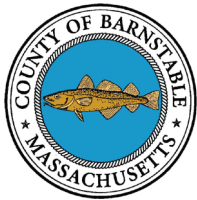




simple & delicious **VEGETABLE RECIPES**

We want to catch you being FRESH!
Brought to you by Buy Fresh Buy Local Cape Cod
and Barnstable County Mass in Motion





Barnstable County Mass in Motion and Buy Fresh Buy Local Cape Cod, two initiatives of the County of Barnstable, promote the use of local fresh produce in meal and snacks.

Barnstable County Mass In Motion is an initiative of Barnstable County’s Department of Human Services, funded with a grant from the Massachusetts Department of Public Health. The purpose of Mass In Motion is to encourage healthy eating and active living to help reduce obesity and associated chronic diseases. An important aspect of this work is to support strategies within the region’s schools and food pantries that promote healthier food and beverage choices.

Buy Fresh Buy Local Cape Cod is a program of Barnstable County’s Cape Cod Cooperative Extension. At Buy Fresh Buy Local Cape Cod our mission is simple: connect people on the Cape with locally grown farm and sea products. When you buy local food, you vote with your food dollar. This ensures that family farms in your community will continue to thrive and that healthy, flavorful, plentiful food will be available for future generations.

Barnstable County Mass in Motion and Buy Fresh Buy Local Cape Cod want to help you improve your nutritional health, and eating your vegetables is a great way to start. We want to catch you being FRESH! This Simple and Delicious Vegetable Recipes booklet includes recipes, pictures, nutrient content, purchasing, storage, and food safety tips. Recipes in this book are provided in alphabetical order according to the vegetable. While the recipes are for fresh vegetables, there is no reason why you shouldn’t consider substituting frozen or canned when necessary. Please consider choosing locally grown vegetables whenever possible. The bottom line is to eat your vegetables! Enjoy!

To Your Health,

Beth Albert
Director
Barnstable County
Department of Human Services
Barnstable County Mass in Motion

Bill Clark
Director
Barnstable County
Cape Cod Cooperative Extension
Buy Fresh Buy Local Cape Cod

For more information about Barnstable County Mass In Motion and the statewide Mass in Motion initiative:
www.bchumanservices.net/mass-in-motion/
www.mass.gov/eohhs/gov/departments/dph/programs/community-health/mass-in-motion/

For more information about Buy Fresh Buy Local Cape Cod:
www.BuyFreshBuyLocalCapeCod.org

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Basic Cooking Techniques for Vegetables

This recipe booklet will provide you with easy recipes for a variety of vegetables. You can also keep it simple and cook delicious vegetables with the following techniques. Cooking times vary among vegetables. Use the following list to determine the amount of time to cook the vegetable:

Long cooking times:

Carrots, onions, potatoes (especially potatoes)

Medium cooking times:

Broccoli, bell peppers

Short cooking times:

Mushrooms, tomatoes

Very short cooking times:

Spinach and other greens

STEAMING

Steaming is a great way to preserve color, crispness, and nutrient content of your vegetables. Broccoli, cauliflower, carrots, asparagus, artichokes, zucchini, green beans, bok choy, spinach, cabbages and potatoes all steam nicely.

How to Steam (according to Food Network)

Large chunks of veggies are tough to steam quickly – so if you're in a hurry, cut or trim your vegetables into smaller pieces first.

A steaming basket is an affordable way to steam food. Fill a pot with 2 ounces of water and place the basket with the veggies on top. Cover with a lid – the steam must be trapped in the pot. Once the water boils, it takes anywhere from 5 to 12 minutes to cook. It depends on the thickness of the veggie so you may want to check periodically (but don't keep lifting the lid!) and pull them off when they hit your preferred softness.

You can also steam in the microwave. Place evenly cut veggies in a microwave-safe bowl (glass), add a little water to bottom and top with microwave-safe plastic wrap. You'll want to pull back one corner of the topper so some steam can escape. Usually, the stovetop method takes the same amount of time.

BOILING

Clean and cut vegetables to preferred size. Bring a pot of water to a boil – then add vegetables. Cook as briefly as possible to retain color, texture, and nutrient value. Taste for doneness – drain and season.

ROASTING

Potatoes, turnips, carrots, onions, and many more vegetables are delicious when roasted. Clean and cut the vegetables to preferred size. Season as desired and drizzle with a small amount of olive oil or vegetable oil. Roast at 400 °F – time will depend on the vegetable.

SAUTÉ

Vegetables can be sautéed in oil or broth/stock. Clean and cut your vegetables – the smaller the size, the quicker the cooking time. Add oil or broth to pan and heat on medium temperature. Once the oil/broth is heated, begin adding your vegetables based on cooking time needed.



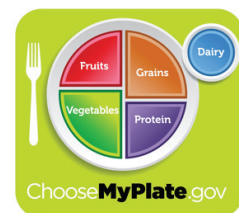
Nutrients and Health Benefits

Eating vegetables is a great way to give your body the vitamins and minerals it needs every day to stay healthy. The following list explains the chief functions of each vitamin or mineral, and good food sources.

NUTRIENT	CHIEF FUNCTION	FOOD SOURCES
Vitamin A	Healthy eyes and skin, bone and tooth growth, immune system health	Spinach and other dark leafy greens, broccoli, deep orange fruits and vegetables including apricots, cantaloupe, squash, carrots, sweet potatoes, and pumpkin
Vitamin D	Mineralization of bones	Sunlight, fortified milk, eggs, liver, small fish
Vitamin E	Healthy cell membranes, protects Vitamin A	Green and leafy vegetables, wheat germ, whole-grain products, nuts, seeds, polyunsaturated plant oils
Vitamin K	Blood clotting	Synthesized in the digestive tract, liver, leafy green vegetables, cabbage type vegetables, milk
Thiamin (B1)	Energy metabolism, supports healthy appetite and nervous system function	Pork, ham, bacon, liver, whole grains, legumes, nuts, fortified or enriched grain products
Riboflavin (B2)	Energy metabolism, supports normal vision and skin health	Milk, yogurt, cottage cheese, liver, leafy green vegetables, whole-grain or enriched breads or cereals
Niacin (B3)	Energy metabolism, supports health of skin, nervous system, and digestive system	Milk, eggs, meat, poultry, fish, whole-grain and enriched breads and cereals, nuts, and all protein-containing food
Vitamin B6 (pyridoxine)	Protein and fatty acid metabolism, helps make red blood cells	Green and leafy vegetables, meats, fish, poultry, shellfish, legumes, fruits, whole grains
Folate	New cell synthesis	Fortified grains, leafy green vegetables, legumes, seeds, liver
B12	New cell synthesis, helps to maintain nerve cells	Meat, fish, poultry, milk, eggs, cheese
Vitamin C	Provides matrix for bone growth, resistance to infection, absorption of iron	Citrus fruits, cabbage-type vegetables, cantaloupe, strawberries, peppers, lettuce, tomatoes, potatoes, papayas, mangoes

Reference: Nutrition and Diet Therapy 8th edition DeBruyne, Pinna, and Whitney

For more information on including vegetables in healthy meals and snacks visit:
www.choosemyplate.gov/food-groups/vegetables.html



Buying, Storing, and Preparing Fresh Produce

BUYING TIPS

- 1 All produce should be thoroughly washed before eating. Wash fruits and vegetables under running water just before eating, cutting or cooking.
- 2 Bag fresh fruits and vegetables separately from meat, poultry and seafood products.
- 3 Begin with clean hands. Wash your hands for 20 seconds with warm water and soap before and after preparing fresh produce.
- 4 Cut away any damaged or bruised areas on fresh fruits and vegetables. Produce that looks rotten should be discarded.
- 5 Many pre-cut, bagged produce items like lettuce are pre-washed. If the package indicates that the contents have been pre-washed, you can use the produce without further washing.



Use the following model to fight food infections!

PREPARATION TIPS

- 1 Purchase produce that is not bruised or damaged.
- 2 Refrigerate all produce that is purchased pre-cut or peeled.

STORAGE TIPS

- 1 Store perishable fresh fruits and vegetables (like strawberries, lettuce, herbs, and mushrooms) in a clean refrigerator at a temperature of 40° F or below.
- 2 When selecting fresh-cut produce such as a half a watermelon or bagged salad greens, choose items that are refrigerated or surrounded by ice.
- 3 Even if you plan to peel the produce before eating, it is still important to wash it first.
- 4 Washing fruits and vegetables with soap or using commercial produce washes is not recommended.

- 5 Scrub firm produce, such as melons and cucumbers, with a clean produce brush.
- 6 Drying produce with a clean cloth towel or paper towel may further reduce bacteria that may be present.



Reference:
Produce Safety (FDA), Tips and Q&As on buying, storing and preparing fresh produce

Cape Cod Farmers' Markets

Visit
BuyFreshBuyLocalCapeCod.org
for full details and
the most current market
info and events!



Bass River Farmers' Market
Old Main Street, S. Yarmouth
Thursdays, 9 AM – 1:30 PM
www.bassriverfarmersmarket.org

Chatham Farmers' Market
1652 Main Street, Chatham
Local Color & Ocean State Job Lot
Tuesdays, 3 PM – 6:30 PM
Find us on Facebook

Dennis Farmers' & Artisans' Market
593 Route 6A, Dennis
Cape Cod Chat House
Saturdays, 10 AM – 2:30 PM
www.capecodchathouse.com

Falmouth Farmers' Market
Main Street, Falmouth
Peg Noonan Park
Thursdays, 12 PM – 6 PM
www.falmouthfarmersmarket.org

Green Harvest Organic Farmers' Market & Artisans Fair
1220 Nathan Ellis Hwy, E. Falmouth
Barnstable County Fairgrounds
Tuesdays, 12 PM – 4 PM
Find us on Facebook

Harwich Farmers' Market
80 Parallel Street, Harwich
Brooks Academy Museum
Every Thursday, 3 PM-6 PM
www.harwichfarmersmarket.org

Mid-Cape Farmers' Market
468 Main Street, Hyannis
Wednesdays, 2 PM – 6 PM
www.midcapefarmersmarket.com

Orleans Farmers' Market
21 Old Colony Way, Orleans
Saturdays, 8 AM – Noon
Wednesdays, 3 PM – 6 PM,
July & August
www.orleansfarmersmarket.com

Osterville Farmers' Market
155 West Bay Road
Osterville Museum
Fridays, 9 AM – 1 PM
www.ostervillefarmersmarket.org



Sandwich Farmers' Market on Historic Route 6A
Route 6A Village Green, Sandwich
Tuesdays, 9 AM – 1 PM
www.sandwichfarmersmarket.com

Truro Farmers' Market
Veteran's Park, Truro Center Road
Mondays, 8 AM – 12 PM
www.sustainablecape.org

Wellfleet Farmers' Market
335 Main Street
Wellfleet Preservation Hall
Wednesdays, 8 AM – 1 PM
www.wellfleetfarmersmarket.com

West Dennis Farmers' Market
621 Main Street, W. Dennis
Hummingbird Garden Center
Mondays, 9 AM – 1 PM
hummingbirdgardens1@gmail.com





recipes



Arugula

Arugula is an aromatic salad green popular in Italian cooking. It has a peppery flavor to it and can be eaten raw in a salad or added to a stir fry or soup. Dressings made with balsamic vinegar or lemon-based are good choices for an arugula salad. Arugula is a good source of vitamins A and K.

