

Cooking New  
Jersey Produce

with

Farmers Against  
Hunger



## **Table of Contents**

Snacks and Sauces.....	7
Soups and Salads.....	15
Side Dishes.....	35
Main Courses.....	57
Desserts.....	77
List of Farms.....	85

## Tips and Techniques

1. Many of the recipes say “any oil” or “except extra virgin”. This is because the most common oils: vegetable, canola, corn and olive oil are all considered “neutral” oils, meaning they don’t have any flavor. In general, they are interchangeable. Extra-virgin olive oil has a distinct flavor and doesn’t like very high heat. It’s best for drizzling on top of pastas or making salad dressings. Other oils, such as peanut and sesame oil can have a very strong nut flavor, so they are usually used for specific purposes only.
2. Read the recipe through to know what to set-up and what to have ready. You should have most items ready before starting to cook.
3. Always cut fruits and vegetables into the same size pieces, unless otherwise directed (such as minced, or chopped). This will insure that they cook evenly and will prevent the smaller pieces from burning and larger pieces from not cooking all the way through.
4. Most recipes can be doubled or even tripled if you like. The leftovers can be used for lunch the next couple of days or they can be tightly wrapped and frozen for months in most cases.
5. If possible, try to buy unsalted butter, it costs the same and allows you to control the salt content of your dishes better.
6. Also try to use kosher salt as well. The cost is similar to table salt, but has larger crystals and isn’t as “salty”. All of the recipes here assume kosher salt. If you use table salt, use a little less than what the recipe calls for.
7. For the same reason, also try to buy “low-sodium” stocks and broths. Regular broths are very salty and you really can’t change that once it’s in the dish.

8. Soups tend to taste better once they've had time to let all the flavors come together for a few hours. They are also great for storing in the freezer.
9. Practice makes perfect. The more you cook at home, the more you'll learn: how much to season, how to clean as you go along, how to ask for help with the recipe, how to chop different fruits and vegetables etc.
10. Many of the recipes in this book call for fresh herbs. This can add another few dollars to the recipe. Most supermarkets have herb "singles" for \$.99. Just ask a store employee.



# Snacks and Sauces

NJ Fruit Compote.....	8
Melon and Peach Salsa.....	9
Basil Pesto.....	10
Pickled Carrots (or Radishes, or Cucumbers).....	11
Fresh Jersey Tomato Sauce.....	12
Oven Roasted Vegetable Chips.....	13

## **NJ Fruit Compote**

This is a great and easy recipe to make compote (a chunky sauce) using fresh NJ fruits such as: strawberries, raspberries, blueberries, blackberries and apples. Use this on top of waffles, pancakes, toast or even sweet biscuits for dessert.

Serves 4

**3 cups of your favorite fruit: small berries left whole, strawberries, hulled and halved, larger fruits, peeled and chopped**

**3 tablespoon of butter (preferably unsalted)**

**1/4 cup of white sugar or packed brown sugar**

**1 tablespoon of lemon juice**

**Pinch of salt**

1. Melt the butter in a skillet over medium heat.
2. Add the sugar and lemon juice and stir until combined.
3. Toss in the berries and a pinch of salt, stir to coat. Cook, stirring occasionally, anywhere from 5 minutes to 10 minutes depending on how chunky you like the sauce. If the mixture starts to stick at all, add a little water. Serve.
4. If you are going to use harder fruits along with the berries, such as pears or apples, give them a head start and add a little water. They will need more time to become soft.



## Melon and Peach Salsa

This is another terrific summer dish that can be served with grilled chicken, pork chops, or fish. Or you can prepare it in the winter using store bought fruit and pretend that it's the summer. Once everything is chopped and ready to go, it's a snap.

Serves 8 (about 2 cups)

**1 ripe tomato, cored and chopped**  
**2 ripe peaches, pitted and chopped**  
**1/4 of a small cantaloupe or honeydew melon, seeded and chopped into small 1/4 inch cubes**  
**1/2 cup red onion, diced**  
**1/2 cup bell pepper, diced**  
**2 tablespoons minced jalapeño chile**  
**1/4 cup basil or mint leaves, chopped**  
**1 tablespoon of any oil (except extra-virgin)**  
**3 tablespoons of fresh squeezed lime juice**  
**Salt and Pepper (a sprinkle to taste)**

1. Place all of the ingredients into a bowl and mix together gently. Let this sit for about 5 minutes. Taste the seasonings and add more chile, lime or salt and pepper if needed. Place in a sealed container and refrigerate for at least an hour or up to 4 days. Serve.

## **Basil Pesto**

If you ever have a whole bunch of basil and you want to make an easy pasta sauce that also freezes really well, here you go. Pesto is an Italian word that basically means “to grind”, which is how pesto is made. Cheese is usually added at the end, but if you are freezing it, don’t add the cheese until you are ready to serve it. For easy portioning, freeze them in an ice cube tray, and then pop them into a plastic bag.

Serves 4

**2 cups of packed, fresh basil**

**1/4 cup of pine nuts (or walnuts or almonds)**

**3 medium garlic cloves, peeled**

**Salt**

**7 tablespoons of extra-virgin olive oil (or a little less than 1/2 a cup)**

**1/4 cup of freshly grated Parmesan cheese**

1. If you like you can toast the nuts in a dry skillet over medium heat. This will add more flavor, but it is not necessary. Just shake the pan a few times during cooking and pay attention since nuts tend to burn easily. This should take around 5-7 minutes. Let cool.
2. Place the basil, cooled nuts, garlic and a couple tablespoons of oil in a food processor or blender and blend. Put enough oil in to get the mixture turning. As the mixture is blending, slowly add the rest of the oil until you have a thick, but still pourable consistency. Scraping down the sides if necessary.
3. Transfer to a small bowl, taste and add as much salt to your liking, remembering that the cheese is salty as well. If serving immediately, stir in the cheese and then toss with your favorite cooked pasta.

## **Pickled Carrots (or Radishes, or Cucumbers)**

This is very easy and very delicious. The sweet and sour combination from the vinegar and sugar really penetrates the raw vegetables and makes them that much more delicious. This is a great recipe for snacking and they'll last a week or more in the fridge.

Serves 6

**8 slices of fresh ginger, unpeeled, about the size of a quarter and smashed flat with the side of a knife and the palm of your hand**

**1 cup of rice vinegar (it is milder than regular vinegar)**

**1 cup of sugar**

**1-1/2 lbs of baby carrots, uncut (peeled if necessary) or other veggies cut into bite-size pieces**

1. Mix the ginger, vinegar and sugar in a large bowl until the sugar is dissolved. Add whatever vegetable you have chosen to the mixture and toss to coat.
2. Cover with plastic wrap and place in the refrigerator over-night to meld the flavors. Stir the mixture once every few hours or so. Serve chilled.

## **Fresh Jersey Tomato Sauce**

When summer is at its peak, that's when you make fresh tomato sauce. This recipe is geared towards making a large batch for storing in the freezer or canning. Since making fresh sauce takes some work, this recipe might not be practical for just one meal. Use any kind of tomato, just make sure it's fresh and ripe. Double or triple the recipe for however much you like.

Serves 4

**2 tablespoons of extra-virgin olive oil**

**2 garlic cloves, minced**

**2 lbs of ripe tomatoes, cored, peeled, seeded and cut into 1/2 inch chunks**

**2 tablespoons of fresh basil leaves, chopped (only add to sauce when you are about to serve it, not while storing it)**

**Salt**

1. To prepare the tomatoes, bring a large pot of water to a boil. Core the tomatoes, and cut a small X on the bottom using a paring knife. This will help remove the peel. Dunk the tomatoes, up to 5 at a time, into the boiling water for about 15 to 30 seconds or until the skin starts to peel away where you cut it. Remove them and place into a bowl filled with ice water. Using the paring knife, peel off the skins and discard. Cut the tomatoes in half and scoop out the seeds.
2. Heat the oil in a skillet over medium heat and add the garlic. Stir for a minute or 2 until it is fragrant, but not browned. Add the chopped tomatoes and increase the heat to medium-high. Cook for about 10 minutes or until the tomatoes break down and form a chunky sauce. Stir in the basil (if using right away) and salt. Serve.

## Oven Roasted Vegetable Chips

Here is a great (and easy) way to transform vegetables into one of our favorite snacks, chips. All you need are vegetables, oil, salt and pepper and an oven. You can make a large batch of these, seal them in a container and have a healthy snack all week long.

Serves 4-8

**3 to 4 tablespoons of any oil (except extra-virgin)**  
**1 lb of root vegetables, beets, carrots, sweet potatoes, turnips, parsnips, winter squash etc.**  
**Salt and Pepper**

1. Pre-heat the oven to 325°. Lightly oil a couple of baking sheets and spread the oil around evenly.
2. Cut the veggies into thin slices about 1/4 of an inch thick. Toss the slices in the oil on the sheets then spread them into a single layer, do not overlap them.
3. Bake the slices for about 20 to 30 minutes until they are slightly browned underneath. Flip them over, season them with salt and pepper (and any other spice if you like) then continue to bake another 10 to 20 minutes. They will shrink, but not really crisp up until they cool outside of the oven. Serve at room temperature.



# Soups and Salads

Roasted Asparagus Soup with White Beans.....	17
Carrot, Leek and Lentil Soup with Smoked Turkey.....	18
Creamy Cauliflower Soup.....	19
Corn Chowder.....	20
Melon and Honey Soup.....	22
Minestrone for the Summertime.....	23
Potato and Leek Soup.....	24
Fresh Tomato Soup.....	25
Tomato Gazpacho Soup.....	26
Creamy Sweet Potato and Ginger Soup.....	27
Corn and Black Bean Salad with Spicy Tomato Salsa and Chicken.....	28

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Watermelon and Tomato Salad.....	30
Greek Salad (with shrimp or calamari if you like).....	31
Three-Bean Salad.....	33
Raw Beet and Cabbage Salad.....	34



# Roasted Asparagus Soup with White Beans

Although roasting the asparagus takes a little extra time, the added flavor of roasting makes this soup that much tastier. Like all soups you can double this recipe and freeze the rest for leftovers.

Serves 4

**4 tablespoons canola, vegetable, or olive oil (not extra virgin)**  
**2 leeks, trimmed of brown areas and rinsed well, then sliced thin**

**1 tablespoon of minced garlic**

**1 tablespoon of fresh rosemary or 1 teaspoon of dried**

**1/2 cup white wine (optional, but will increase flavor)**

**Salt and Pepper**

**2 russet or Idaho potatoes, peeled and cubed**

**3 cups white beans, cooked or canned, and drained**

**6 cups of chicken or vegetable stock (low-sodium if possible)**

**1-1/2 lbs of asparagus, rinsed (cut off the woody ends)**

1. Pre-heat oven to 450°
2. Heat 2 tablespoons of the oil in a large soup pot over med-high heat, add the leeks and cook, stirring occasionally, until soft, 3-5 minutes. Add garlic and rosemary and cook for one more minute. Add salt and pepper to taste.
3. Add white wine and scrape up any browned bits on the bottom of the pot.
4. Add the potatoes, 1/2 of the beans and the stock, and bring to a boil, lower the heat to low, partially cover the pot and cook for about 20-30 minutes, stirring every once in a while. Make sure there is enough liquid in the pot as well.
5. While the soup is cooking, roast the asparagus: place on a baking sheet, coat with remaining oil, sprinkle with salt and pepper, then bake for about 10 minutes, shaking the pan once during cooking. Let cool, then cut into bite size pieces.
6. Once the potatoes are soft, mash them and the beans up a little bit in the pot. Add the remaining beans and chopped asparagus. Adjust the soup seasoning with more salt and pepper if necessary.

# **Carrot, Leek and Lentil Soup with Smoked Turkey**

This is another flavorful soup using a variety of vegetables. It's great in the fall when carrots and leeks are at their peak flavor and sweetness. Don't forget you can always double the recipe and freeze the rest for leftovers.

