
1 Tbs. chopped fresh dill

Combine all ingredients, chill and serve. Excellent dressing for salads, dip for pita chips and sauce for a falafel sandwich. Makes 2-3 servings.

Warm Cabbage, Onion, and Apple Slaw

1 medium yellow or red onion
1 medium red or green cabbage
2 large crisp, sweet apples
Salt and pepper
Vinegar
Olive Oil

Peel and slice the onion very thin. Trim the cabbage, core it, cut in half, and slice fine as for coleslaw. Peel, core, and slice the apples very thin.

In a large saute pan, heat a little oil and begin to saute the onions.

When they are translucent and just beginning to brown, add the apples. Saute about 1 minute so everything is sizzling, and add the cabbage, the seasoning, a dash of vinegar, and a little water. Stir on a hot flame just long enough to barely cook the cabbage. It should retain a little crunch. Serve with pork, roast chicken or savory grain, or by itself.

Note: You can add herbs and mushrooms, or go in another direction with such spices as cinnamon or allspice. Add a splash of balsamic vinegar or sugar for sweetness.

White Beans and Pasta with Sweet Pepper, Pea Pods, and Parmesan

I try to balance our meals between those with meat and those without. This makes an easy, tasty meatless dish. Perfect served with a tossed greens salad.

1- 15 oz can white beans – Cannellini or Great Northern, rinsed and drained
Cooked, drained pasta of your choice
Bell Pepper – preferably red, yellow, or orange, chopped fine

Pea Pods or other seasonable green vegetable, steamed

This is a great way to use leftover pasta if you have it available. Leftover pasta can be heated through by adding to the basket steamer with vegetables in last minute of cooking. If no leftovers, cook, drain, and toss new pasta with olive oil to prevent sticking.

In a bowl, toss together the noodles, white beans, chopped pepper, and steamed peapods, zucchini or what ever steamed vegetable you choose. Generously grate fresh parmesan cheese over bowl, drizzle with a little more olive oil, sprinkle of salt if you like and toss.

I made this a kid friendly dish for our daughters by omitting onions, and chopping the sweet peppers very fine – 2 ingredients they pick over. The onions would be wonderful in this dish, sautéed in olive oil until just golden before tossing with the rest of the ingredients.

Winter Squash with Onions

The sweet flavor of winter squash combined with sautéed onions is a real match. Another simple recipe bringing together the great flavors of fall.

One winter squash

One medium onion

Peel and slice onion into fairly thin rings. Sauté in butter or olive oil until browned. You want a good sweet aroma from these onions when they are ready.

Dice winter squash. You can leave the skin on if you like. I do enjoy eating the skin but it's not for everyone. Sauté winter squash in olive oil until tender. Covering the squash for 10 minutes will help cook it through. Remove lid to let the moisture cook off. Allow squash to brown a bit to bring out its flavor. When squash is cooked through, toss with onions and serve.

Variation: Add an apple to the mix. Peel and slice apple into ¼" slices. Combine with onions after onions have become translucent. They will not need to cook the entire time with the onions. Serve apple slices and onions with prepared squash. Don't like onions? Leave them out and just sauté apples. It's all good!