PREPARATION:

If it is in a "bunch," remove the stems and wash well.

ARUGULA SALAD WITH ALMONDS, CELERY AND LEMON-ANCHOVY VINAIGRETTE

(relishmag.com)

Ingredients:

Vinaigrette

3 tablespoons lemon juice
2 teaspoons Dijon mustard
2 oil-packed anchovies, finely chopped, or 1 teaspoon anchovy paste
2 garlic cloves, finely chopped
¼ cup extra virgin olive oil

Salad

5 ounces arugula – washed
¼ cup sliced celery – washed
Coarsely ground black pepper
½ cup grated Pecorino cheese
¼ cup toasted sliced almonds

Directions:

- 1 To prepare vinaigrette, whisk lemon juice and mustard together. Add anchovies and garlic. Slowly drizzle in olive oil, whisking until emulsified (blended).
- 2 To prepare salad, toss arugula and celery with half the vinaigrette. Season with pepper. Top with Pecorino and almonds. Store remaining vinaigrette in refrigerator. Serves 4.

ARUGULA AND BEET SALAD

(Marcia Richards)

Ingredients:

Arugula
Cooked beets
Goat cheese
Balsamic vinegar
Olive oil
Pistachios, if preferred

Directions:

- 1 Wash arugula and arrange on a plate or shallow salad bowl.
- 2 Top with beets and goat cheese.

- 3 Sprinkle with pistachios if desired.
- 4 Drizzle balsamic vinegar and olive oil on top and enjoy!

ARUGULA AND GOAT CHEESE PIZZA

(allrecipes.com)

Ingredients:

1 unbaked pizza crust
6 tablespoons prepared pesto sauce
3 roma tomatoes, thinly sliced
8 ounce package seasoned goat cheese
2 cloves garlic, peeled and thinly sliced or minced if preferred
1 cup fresh, washed arugula
1 teaspoon olive oil

Directions:

- 1 Preheat oven according to pizza crust instructions.
- 2 Dab pesto onto the center of the pizza crust and spread it towards the edges of the crust.
- 3 Cut the goat cheese into thin slices and crumble across the pesto.
- 4 Arrange the tomato slices over the goat cheese.
- 5 Sprinkle the garlic on top of everything.
- 6 Brush the crust edges with olive oil.
- 7 Place pizza directly on preheated oven rack. Bake for 5 - 10 minutes, or until the crust edges are golden.
- 8 After taking the pizza out of the oven, let it cool for a few minutes so that the cheese has time to set. After a few minutes, cover the pizza with a few handfuls of arugula.
- 9 Cut, serve, and enjoy!



Snap Green Beans

Because they are picked at a younger, immature stage, “snap beans” can literally be snapped in half with a simple twist of the fingers. Although these bright green and crunchy beans are available at your local market throughout the year, they are in season from summer through early fall when they are at their best and the least expensive. Green beans are a good source of vitamins A, C, K, and folate.

PREPARATION:

Cut off ends; leave whole or cut to desired size. Wash well.

ROASTED POTATO SALAD WITH GREEN BEANS, FETA & MINT

(Joanne Weir)

Ingredients:

¾ lb. green beans, ends trimmed, cut diagonally into 1½-inch pieces
⅓ cup chopped fresh mint
1 recipe Simple Roasted Potatoes (see page 31)
5 tablespoons extra virgin olive oil
1½ tablespoons fresh lemon juice
Kosher salt and freshly ground black pepper
¼ lb. crumbled feta (1 scant cup)
Mint sprigs, for garnish (optional)
Lemon wedges, for garnish (optional)

Directions:

- 1 Bring a pot of salted water to a boil over high heat.
- 2 Add the green beans and cook until crisp-tender, 4 - 7 minutes. Drain.
- 3 Add the green beans and chopped mint to the potatoes and toss.
- 4 In a small bowl, whisk the olive oil and lemon juice.
- 5 Add to the salad and toss.
- 6 Season with kosher salt and pepper to taste. Crumble feta on top; garnish with lemon and mint.

SAUTÉED GREEN BEANS WITH TOMATOES AND BASIL

(Food Network)

Ingredients:

1½ pounds fresh green beans, trimmed
2 tablespoons unsalted butter
1 tablespoon olive oil
3 large shallots, thinly sliced
2 garlic cloves, minced
1½ cups diced, fresh tomato
¼ cup dry white wine
2 tablespoons thinly sliced fresh basil
Salt and freshly ground black pepper

Directions:

- 1 Cook the green beans in a large pot of boiling water until just crisp-tender, about 3 minutes.
- 2 Drain and rinse in cold water. Drain well; set aside.
- 3 Melt the butter and oil in a heavy, large skillet over medium heat.
- 4 Add the shallots and garlic and sauté until tender, about 2 minutes.
- 5 Add the tomatoes and cook until heated through, about 5 minutes.
- 6 Add the beans and cook until the juices evaporate and the beans are almost tender, stirring often, about 10 minutes.
- 7 Stir in the wine and basil. Simmer 2 minutes longer.
- 8 Season with salt and pepper, to taste.
- 9 Transfer to a serving bowl, and serve.

STEAMED GREEN BEANS

(Fannie Farmer Cookbook)

Ingredients:

1 pound green beans
Water

Directions:

- 1 Wash the beans and remove the ends and strings, if there are any. Leave them whole or cut them.
- 2 Steam them, covered, in a steamer basket over an inch or so of rapidly boiling water until just tender, but still crunchy, about 10 - 15 minutes.
- 3 Drain and season to taste.



Beets

Both beets and Swiss chard are different varieties within the same plant family. Their edible leaves look and taste alike. Attached to the beet's green leaves is a round or oblong root, the part most people call "beet." Usually it is a beautiful reddish-purple hue, but beets can also be white, golden/yellow or even rainbow colored. Beets are a good source of folate.

PREPARATION:

Cut greens off, leaving about a one inch stem. Do not remove skin until after cooking.

BAKED BEETS *(Marcia Richards)*

Ingredients:

1 lb. fresh beets

Directions:

- 1 Preheat oven to 375°F.
- 2 Remove beet greens.
- 3 Wrap each beet (skin on) with tinfoil.
- 4 Place in oven for about 1 hour.
- 5 Check for doneness by piercing with a fork.
- 6 Let cook and remove skins.
- 7 Eat warm or cold.

ROASTED BEETS & SAUTÉED

BEET GREENS *(allrecipes.com)*

Ingredients:

1 bunch beets with greens
¼ cup olive oil, divided
2 cloves garlic, minced
2 tablespoons chopped onion (optional)
Salt and pepper to taste
1 tablespoon red wine vinegar (optional)

Directions:

- 1 Preheat the oven to 350°F.
- 2 Wash the beets thoroughly, leaving the skins on, and remove the greens. Rinse greens, remove large stems, and set aside.
- 3 Place the beets in a small baking dish or roasting pan, and toss with 2 tablespoons of olive oil. (It is easier to peel the beets once they have been roasted.)
- 4 Cover and bake for 45 to 60 minutes, or until a knife can slide easily through the largest beet.
- 5 When the roasted beets are almost done, heat the remaining 2 tablespoons olive oil in a skillet over medium-low heat.
- 6 Add the garlic and onion, and cook for a minute.
- 7 Tear the beet greens into 2 to 3 inch pieces, and add them to the skillet. Cook and stir until greens are wilted and tender.
- 8 Season with salt and pepper.

- 9 Serve the greens as is, and the roasted beets sliced with either red wine vinegar, or butter and salt and pepper.

BEET AND BEET GREEN RISOTTO WITH HORSE RADISH

(Gourmet Magazine)

Ingredients:

1 small onion
1 pound red beets with greens (about 3 medium)
4 cups water
½ stick (¼ cup) unsalted butter
1 cup Arborio or long-grain rice
½ cup freshly grated Parmesan (about 1½ ounces)
1 tablespoon bottled horseradish

Directions:

- 1 Finely chop onion and trim stems close to tops of beets.
- 2 Cut greens into ¼-inch-wide slices and chop stems.
- 3 Peel beets and cut into fine dice.
- 4 In a small saucepan, bring water to a simmer and keep at a bare simmer.
- 5 In a 3-quart heavy saucepan, cook onion in butter over moderate heat until softened. Add beets and stems. Cook 5 minutes.
- 6 Stir in rice and cook, stirring constantly, 1 minute.
- 7 Stir in 1 cup simmering water and cook, stirring constantly, until absorbed. Continue cooking at a strong simmer. Add water, about ½ cup at a time, stirring constantly. Let each addition be absorbed before adding next.
- 8 After 10 minutes, stir in greens and continue cooking and adding water, about ½ cup at a time, in same manner until rice is tender and creamy-looking but still al dente, about 8 minutes more. (There may be water left over.)
- 9 Remove pan from heat and stir in Parmesan.
- 10 Serve risotto topped with horseradish.



Bok Choy & Chinese Cabbage

Bok choy and Chinese (Napa) cabbage are two types of cabbage. Bok choy has a mild flavor and Chinese cabbage, with its pale green ruffled leaves, is great to use in salads. Bok choy is a good source of vitamins A, C, K, B6, and folate. It is also a good source of the minerals calcium, iron, and potassium.

PREPARATION:

Bok choy is easy to prepare, too: just wash and chop it. Preparation will be even easier if you pull the stalks from the base like celery and then trim an inch or two from the root end. Since the leaves cook faster than the stalks, slice them away from the stalk and cook separately.