Serves 4

**2 tablespoons of butter**

**1 large carrot, chopped into bite-size pieces**

**1 onion, chopped**

**1 leek, washed and sliced into 1/4 inch pieces, white part only**

**1 celery stalk, chopped**

**1-1/2 cups of mushrooms (button, crimini, or mixture) chopped**

**1/4 cup of white wine**

**1-1/4 cups of chicken stock (low-sodium preferred)**

**2 teaspoons of dried thyme**

**1 bay leaf**

**1/2 cup of lentils rinsed (not red or orange, they'll be mushy)**

**3/4 cup of thick-cut, smoked turkey meat, cubed (optional)**

**Salt and Pepper**

1. Melt the butter in a soup pot or Dutch oven over medium heat. Add the carrots, leeks, celery and mushrooms and cook, while stirring occasionally, until slightly colored. About 3 to 5 minutes.
2. Stir in the wine and chicken broth, raise the heat and bring to a boil. If any foam appears on top, skim it off and discard it. Add the thyme and bay leaf. Cover the pot and lower the heat so it gently bubbles for 25 to 30 minutes.
3. Stir in the lentils and cook, while covered, another 30 minutes or until the lentils are just tender. Stir occasionally.
4. Stir in the turkey meat and season to taste with salt and pepper. Remove the bay leaf and serve.

# **Creamy Cauliflower Soup**

This soup almost makes itself and is a very delicious way to cook cauliflower. There is one full stick of butter in this soup that really richens it up, but it's for 4 or 6 servings so it's not as much as it seems. You can toast some breadcrumbs for a crunchy topping too. Just toss them in some melted butter and bake on a pan for about 10 minutes at 350°.

Serves 4-6

**4 cups of milk**

**Salt and Pepper**

**1 head of cauliflower, core removed and broken into florets**

**1/2 an onion, cut into slices**

**8 fresh thyme sprigs**

**1 stick of butter**

**1 bay leaf**

**Extra virgin olive oil (optional)**

1. Pour the milk into a large saucepan with a pinch of salt. Over medium heat, bring to a simmer then add the cauliflower, onions, thyme, butter and bay leaf.
2. Cover and cook at a low simmer for about 15 to 20 minutes or until the cauliflower is very soft. When done remove the thyme sprigs and bay leaf.
3. Let the soup cool a bit then pour into a blender and purée. Making sure not to overfill the blender and that you vent any steam in the blender (you can do this in batches if you have too much soup). You could also use a potato masher if you don't have a blender, but it will be very chunky.
4. Pour the soup back into the pan, drizzle with oil if you want, then season with more salt and some pepper. Serve.

# Corn Chowder

Corn chowder is a great way to use fresh corn right off the cob. With added potatoes, smoky bacon, fresh thyme and a little heavy cream, this soup has a lot of character to it.

Serves 6

**10 ears of corn, shucked**

**3 oz bacon (about 4 pieces), cut into 1/4 inch strips cross-wise**

**1 tablespoon of butter (preferably unsalted)**

**1 large onion, minced**

**2 garlic cloves, minced**

**3 tablespoons of all-purpose flour**

**3 cup of chicken broth (preferably low-sodium)**

**2 red potatoes, scrubbed and cut into bite-size pieces**

**1 bay leaf**

**1 teaspoon of chopped fresh thyme leaves, or 1/4 teaspoon of dried thyme**

**2 cups of whole milk (lower fat milk will make a thinner soup)**

**1 cup of heavy cream**

**2 tablespoons of chopped flat-leaf parsley (optional)**

**Salt and Pepper**

1. Break 4 cobs of corn in half with your hands. Scrape off the kernels using a sharp knife going down the sides of the cob. Place the kernels in a bowl, about 3 cups. With the remaining 6 cobs, grate them along the side of a large box/cheese grater and scrape off any remaining pulp with the back of a butter knife. About 2 cups total. Put in a separate bowl.
2. In a large pot or Dutch oven, sauté the bacon over medium heat until lightly browned and it has released its fat, about 6-8 minutes. Remove the bacon and set aside. Reduce the heat to low, stir in the butter and the onion, cover the pot and cook for about 12 minutes, stirring occasionally. Add the garlic and cook about 1 minute.

3. Whisk in the flour and stir constantly for about 2 minutes, slowly add the broth while whisking, next add the potatoes, bay leaf, thyme, milk, reserved grated corn and pulp and bacon, and bring to a boil. Reduce the heat to medium low and simmer until the potatoes begin to soften, about 8 to 10 minutes.
4. Add the corn kernels and cream and return to a simmer, cook about 5 minutes until the kernels are slightly soft yet still crunchy. Remove the bay leaf, stir in the parsley and add salt and pepper to your taste. Serve.



## Melon and Honey Soup

This extremely refreshing soup is perfect for a hot summer day. It's only four ingredients and is a snap to make. It will lose its flavor after a couple of days, so it's best to serve right away. Whip it up before starting dinner and chill it. It will be ready by the time dinner is served. You can also serve as a drink with some ice cubes, which is called agua fresca in Mexico.

Serves 4

**1/4 cup of honey**

**1 sprig of fresh rosemary, a handful of mint leaves or lavender (can usually be found with the herbs in the large supermarkets)**

**1 cantaloupe or honeydew melon, seeded, with the flesh removed and cut into chunks**

**Zest and juice of one lemon or lime**

1. Add the honey and the herbs with 1/2 a cup of water in a small pan and bring to a boil. Once the honey dissolves, turn off the heat and let the herbs steep in the hot liquid for 10 minutes. Remove the herbs and let the liquid cool to room temperature. (This can be made a day in advance)
2. Add the melon chunks, zest, juice and honey syrup to a blender and process until puréed. Pour through a strainer into a bowl (or into ice-filled glasses if you're just drinking it) and press on the pulp to get the maximum flavor and juices out of it. Chill for at least 30 minutes then serve.

# Minestrone for the Summertime

This is a chunky vegetable (and vegetarian) soup using a lot of summer veggies that we sometimes run out of uses for. When you don't know what to do with all of that zucchini or yellow squash, you make this. You can make a double batch and freeze the leftovers and you can also add in some tiny pasta shapes near the end of the cooking time if you like.

Serves 4

**3 tablespoons of any oil**

**1 large onion, minced**

**1 tablespoon of tomato paste**

**3 cups of peeled, chopped ripe plum tomatoes**

**1-1/2 cups of trimmed and roughly chopped zucchini**

**1-1/2 cups of trimmed and roughly chopped yellow squash**

**3 medium waxy potatoes (Yukon Gold, red, butter or new potatoes), diced**

**2 garlic cloves, crushed with the side of a knife**

**5 cups of vegetable stock or water**

**4 tablespoons of fresh basil, chopped (optional)**

**1/2 cup of grated Parmesan cheese**

**Salt and Pepper**

1. Add the oil to a large soup pot or Dutch oven over medium heat. Once it's hot add the onion and cook, stirring constantly, until soft, but not browned.
2. Add the tomato paste and cook for a minute longer while stirring. Add the tomatoes, zucchini and squash, potatoes and garlic and cook, stirring occasionally to prevent sticking, for about 10 minutes.
3. Stir in the stock and bring to a boil. Lower the heat and cover the pot about halfway, simmer the soup for about 15 minutes or until the veggies are tender. Add in more stock if the liquid gets low.
4. Remove from the heat and stir in the basil (if using) and half of the cheese. Sprinkle with salt and pepper to taste. Serve with the remaining cheese on the side.

# Potato and Leek Soup

This is a very simple, but very hearty soup. There are a lot of leeks in this soup, but that's where much of the flavor comes from. Don't forget, leeks tend to be very sandy inside, so they need to be rinsed thoroughly. Trim off the dark green tops, slice them long ways down the middle and rinse under the faucet.

Serves 6-8

**3-4 lbs of leeks, dark green parts trimmed off and the rest thoroughly rinsed of sand**

**6 tablespoons of butter (unsalted preferred)**

**1 tablespoon of all-purpose flour**

**5-1/4 cups of chicken stock (low-sodium preferred)**

**1 bay leaf**

**2 sprigs of fresh thyme**

**1-3/4 lbs of red potatoes (about 5 medium size), peeled and cut into medium chunks**

**Salt and Pepper**

1. Trim the leeks so only the white and light green parts remain. Slice them in half long ways, then cut them into half moon slices about 1 inch thick.
2. In a large pot or Dutch oven over medium-low heat, melt the butter until it is foaming. Stir in the leeks, turn up the heat to medium and cover the pot. Cook, stirring occasionally, for about 15 minutes, until they are slightly softened, but not browned. Sprinkle the flour over the leeks and stir to coat. Cook another 2 minutes to dissolve the flour.
3. Turn the heat to high and slowly add the chicken stock while whisking constantly. Add the bay leaf, thyme and potatoes, cover the pot and bring to a boil. Reduce the heat to medium-low and cook, covered, until the potatoes are tender, about 5 to 7 minutes.
4. Remove from the heat and let the soup sit, covered, for about 15 minutes to let the potatoes finish cooking and the flavors come together. Remove the bay leaf and thyme sprigs and season with salt and pepper. Serve.



# Fresh Tomato Soup

Many of us grew up dipping grilled cheese sandwiches into tomato soup from a can and to this day we still love it. Now here's a recipe using ripe tomatoes and herbs to make that soup much tastier and fresher. This makes a chunky soup, if you want a smooth version, use 1 cup more of tomatoes and 1 cup less of stock, purée it in a blender in batches and reheat on the stove. Don't forget the grilled cheese.

Serves 4-6

**2 tablespoons of extra virgin olive oil**

**2 tablespoons of tomato paste**

**1 large onion, halved and sliced**

**1 carrot, peeled and diced**

**Salt and Pepper**

**3 cups of cored, peeled and seeded ripe tomatoes, chopped  
(use canned tomatoes with juices when it's not summertime)**

**1 teaspoon of fresh thyme, chopped or 1/2 teaspoon of dried**

**2-3 cups of chicken, beef, or vegetable stock (preferably low-sodium)**

**1 teaspoon of sugar (optional)**

1. Add the oil to a large soup pot or Dutch oven over medium heat. Once it's hot, add the tomato paste and allow it to cook for a minute. Then add the onion and carrot, some salt and pepper and cook, stirring, until the onions soften, about 5 minutes.
2. Add the tomatoes and herbs to the pot and cook, stirring occasionally, until the tomatoes break down, about 10 to 15 minutes.
3. Stir in the stock and allow it to come to a simmer, cook for about 5 minutes while gently bubbling, adjust the heat if necessary.
4. Taste and adjust the seasoning, if it's very tart add a little bit of sugar to balance it out. Serve.

# Tomato Gazpacho Soup

This is the classic, chilled, all veggie soup that requires zero cooking. You just need to chop a bunch of vegetables (use helpers to speed this up) and be a little patient as it rests in the refrigerator for a few hours and all the flavors mix together. Chop some extra veggies to serve as a garnish if you like.

Serves 8-10

**3 medium, ripe tomatoes, cored and cut in small pieces (about 1/4 inch)**  
**2 medium red bell peppers, cored, seeded and cut into small pieces (about 1/4 inch)**  
**2 small cucumbers, one peeled, one skin left on, both seeded (cut long ways and run a spoon down the middle of it to remove seeds) and cut into small pieces (about 1/4 inch)**  
**1/2 small sweet onion, such as Vidalia, minced**  
**2 garlic cloves, minced**  
**Salt and Pepper**  
**1/3 cup of sherry vinegar (or a little less red-wine vinegar)**  
**5 cups of tomato juice**  
**1 teaspoon of hot pepper sauce (optional)**  
**8 ice cubes**  
**Extra-virgin olive oil for drizzling on top**

1. In a large bowl or pot, mix the tomatoes, peppers, cucumbers, onion, garlic, 2 teaspoons of salt, vinegar, and black pepper to taste. Let sit for about 5 minutes or so until the veggies begin to release their juices.
2. Stir in the tomato juice, hot pepper sauce (if you like), and the ice cubes. Cover and refrigerate for at least 4 hours to mix all of the flavors together.
3. Taste and adjust the seasonings if necessary, remove any unmelted ice cubes and serve cold. Drizzle extra-virgin olive oil on top and add garnishes if you like.