BOK CHOY STIR FRY

(gardenguides.com)

Ingredients:

- 8 cups cleaned bok choy (leaves and stalks separated)
- 1½ tablespoons peanut oil
- 1 garlic clove, sliced thinly
- ¼ inch slice of fresh ginger, minced
- 1 teaspoon soy sauce
- 2 tablespoons rice vinegar
- 1 teaspoon sugar

Directions:

- 1 Chop the leaves and stalks into one-inch pieces, keeping them separate.
- 2 Heat a wok or large skillet to medium high and add the oil. Let it heat, then add the garlic and ginger, cooking them until the garlic starts to soften, then remove the garlic from the oil.
- 3 Cook the stems in the oil, stirring often, for 4 minutes; they will have softened a little. Next, add the vinegar, sugar, soy sauce and the chopped leaves and cook for 2 minutes more, stirring and tossing often. Serve them as an accompaniment to pork or chicken or heaped atop rice.

EASY BOK CHOY

(allrecipes.com)

Ingredients:

- 1 tablespoon vegetable oil
- 2 cloves garlic, crushed and chopped
- 8 heads baby bok choy, trimmed and cut into bite-size pieces
- Salt to taste

Directions:

- 1 Heat the oil in a large skillet or wok over medium heat, and cook the garlic in the hot oil until fragrant, 1 to 2 minutes.

- 2 Mix in the bok choy, and cook and stir until the green parts of the leaves turn bright green and the stalks become slightly translucent, 5 to 8 minutes.
- 3 Sprinkle with salt and serve.

MILLION DOLLAR CHINESE CABBAGE SALAD

(allrecipes.com)

Ingredients:

- ½ cup vegetable oil
- ½ cup white sugar
- ¼ cup wine vinegar
- 1 tablespoon soy sauce
- 2 three ounce packages Ramen Noodles (without flavor packets), lightly crushed
- ½ cup slivered almonds
- 1 cup sesame seeds
- 1 head Chinese (Napa) cabbage, chopped
- 1 bunch green onions, chopped

Directions:

- 1 In a bowl, whisk together vegetable oil, sugar, wine vinegar, and soy sauce until the sugar has dissolved. Refrigerate the dressing while preparing the salad.
- 2 Preheat oven to 350°F.
- 3 Spread the broken Ramen Noodles, almonds, and sesame seeds onto a baking sheet.
- 4 Bake the Ramen Noodle mixture until lightly browned, about 15 minutes, stirring often. Watch carefully to prevent burning. Allow mixture to cool.
- 5 Just before serving, mix together the Napa cabbage and green onions with toasted Ramen mixture in a salad bowl until thoroughly combined; toss with the dressing.



Broccoli

Broccoli is a member of the cabbage family, and is closely related to cauliflower. Its cultivation originated in Italy. “Broccolo,” its Italian name, means “cabbage sprout.”

Broccoli has a tree-like shape that features a compact head of florets attached by small stems to a larger stalk. Because of its different components, this vegetable provides complex tastes and textures, ranging from soft and flowery (the florets) to fibrous and crunchy (the stem and stalk). Broccoli is a good source of vitamins A, C, K, and folate.

PREPARATION:

Remove leaves and tough stalk parts. Wash well.

BROCCOLI SALAD

(From Pam E.)

Ingredients:

2 lb. fresh broccoli, cut into bite size pieces
½ cup sliced scallions
4 - 5 slices crumbled bacon
– use turkey bacon if concerned about fat content
½ cup raisins
½ cup peanuts

Dressing:

1 cup mayonnaise – you can choose light or fat-free mayonnaise
½ cup sugar
2 tablespoons white vinegar
½ teaspoon curry powder

Directions:

Best if made the day before you are going to have it. Mix the broccoli and scallions with the dressing. Add the bacon, raisins, and peanuts before serving. Makes a large bowl – good for a crowd!



STEAMED BROCCOLI

(Williams-Sonoma Cooking At Home)

Ingredients:

1½ pounds broccoli
¼ cup extra virgin olive oil
2 tablespoons fresh lemon juice
Salt and pepper to taste

Directions:

- 1 Cut off and discard the tough end of the stems and coarse outer leaves of the broccoli.
- 2 Cut into bite-size florets.
- 3 Pour water into a saucepan to a depth of about 1 inch.
- 4 Place a steamer basket or steamer insert in the pan.
- 5 Arrange the florets in the steamer basket and bring the water to a boil.
- 6 Cover the pan and cook until the vegetables are tender and bright in color, 4-5 minutes.
- 7 Toss with ¼ cup extra virgin olive oil, 8 tablespoons fresh lemon juice, and salt and pepper to taste.



Broccoli Rabe

Broccoli rabe is quite tasty with a nutty flavor and a slightly bitter taste. The leaves, stems, and flower heads are cooked and eaten just like regular broccoli and have a flavor similar to broccoli but much more pungent. Broccoli rabe is a good source of vitamins A, C, E, K, thiamin, niacin, B6, and folate. It is also a good source of the minerals calcium and potassium.

PREPARATION:

Wash broccoli rabe with cold water; cut the bottoms of the stalks off.

CRANBERRY BEANS WITH BROCCOLI RABE

(Williams-Sonoma Cooking at Home)

Ingredients:

- 1½ - 2 lbs. fresh cranberry (borlotti) beans or other shell beans
- Salt and ground pepper
- 1 bay leaf
- 2 sprigs fresh thyme
- ¼ lb. pancetta, thinly sliced and cut into 1-inch pieces
- 1 lb. broccoli rabe
- ⅓ cup extra virgin olive oil
- 2 cloves garlic, minced
- 3 - 4 tablespoons red wine vinegar

Directions:

- 1 Shell the beans; you should have about 1 cup.
- 2 Place them in a saucepan with water to cover by 2 inches. Add ½ teaspoon salt, bay leaf, and the thyme and bring to a boil over high heat. Reduce the heat to medium and cook, uncovered, until tender, 15 - 25 minutes.
- 3 In a frying pan over medium-high heat, cook the pancetta until the fat is translucent, 3 - 4 minutes. Transfer to a bowl with fat.
- 4 Remove any tough stems from the broccoli rabe and discard. Chop the tender portions; you should have about 2 cups.
- 5 When the beans are almost done, in the frying pan over medium-high heat, warm the oil.
- 6 Add the garlic and sauté until translucent, 2 - 3 minutes.
- 7 Add the broccoli rabe and sprinkle with ¼ teaspoon salt and ½ teaspoon pepper.
- 8 Cook, stirring often, until the greens brighten in color and are tender to the bite, 4 - 5 minutes.
- 9 Remove from the heat and cover to keep warm. Set aside.

- 10 Drain the beans and place in serving bowl. Add the broccoli rabe and the pancetta to the bowl. Add 3 tablespoons of the vinegar and toss to mix well.
- 11 Taste the dish and adjust the vinegar, salt, and pepper as needed. Serve right away.

SAUTÉED BROCCOLI RABE

(Chef Anne Burrell)

Ingredients:

- Kosher salt
- 1 bunch broccoli rabe, tough, non-leafy stems removed
- Extra virgin olive oil
- 3 cloves garlic, smashed
- Pinch crushed red pepper flakes

Directions:

- 1 Bring a large pot of well salted water to a boil. Set up a bowl of well salted ice water.
- 2 Drop the broccoli rabe into the boiling water and cook for 1 minute. Remove from the boiling water and plunge immediately into the ice water. Once cool, remove from the ice water and let dry. It can be used right away or held for future use.
- 3 Coat a large sauté pan with olive oil. Add the smashed garlic and crushed red pepper and bring to medium heat. Once the garlic is brown and aromatic, remove it from the pan and discard. It has fulfilled its garlic destiny.
- 4 Add the broccoli rabe and toss around in the oil to heat up and season. Remember the broccoli is already cooked. Add more oil, if needed and season with salt if needed (it probably will).



Cabbage

There are three major types of cabbage: green, red, and Savoy. The color of green cabbage ranges from pale to dark green. Both green and red cabbage have smooth-textured leaves. Red cabbage has leaves that are either crimson or purple with white veins running through it. The leaves of Savoy cabbage are more ruffled and yellowish-green in color. Red and green cabbage have a more defined taste and crunchy texture as compared to Savoy cabbage's more delicate nature. Cabbage is a good source of vitamins C and K.

PREPARATION:

Remove wilted outside leaves. Wash well and shred or cut into sections.

BOILED CABBAGE

(southernfood.about.com)

Ingredients:

- 1 small to medium head cabbage, rinsed and cut into 6 wedges
- ½ teaspoon salt
- 3 - 4 tablespoons melted butter
- Salt and pepper to taste

Directions:

- 1 Add about ½ inch of water to a large skillet or Dutch oven; bring to a boil. Add cabbage wedges and salt; simmer, covered, for 8 - 10 minutes.
- 2 Turn cabbage carefully and simmer about 8 minutes longer, or until boiled cabbage is tender.
- 3 Pour off water and return to low heat until moisture has evaporated.
- 4 Add melted butter; coat boiled cabbage thoroughly. Season to taste.

CABBAGE SALAD

(allrecipes.com)

Ingredients:

- ¼ cup vinegar
- 2 tablespoons olive oil or vegetable oil
- 2 teaspoons garlic salt
- 2 teaspoons sugar
- ½ teaspoon dried tarragon
- 6 cups shredded cabbage

Directions:

- 1 In a small bowl or jar with tight-fitting lid, combine vinegar, oil, garlic salt if desired, sugar and tarragon.
- 2 Place cabbage in a large bowl; add dressing and toss to coat.
- 3 Cover and refrigerate for at least 2 hours.

CABBAGE SAUTÉ

(allrecipes.com)

Ingredients:

- 1 medium onion, chopped
- 2 tablespoons butter
- 4 medium carrots, thinly sliced
- 6 cups chopped cabbage
- ½ cup chicken broth
- 1 teaspoon salt
- 1 teaspoon sugar

Directions:

- 1 In a large skillet, sauté onion in butter until tender. Add carrots; cook and stir for 2 - 3 minutes.
- 2 Stir in the remaining ingredients; bring to a boil.
- 3 Reduce heat; cover and simmer for 5 - 7 minutes or until vegetables are tender.
- 4 Serve with a slotted spoon.





Carrots

Carrots can be as small as two inches or as long as three feet, ranging in diameter from one-half of an inch to over two inches. Carrot roots have a crunchy texture and a sweet and minty aromatic taste, while the greens are fresh tasting and slightly bitter. While we usually associate carrots with the color orange, carrots can actually be found in a host of other colors including white, yellow, red, or purple. Carrots provide a good source of vitamin A.

PREPARATION:

Use a "peeler" to remove the skin. Cut into desired size or leave whole. Trim ends if necessary. Wash well.