## **Creamy Sweet Potato and Ginger Soup**

This soup, which takes about 30 minutes to make, incorporates flavors that are from Southeast Asia, but are common here and easy to find. It's an easy soup to whip up at the last minute and it's great in the fall or wintertime. If you are going to save some for later, wait to add the lime juice until ready to serve.

Serves 4-6

**2 lbs of sweet potatoes, peeled and chopped into 1 inch cubes**

**1 piece of ginger, about 2 inches long, peeled (use a spoon to easily peel off the skin) smashed, then chopped**

**1 can (14 oz) of unsweetened coconut milk (give it a good shake)**

**3 cups of chicken stock (low-sodium preferred)**

**Salt and Pepper**

**Pinch of cayenne pepper**

**1 tablespoon of fresh lime juice**

1. In a large pot or Dutch oven over medium heat, add the potatoes, ginger, coconut milk, stock, 1/2 a teaspoon of salt and the cayenne, and bring to a simmer (lightly bubbling). Reduce the heat so it just bubbles and cook, uncovered, for about 20 minutes or until the potatoes can be pierced with a knife.
2. Remove from the heat and let cool for a few minutes. Add the soup into a blender in batches and purée. Make sure that the lid of the blender is vented or steam could build up and cause a burn or a mess. You can hold a towel over the open vent to prevent splatter. If there are a lot of ginger fibers, strain the soup through a mesh strainer.
3. Pour back into the pot and reheat, adding the lime juice and adjusting the seasonings with salt, pepper and cayenne if needed. Serve.

# **Corn and Black Bean Salad with Spicy Tomato Salsa and Chicken**

This can be served as just a small salad, a main meal, or you can put it in a wrap or pita and make a sandwich out of it. Of course fresh corn on the cob is best, but frozen can be used as well. One trick to get the kernels off the cob easier is to, after shucking, break the cob in half, then run a sharp knife down the sides, scraping off the kernels onto a cutting board.

Serves 6

**2 tablespoons of any oil**

**3 chicken breasts, skinless and boneless**

**1-1/2 jalapeño chiles, seeds removed and minced**

**1 tablespoon of garlic, minced**

**1/2 cup of minced scallions**

**1 lb of fresh tomatoes (canned chopped tomatoes in the winter) cored and chopped into small pieces**

**Juice of one lemon**

**1/2 cup of chopped cilantro**

**Salt and Pepper**

**5 ears of corn, shucked and scraped of kernels, you should have about 3 cups of kernels, use frozen in the winter**

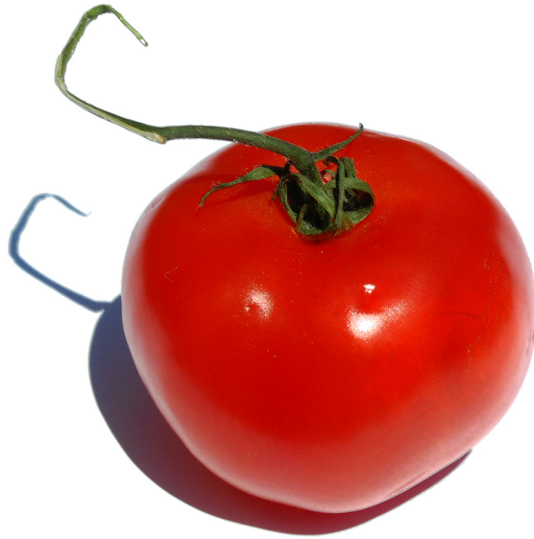
**1/2 head of romaine lettuce, cut into 1/4 inch strips, cross-wise**

**1 15 oz can of black beans, drained**

**2 ripe avocados, peeled and chopped into small cubes (optional)**

1. Pre-heat the broiler and place the rack about 6 inches from the top. Coat the chicken with oil and season with salt and pepper. Place on a sheet pan and place directly under the broiler. Cook about 8-10 minutes depending on the thickness. Once cool, cut into 1/4 inch strips across the grain. Put aside.
2. Bring a small pot of water to a boil.

3. To make the salsa, combine the jalapeños, scallions, garlic, and tomatoes. Stir in the lemon juice, cilantro and salt to taste. Let the flavors mix about 30 minutes before using.
4. Add the corn to the pot of boiling water and cook for about 3-5 minutes, until a little soft, but still crunchy. Drain and let the corn cool.
5. To make the salad, start with a layer of lettuce loosely placed on a plate, then add a ring of corn on the outside, a ring of beans inside of that, a ring of avocado, and finally in the middle add the chicken. Serve the salsa on the side.
6. To make a sandwich, lightly toss all of the ingredients, except the salsa, together and place in a wrap or pita. Spoon some salsa over top and serve.



## **Watermelon and Tomato Salad**

This dish is perfect for the ripe, flavorful tomatoes and watermelons we get in summer time. It's simple to put together and the flavors don't get any fresher. Just make sure you don't let this sit around too long. It's best to assemble this together right before you serve it.

Serves 4

**3 large, ripe tomatoes, cored and cut into thick slices**  
**1/4 watermelon, rind removed, seeded and cut into thick slices (same size as the tomatoes)**

**Salt and Pepper**

**4 oz of fresh goat cheese or feta cheese, crumbled**

**Extra-virgin olive oil**

1. Layer the slices of tomato and watermelon, in between each other, on a large plate or platter. Sprinkle a little salt and pepper on each layer.
2. Crumble the cheese on top of the salad and drizzle a little bit of the olive oil over top as well. Serve.

## **Greek Salad (with shrimp or calamari if you like)**

This salad has a lot of fresh vegetables in it that are readily available at most grocery stores. The homemade dressing is very refreshing as well with all of the flavors of the Mediterranean. Once you make your own dressings, it's pretty easy to keep some on hand all the time.

Serves 4

### **For the Vinaigrette:**

**1/2 cup of extra-virgin olive oil (any oil is an ok substitute)**

**1/4 cup of red-wine vinegar**

**4 garlic cloves, minced**

**1 tablespoon of dried oregano**

**1 tablespoon of fresh oregano leaves, chopped**

**1 tablespoon of fresh thyme leaves, chopped**

**Juice of 1 lemon**

**Salt and Pepper**

### **For the Salad:**

**1 pint of cherry tomatoes, cut in half**

**1 medium red onion, halved and sliced thinly**

**1 medium cucumber, halved long ways and sliced thinly**

**1/2 lb of feta cheese, crumbled**

**1/2 cup of kalamata olives, pits removed**

**1 head of romaine lettuce, cut or torn into bite-size pieces**

**Lemon wedges for garnish**

**3/4 lb of whole calamari or shrimp (shelled), rinsed and patted dry (optional)**

1. Whisk together the oil, vinegar, garlic, both dried and fresh oregano, thyme and lemon juice, and season with some salt and pepper. If you are using calamari or shrimp, pour half of the vinaigrette over them in a bowl to marinate, as you prepare the salad.

2. Combine the tomatoes, onion, cucumber, cheese, olives, and lettuce in a large bowl and add the other half of the vinaigrette. If you aren't using shrimp or calamari save the other half for a later use. Toss the salad to combine.
3. If you are using the seafood, heat a large, non-stick pan over medium-high heat. Add a tablespoon of any oil (not extra-virgin), swirl around the pan, and then add the marinated seafood. Cook, without stirring, for about 2 minutes. Flip over the pieces and cook about 2 minutes more. Cut the calamari into bite-size pieces and place on top of the salad. Serve.





# Three-Bean Salad

This is the classic picnic dish, but made fresh so it tastes much better than store bought salad. Two tricks to this dish: finding the right balance between sweet (sugar) and sour (vinegar) and letting the beans marinate for a day to let the flavors come together.

Serves 6-8

**1 cup of red wine vinegar**

**3/4 cup of sugar**

**1/2 cup of any oil (except extra virgin)**

**2 garlic cloves, minced**

**Salt and Pepper**

**8 oz of green beans, cut into 1-inch pieces**

**8 oz of yellow wax beans, cut into 1-inch pieces**

**1 can (15 oz) of red kidney beans, drained and rinsed**

**1/2 red onion, chopped**

**1/4 cup of parsley, minced**

1. Combine the vinegar, sugar, oil, garlic, 1 teaspoon of salt, and a sprinkle of pepper in a small saucepan and stir over medium heat until the sugar dissolves, about 5 minutes. Set aside and let cool.
2. In a large pot, bring about 3 quarts of water to a boil. Add a tablespoon of salt, then the beans to the pot. Cook for about 5 minutes, or until the beans are slightly tender. As the beans cook, fill a large bowl with cold water and lots of ice. As soon as the beans are done, drain them, and then add them to the ice water to stop the cooking. Let sit for 2 minutes, then drain.
3. Return the beans, along with the kidney beans to the large bowl. Add the onions and parsley and pour the cooled vinegar mixture over top. Toss together to coat. Cover the bowl and refrigerate overnight. Let it come to room temperature before serving.

# Raw Beet and Cabbage Salad

Since beets are so crunchy and sweet (best in the peak of Autumn beet season), they can be grated into smaller pieces and then be eaten raw. This is a nice alternative way to eat a veggie that most people think has to be cooked and since whole beets can take up to an hour to roast, this saves a lot of time.

Serves 4

**1/2 lb of beets, peeled and trimmed**

**1/2 lb of cabbage, core removed**

**2 large shallots or 1 small red onion, minced**

**Salt and Pepper**

**1 orange, peeled and chopped (save any juice)**

**2 teaspoons of Dijon mustard**

**1 tablespoon of extra virgin olive oil (you can use any oil in a pinch)**

**2 tablespoons of red, white or balsamic vinegar**

**1/4 cup of chopped parsley (optional)**

1. Grate the beets on a box grater (or in a food processor if available) Grate or chop the cabbage into small, bite size ribbons. Toss into a large bowl.
2. Add the shallots or onions, along with the rest of the ingredients and toss to combine. Taste and adjust the seasonings. This will get better after sitting a little while in the fridge, soaking up all of the flavors.

# Side Dishes

Roasted Vegetables.....	37
Braised Vegetables.....	38
Apple and Cabbage Slaw.....	39
Steamed Asparagus (in a paper bag).....	40
Roasted Beets (in tin foil).....	41
Beet Cakes with Fresh Rosemary.....	42
Sautéed Broccoli.....	43
Chilled Brussels Sprouts with Vinaigrette.....	44
Corn on the Cob, Steamed.....	45
Sautéed Eggplant with or without Spices.....	46
Oven-Baked French Fries.....	47
Quick-Cooked Greens with Lemon Juice.....	48

Green Bean Casserole.....	49
Sweet and Spicy Green Beans.....	51
Parsnip and Carrot Purée.....	52
Roasted Red Peppers.....	53
Mashed Sweet Potatoes.....	54
Glazed Turnips or Radishes (or carrots or parsnips or etc.).....	55

## Roasted Vegetables

This is one of the easiest ways to cook root vegetables (and some summer veggies and fruits as well), just oil, seasoning and a hot oven. The flavors concentrate and they get even better once they've browned a little.

Serves 4

**2 tablespoons of any oil or butter**

**1-1/2 lbs of vegetables or fruits (carrots, potatoes, Brussels sprouts, cauliflower, parsnips, squash, beets, pineapple, apples, pears etc.) cut into whatever size you need**

**Salt and Pepper with optional other seasonings (smoked paprika, curry, Old Bay, 5 spice, etc.)**

1. Pre-heat the oven to 425° (pre-heat a pan if you want them extra browned).
2. Toss veggies/fruit with the oil or butter and seasonings, then dump onto a baking sheet, making sure not to overcrowd the pan.
3. Bake the veggies/fruit, stirring occasionally, for anywhere between 15 minutes (sweet potato wedges, apple slices) up to 45 minutes or more (large beet pieces and squash).
4. They're done when they are soft enough to your liking. Add more seasoning if necessary and serve.

## Braised Vegetables

This is an alternate method of cooking veggies, as opposed to roasting them or steaming them. You start with some base flavors: onions, smoked meat, and fresh herbs, then you brown the vegetables and cook them, covered in a little bit of flavorful liquid. A nice assortment of vegetables can be used as well, just remember that thicker, tougher veggies will cook longer than others.

Serves 4

**2 lbs of vegetables (carrots, cauliflower, beets, greens, eggplant, broccoli, etc.)**

**3 tablespoons of any oil (except extra virgin)**

**4 oz of bacon, prosciutto or smoked ham**

**1 onion or a couple of shallots, chopped**

**Salt and Pepper**

**2 or 3 sprigs of a fresh herb, thyme or oregano, or 1 sprig of rosemary, or a tablespoon of chopped sage**

**2 cups of vegetable stock, wine, beer, or water**

1. Peel the vegetables and trim them of any bad areas or stems. Cut them into large chunks or leave them whole if they are already that size.
2. Add 2 tablespoons of the oil to a large pot or pan (big enough for the veggies) over medium heat and add the onion and meat. Sprinkle with salt and pepper. Cook these while stirring occasionally until the onion starts to color a bit, around 5 minutes. Add the herbs, lower the heat and cook about another 5 minutes, stirring just a little. Remove all of this to another plate.
3. Add the remaining tablespoon of oil and turn the heat to medium-high. Add the veggies and sprinkle with salt and pepper. Cook, while stirring occasionally until they are slightly browned. Add the onion mixture back to the pot, add the liquid of choice and bring it all to a boil. Lower the heat so it barely bubbles and cover the pot. Cook for anywhere between 5 and 30 minutes depending on the vegetable. Stir occasionally. If the pot gets too dry, add a little more liquid. When the vegetables are soft to your liking, serve.

# Apple and Cabbage Slaw

This is a different way to present a slaw using apples and no mayonnaise. This recipe also calls for salting the cabbage, which will remove excess moisture and keep the slaw really crunchy instead of a watery mess.

Serves 6-8

**1 medium sized cabbage, core removed and chopped into little pieces**  
**2 teaspoons of salt**  
**2 apples, preferably tart Granny Smiths, cored and cut into matchstick sized pieces**  
**2 green onions, thinly sliced**  
**6 tablespoons of oil (not extra virgin)**  
**1/2 cup of apple cider vinegar**  
**1/2 cup of sugar**  
**1 tablespoon of Dijon mustard**  
**1/4 teaspoon of red pepper flakes**

1. Toss the cabbage with the salt in a colander in the sink. Let sit for about an hour until the cabbage has wilted some. Rinse the cabbage and pat dry.
2. Toss the cabbage, apples and scallions in a large bowl.
3. In a small saucepan over medium heat, combine the oil, vinegar, sugar, mustard and red pepper flakes until they boil.
4. Pour it over the cabbage mixture and toss.
5. Cover with plastic wrap and refrigerate for at least an hour. The longer it sits, up to a day, the more flavor it will develop.

## **Steamed Asparagus (in a paper bag)**

Steaming veggies is one of the best ways to cook them since you keep all of the nutrients intact and they don't lose any color, but not everyone has a steamer. Use a paper lunch bag instead.

Serves 4

**1 lb asparagus rinsed (cut off the woody ends)**

**Any oil (extra virgin if possible)**

**Salt and Pepper**

**1/2 a lemon or orange sliced into thin circles (optional)**

**1 bay leaf**

1. Pre-heat the oven to 350°, put the oven rack in the middle position.
2. Add asparagus to the bag and coat the outside of the bag with a little oil to prevent burning.
3. Season the asparagus with salt and pepper and throw in the citrus and bay leaf, then seal the bag tightly.
4. Place on a baking sheet and bake for about 20 minutes (less for skinny asparagus).
5. Take the sheet out and carefully shake the asparagus out of the bag onto a plate and serve.



## **Roasted Beets (in tin foil)**

This is a very efficient way to cook beets while maintaining all of their flavor and nutrients. Beets can take a while to cook depending on their size, but it's worth it. To get beet stains out of your hands, pour some salt on it, rinse it off, and then wash with soap and water.

Serves 4

**4 medium sized beets (larger will just take longer)**

**Any oil (preferably extra-virgin)**

**Salt and Pepper**

1. Pre-heat the oven to 400°, place rack in the middle position.
2. Wash the beets under cold water to remove all the dirt.
3. Wrap them, unpeeled, all together or individually in tin foil, sealing them tightly.
4. Bake them on a sheet anywhere from 45 minutes to over an hour. To test them, stick in a sharp knife, if it goes in easy they're done.
5. Remove from the oven and foil, let cool a bit, then scrape off the skin over a trashcan, using a paper-towel. It should come off easily.
6. Cut the beets how you like. Toss with a little oil, salt and pepper and serve. Or save them for later, refrigerated, for whenever you like.

# Beet Cakes with Fresh Rosemary

This is a traditional Swiss dish almost similar to hash browns or potato latkes. Since they're beets, they'll be a little messy, but this is a fairly easy and very delicious recipe.

Serves 4

**1-1/2 lbs of beets (about 5-6 medium sized)**

**1 teaspoon of fresh rosemary, chopped**

**1 teaspoon of salt**

**1/4 cup of all-purpose flour**

**2 tablespoons of butter**

1. Wash, peel and trim the beets. Then grate on a box/cheese grater.
2. In a large bowl, toss the beets with the rosemary and salt, then add about half the flour (this will absorb excess moisture) toss again then add the rest of the flour and toss again.
3. Heat a large non-stick skillet over medium heat. When the pan is hot, add the butter and let it melt and foam, add the beet mixture to the pan and press down making a large pancake. Or make several smaller pancakes.
4. Cook for about 6-8 minutes, a little less for the smaller cakes, adjusting the heat if they start to burn.
5. Once one side is done, slide it onto a plate, cover with another plate, flip it and slide the uncooked side back into the pan. Cook another 6-8 minutes until done. If they're the small cakes, just flip them over with a spatula or fork.
6. Remove from the pan, add more salt if necessary, cut into pieces and serve.

## **Sautéed Broccoli**

This method of cooking broccoli will be fairly quick and it keeps the broccoli from turning into a grey mush. The chicken broth will add some extra flavor as well.

Serves 4-6

**2 tablespoons of any oil (not extra virgin)**  
**1-1/2 lbs of broccoli (1 bunch) cut into florets, then cut into bite size pieces all roughly the same size**  
**1/2 cup of chicken broth (preferably low-sodium)**  
**Salt and Pepper**

1. Heat the oil in a large non-stick pan over medium-high heat until hot.
2. Add the broccoli and cook, stirring, for about 2-3 minutes.
3. Turn heat to high and add the broth. Cover and cook until the broccoli is tender, about 2 minutes.
4. Uncover and cook until the broth has evaporated and the broccoli is tender to your liking, about 3 more minutes.
5. Season with salt and pepper and serve.

# **Chilled Brussels Sprouts with Vinaigrette**

This is a really tasty way to prepare vegetables and eat them served cold. The simple vinaigrette adds a lot of punch to the crisp vegetables. Use any kind of firm crunchy veggies: carrots, cauliflower, green beans, etc.

Serves 4-8

## **Salt and Pepper**

**1 lb of Brussels sprouts (or other vegetable)**

**1/4 cup of any oil**

**2 tablespoons of white wine vinegar (red wine vinegar is ok too)**

**2 teaspoons of Dijon mustard**

**1 shallot or small red onion, chopped**

1. Bring a large pot of salted water to a boil.
2. In the meantime, slice any hard bottoms off the sprouts, slice in half if they are big. Make an ice bath; fill a separate large bowl halfway with water and ice cubes.
3. Blanch (boil until partially cooked) the sprouts or other vegetables for 3-5 minutes, testing it with a sharp knife for doneness. You want it still a little crunchy.
4. Strain the sprouts and dump into the bowl with the ice water, this stops them from cooking any further, drain them after a few minutes.
5. Whisk together the oil, vinegar, mustard and pepper in a large bowl. Adjust flavors to your liking. Toss in the sprouts and coat. Cover and refrigerate for 30 minutes or more to meld the flavors.

## **Corn on the Cob, Steamed**

Instead of boiling corn on the cob, try this method. You won't have to bring all that water to a boil and it's just as good if not better. You can even substitute milk instead of water for even sweeter corn.

Serves 4

**8 ears of corn, shucked**

**Salt and Pepper**

**Butter (optional)**

**Milk (optional)**

1. Put the corn in a large pot with just an inch or two of salted water or milk, it doesn't have to be fully submerged. Cover the pot and cook over high heat until hot, about 10 minutes. If the water is already really hot to begin with, it could take half as much time.
2. Sprinkle with salt and pepper if you like, and spread on a little butter if you like as well.

## Sautéed Eggplant with or without Spices

Here is a way to quickly cook pieces of eggplant, while getting them nice and brown on the outside (which equals more flavor) and soft on the inside. If you are using the large, dark purple eggplants you'll probably want to salt the pieces, which will remove excess moisture from them and allow them brown nicely.

Serves 4

**1 large eggplant, ends cut off, then cubed into 3/4 inch size pieces (you don't have to peel them)**

**1 tablespoon of salt (preferably kosher)**

**2 tablespoons of extra-virgin olive oil (although any is fine)**

**1 garlic clove, minced**

**2 tablespoons of chopped flat-leaf parsley (optional)**

**Black Pepper**

1. If salting the eggplant, line a baking sheet with some paper towels and add the eggplant cubes. Sprinkle them with the salt and toss to coat them evenly. Let them sit for 30 minutes (you'll notice beads of moisture form on the cubes). If you use regular salt, since they are smaller granules, it will absorb into the eggplant making it very salty. You should rinse the eggplant thoroughly in cold water if so. Using some more paper towels, pat them all dry.
2. In a large skillet or pan, heat the oil over medium-high heat until fairly hot (not smoking). Add the cubes of eggplant and cook, while stirring occasionally, until they start to brown, about 4 minutes.
3. Lower the heat to medium-low and cook the eggplant until tender and browned, about 10 minutes. Add some pepper to taste and add the garlic. Cook for about 2 more minutes to combine. Stir in the parsley and serve.
4. If you want to add some spices, you can use whatever you like. One suggestion is to use a teaspoon of cumin and a 1/2 teaspoon of chili powder added to the oil while it is heating. You can add a teaspoon of sugar in with the garlic as well, which will balance out the spiciness from the chili powder. Try also, smoked paprika, curry, garlic powder etc.

# Oven-Baked French Fries

Here is a way to make fries at home that are crispy on the outside and creamy in the middle. There are a couple of steps to take to ensure this, but the extra effort is worth it.