SAQUISH CARROT SALAD

(Barbara Richards)

Ingredients:

2 pounds carrots, peeled, sliced or diced
1 green pepper, diced
1 onion, diced
½ cup vegetable oil
¾ cup vinegar
1 cup sugar
1 teaspoon mustard
1 can tomato soup

Directions:

- 1 Cook carrots until medium tender – about 5 minutes. Drain
- 2 Add onion and green pepper.
- 3 Mix oil, sugar, and vinegar and heat until sugar is dissolved – bring to a boil.
- 4 Add mustard and tomato soup – bring to a boil.
- 5 Mix and pour over cooked carrots.
- 6 Cover and refrigerate.

STEAMED CARROTS

(allrecipes.com)

Ingredients:

1½ cups baby carrots

Directions:

- 1 Place carrots in a steamer basket.
- 2 Place in a saucepan over 1 in. of water; bring to a boil.
- 3 Cover and steam for 5 - 8 minutes or until tender.
- 4 Transfer carrots to a bowl.

SWEET CARROTS

(allrecipes.com)

Ingredients:

1½ cups baby carrots
2 teaspoons brown sugar
1 teaspoon butter or stick margarine
1 teaspoon white wine vinegar or cider vinegar
⅛ teaspoon salt
1 teaspoon minced chives

Directions:

- 1 Place carrots in a steamer basket.
- 2 Place in a saucepan with about 1 inch of water; bring to a boil.
- 3 Cover and steam for 5 - 8 minutes or until tender.
- 4 Transfer carrots to a bowl.
- 5 Add the brown sugar, butter, vinegar and salt; toss until butter is melted and carrots are coated.
- 6 Sprinkle with chives.





Cauliflower

Cauliflower, a cruciferous vegetable has a compact head (called a “curd”), with an average size of six inches in diameter, composed of undeveloped flower buds. The flowers are attached to a central stalk. When broken apart into separate buds, cauliflower looks like a little tree, something that many kids are fascinated by. Cauliflower has a sweet, almost nutty flavor. Cauliflower is a good source of vitamins C, B6, and folate.

PREPARATION:

Remove outer leaves and stalks. Leave whole, cutting out center core; or separate into florets. Wash well.

ROASTED GARLIC CAULIFLOWER

(allrecipes.com)

Ingredients:

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

Directions:

- 1 Preheat the oven to 450°F.
- 2 Grease a large casserole dish.
- 3 Place the olive oil and garlic in a large resealable bag.
- 4 Add cauliflower, and shake to mix. Pour into the prepared casserole dish, and season with salt and pepper to taste.
- 5 Bake for 25 minutes, stirring halfway through.
- 6 Top with Parmesan cheese and parsley, and broil for 3 to 5 minutes, until golden brown.

STEAMED CAULIFLOWER

(Williams-Sonoma Cooking At Home)

Ingredients:

- 1½ pounds cauliflower
- ¼ cup extra virgin olive oil
- 2 tablespoons fresh lemon juice
- Salt and pepper to taste

Directions:

- 1 Cut off and discard the tough end of the stems and coarse outer leaves of the cauliflower.
- 2 Cut into bite-size florets.
- 3 Pour water into a saucepan to a depth of about 1 inch.
- 4 Place a steamer basket or steamer insert in the pan.
- 5 Arrange the florets in the steamer basket and bring the water to a boil.

Cover the pan and cook until the vegetables are tender, 4 - 5 minutes.

- 6 Toss with ¼ cup extra virgin olive oil, 2 tablespoons fresh lemon juice, and salt and pepper to taste.

STEAMED MASHED CAULIFLOWER

(allrecipes.com)

Ingredients:

- 1 head cauliflower, cut into florets
- 1 (4 ounce) log herbed goat cheese (chevre)
- Cracked black pepper to taste

Directions:

- 1 Place cauliflower florets in a large microwave-safe bowl with enough water to just cover the bottom of the bowl.
- 2 Cover bowl loosely with waxed paper or a paper towel and steam cauliflower in microwave on high until tender, 4 - 5 minutes; drain.
- 3 Place drained cauliflower in a food processor with goat cheese and puree until completely smooth; season with black pepper.



Collard Greens

Long a staple of the Southern United States, collard greens have a very mild, almost smoky flavor. Collard greens are a good source of vitamins A, C, K, riboflavin, B6, and folate. It is also a good source of the minerals calcium, iron, and magnesium.

PREPARATION:

Wash well and remove tough stems.

POLENTA LASAGNA WITH COLLARD GREENS

(livestrong.com)

Ingredients:

- 1 package/tube traditional polenta
- $\frac{3}{4}$ cup tomato sauce
- 1 cup fat free feta cheese
- 10 Kalamata olives
- 2 cups collard greens – cooked
- 1 cup onions, red
- 1 tablespoon garlic
- $\frac{3}{4}$ cup baby carrots
- 1 cup Italian blend shredded cheese
- 1 tablespoon olive oil
- 2 teaspoons salt

Directions:

- 1 Remove stems from collards, cut leaves in half then cut into about 1-inch strips. Cook in salted water until tender.
- 2 Dice onions and slice carrots.
- 3 Cook in oil until onions start becoming translucent. Add garlic, cook until fragrant – about 3 minutes. Add collards and cook together to combine tastes.
- 4 Slice polenta into $\frac{1}{4}$ inch slices; line bottom of lightly oiled baking dish with half the polenta slices.
- 5 Pour half the tomato sauce over the polenta in the baking dish; sprinkle crumbled feta over polenta and tomato sauce; slice the olives and distribute over the feta; next add the collard mixture over the feta and olives.
- 6 Distribute the remainder of the polenta slices over the collard mixture; top with remaining tomato sauce; cover top with shredded Italian cheese.
- 7 Bake in 375°F oven for 25 - 30 minutes – until cheese on top is bubbly.

SAUTÉED COLLARD GREENS

(epicurious.com)

Ingredients:

- 2½ pounds collard greens
- 2 garlic cloves
- 1 tablespoon unsalted butter
- 1 tablespoon olive oil
- 1 teaspoon fresh lemon juice, or to taste

Directions:

- 1 Remove and discard stems and center ribs of collard greens.
- 2 Cut leaves into 1-inch pieces.
- 3 In a kettle of boiling water cook collards 15 minutes and drain in a colander, pressing out excess liquid with back of a wooden spoon.
- 4 Mince garlic.
- 5 In a 12-inch heavy skillet heat butter and oil over moderately high heat until foam subsides and stir in garlic, collards, and salt and pepper to taste.
- 6 Sauté collard mixture, stirring, until heated through, about 5 minutes.
- 7 Drizzle collards with lemon juice and toss well.



Corn

What food is more synonymous with summer than freshly picked corn on the cob? Corn grows in “ears,” each of which is covered in rows of kernels that are then protected by the silk-like threads called “corn silk” and encased in a husk. Corn is known scientifically as “Zea mays.” Corn provides us with a good source of both thiamin and folate.

PREPARATION:

Remove husk, silk, blemishes just before cooking.

BLACK BEAN AND CORN SALAD

(Rachel Ray)

Ingredients:

- 1 can, 14 ounces, black beans, rinsed and drained
- 2 cups cooked corn kernels
- 1 small red bell pepper, seeded and chopped
- ½ red onion, chopped
- 1½ teaspoons ground cumin, half a palm full
- 2 teaspoons hot sauce, just eyeball the amount (recommended: Tabasco)
- 1 lime, juiced
- 2 tablespoons vegetable or olive oil, eyeball it
- Salt and pepper

Directions:

- 1 Combine all ingredients in a bowl.
- 2 Let stand at least 15 minutes for flavors to combine.
- 3 Toss and serve.

FRESH CORN SALAD

(The Barefoot Contessa Cookbook)

Ingredients:

- 5 ears of corn, shucked
- ½ cup small-diced red onion (1 small onion)
- 3 tablespoons cider vinegar
- 3 tablespoons good olive oil
- ½ teaspoon kosher salt
- ½ teaspoon freshly ground black pepper
- ½ cup julienned fresh basil leaves

Directions:

- 1 In a large pot of boiling salted water, cook the corn for 3 minutes until the starchiness is just gone.
- 2 Drain and immerse it in ice water to stop the cooking and to set the color.
- 3 When the corn is cool, cut the

kernels off the cob, cutting close to the cob.

- 4 Toss the kernels in a large bowl with the red onions, vinegar, olive oil, salt, and pepper. Just before serving, toss in the fresh basil.
- 5 Taste for seasonings and serve cold or at room temperature.

GRILLED CORN ON THE COB

(Bobby Flay)

Ingredients:

- 8 ears corn
- Kosher salt

Directions:

- 1 Heat the grill to medium.
- 2 Pull the outer husks down the ear to the base.
- 3 Strip away the silk from each ear of corn by hand.
- 4 Fold husks back into place, and place the ears of corn in a large bowl of cold water with 1 tablespoon of salt for 10 minutes.
- 5 Remove corn from water and shake off excess.
- 6 Place the corn on the grill, close the cover and grill for 15 - 20 minutes, turning every 5 minutes, or until kernels are tender when pierced with a paring knife.
- 7 Remove the husks and eat on the cob or remove the kernels.



Cucumbers

Commercial production of cucumbers is usually divided into two types. “Slicing cucumbers” are produced for fresh consumption. “Pickling cucumbers” are produced for eventual processing into pickles. Slicing cucumbers are usually larger and have thicker skins, while pickling cucumbers are usually smaller and have thinner skins. Cucumbers are a good source of vitamin K.

PREPARATION:

Remove skin if desired. Cut into lengthwise quarters, thick slices, or cubes. Wash well if skin remains on.

BIRDIE’S GARDEN INSTANT PICKLES

(Sarah Kugel)

Ingredients:

2 medium cucumbers
4 sprigs of dill
½ tablespoon coriander
5 whole black peppercorns
2 cloves garlic, chopped
1 teaspoon kosher salt
1 tablespoon granulated sugar
¼ cup distilled vinegar
1 cup cold water (or enough water to cover)

Directions:

- 1 Slice cucumbers into desired shape (wheels or spears).
- 2 Place in a jar or plastic bag.
- 3 Add seasonings.
- 4 Pour vinegar over the mixture then add water to cover.
- 5 Cover jar or seal bag and refrigerate.
- 6 Eat instantly or within 1 week.