Serves 3-4

**3 Russet or baking potatoes, peeled if you like, cut in half lengthwise, then cut into several wedges however large you like**

**5 tablespoons of any oil (except extra-virgin)**

**Salt and Pepper**

1. Place the oven rack at its lowest position and heat the oven to 475° (this is a high heat so it is helpful to have heavy-duty baking sheets, a thin one might warp).
2. Put the potatoes in a large bowl and cover with hot tap water and let them soak for 10 minutes.
3. Coat a baking sheet with 4 tablespoons of the oil and sprinkle all over with 3/4 teaspoon of the salt and 1/4 teaspoon of the pepper.
4. Drain the potatoes and spread them out on a bunch paper towels to soak up the water. Pat them dry with more paper towels (this will ensure extra crispiness). Wipe out the bowl, add the dry potatoes back in and toss them with the other tablespoon of oil. Place the potatoes onto the prepared baking sheet in a single layer and cover with aluminum foil. Bake for 5 minutes.
5. Remove the foil and bake for another 15 to 20 minutes, rotating the sheet after 10 minutes, or until the potatoes are slightly browned on the bottom.
6. Using a spatula, flip all of the potatoes over and bake another 5 to 15 minutes until browned and crispy. Place the fries on some more paper towels to drain and sprinkle with more salt and pepper if needed. Serve.

## **Quick-Cooked Greens with Lemon Juice**

If you want to cook greens quickly, as opposed to the more traditional (but delicious) hours on the stovetop method, then this method should suit you. Just make sure any thick stems are trimmed out and any brown spots are removed.

Serves 4

**1 to 1-1/2 lbs of greens, kale, collard, turnip, cabbage, washed thoroughly and patted dry**

**3 tablespoons of any oil (here you can use a flavorful oil like peanut or extra-virgin)**

**Salt and Pepper**

**1/3 to 1/2 cup of fresh lemon juice or white wine vinegar**

1. Once the greens are trimmed of thick stems (you can chop them up too for cooking) stack them all together, roll them up like a cigar, then cut cross-wise into 1/2 inch wide strips.
2. Add the oil to a large non-stick skillet over high heat until very hot. Add the stems first and cook, always stirring, until slightly browned, about 3-5 minutes.
3. Add the leaves and cook, while stirring, until they have wilted and started to brown. Remove from the heat and add the salt and pepper to taste, then add the lemon juice or vinegar and combine. Serve.



# Green Bean Casserole

This is a dish many people associate with Thanksgiving: green beans, cream of mushroom soup, and canned onion crunchies on top. Now some people will always need to have the dish this way, but here is an alternate method that, although it takes a little more effort, will be much tastier.

Serves 8

**3 shallots, peeled and sliced into thin slices (these will be the crunchies on top)**

**3 tablespoons of all-purpose flour**

**5 tablespoons of any oil (except extra-virgin)**

**10 oz of crimini (baby-bella) mushrooms, stems removed, wiped clean and cut into 1/4 thick slices**

**2 tablespoons of butter (unsalted preferred)**

**1 medium onion, minced**

**2 garlic cloves, minced**

**1-1/2 lbs of green beans, ends trimmed if stems are there**

**3 sprigs of fresh thyme**

**2 bay leaves**

**3/4 cup of heavy cream**

**3/4 cup of chicken broth (low-sodium preferred)**

## **For the Crunchies:**

1. In a small bowl, toss the shallot with 1/4 teaspoon of salt and 1/8 teaspoon of pepper and 2 tablespoons of the flour. On a baking sheet, lay down a few layers of paper towels.
2. In a large, non-stick skillet, heat 3 tablespoons of the oil over medium-high heat until it is smoking. Add the shallots to the pan and cook, stirring frequently, until golden brown and crisp, about 5 minutes. Remove the shallots and place on the baking sheet to drain.

### **For the Mushrooms and Beans:**

1. Wipe out the same skillet with a paper towel and heat the remaining 2 tablespoons of oil over medium-high heat. Add the mushrooms, a sprinkling of salt and cook, stirring occasionally, until they have browned, about 8 minutes. Transfer the mushrooms to a separate plate.
2. Wipe out the skillet again and heat the butter over medium heat. When the butter has stopped foaming (about 3 minutes or so), add the onion and cook, stirring occasionally, for about 2 or 3 minutes. Stir the garlic and remaining tablespoon of flour into the pan. Next add the beans, thyme and bay leaves. Add the cream and chicken broth, raise the heat to medium-high, cover the pan with a lid, and cook about 4 minutes or until the beans are starting to get tender.
3. Add the cooked mushrooms to the skillet and cook, uncovered, until the sauce has thickened a bit, another 4 minutes or so. Adjust the heat if the mixture bubbles over the sides.
4. Take it off of the heat, remove the bay leaves and thyme sprigs, adjust the seasoning with more salt and pepper if necessary. Sprinkle with the crunchies and serve.



# Sweet and Spicy Green Beans

Green beans are one of those vegetables that we just don't know what to do with. We either boil them (to death many times) or we make the infamous green bean casserole for Thanksgiving with canned soup mix. Here is another technique you can try which will add a little variety to your cooking.

Serves 4

## **Salt and Pepper**

**1 lb of green beans, ends trimmed if stems are there (if they are really big, cut in half)**

**1/2 cup of whole, unsalted almonds**

**3 garlic cloves**

**1 dried chile or 1 teaspoon of red chile flakes**

**3 tablespoons of any oil (except extra-virgin)**

**1/3 cup of shallots, chopped**

**2 tablespoons of honey**

**3 tablespoons of soy sauce**

1. Bring water to a boil in a large pot and then add 1 tablespoon of salt to it. While the water is heating up, make an ice bath in a large bowl. Add a tray of ice cubes and a cup of water or so. Add the beans to the boiling water and cook for about 2 minutes, until slightly soft, but still crunchy. Drain the beans and then add them to the ice bath (this will stop them from cooking any further) Drain the beans again.
2. Add the almonds, garlic and dried chile or flakes to a blender with a tablespoon or 2 of the oil and process until a thick paste forms. You might have to scrape down the sides with a spatula a few times.
3. Add the remaining oil to a large pan over medium heat and add the shallots. Cook, stirring occasionally, until they are slightly softened, about 3 minutes. Add the almond paste to the pan, cook and stir another 2 minutes.
4. Add the honey and soy sauce, turn the heat to high and cook and stir another minute or two.
5. Add the beans and toss to coat well. If the mixture is too thick, add just a small bit of water. Take it off the heat and season with salt and pepper to taste and serve.

# **Parsnip and Carrot Purée**

This is a great fall dish, especially if you'd like a substitute for mashed potatoes. Parsnips are similar to carrots in flavor, but have a lot of starch in them like potatoes, so it's the best of both worlds. You can also use cauliflower instead of carrots if you like, or add some chopped apples too.

Serves 4-6

**1 lb of parsnips (about 3-4), peeled and coarsely chopped**

**1 lb of carrots (about 4-5), peeled and coarsely chopped  
smaller than the parsnips (since parsnips cook faster)**

**1 tablespoon of minced garlic**

**1/2 an onion, chopped**

**1/2 cup of chicken stock (preferably low-sodium)**

**1/2 cup of water**

**4 tablespoons of butter (preferably unsalted)**

**Salt and Pepper**

1. Add 3 tablespoons of butter to a large pot or Dutch oven over medium heat. Once the butter has melted add the vegetables, stock and water and bring to a boil. Turn the heat to low, cover the pot and cook for about 25-30 minutes, or until the veggies have become tender.
2. Add the remaining butter and sprinkle with salt and pepper. If you have a food processor you can blend the mixture that way, or you can just use a potato masher, which will be slightly lumpier. Serve.

## Roasted Red Peppers

These are surprisingly easy and only use two ingredients. It's a great way to use a pepper if you have a few extra and don't know what to do with them, too. Once cooked, you can seal them in an airtight container with a little oil on top and they'll keep for weeks in the refrigerator.

Makes however many peppers you like

**Red Peppers (or yellow or purple, but green are too bitter)**  
**Any oil**

1. Pre-heat the oven to 350°. Line a baking sheet with some foil. Trim the top and bottom off of the peppers, remove the stem, and then slice the pepper from top to bottom, opening it up. Remove the seeds and cut out the white ribs. You should have 3 or 4 big pieces per pepper, plus top and bottom.
2. Rub the pepper with a little oil and place, skin-side up, onto the baking sheet. Bake for about 15 to 20 minutes until soft and slightly shriveled.
3. Place in a bowl and cover with a tight lid or plastic wrap. Allow the steam to loosen the skins for about 5 minutes or so. When cool enough to handle, remove the skin, while rubbing it off with your hands. Serve or save for later.

## **Mashed Sweet Potatoes**

The trick to this recipe is not to boil the potatoes in a lot of water. That will just cause them to soak it all up and become waterlogged and bland. With just a little cream, butter and steam, the potatoes will be rich and tender.

Serves 4-6

**2 lbs of sweet potatoes, peeled, quartered and sliced into bite-size pieces**

**4 tablespoons of unsalted butter (preferably unsalted)**

**3 tablespoons of heavy cream**

**1 teaspoon of sugar**

**Salt and Pepper**

1. In a large saucepan with a lid, add the potatoes, 2 tablespoons of the cream, the butter, sugar, 1/2 teaspoon of salt (less if salted butter) and a 1/4 teaspoon of pepper. Cook, covered, on low heat until very tender, about 35 to 40 minutes.
2. Take the pan off the heat and add the remaining tablespoon of cream, then mash with a potato masher. Adjust the seasoning if necessary then serve.

## **Glazed Turnips or Radishes (or carrots or parsnips or etc.)**

This method of cooking root vegetables in a small amount of flavorful liquid, then letting the liquid evaporate and turn into a glaze takes very little effort. You can add any type of flavor to the liquid you like, such as fresh herbs or spices. One tip is to not overcook the vegetable before you make the glaze, they will get mushy if you do.

Serves 4

**2 tablespoons of butter or extra virgin olive oil**  
**1 lb of radishes, trimmed and halved if large. If using carrots or large turnips, peel them then cut them**  
**1/2 cup of chicken, beef, or vegetable stock**  
**Salt and Pepper**  
**Lemon juice (optional)**

1. Add the butter or oil, vegetable of choice and stock in a saucepan over medium heat. Sprinkle with salt and pepper, stir to combine and bring to a boil. Cover the pot and lower the heat so it barely bubbles, cook for about 15 minutes, or until just tender. Add more stock if it's getting too dry.
2. Remove the lid and raise the heat so the mixture boils. Roll the vegetables around in the glaze to coat. Remove from the heat, adjust the seasonings and add a little lemon juice if you like. Serve.





## Main Courses

Spicy Vegetable Stir-Fry with Noodles.....	58
Pork Chops with Sliced Apples and Onions.....	60
Pasta with Asparagus and Bacon.....	62
Pasta with Broccoli, Roasted Peppers and Sausage.....	63
Navy Bean and Butternut Squash Gratin.....	64
Cabbage, Sausage and Apples.....	65
Carrots, Peas, and Rice.....	66
Cauliflower Mac and Cheese.....	67
Slow Cooked Collard Greens with Beans.....	68
Peach and Mango Curry Stew.....	70
Black Beans in Beer, with Sausage and Red Pepper.....	71
Stuffed Bell Pepper Frittata.....	72
Spinach and Bean Burgers.....	73
Teriyaki Sweet Potato Skewers with Chicken.....	74
Spaghetti, Summer Squash and Tomatoes.....	75

# Spicy Vegetable Stir-Fry with Noodles

Here is an Asian inspired dish using flavors that should be available in any supermarket. Although you will have to use a separate pot to boil the noodles, everything else is cooked in one pan. Also if you use eggplant, you will not have to salt it to remove any excess moisture, since it will be served in a sauce anyway.

Serves 4

## **Salt and Pepper**

**2 tablespoons of any oil (except extra-virgin)**

**1 onion, peeled, halved, and cut into slices**

**1 cup of peeled, chopped or grated carrot**

**2 tablespoons of garlic, minced**

**1 (or less) fresh hot chile, seeded and minced (taste for spiciness first)**

**1 lime, zested (you can either grate the outside skin or cut off pieces of skin with a peeler and chop very finely)**

**1-1/2 lbs of eggplant (or zucchini or squash or any you like) cut into chunks and peeled if you like**

**8 oz of Asian noodles; soba, rice or whole wheat spaghetti**

**1 cup of unsweetened coconut milk (shake the can first)**

**1/3 cup of peanut butter (smooth or chunky)**

**1 tablespoon of sugar or honey (optional)**

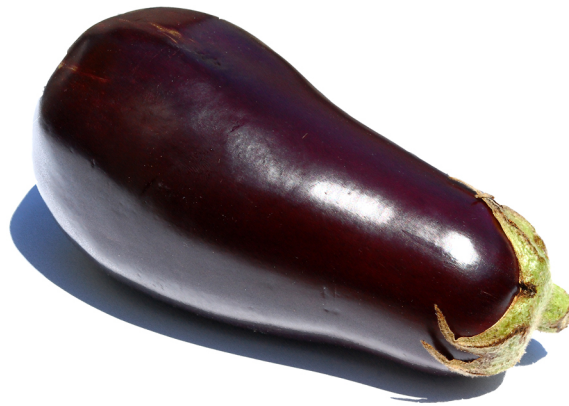
**3 tablespoons of soy sauce**

**1/2 cup of chopped cilantro or basil**

**Lime wedges for serving**

1. Bring water to a boil in a large pot and then add 1 tablespoon of salt to it. While the water is heating up, in a separate skillet add the oil over medium-high heat. Once it is hot, add the onion and carrot and cook, stirring occasionally, until soft, about 5 minutes.
2. Stir in the garlic, chile, and lime zest. Then add the eggplant or other vegetables and cook, stirring occasionally, until they have softened, about 10-15 minutes. If they start to burn, lower the heat a little.

3. Add the noodles to the boiling water and cook according to the directions on the package. Making sure not to overcook them. Drain the noodles and save a little of the cooking water.
4. Whisk together the coconut milk, peanut butter, sugar or honey if you are using them, and soy sauce. Turn the heat back on the skillet to medium and add the coconut mixture along with the noodles to the skillet and mix together. Add salt and pepper to season and a little of the saved pasta water if the sauce is too thick. Sprinkle with cilantro or basil and serve with lime wedges.



# **Pork Chops with Sliced Apples and Onions**

This is a good way to use apples and onions to make a delicious topping for pork chops, which have a tendency to dry out. First you brown the chops to create a flavorful exterior, then you cook them in a sauce that keeps them juicy and tender.

Serves 4

**3 slices of bacon, cut into bite-size pieces**

**2 tablespoons of all-purpose flour**

**1-3/4 cups of apple cider (juice would be too sweet)**

**2 tablespoons of any oil (not extra virgin)**

**4 thick-cut pork chops (preferably with bone-in)**

**Salt and Pepper**

**1 tart apple, peeled, cored and cut into slices**

**1 medium onion, cut in half, then sliced into thin half-moons**

**2 tablespoons of water**

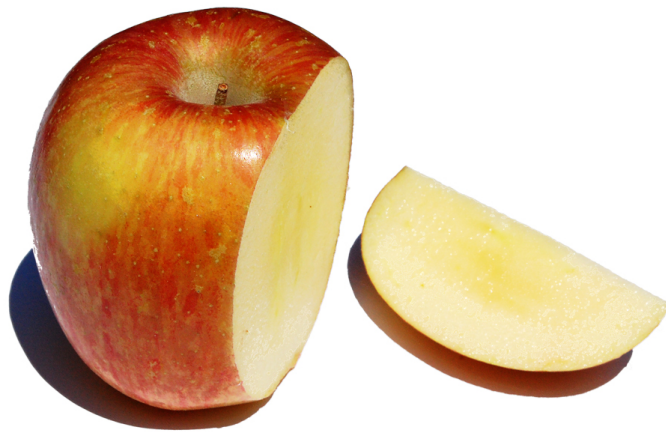
**2 garlic cloves, minced**

**1 teaspoon of chopped fresh thyme**

**2 bay leaves**

1. Fry the bacon in a small pan over medium heat, about 8-10 minutes.
2. Remove the bacon and put on a paper towel lined plate, leaving 2 tablespoons of fat in the pan.
3. Lower the heat slightly, then whisk the flour into the fat and continuously whisk until thick and smooth and the color of caramel, about 5 minutes.
4. Whisk in the apple cider, increase the heat to high, and bring to a boil while stirring. Cover it and remove it from the heat. Set aside.
5. Heat 1 tablespoon of the oil in a large pan over high heat, until very hot. Pat dry the pork chops, season with pepper, then fry them for about 3 minutes per side. Place on an unlined separate plate.

6. Reduce the heat to medium, add the other tablespoon of oil, 1/2 teaspoon of salt and cook the onions and apples for about 5 minutes. Scraping the bottom of the pan to get the delicious brown bits of the pork.
7. Add the garlic and thyme and cook for about 30 seconds.
8. Add the pork chops back into the pan along with their juices, cover with onions and apples and add the prepared sauce and bay leaves into the pan. Reduce heat to low, cover and cook for about 30 minutes.
9. Remove the chops, loosely cover with foil and cook the sauce over medium high heat until it thickens, about 5 minutes
10. Adjust the seasonings of the sauce with salt and pepper, remove the bay leaves, then pour over the pork chops and serve.



# Pasta with Asparagus and Bacon

This is basically a carbonara style pasta, an Italian dish made with an egg sauce and large flecks of black pepper. Although the origins of this dish are a mystery, one story says the pieces of pepper resemble specks of coal or carbon. Since this is frequently what the miners in Italy ate.

Serves 4

## **Salt and Pepper**

**2 tablespoons of vegetable, canola, or olive oil (not extra virgin)**

**4 ounces of chopped bacon**

**1-1/2 lbs of asparagus, rinsed (trimmed of woody ends) and cut into bite-size pieces**

**8 oz of any pasta (whole wheat has more nutrients)**

**2 eggs**

**1/4 cup of grated Parmesan cheese**

1. Boil water in a large pot and then add a good tablespoon of salt to it.
2. Add the oil and bacon to a skillet over medium heat, stir occasionally for about 5 minutes, until the bacon softens.
3. Add the asparagus and raise the heat a little. Cook for another 5-10 minutes until the asparagus has softened a little. Remove from the heat.
4. Cook the pasta according to the directions on the package.
5. Warm a large bowl over the steaming pasta water just to heat it slightly (this will help keep the eggs from scrambling). Beat the eggs in the bowl and stir in the bacon, asparagus and bacon fat into the eggs.
6. Drain the pasta (save a little cooking water) then, right away, add the hot pasta to the egg mixture and toss well. Add some reserved water if the pasta seems dry. Add cracked pepper, cheese, and serve.

# **Pasta with Broccoli, Roasted Peppers and Sausage**

Try to use small pasta with a shape that will “catch” all the chunky pieces of sausage and the vegetables. This is a very fresh tasting dish without the heaviness of a marinara or creamy cheese sauce.

Serves 4-6

## **Salt**

**1/2 teaspoon of ground pepper**

**1 lb of small, shaped pasta**

**4 oz of sweet Italian sausage, with the casing removed**

**9 garlic cloves, minced (about 3 tablespoons)**

**1 cup of roasted red peppers (from a store-bought jar or homemade pg. 53) cut into 1/2 inch pieces**

**2 lbs of broccoli (1 large head), with the florets and stems cut into small bite-size pieces**

**1/2 cup of water**

**1 tablespoon of extra-virgin olive oil**

**1 cup of grated Parmesan (or Pecorino) cheese**

1. Bring a large pot of water to a boil then add 1 tablespoon of salt to it and the pasta. Cook according to the instructions on the package, drain, and put the pasta back in the dry pot.
2. As the pasta cooks, cook the sausage in a large skillet over medium-high heat for about 5 minutes, breaking the chunks up into bite-size pieces until browned.
3. Stir in the garlic and red peppers, 1/2 teaspoon of salt and the pepper. Cook for about 2 minutes while stirring.
4. Turn the heat to high, add the water and broccoli to the skillet, cover and cook about 1-2 minutes until the broccoli looks bright green.
5. Uncover the skillet. Cook, while stirring about 3-5 minutes more.
6. Once the water has evaporated and the broccoli is tender, dump this mixture into the pot with the pasta, along with the oil and cheese. Toss together and serve.

# Navy Bean and Butternut Squash Gratin

Here is a winter dish that uses butternut squash in a unique way. Along with some fresh rosemary, half and half and some ground sausage (if you like), it has a warming flavor and a nice creamy texture.

Serves 4

**4 oz of ground Italian sausage (or links with the casings removed)**

**1/4 cup of half and half or heavy cream**

**1 tablespoon of fresh rosemary, chopped, or 1 teaspoon of dried**

**3 cups of cooked or canned navy beans, drained**

**Salt and Pepper**

**1 small butternut squash, peeled, seeded and cut in half long ways (use a metal spoon to scoop out the seeds)**

**1/2 cup of vegetable stock, or water**

**3 tablespoons of any oil (except extra-virgin)**

**1/4 of grated Parmesan cheese or bread crumbs (optional)**

1. Pre-heat the oven to 325°. Place a small skillet over medium-high heat, once hot add the sausage and cook, breaking the sausage into small pieces, for about 5 to 7 minutes. Don't let it get too brown.
2. In a 2-quart baking dish, mix the half and half or cream, rosemary and beans, sprinkle with some salt and pepper. Push the sausage bits down into the bean mixture.
3. Cut each squash in half, cross-wise, into thin slices. Lay the slices over top of the bean mixture, slightly overlapping and lightly press down. Pour the stock on top and drizzle with the oil, sprinkle on a little more salt and pepper.
4. Cover the pan with foil and bake for 45 minutes. Remove the foil and bake another 45 minutes or until the squash is tender. If the gratin seems a little dry, add some more stock or water. If you are using cheese and/or bread crumbs, sprinkle them on the last 10 minutes of baking. Serve.



# **Cabbage, Sausage, and Apples**

These are cooked as separate components, but really taste good together. You can use any type of sausage you like here, and it's even better served with boiled or mashed potatoes.

Serves 4

## **Salt and Pepper**

**Extra-virgin olive oil (or regular if you don't have it)**

**1-1/2 lbs of sausages (bratwurst, kielbasa, Italian etc.)**

**2 apples, peeled, cored, halved and cut into wedges**

**2 teaspoons of brown sugar**

**1 teaspoon of fresh thyme leaves**

**7 tablespoons of butter**

**1 tablespoon of any vinegar**

**1 head of cabbage, cut into quarters, core cut out, and the leaves cut or torn into large pieces**

**2 tablespoons of chopped flat parsley**

**1/2 bunch of fresh chives, chopped**

1. Bring a large pot of water to a boil over high heat, then add a tablespoon of salt to it.
2. As the water is coming to a boil, add 1 tablespoon of oil to a pan over medium heat, cook the sausages, turning occasionally, until browned all over and cooked through, about 15 minutes. Place sausages on a separate plate.
3. Add the apples to the same pan, sprinkle with brown sugar and the thyme. Add 3 tablespoons of butter and raise the heat to medium-high. Cook until the apples are slightly browned and soft, about 5 minutes. Put them on the plate with the sausages.
4. Add the vinegar to the boiling water and then add the cabbage. Cook just a few minutes until it is a little soft, but still has some bite to it. Drain, then coat with the remaining butter, parsley, chives, and salt and pepper. Serve next to the sausages and apples.

## Carrots, Peas, and Rice

This dish is similar to an Italian risotto; rice that is first sautéed in a little oil, then is slowly cooked over 20 or 30 minutes. The key is to use short-grain rice (brown or white), which is very starchy inside. The starch is slowly released and creates a very creamy texture.