CUCUMBER, BEET, AND SWEET ONION SALAD WITH DIJON-HONEY DRESSING

(epicurious.com)

Ingredients:

1 large cucumber, unpeeled, cut into ¼ inch thick rounds
6 medium beets trimmed
½ sweet onion – Maui or Vidalia, halved lengthwise, thinly sliced
4 teaspoons honey
4 teaspoons apple cider vinegar
1½ teaspoons Dijon mustard
⅓ cup corn oil

Directions:

- 1 Preheat oven to 400°F.
- 2 Wrap each beet in foil, enclosing completely.
- 3 Place on rack in oven and bake beets until beets are tender when pierced with fork, about 1 hour and 30 minutes.
- 4 Cool in foil.
- 5 Peel beets, then cut each into 6 slices.
- 6 Arrange beets, slightly overlapping, on half of large platter.
- 7 Arrange cucumber slices on other half.
- 8 Scatter onion in center.
- 9 Can be made 4 hours ahead; chill.
- 10 Whisk honey, vinegar, and mustard in small bowl to blend. Gradually whisk in oil. Season with salt and pepper.
- 11 Drizzle over vegetables.

Eggplant

One of the most popular varieties of eggplant in North America looks like a pear-shaped egg, a characteristic from which its name is derived. The skin is glossy and deep purple in color, while the flesh is cream colored and spongy in consistency. Contained within the flesh are seeds arranged in a conical pattern.

In addition to this variety, eggplant is also available in a cornucopia of other colors including lavender, jade green, orange, and yellow-white, as well as in sizes and shapes that range from that of a small tomato to a large zucchini.

While the different varieties do vary slightly in taste and texture, one can generally describe the eggplant as having a pleasantly bitter taste and spongy texture. In many recipes, eggplant fulfills the role of being a complementary ingredient that balances the surrounding flavors of the other more pronounced ingredients.

BROILED EGGPLANT ORIENTAL RECIPE

(ifood.tv)

Ingredients:

- 1 large Chinese eggplant (1 pound), sliced ½ inch thick
- 2 tablespoons reduced-sodium soy sauce
- 1 tablespoon rice vinegar or white wine vinegar
- 2 teaspoons each vegetable oil and dark sesame oil
- 1 teaspoon minced fresh ginger or ½ teaspoon ground ginger
- 1 clove garlic, minced
- ¼ teaspoon crumbled red pepper flakes or black pepper

Directions:

- 1 Preheat the broiler, setting the rack 4 inches from the heat.
- 2 Lightly grease a baking sheet and arrange the eggplant slices on it.
- 3 In a small bowl, whisk together the soy sauce, vinegar, vegetable oil, sesame oil, ginger, garlic, and red pepper flakes.
- 4 Brush the mixture over both sides of each eggplant slice.
- 5 Broil the eggplant slices for 3 - 4 minutes on each side or until golden brown and tender.

PREPARATION:

Remove skin if desired; cut into slices or cubes.



EASY CHINESE EGGPLANT

(amazing-chinese-food.com)

Ingredients:

- 4 Chinese eggplants – cut into long pieces. You can also cube them if you prefer.
- 3 tablespoons soy sauce
- 2 tablespoons rice wine vinegar
- 2 tablespoons sugar
- 2 green chili peppers
- 2 teaspoons cornstarch
- Red pepper flakes – decide according to your taste or use 1 teaspoon chili oil
- 1 tablespoon rice wine or dry sherry
- 4 tablespoons vegetable oil
- One green onion, cut into small pieces

Directions:

- 1 Place the eggplant pieces into a large bowl, sprinkle with a little salt.
- 2 Fill the bowl with enough water to cover, and let it sit for about 25 minutes.
- 3 Rinse and drain, dry with paper towels.
- 4 In a small bowl, stir together the ingredients for the sauce – soy sauce, rice wine vinegar, sugar, chili pepper, cornstarch, red pepper flakes or chili oil, and rice wine/dry sherry. Set it aside.

- 5 Heat the vegetable oil in a wok or large skillet over medium-high heat. Fry the eggplant until it is tender and begins to brown.
- 6 Pour in the sauce, cook and stir until the sauce is thick and the eggplant is evenly coated.
- 7 Take out, sprinkle on the chopped green onion.
- 8 Serve immediately and ENJOY!

EGGPLANT CAPRESE WITH GRILLED TOMATO AND BASIL VINAIGRETTE

(epicurious.com)

Ingredients:

- 1 lb. North American eggplant, trimmed, cut crosswise into ½ inch thick rounds
- Olive oil for grilling
- 1 large plum tomato
- ⅓ cup chopped fresh basil plus sprigs for garnish
- 1 tablespoon white wine vinegar
- ¼ cup olive oil
- 2 (7 - 8 ounce) balls fresh or buffalo mozzarella cheese, drained, thinly sliced
- 2 lbs. (about 4 large) tomatoes, thinly sliced

Directions:

- 1 Heat grill to medium.
- 2 Arrange eggplant slices on baking sheet.
- 3 Brush both sides with oil and sprinkle with salt and pepper.
- 4 Grill until slightly charred and tender, turning occasionally and moving to cook evenly, about 5 minutes.
- 5 Transfer to foil-lined baking sheet.
- 6 Grill plum tomato until skin is charred and split, turning often, about 5 minutes.
- 7 Let tomato cool; remove core and place in blender. Add chopped basil, vinegar, and ¼ cup oil.

- 8 Blend until smooth. Season with salt and pepper. Transfer to small bowl.
- 9 Eggplant and dressing can be made 2 hours ahead. Let stand at room temperature.
- 10 Overlap eggplant slices, cheese slices, and tomato slices on individual plates or large platter.
- 11 Sprinkle with salt and pepper.
- 12 Drizzle salad with dressing and garnish with basil sprigs.

MUSHROOM EGGPLANT WITH TOMATO WINE SAUCE

(Enterprise Newspaper)

Ingredients:

- 2 large North American eggplant
- 3 tablespoons olive oil
- 3 medium onions, chopped
- 3 cloves garlic, minced
- ½ pound mushrooms, diced
- 1 stalk celery, chopped
- 1 tablespoon tomato paste
- 1 tablespoon fresh parsley, chopped
- Salt and pepper to taste
- 1 bay leaf
- 1½ pounds canned tomatoes or fresh roma or plum tomatoes
- ½ cup red wine

Directions:

- 1 Fill a large pan half full of water and bring to a boil.

- 2 Add whole eggplants; reduce to a simmer; and cook for 10 minutes.
- 3 Remove from water, slice the eggplants in half lengthwise and allow to cool.
- 4 Scoop out the centers (pulp) of the eggplant leaving a shell that can be stuffed.
- 5 Chop eggplant pulp finely.
- 6 Heat oil in skillet pan and cook onions until transparent – do not brown onions.
- 7 Add garlic, mushrooms, and celery. Cook, covered, 10 minutes.
- 8 Pour 2/3 of the garlic, mushroom mixture into a bowl and add tomato paste, parsley and salt and pepper to taste.
- 9 Reserve this mixture for the stuffing.
- 10 Preheat oven to 350°F.
- 11 To the mixture remaining in the sauté pan, add tomatoes, bay leaf and red wine.
- 12 Cover and cook 30 minutes, stirring occasionally, until you have a smooth sauce.
- 13 Place cooled eggplant halves in an oven-safe dish and fill with stuffing. Top with half the sauce and bake, covered, for 15 minutes.
- 14 Remove covering, and cook 5 minutes longer.
- 15 Serve additional sauce on the side.



Fennel Bulb

Fennel's aromatic taste is unique, strikingly reminiscent of licorice and anise, so much so that fennel is often mistakenly referred to as anise in the marketplace. Fennel's texture is similar to celery and it is a good source of Vitamin C and the mineral potassium.

PREPARATION:

The three different parts of fennel – the base, stalks and leaves – can all be used in cooking. Cut the stalks away from the bulb at the place where they meet. If you are not going to be using the intact bulb in a recipe, then first cut it in half, remove the base, and then rinse it with water before proceeding to cut it further. Fennel can be cut in a variety of sizes and shapes, depending upon the recipe and your personal preference. The best way to slice it is to do so vertically through the bulb. If your recipe requires chunked, diced or julienned fennel, it is best to first remove the harder core that resides in the center before cutting it.

ORZO, GREEN BEAN, AND FENNEL SALAD WITH DILL PESTO

(Bon Appetit)

Ingredients:

8 ounces green beans, trimmed
8 ounces orzo – 1¼ cups
⅔ cup packed, chopped fresh dill
¼ cup olive oil
2 tablespoons white balsamic vinegar
1 tablespoon fresh lemon juice
2 cups ⅓ inch cubes unpeeled cucumber – about 8 ounces
¾ cup diced fresh fennel bulb

Directions:

- 1 Cook green beans in large saucepan of boiling salted water until just tender – about 5 minutes.
- 2 Using slotted spoon, transfer beans to plate.
- 3 Add orzo to same boiling water. Cook according to package instructions – until tender, stirring occasionally – drain.
- 4 Blend dill, oil, vinegar, and lemon juice in a mini processor or blender until almost smooth.
- 5 Season with salt and pepper.
- 6 Cut bean crosswise into ½ inch pieces.
- 7 Place in large bowl.
- 8 Add orzo, cucumber, and fennel.
- 9 Mix in dressing.

SLICED FENNEL AND ORANGES

(Marcia Richards)

Ingredients:

1 medium fennel bulb
3 large navel oranges

Directions:

- 1 Trim the fennel bulb, cut it in half – lengthwise and cut into thin slices.
- 2 Peel the oranges and separate into slices.
- 3 Place fennel and oranges on a plate and enjoy!

STEAK AND FENNEL SALAD

(Wishbone)

Ingredients:

1 lb. steak
1 small fennel bulb, thinly sliced
1 medium Granny Smith or tart apple, cored and thinly sliced
½ cup balsamic vinaigrette dressing
8 cups mixed salad greens

Directions:

- 1 Season steak and grill or broil for 12 minutes – or until desired doneness.
- 2 Thinly slice the steak.
- 3 In a large bowl, toss the steak, fennel, apple and dressing.
- 4 Arrange salad greens on a serving platter. Top with steak, fennel, apple, and dressing mixture.





Kale

The beautiful leaves of the kale plant provide an earthy flavor and more nutritional value for fewer calories than almost any other food around. Kale is a good source of vitamins A, C, and K.

PREPARATION:

Remove imperfect leaves, root ends. Wash well.

CRISPY KALE CHIPS

(foodnetwork.com)

Ingredients:

- 1 head kale, washed and thoroughly dried
- 2 tablespoons olive oil
- Sea salt, for sprinkling

Directions:

- 1 Preheat the oven to 275 °F.
- 2 Remove the ribs from the kale and cut into 1½-inch pieces.
- 3 Lay on a baking sheet and toss with the olive oil and salt.
- 4 Bake until crisp, turning the leaves halfway through, about 20 minutes.
- 5 Serve as finger food.