Serves 4

**2 or 4 tablespoons of oil**

**2 strips of bacon (optional)**

**3/4 cup of short-grain rice (one type is called Arborio rice)**

**1 onion, chopped**

**4 carrots, chopped into bite-size pieces**

**Salt and Pepper**

**3 cups of fresh or frozen peas**

**1/4 cup of grated Parmesan cheese**

**1/4 cup of chopped flat-leaf parsley**

1. If you choose to use the bacon, just heat 2 tablespoons of the oil in a large pot over medium heat. Add the bacon and cook until crisp and the fat has been released, about 5 to 7 minutes. If you don't want to use bacon, use 4 tablespoons of oil and go to the next step.
2. Add the rice and cook over medium heat, while constantly stirring, until the rice is shiny, about 2 minutes. Add the onion and carrots, a little salt and pepper and cook while stirring for another 2 minutes.
3. Add enough water to cover the mixture by about an inch, bring it all to a boil and adjust the heat so the rice just bubbles gently. Cook for about 20-30 minutes, occasionally stirring. Add a little more water if it begins to look dry.
4. Stir in the peas and cook. Stir occasionally until the rice is not longer soupy, but is still wet. Add the cheese and parsley, adjust the seasonings and serve.

# Cauliflower Mac and Cheese

This is still a regular mac and cheese, with pasta and loads of cheddar and Parmesan cheese, but the sauce is made with a creamy purée of cauliflower, spices and other flavors. You can always toss in some cubed ham before baking to make this more substantial.

Serves 4

**2 tablespoons of any oil (except extra virgin)**

**Salt and Pepper**

**2-1/2 cups of vegetable or chicken stock, or water**

**2 bay leaves**

**1 cauliflower with the core removed and cut into chunks**

**8 oz of pasta (elbow, shells, or your favorite shape)**

**1/2 cup of grated sharp cheddar cheese**

**1 tablespoon of Dijon mustard**

**1/4 teaspoon of grated nutmeg**

**1/4 cup of grated Parmesan cheese**

**1/2 cup of bread crumbs (optional for some crunch on top)**

1. Pre-heat oven to 400°, rub some oil in a 9" baking dish, bring a large pot of water to a boil then add a tablespoon of salt to it, in another pot add the stock and bay leaves over medium-low heat, once it starts to bubble, turn off the heat.
2. Add the cauliflower to the pot of boiling water and cook until tender, about 25 minutes. Scoop out the cauliflower and place into a blender.
3. Add the pasta to the same pot of boiling water and cook it a few minutes less than the directions say. You want it to be a bit hard still, since it will finish cooking in the oven.
4. Drain the pasta then rinse under cold water to stop it from cooking further. Add the pasta to the baking dish.
5. Take out the bay leaves from the stock. Purée the cauliflower in the blender with 2 cups of the stock, 2 tablespoons of oil, the cheddar cheese, mustard, nutmeg and a little salt and pepper. If it's too much for the blender, then do it in 2 batches. Add more stock if it seems too thick, and taste the seasonings. Pour the sauce over top of the pasta.
6. Cover the top of the dish with Parmesan and breadcrumbs and bake for about 15 to 20 minutes, until it's bubbling and the crumbs are toasted. Serve.

## Slow Cooked Collard Greens with Beans

This recipe makes melt in your mouth, smoky flavored collards in a broth that you'll eat like a soup it's so good. Although the ham hocks are an inexpensive way to flavor this dish, they don't provide much meat. If you can find them, try to use a smoked, ham shank. It will cost a few dollars more, but you'll get a lot of meat from it.

Serves 4-6

**2 tablespoons of any oil (except extra virgin)**  
**1 smoked ham hock (or smoked ham shank for more meat)**  
**1/2 lb of uncooked, small white beans (such as great northern beans), rinsed and picked over for any shriveled beans**  
**2 bunches of collards, tough ribs removed, torn into pieces and thoroughly rinsed in water**  
**1 onion, peeled, cut in half and sliced**  
**2 garlic cloves, smashed, skins removed**  
**6 cups of chicken stock**  
**2 tablespoons of cider vinegar**  
**1 teaspoon of sugar**  
**Pinch of red chile flakes (optional)**  
**2 bay leaves**  
**Salt and Pepper**

1. Add the oil to a large pot or Dutch oven over medium heat. Once hot, add the onions, garlic and ham hock. Cook, stirring occasionally, for about 8-10 minutes, until the onions have softened.
2. Raise the heat to high and add the chicken stock and beans to the pot. Once it boils, cover, turn the heat to low, and simmer for 30 minutes. This will give the beans a head start.
3. As the beans cook, this is a good time to trim and prepare the collards. After 30 minutes have passed, add the vinegar, sugar, bay leaves, chile flakes (if using) and the collards to the pot. Press down to fully submerge the greens. Re-cover the pot and cook for about 45 minutes, stirring occasionally.

4. Add some salt and pepper to the pot and test the beans for tenderness. Taste the broth (called pot liquor) for seasoning as well, adding more vinegar or sugar if needed. Cook, covered, for another 15-20 minutes or until the beans are fully tender.
5. Remove the ham hock and let cool. Shred the meat off the hock and return it to the pot. Remove the bay leaves and serve.



# Peach and Mango Curry Stew

Since curry powder is just a spice mixture, it can really be anything. And since they are popular in South Asian culture, they're normally made with spices from that region: cinnamon, cumin, coriander, turmeric, chile powders, etc. The sweetness of the fruit balances out any spiciness in the dish. Serve over rice.

Serves 4

**2 tablespoons of any oil (except extra-virgin)**

**1 large onion, chopped**

**2 tablespoons of peeled and minced ginger (use a spoon to scrape off the skin)**

**2 tablespoons of garlic, minced**

**Salt and Pepper**

**2 tablespoons of curry powder**

**3 peaches, peeled (if you like), pitted and chopped**

**1 mango, peeled, pitted and chopped**

**4 large ripe tomatoes, cored, and chopped**

**1/2 cup of unsweetened coconut milk**

**Chopped cilantro and/or pistachios for toppings (optional)**

1. In a large pan, heat the oil over medium heat for 1 minute. Add the onion and ginger and a little salt and pepper. Cook, stirring occasionally, for about 5 minutes, or until they become soft.
2. Add the curry powder and stir together for another 30 seconds.
3. Add the fruit, tomatoes, and coconut milk to the pan and stir together. Raise the heat so that the mixture gently bubbles. Cook, stirring occasionally, until the fruit has softened and the mixture has thickened, about 5 to 10 minutes. Adjust the seasonings if necessary.
4. Sprinkle on the cilantro and/or nuts if using and serve.

## **Black Beans in Beer, with Sausage and Red Peppers**

This recipe, using canned beans, is a lesson in flavor building. You start with the flavorful fat from the sausage to cook the onions and peppers. Then the fresh orange juice and oils from the rind, the flavor of the beer you choose, and the chili powder, all come together to create a wonderful one-pot dish. Serve over rice or with tortillas if you like.

Serves 4

**1 orange**

**8 oz of chorizo or sausage of your choice, thinly sliced or 4 oz of bacon, chopped**

**1 medium onion, chopped**

**1 red bell pepper, chopped**

**1 tablespoon of garlic, minced**

**1 12 oz bottle of beer (although the alcohol will cook away, you can use non-alcoholic if you like)**

**3 cups of black beans, canned or cooked, liquid drained**

**1 tablespoon of chili powder**

**1 tablespoon of honey**

**Salt and Pepper**

**1/2 cup of cilantro, chopped (optional)**

1. Cut the orange in half and remove any seeds. Squeeze the juice out of one half into a cup and save. Peel the other half and save the peels. Cut the peeled half into segments or pieces.
2. Put the sausage or bacon in a large skillet over medium heat and cook, stirring occasionally, until brown all over, about 5 to 10 minutes. Add the onion and pepper and cook, stirring occasionally, until soft, another 5 to 10 minutes. Add the garlic and stir for about a minute.
3. Pour in the beer and orange juice then add the orange peels, beans, honey, chili powder, and sprinkle with salt and pepper. Stir to combine.
4. Adjust the heat so the mixture lightly bubbles and cook, uncovered, for about 15 minutes, or until it has thickened and the beer has reduced slightly. Discard the orange peels. Serve. Garnish with the orange segments and cilantro.

# Stuffed Bell Pepper Frittata

This recipe was submitted by Denise, one of our volunteers working at the Browns Mills distribution location. Every week over a hundred volunteers, between four locations, receive produce from FAH and bring it back to their respective organizations for distribution.

A frittata is a kind of baked omelet using whatever fillings you like. There are a few tricks you can use to keep the peppers from falling over in the baking pan. You can use a Bundt pan, a muffin tin, or you can use the cut tops of the peppers and lodge them between the peppers in the dish.

Serves 4

**1-1/2 tablespoons of butter (preferably unsalted)**

**1/2 onion, minced**

**4 plum tomatoes, seeded and chopped**

**8 eggs**

**1-1/2 teaspoons of fresh chopped tarragon (or oregano or thyme) or 1/2 teaspoon of dried**

**1-1/2 teaspoons of fresh chopped basil or 1/2 teaspoon of dried**

**1/3 cup of shredded cheddar cheese**

**Salt and Pepper**

**4 large bell peppers (any color, but green), 1/2 inch of the top cut off and seeds and core removed**

1. Preheat the oven to 350° and adjust the rack to the middle position. Place the cut peppers in a baking dish (see above), making sure they stay upright.
2. Heat the butter in a skillet over medium heat until the foaming has subsided. Add the onion and tomato and cook until the onion is softened and the tomato juices have evaporated, about 8 minutes. Remove from the heat and let cool for 5 minutes.
3. Meanwhile, beat the eggs in a large bowl. Stir in the tarragon, basil, 1/2 teaspoon of salt, 1/4 teaspoon of pepper and the cheese. Add the onion mixture to the eggs and stir to combine.
4. Divide the mixture evenly between the peppers. Cover the dish with foil and bake until the eggs are set, about 55 minutes. Serve immediately.



# Spinach and Bean Burgers

Although this might sound like a flavorless health food from 20 years ago, it's actually delicious. Using fresh ingredients, some spices of your liking and pan-frying the burgers, creates a dish that can't be beat. You can serve these on a bun, with some rice on the side, or with other sides of veggies.

Serves 4

**8 oz of uncooked spinach, washed and dried**

**1 garlic clove, minced**

**2 cups of cooked or 1 can of beans (red, black, white, lentils, or chickpeas) drained, but liquid saved**

**1 medium onion, chopped**

**1/2 cup of rolled oats (try not to use instant oats)**

**1 tablespoon of chili powder (or spice mix of your liking)**

**Salt and Pepper**

**1 egg**

**Any oil (for pan-frying)**

1. Heat a teaspoon of oil in a skillet over medium heat, then add the garlic. Cook, while stirring, for about a minute then add the spinach. Cook, stirring occasionally, until the spinach has wilted and most of the moisture has evaporated off, about 3 to 5 minutes. Remove the spinach to a plate. Once cool, squeeze out the moisture and chop.
2. Add the beans, onion, spinach, oats, chile powder, some salt and pepper and the egg in a large bowl, stir to combine then lightly mash together with a potato masher or a fork. You want it to still be chunky, but fully combined. Add a little of the bean liquid if the mixture seems dry, let this rest for a few minutes.
3. To make the patties, wet your hands with water, then form the burgers into any size you like. Let them rest another few minutes. You can also save these in the refrigerator for a few days, just let them come to room temperature before cooking.
4. Coat a large, non-stick pan, with a thin film of oil over medium heat. Once hot, add the patties and cook until browned on one side, about 5 minutes. Flip the patty over and cook for another 5 minutes or so, until that side is browned as well. Serve or freeze for later.

# Teriyaki Sweet Potato Skewers with Chicken

These can be a fun snack or appetizer, or you can use them as a main course with some other side dishes as well. It's very easy to make teriyaki sauce, just honey and soy sauce heated up to form a glaze. Make sure you soak wooden skewers in water first or they can burn.