SAUTÉED KALE

(*Bobby Flay*)

Ingredients:

- 1½ pounds young kale, stems and leaves coarsely chopped
- 3 tablespoons olive oil
- 2 cloves garlic, finely sliced
- ½ cup vegetable stock or water
- Salt and pepper
- 2 tablespoons red wine vinegar

Directions:

- 1 Heat olive oil in a large saucepan over medium-high heat.
- 2 Add the garlic and cook until soft, but not colored.
- 3 Raise heat to high, add the stock and kale and toss to combine.
- 4 Cover and cook for 5 minutes.
- 5 Remove cover and continue to cook, stirring until all the liquid has evaporated.
- 6 Season with salt and pepper to taste and add vinegar.

SAUSAGE KALE SOUP

(tasteofhome.com)

Ingredients:

- 1 pound uncooked mild Italian sausage links
- ¾ cup chopped onion
- 2 garlic cloves, minced
- 2 cups water
- 1 can (14½ ounces) low sodium chicken broth
- 2 cups diced potatoes
- 2 cups thinly sliced fresh kale
- ⅓ cup heavy whipping cream

Directions:

- 1 Place the sausages in an ungreased baking pan; pierce the casings.
- 2 Bake at 325°F for 15 - 20 minutes or until fully cooked. Drain; set aside to cool.
- 3 In a saucepan, sauté the onion until tender – about 3 minutes.
- 4 Add the garlic and sauté for 1 minute.
- 5 Add water, broth, and potatoes. Bring to a boil.
- 6 Reduce heat; cover and simmer for 20 minutes or until potatoes are tender.
- 7 Cut sausages in half lengthwise, then into ¼ inch slices.
- 8 Add kale, cream, and sausage to soup. Heat but do not boil.

Lettuce

Lettuce can be classified into various categories with the most common being:

Romaine: this variety of head forming lettuce has deep green, long leaves with a crisp texture and deep taste.

Crisphead: With green leaves on the outside and whitish ones on the inside, this variety of head lettuce has a crisp texture and a watery, mild taste. The best known variety of crisphead lettuce is iceberg.



Butterhead: These types of lettuce feature tender large leaves that form a loosely arranged head that is easily separated from the stem, a sweet flavor and a soft texture. The best known varieties of butterhead lettuce include Boston and Bibb.

Leaf: Featuring broad, curly leaf varieties that are green and/or red, the leaf lettuces offer a delicate taste and a mildly crispy texture. Best known varieties of leaf lettuce include green leaf and red leaf.

Lettuce provides us with a good source of the vitamins A and K.

PEACH AND PECAN SALAD

(foodnetwork.com)

Ingredients:

- 3 tablespoons apple cider vinegar
- 1 shallot, finely chopped
- Salt and freshly ground black pepper
- ¼ cup extra virgin olive oil
- 2 large ripe peaches, sliced into about 16 pieces
- 1 head Boston Bibb lettuce, washed and dried well
- 1 cup toasted pecan halves
- 4 ounces goat cheese, separated into four pieces and crumbled

Directions:

- 1 In a small bowl, add the cider vinegar and shallot and season with salt and pepper. Gently whisk in the olive oil until completely incorporated.
- 2 Place the peaches, lettuce leaves, pecans, goat cheese and dressing in a large bowl. Toss well to distribute the dressing.
- 3 Divide the salad onto 4 salad plates. Serve immediately.

PREPARATION:

Remove damaged leaves and “core” – wash well.

SALAD GREENS WITH ANJOU PEAR AND RICE VINEGAR DRESSING

(relish.com)

Ingredients:

- 1 Boston or small green or red leaf lettuce, leaves separated and coarsely torn
- 1 small head radicchio, trimmed, quartered and leaves separated
- 2 cups arugula
- 1 ripe Anjou pear, halved, cored and cut into bite-size pieces
- ½ cup coarsely chopped walnuts
- ½ cucumber, thinly sliced – skin on
- 4 teaspoons seasoned rice vinegar
- 1 tablespoon honey
- ½ teaspoon salt
- Freshly ground pepper
- ½ cup extra virgin olive oil

Directions:

- 1 Combine lettuce, radicchio and arugula in a large, shallow serving bowl. Toss well.
- 2 Top with pear, walnuts and cucumber.
- 3 Combine vinegar, honey, salt and pepper and whisk well.
- 4 Pour in oil in a steady stream while whisking.
- 5 Serve with salad.



Onion

While onions may bring a tear to your eye and a pungency to your breath, they will also certainly bring delight to your taste buds. The onion is a humble brown, white or red, paper-thin skinned bulb; yet, despite its plain looks, it has an intense flavor and is a beloved part of the cuisine of almost every region of the world. Onions provide us with a good source of vitamin C.

PREPARATION:

Peel, leave whole, slice, or quarter.

CARAMELIZED ONION, GRUYÈRE, AND BACON SPREAD

(Cooking Light)

Serve with crackers or bread slices. If you can't find Gruyère, substitute fontina or Swiss cheese.

Ingredients:

- Cooking spray
- 3½ cups chopped onion
- 2 ounces Gruyère cheese, shredded and divided
- 2 tablespoons chopped fresh chives, divided
- ½ cup canola mayonnaise
- ½ cup fat-free sour cream
- ¼ teaspoon salt
- ¼ teaspoon black pepper
- 3 bacon slices, cooked and crumbled

Directions:

- 1 Preheat oven to 425°F.
- 2 Heat a large cast-iron skillet over medium-high heat.
- 3 Coat pan lightly with cooking spray.
- 4 Add onion to pan; sauté 5 minutes, stirring frequently. Reduce heat to low; cook 20 minutes or until golden brown, stirring occasionally. Cool slightly.
- 5 Reserve 2 tablespoons cheese. Combine remaining cheese, caramelized onion, 1 tablespoon chives, and the remaining ingredients in a medium bowl.
- 6 Transfer the mixture to a 1-quart glass or ceramic baking dish coated lightly with cooking spray. Sprinkle with reserved 2 tablespoons cheese.
- 7 Bake at 425°F for 20 minutes or until browned and bubbly.
- 8 Sprinkle with remaining 1 tablespoon chives.

FRENCH ONION SOUP

(foodnetwork.com)

Ingredients:

- 2 tablespoons butter
- 4 yellow onions (about 1¾ pounds), thinly sliced with the grain to hold their shape
- Kosher salt and freshly ground black pepper
- 1 teaspoon flour
- ½ cup dry red wine
- 1 tablespoon chopped fresh thyme
- 1 bay leaf
- 1 teaspoon lemon juice
- 2 cups beef stock
- 2 cups chicken stock
- ½ cup grated Swiss
- 1 tablespoon grated Parmesan
- 4 (1 inch thick) baguette slices

Directions:

- 1 In a heavy bottomed Dutch oven or large saucepan, melt the butter over medium-low heat.
- 2 Add the onions, sprinkle with salt, cover, and cook until deeply caramelized, 1 - 1½ hours.
- 3 Turn the heat up to medium and sprinkle the onions with the flour. Stir and allow to cook for 1 - 2 minutes.
- 4 Deglaze the pan with the red wine.
- 5 Add the thyme, bay leaf, lemon juice, and stock and simmer for 10 minutes.
- 6 Taste and add salt and pepper, as needed. Ladle the soup into 4 ovenproof crocks.
- 7 Heat the broiler to high.
- 8 Mix the cheeses together in a small bowl.
- 9 Top each crock with a baguette slice and evenly distribute the cheese on top of each. Place the crocks under the broiler just until the cheese is bubbly and browning, about 1 minute. Serve hot.

ONION DIP FROM SCRATCH

(foodnetwork.com)

Ingredients:

- 2 tablespoons olive oil
- 1½ cups diced onions
- ¼ teaspoon kosher salt
- 1½ cups sour cream
- ¾ cup mayonnaise
- ¼ teaspoon garlic powder
- ¼ teaspoon ground white pepper

Directions:

- 1 In a sauté pan over medium heat add oil, heat and add onions and salt.
- 2 Cook the onions until they are caramelized, about 20 minutes.
- 3 Remove from heat and set aside to cool.
- 4 Mix the rest of the ingredients, and then add the cooled onions.
- 5 Refrigerate and stir again before serving.





Peppers

We are used to seeing green bell peppers but these delicious vegetables actually come in a wide variety of colors, including yellow, orange, red, purple, brown and black. The green bell peppers you purchase in the food market may actually be immature, non-ripe versions of these other color varieties. Peppers are a good source of vitamins A, C, B6, and folate.

PREPARATION:

Remove stems, seeds, membrane. Wash inside and out.

RED PEPPER - CORN RELISH

(Williams-Sonoma Cooking At Home)

Ingredients:

1 teaspoon olive oil
 1 cup corn kernels – from about two ears
 1 red bell pepper, chopped
 6 tablespoons finely chopped red onion
 1¼ teaspoons minced garlic
 Salt and pepper
 1½ tablespoons fresh lime juice
 1½ tablespoons chopped fresh cilantro

Directions:

- 1 In a large frying pan over medium heat, warm the oil.
- 2 Add the corn kernels and bell pepper and cook, stirring constantly until the vegetables are softened, about 5 minutes.
- 3 Add the onion and garlic and cook, stirring until the onion is softened, about 3 minutes.
- 4 Stir in ¼teaspoon each salt and pepper.
- 5 Remove from the heat.
- 6 Transfer the relish to a bowl and stir in the lime juice and cilantro.
- 7 Taste and adjust the seasoning, cover, and let stand at room temperature for at least 1 hour before serving. Or cover and refrigerate for up to 5 hours, then bring to room temperature before serving.

GRILLED VEGETABLE SANDWICH

(Marilyn Stack)

Ingredients:

¼ cup olive oil
 2 tablespoons oregano (fresh if available)
 2 tablespoons basil (fresh if available)
 Salt and ground pepper
 1 cup mushrooms – thinly sliced
 1 zucchini or yellow summer squash – thinly sliced
 2 large red onions, thinly sliced
 3 large red bell peppers – cut into thin strips
 Any type of sliced cheese
 Ciabatta bread or preferred roll – grill if desired

Directions:

- 1 Heat the olive oil in a large fry/sauté pan.
- 2 Add onion and cook until lightly browned – about 5 minutes.
- 3 Add the mushrooms and summer squash and heat until tender – about 5 minutes.
- 4 Add the peppers and heat until tender – about 3 minutes.
- 5 Add oregano and basil and heat to mix flavors.
- 6 Fill your preferred roll with mixture.
- 7 Top with 1 to 2 slices of cheese. Enjoy!





Potato

There are about 100 varieties of edible potatoes. They range in size, shape, color, starch content and flavor. They are often classified as either mature potatoes (the large potatoes that we are generally familiar with) and new potatoes (those that are harvested before maturity and are of a much smaller size). Potatoes are a good source of vitamins C, B6 and the mineral potassium.

PREPARATION:

Wash well; peel if recipe requires.

ROASTED FINGERLINGS WITH RED AND YELLOW PIPERADE

(epicurious.com)

Ingredients:

½ cup plus 2 tablespoons extra virgin olive oil
 2 large red bell peppers, stemmed, seeded, cut into ¼ inch-wide strips
 2 large yellow bell peppers, stemmed, seeded, cut into ¼ inch-wide strips
 1 large red onion, halved through core, thinly sliced crosswise
 3 pounds fingerling potatoes, halved lengthwise
 ½ cup chopped fresh parsley
 ¼ cup chopped shallots
 ¼ cup chopped fresh chives
 ¼ cup chopped fresh basil
 1 tablespoon chopped fresh thyme
 ¼ cup Champagne vinegar – or what you have on hand

Directions:

- 1 Preheat oven to 425°F.
- 2 Pour ½ cup extra virgin olive oil onto large rimmed baking sheet.
- 3 Spread all peppers and sliced onion over, sprinkle with salt and pepper, and toss to coat.
- 4 Roast 10 minutes.
- 5 Place halved potatoes and remaining 2 tablespoons olive oil in large bowl. Sprinkle with salt and pepper; toss to coat.
- 6 Arrange potatoes in single layer atop peppers.
- 7 Roast until potatoes are tender and beginning to turn golden, about 50 minutes.
- 8 DO AHEAD: Can be prepared 2 hours ahead. Let stand at room temperature. Rewarm in 425°F oven for 10 minutes before continuing.
- 9 Sprinkle chopped parsley and shallots over potatoes and toss to coat.

- 10 Roast potatoes 5 minutes longer.
- 11 Transfer potatoes to large platter. Sprinkle with chives, basil, and thyme. Drizzle with Champagne vinegar and toss to coat.
- 12 Season to taste with salt and pepper.

Pipérade refers to the classic Basque stew made with tomatoes, bell peppers, onions, and garlic.

BAKED POTATO

(Marcia Richards)

Ingredients:

1 medium baking potato

Directions:

- 1 Preheat the oven to 300 °F.
- 2 Scrub the potato, and pierce the skin several times with a knife or fork.
- 3 Place the potato in the preheated oven, and bake for 90 minutes, or until slightly soft and golden brown.
- 4 Slice the potato down the center, and serve.

MASHED POTATO

(allrecipes.com)

Ingredients:

6 medium russet potatoes, peeled and cubed
 ½ cup warm milk
 ¼ cup butter or margarine
 ¾ teaspoon salt
 Dash pepper

Directions:

- 1 Place potatoes in a saucepan and cover with water.
- 2 Cover and bring to a boil; cook for 20 - 25 minutes or until very tender.
- 3 Drain well.
- 4 Add milk, butter, salt and pepper; mash until light and fluffy.

SIMPLE ROASTED POTATOES

(Fine Cooking Magazine)

Use these crisp potatoes in Salad with Green Beans, Feta & Mint on page 11.

Ingredients:

2 lb. small red-skinned potatoes or small Yukon Gold potatoes, washed and cut into $\frac{3}{4}$ inch chunks
3 tablespoons extra virgin olive oil
Kosher salt and freshly ground black pepper

Directions:

- 1 Position a rack in the center of the oven and heat the oven to 450°F.
- 2 Spread the potatoes on a heavy-duty rimmed baking sheet.
- 3 Drizzle with the olive oil, sprinkle with 1 teaspoon kosher salt and several grinds of pepper, and roll them around to evenly coat them with the oil.
- 4 Spread the potatoes in a single layer, preferably with a cut side down.
- 5 Roast them until they're tender when pierced with a fork, 20 - 30 minutes, depending on the potatoes. The potatoes should be browned on the sides touching the pan.
- 6 Loosen the potatoes from the pan with a thin spatula and transfer them to a large serving bowl to be tossed with the salad ingredients and dressing.
- 7 They can be tossed while still warm or at room temperature.





Spinach

Popeye popularized spinach, but it's too bad he ate it out of a can. Fresh spinach retains the delicacy of texture and green color that is lost when spinach is processed. Raw spinach has a mild, slightly sweet taste that can be refreshing in salads, while its flavor becomes more acidic and robust when it is cooked. Baby spinach is great for use in salads owing to its taste and delicate texture. Spinach is a good source of vitamins A, C, E, K, thiamin, riboflavin, and B6. It also provides the minerals calcium, iron, magnesium, and potassium.

PREPARATION:

Remove imperfect leaves, root ends. Wash well.

BACON-SPINACH SALAD

(Betty Crocker)

Ingredients:

- 4 slices bacon, diced
- ¼ cup white vinegar
- 4 teaspoons sugar
- ¼ teaspoon salt
- ⅛ teaspoon pepper
- 1 bag (10 oz) washed fresh spinach
- 5 medium green onions, sliced (about a ⅓ of a cup)

Directions:

- 1 In 12-inch skillet, cook bacon over medium heat, stirring occasionally, until crisp.
- 2 Stir in vinegar, sugar, salt and pepper.
- 3 Heat through, stirring constantly, until sugar is dissolved; remove from heat.
- 4 Add spinach and onions to bacon mixture. Toss 1 - 2 minutes or until spinach is wilted.

STEAMED SPINACH

(Marilyn Stack)

Ingredients:

- 1 bag of fresh spinach

Directions:

- 1 Place washed spinach in a large saucepan.
- 2 Add about 1 inch of water – don't cover spinach with water.
- 3 Cover and bring to a boil.
- 4 Cook for about 3 minutes – until spinach is wilted.
- 5 Drain and serve.

GRATIN OF GREENS

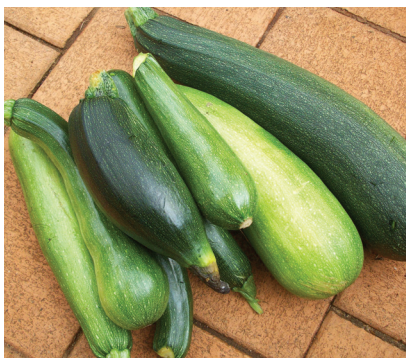
(relishmag.com)

Ingredients:

- 2 pounds spinach, chopped
- 3 tablespoons olive oil, divided
- 2 pounds Swiss chard, chopped
- 2 pounds zucchini, diced
- ½ teaspoon salt
- 1 cup hot cooked rice
- 3 garlic cloves, chopped
- 6 eggs, well beaten
- ¼ cup fine bread crumbs
- ¼ cup finely grated Parmigiano Reggiano cheese

Directions:

- 1 Preheat oven to 350°F.
- 2 Wash and dry spinach.
- 3 Heat a large sauté pan over medium-high heat. Add 1 tablespoon oil. When hot, add spinach and cook just until wilted.
- 4 Remove spinach from pan.
- 5 Cook the Swiss chard in 1 tablespoon oil until just wilted.
- 6 Remove from pan.
- 7 Heat remaining 1 tablespoon oil; add zucchini and cook until just tender.
- 8 Stir cooked vegetables together with salt, rice, and garlic.
- 9 Transfer to a well-oiled heavy baking dish.
- 10 Bake 20 minutes.
- 11 Remove pan from oven and stir in eggs.
- 12 Sprinkle with bread crumbs and cheese.
- 13 Return to oven and cook about 15 minutes, until eggs are just set.



PREPARATION:

Remove stem end. Leave whole, slice, or dice. Wash well. Skin does not need to be removed.

Summer Squash

In the United States, you'll generally find three types of summer squash:

Zucchini: Skin can be yellow in color but is much more often found in grocery stores showcasing its dark green skin.

Crookneck and straightneck squashes:

Usually yellow in color. While sometimes available with light green skins, bright yellow crookneck and straightneck squashes are the varieties that we most commonly associate with summer squash.

Scallop squashes: Also called pattypan squashes. These summer squashes are typically saucer-shaped and come in a wide variety of colors from very pale yellow to golden yellow to medium green. Scallop squashes sometimes have a slightly sweeter flesh than other summer squashes.

Summer squash is a good source of vitamins A and C and the minerals potassium and magnesium.

ZUCCHINI CRESCENT PIE

(Grammy Babs)

Ingredients:

- 4 thinly sliced zucchini
- 1 cup chopped onion
- ½ cup butter
- 2 tablespoons parsley
- ½ teaspoon salt
- ½ teaspoon pepper
- 1 clove garlic, minced
- ¼ teaspoon oregano
- 2 eggs beaten
- 2 cups shredded mozzarella, muenster, or jack cheese
- 8 ounce can crescent rolls
- 2 tablespoons Dijon mustard

Directions:

- 1 Heat oven to 375°F.
- 2 Melt butter in large frying pan; add zucchini and onion and cook until tender – about 10 minutes.
- 3 Add parsley and other seasonings.
- 4 In a large bowl, blend eggs and cheese.
- 5 Add cooked squash and onion to eggs and cheese mixture.
- 6 Separate crescent rolls into 2 long strips. Press dough into 12 x 8 inch baking dish; cover bottom and sides of dish. Spread mustard onto dough.
- 7 Pour vegetable mixture evenly over dough.
- 8 Bake at 375°F for 20 minutes, or until knife inserted comes out clean.
- 9 Cover with foil for last few minutes if crust is too brown.

(continued on next page)

SUMMER SQUASH GRATIN

(pillsbury.com)

Ingredients:

- 2 medium zucchini squash (about 6 inches long)
- 1 medium yellow summer squash (about 8 inches long)
- 4 green onions, chopped (¼ cup)
- ½ red bell pepper, chopped (½ cup)
- 1 packet white sauce mix
- 1½ cups milk
- 1 cup shredded sharp cheddar cheese (4 ounces)
- 1 tablespoon butter or margarine, melted
- ¼ cup plain bread crumbs

Directions:

- 1 Heat oven to 350°F.
- 2 Cut each squash in half lengthwise; cut into ½ inch thick slices.
- 3 Place squash slices, onions and bell pepper in 11 x 7 inch glass baking dish or 2 quart casserole. Add 1 tablespoon water. Cover with plastic wrap, venting one corner.
- 4 Microwave on high 5 - 7 minutes or until crisp-tender. Drain well.
- 5 Meanwhile in 2 quart saucepan, cook white sauce mix and 1½ cups milk or as directed on packet. Remove from heat and stir in cheese.
- 6 Pour over zucchini mixture in baking dish; stir gently to coat.
- 7 In small bowl, mix melted butter and bread crumbs. Sprinkle over zucchini mixture.
- 8 Bake 30 - 35 minutes or until bubbling and golden brown.