Serves 4-8

## **Salt and Pepper**

**1 large piece of fresh ginger, peeled (use a spoon to scrape off the skin) and sliced into thick rounds**

**1/4 cup of soy sauce**

**1/4 cup of honey**

**2 large sweet potatoes, peeled (if you like) and cut into large, but bite-size cubes**

**2 boneless chicken thighs, (or breasts, but they'll be drier) cut into large, but bite size pieces**

1. Pre-heat an oven to 375°. If you are using wooden skewers, soak them in water for about 20 minutes. Fill a small bowl with cold water and some ice cubes.
2. Bring a small saucepan of water to a boil. Add a little salt and the ginger to the pan. Boil the ginger slices until slightly soft, about 3 to 5 minutes. Remove the ginger and add to the ice-water bowl to stop the cooking.
3. Mix the honey and soy sauce together in a separate small bowl.
4. Thread the sweet potatoes, chicken and ginger, alternating each one, onto the skewers. Sprinkle with some salt and pepper. Place them on a baking sheet and bake, occasionally brushing them with the teriyaki sauce and turning them a couple of times, for 20 to 30 minutes, or until the chicken is cooked. Drizzle the last of the sauce on top and serve.

# Spaghetti, Summer Squash and Tomatoes

This is a simple, fresh, summer pasta dish that can be whipped together in no time. It's all vegetables too, so it's very healthy and light on the stomach. The arugula is optional, but it will add a peppery flavor to the pasta and greens are always welcome.

Serves 4

## **Salt and Pepper**

**1 zucchini, sliced thinly into rounds**

**1 yellow squash, sliced thinly into rounds**

**1 pint of cherry tomatoes**

**1/2 onion, chopped**

**1 garlic clove, minced**

**1 tablespoon of fresh oregano, chopped**

**1/4 cup of extra-virgin olive oil**

**1 lb of spaghetti**

**1 cup (or more) of arugula leaves (optional)**

**3/4 cup of grated Parmesan cheese**

1. Bring a large pot of water to boil and add 1 tablespoon of salt.
2. Pre-heat the oven to 400°. In a large bowl, add the zucchini, squash, tomatoes, garlic, onion, oregano and olive oil. Toss to combine. Pour the mixture onto a baking sheet and roast for about 10-12 minutes, until soft and slightly browned. Transfer them to a bowl and cover with a plate or foil.
3. Cook the spaghetti according to the directions on the box.
4. When the spaghetti is almost finished, scoop out about 1/4 cup of the pasta liquid and pour it into the veggies. Drain the pasta, and then add it to the bowl with the vegetables. Add the arugula, if using, cheese and pepper to taste. Toss together and adjust the seasonings. Serve.



# Desserts

Blueberry Muffins.....	78
Fruit Crisp (Apple, Peaches, Pears etc.).....	79
Peach Cobbler made in a Skillet.....	80
Zucchini or Pumpkin Bread (or Apple Bread).....	82

# Blueberry Muffins

These muffins will be moist, fluffy and full of whole, fresh blueberries. These are great for breakfast or for a school lunch snack. They can be easily stored in the freezer for a few months and re-heated as needed.

Makes 12 muffins

**2 cups of all-purpose flour**

**1 tablespoon of baking powder**

**1/2 teaspoon of salt**

**1 large egg**

**1 cup of sugar**

**1/2 stick (4 tablespoons) of butter, melted (preferably unsalted), cooled slightly**

**Additional butter for greasing the pan**

**1-1/4 cups of sour cream**

**1-1/2 cups (about 8 oz) of fresh blueberries (frozen are ok)**

1. Pre-heat the oven to 350° and place the oven rack into the middle position. Rub the unmelted butter all inside a standard 12-cup muffin tin to grease it, or place paper muffin cups in the holes.
2. Whisk the flour, baking powder and salt in a medium sized bowl until combined.
3. In a separate bowl, whisk the egg until it is lightened in color, about 20 seconds. Add the sugar and whisk until thick and combined, about 30 seconds. Next add the melted butter, in two batches, whisking in between to fully incorporate it. Lastly add the sour cream, also in two batches, just making sure it is combined. Don't over whisk this in.
4. Lightly toss the blueberries with the dry ingredients. Pour the sour cream mixture over the blueberry mixture and gently fold the batter with a spatula, about 30 seconds. If a little bit of dry flour remains, that's ok, you don't want to overmix it.
5. With a large spoon, distribute the batter evenly into the 12 muffin cups. Bake for about 25 to 30 minutes, or until a toothpick inserted into the muffin comes out clean. Halfway through baking, turn the muffin tin around in the oven.
6. Flip the muffin tin onto a wire rack to release them, stand all the muffins upright and let cool for 5 minutes. Serve or store for later.

## **Fruit Crisp (Apple, Peaches, Pears etc.)**

This is a fairly simple way to dress up fresh fruit for a tasty dessert. You make a crumbly topping using some, butter, oats and coconut or nuts (for a little extra flavor and crunch), and then you bake that on top of some peeled, chopped fruit. The white sugar helps turn the fruit slightly saucy. Serve this with some vanilla ice cream.

Serves 6-8

**1/2 stick of butter (4 tablespoons), softened at room temperature**

**2 tablespoon of any oil (except extra virgin)**

**1 cup of brown sugar**

**1/2 cup of shredded, unsweetened coconut flakes or 1/2 a cup of finely chopped nuts (pecans, almonds or walnuts)**

**1/2 teaspoon of ground cinnamon**

**1/2 cup of whole wheat flour (or regular flour if you like)**

**1/2 cup of rolled oats**

**Pinch of salt**

**1 tablespoon of lemon juice plus 1/2 teaspoon of zest**

**1/4 cup of white sugar**

**3 lbs of fruit of your choice, peeled, pitted and chopped (see above) if using apples, try to use both tart and sweet ones**

1. Pre-heat the oven to 375° and place the oven rack into the lower-middle position.
2. In a medium sized bowl, beat the 4 tablespoons of softened butter, oil and brown sugar with an electric mixer, or a fork, until well combined, about a minute.
3. Stir in the coconut and/or nuts, cinnamon, flour, oats and salt until combined and chunks form.
4. Toss the fruit you are using with the white sugar, lemon juice and zest in an 8 or 9 inch baking pan. Evenly crumble the topping all over the surface of the fruit. Bake for about 30 to 40 minutes or until it has turned golden brown and bubbly. Let cool a few minutes and serve.

## **Peach Cobbler made in a Skillet**

Here is a great recipe to make peach cobbler using a two-part method. First you cook the peaches on the stovetop to evaporate some of their juices. Then you add the biscuity topping and finish baking in the oven. You'll need an oven-proof non-stick skillet (many of them are, unless it's very old). You'll also need some buttermilk, which the extra can always be used for more biscuits or pancakes another time (it will last a couple of months).

Serves 6-8

### **For the Peach Filling:**

**4 tablespoons of butter (preferably unsalted)**  
**5 lbs of peaches, peeled, halved, pitted and cut into 1/2 inch sized wedges**  
**6 tablespoons of sugar**  
**Salt**  
**1 tablespoon of lemon juice**  
**1-1/2 teaspoons of cornstarch (for thickening, use flour if you must)**

### **For the Biscuit Topping:**

**1-1/2 cups of all-purpose flour**  
**6 tablespoons of sugar**  
**1-1/2 teaspoons of baking powder**  
**1/4 teaspoon of baking soda**  
**Salt**  
**3/4 cup of buttermilk**  
**4 tablespoons of melted and cooled butter (preferably unsalted)**  
**1 teaspoon of ground cinnamon**



**To make the filling:**

1. Pre-heat the oven to 425° and place the oven rack into the middle position. Melt the butter in an oven-safe, non-stick skillet, over medium-high heat.
2. Stir in about two-thirds of the peaches to the pan, the sugar and an 1/8 teaspoon of salt. Cook, covered, until the peaches start to release their juices, about 5 minutes. Remove the lid, lower the heat so it just bubbles, and cook for another 15 to 20 minutes, or until most of the juices have evaporated and the peaches are slightly browned.
3. Add the rest of the peaches and cook for 5 minutes.
4. In a small bowl whisk the cornstarch and lemon juice together. Pour this into the peach mixture and stir to combine. Cover the pan and set aside, off of the heat.

**To make the topping:**

1. Whisk the flour, 5 tablespoons of sugar, baking soda, baking powder and a 1/4 teaspoon of salt in a medium bowl to combine. Stir in the buttermilk and butter until dough forms. Place the dough onto a lightly floured surface and knead it for about 30 seconds, or until it is smooth.
2. Stir the remaining tablespoon of sugar and cinnamon together in a small bowl.
3. Break off 1 inch pieces of the dough and place all over the hot peach mixture, leaving a little space in between pieces. Sprinkle with the cinnamon sugar and bake for about 18 to 22 minutes, or until the topping is golden brown and the peach mixture has thickened.
4. Cool on a wire rack for 10 minutes. Serve.



## **Zucchini or Pumpkin Bread (or Apple Bread)**

This is an all-purpose bread batter that can be changed easily to make carrot bread or apple bread or other variations. Making loaves of bread at home can be fun for the family and leftovers can always be stored in the freezer for months.

Makes 1 loaf

**2 cups of all-purpose flour**

**1/2 cup of whole wheat flour (use 2-1/2 cups of all-purpose flour if you like instead)**

**1/2 cup of corn meal**

**1/2 teaspoon of salt**

**1 tablespoon of baking powder**

**1 cup of sugar**

**1 teaspoon of ground cinnamon (optional)**

**Pinch of nutmeg (optional)**

**2 eggs**

**1/2 stick (4 tablespoons) of butter, melted (preferably unsalted) cooled slightly**

**Additional butter for greasing the pan**

**1-1/4 cups of milk or plain yogurt**

**1 cup of grated zucchini (seeded if large) (drain off any excess water then squeeze with some paper towels) or pureed cooked or canned pumpkin**

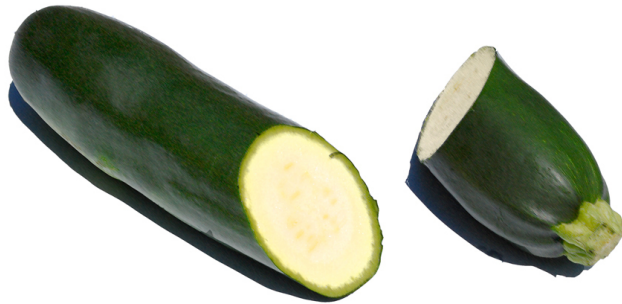
**1/2 cup of chopped walnuts or pecans (optional)**

1. Pre-heat the oven to 350° and place the oven rack into the middle position. Rub some unmelted butter inside of a 9 x 5 inch loaf pan, making sure to get in the corners as well. Dust the inside with some flour, tapping out any excess.
2. In a large bowl combine all of the dry ingredients. In a separate bowl whisk the melted butter, milk and egg until well combined, about a minute.

3. Make a well in the middle of the dry ingredients with your finger, pour in the wet ingredients, along with the zucchini and nuts (if using). Mix with a large spoon or spatula, stirring quickly to combine. Do not over mix, there should be some lumps left over in the batter.
4. Pour the batter into the buttered loaf pan and bake for about an hour. About 10 minutes before it's done start checking the loaf by inserting a toothpick into the center. If it comes out clean, it's ready, if it's wet, it needs more time.
5. Let cool on a rack for 10 minutes before removing it from the pan. Serve.

**To make apple bread make the following changes:**

1. Reduce the sugar to 3/4 of a cup.
2. Omit the spices (or use the cinnamon if you like).
3. Reduce the eggs to 1 egg.
4. Use 1 cup of peeled, grated apple, drained of excess water.





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