GRILLED ZUCCHINI AND SUMMER SQUASH SALAD WITH BASIL-PARMESAN DRESSING

(epicurious.com)

Ingredients:

- 4 medium-large zucchini, trimmed, halved lengthwise
- 4 medium-large yellow crookneck squash, trimmed, halved lengthwise
- 5 tablespoons olive oil
- ½ cup chopped fresh basil
- ⅓ cup freshly grated Parmesan cheese (about 1 ounce)
- 2 tablespoons balsamic vinegar

Directions:

- 1 Prepare grill to medium heat.
- 2 Place zucchini and crookneck squash on large baking sheet; brush all over with 3 tablespoons oil. Sprinkle with salt and pepper.
- 3 Grill vegetables until tender and brown, turning occasionally, about 10 minutes.
- 4 Transfer to plate and cool.
- 5 Cut vegetables diagonally into 1-inch-wide pieces.
- 6 Place in large bowl. Add basil, Parmesan cheese, balsamic vinegar and remaining 2 tablespoons oil and toss to blend.
- 7 Season to taste with salt and pepper and serve.

GRILLED SUMMER SQUASH OR ZUCCHINI

(Marcia Richards)

Ingredients:

- 2 summer squash or zucchini- cut into thick strips
- 2 tablespoons olive oil
- 2 cloves garlic, minced
- Fresh herbs – basil, oregano, thyme
- Aluminum foil – 2 large pieces of tinfoil

Directions:

- 1 Heat grill to medium-high.
- 2 Wash squash and cut into strips.
- 3 Place one cut squash on one of the pieces of tinfoil.
- 4 Drizzle with oil; add garlic, basil, oregano, thyme and desired seasonings.
- 5 Fold the aluminum foil to make a tented packet.
- 6 Repeat process for second squash.
- 7 Place on heated grill and cook for approximately 15 minutes – or when done to desired tenderness.

SAUTÉED SUMMER OR ZUCCHINI SQUASH

(Auntie Josie)

Ingredients:

- 2 summer squash or zucchini – cut into ½ inch slices
- 1 onion sliced thin – any type
- 1 tablespoon low sodium soy sauce
- 1 teaspoon butter

Directions:

- 1 Wash and slice summer squash or zucchini.
- 2 Slice onion.
- 3 Melt butter in medium size frying pan.
- 4 Starting with squash, layer squash and onion in the pan.
- 5 Alternate layers until all vegetables are in the pan.



Sweet Potato

The skin and flesh of the sweet potato may be almost white, cream, yellow, orange, pink, or deep purple, although white/cream and yellow-orange flesh are most common. Sometimes this root vegetable will be shaped like a potato, being short and blocky with rounded ends, while other times it will be longer with tapered ends. Sweet potato is a good source of vitamins A, C, thiamin, riboflavin, niacin, and B6. It also provides the minerals magnesium and potassium.

PREPARATION:

Wash well; remove skin after cooking.

BAKED SWEET POTATO

(realsimple.com)

Ingredients:

- 6 medium sweet potatoes, unpeeled
- 6 tablespoons unsalted butter
- ½ teaspoon kosher salt
- ⅛ teaspoon black pepper

Directions:

- 1 Heat oven to 400°F.
- 2 Pierce each sweet potato several

- times with the tines of a fork.
- 3 Place the sweet potatoes on a rimmed baking sheet lined with foil.
- 4 Bake until tender, about 45 minutes.
- 5 Make a slit in the top of each sweet potato.
- 6 Top with 1 tablespoon of butter and season with the salt and pepper.

MASHED SWEET POTATO

(allrecipes.com)

Ingredients:

- 6 sweet potatoes, peeled and cubed
- ¾ cup milk
- ½ cup butter
- ¾ cup maple syrup

Directions:

- 1 Bring a large pot of salted water to a boil.
- 2 Add potatoes and cook until tender, 20 - 30 minutes.
- 3 With an electric mixer on low, blend potatoes, slowly adding milk, about ½ a cup at a time. Use more or less to achieve desired texture.
- 4 Add butter and maple syrup, to taste.
- 5 Blend until smooth. Serve warm.

SWEET POTATO VALENTINES

(Chop Chop Cooking Magazine)

Ingredients:

- 4 sweet potatoes, scrubbed clean
- 4 teaspoons unsalted butter or olive oil
- ½ teaspoon dried thyme
- ½ teaspoon salt

Directions:

- 1 Heat oven to 425 °F.
- 2 Put the sweet potatoes in the baking pan and, using the tip of the knife, poke them in a few places to make small holes so the steam can escape while they're baking. Bake until tender, 45 min. - 1 hr.

- 3 Slice each potato open very carefully (remember, it's a hot potato and lots of steam will escape), in half length-wise to its middle, then halfway through it the rest of the way down.
- 4 Divide the butter, thyme, and salt among the sweet potatoes, and mash the seasonings in a bit with a fork.

SWEET POTATO FRIES

(vegetarian.about.com)

Ingredients:

- 3 large sweet potatoes, cut into wedges
- 1 tablespoon olive oil
- 1 teaspoon cumin
- Dash cayenne pepper
- ¼ teaspoon paprika
- ½ teaspoon salt or seasoned salt

Directions:

- 1 Preheat the oven to 400°F. In a large bowl, toss together all ingredients until potatoes are evenly coated with oil and spices.
- 2 Place potatoes on a single layer on a baking sheet and bake for about 30 minutes, or until done.

SWEET POTATO SUNDAE BAR

(Chop Chop Cooking Magazine)

Give each person a baked sweet potato, then put out little dishes of toppings so everyone can make theirs just the way they like. Try:

- 1 Unsalted butter or olive oil, and salt
- 2 Crumbled feta cheese or cottage cheese
- 3 Fresh herbs – like chives, cilantro, or parsley
- 4 Sliced scallions or sautéed onions
- 5 Dried cherries or cranberries



Swiss Chard

Chard belongs to the same family as beets and spinach and shares a similar taste profile with a flavor that is bitter, pungent, and slightly salty. Swiss chard is a good source of vitamins A, C, E, and K. It also provides the minerals calcium, iron, magnesium, and potassium.

PREPARATION:

Remove imperfect leaves, root ends. Wash well.

SWISS CHARD WITH PASTA

(allrecipes.com)

Ingredients:

1/3 pound whole-wheat spaghetti
2 tablespoons extra virgin olive oil
1 clove garlic, minced
1 bunch Swiss chard, chopped
1 teaspoon capers
Salt and pepper to taste
1 teaspoon lemon juice, or to taste (optional)
1/4 cup grated Parmesan cheese, or to taste

Directions:

- 1 Fill a large pot with lightly salted water and bring to a rolling boil over high heat.
- 2 Once the water is boiling, stir in the spaghetti, and return to a boil.
- 3 Cook the pasta uncovered, stirring occasionally, until the pasta has cooked through, but is still firm to the bite, about 8 minutes.
- 4 Drain well in a colander set in the sink.
- 5 Meanwhile, heat the olive oil in a large skillet over medium heat.
- 6 Stir in the garlic, and cook for 1 minute to soften.
- 7 Add the Swiss chard. Cook and stir until the stems of the chard are tender. You can use some of the hot pasta water to help steam the chard in the covered pan.
- 8 Stir the hot spaghetti into the chard mixture along with the capers.
- 9 Season to taste with salt and black pepper, and drizzle with lemon juice if desired.
- 10 Sprinkle with Parmesan cheese and serve.

SAUTÉED SWISS CHARD

(Marcia Richards)

Ingredients:

1 tablespoon olive oil
2 cloves minced garlic
1 bunch Swiss chard, stems removed, leaves cut into 1-inch pieces

Directions:

- 1 Heat a skillet over medium heat. Add oil.
- 2 Add garlic and cook until fragrant – about 1 minute.
- 3 Add the Swiss chard to the oil/garlic mixture.
- 4 When the leaves begin to wilt, place a cover on the skillet and increase heat to medium-high. Allow the chard to cook while covered for about 4 minutes.
- 5 Stir the chard leaves to coat with the oil and garlic mixture.



Tomato

The tomato is a wonderfully popular and versatile food that comes in over a thousand different varieties that vary in shape, size, and color. There are small cherry tomatoes, bright yellow tomatoes, Italian pear-shaped tomatoes, and the green tomato, famous for its fried preparation in Southern American cuisine. Tomato is a good source of vitamins A and C.

PREPARATION:

Leave whole or cut in slices or quarters. Wash well.

BAKED GARDEN TOMATOES WITH CHEESE

(epicurious.com)

Ingredients:

2 tablespoons extra virgin olive oil
3 garlic cloves, chopped
1 medium onion, chopped
1³/₄ pounds fresh vine-ripened or heirloom tomatoes, cut into 1/2-inch pieces
3 tablespoons chopped fresh chives
1 cup (packed) freshly grated Parmesan cheese
1 cup (packed) freshly grated Romano cheese

Two more ways to go: Add chopped fresh basil leaves and/or small cubes of mozzarella cheese. Or use yellow and green tomatoes with the red ones to add summer color.

Directions:

- 1 Preheat oven to 350°F. Oil 11x7-inch baking dish.
- 2 Heat 2 tablespoons oil in heavy large skillet over medium heat.
- 3 Add garlic and sauté until fragrant, about 30 seconds.
- 4 Add onion and sauté until soft, about 6 minutes.
- 5 Add tomatoes, reduce heat to medium-low, and cook until beginning to soften, about 5 minutes.
- 6 Mix in chives; season with salt and pepper.
- 7 Transfer tomato mixture to prepared baking dish; sprinkle grated cheeses over.
- 8 Bake until cheese melts and begins to turn golden, about 20 minutes.



GREEK SALAD

(Bon Appetit)

Ingredients:

3/4 pound tomatoes, seeded, diced (about 2 cups)
2 cups diced seeded peeled cucumber (from about 1 large)
1 cup diced red bell pepper (from about 1 large)
1/4 cup pitted Kalamata olives or other brine-cured black olives, halved
1/4 cup diced red onion
3 tablespoons chopped fresh Italian parsley
3 tablespoons extra virgin olive oil
1 1/2 tablespoons red wine vinegar
1/2 teaspoon dried oregano
1/4 cup crumbled feta cheese (about 2 ounces)

Directions:

- 1 Toss first 9 ingredients in medium bowl to blend.
- 2 Gently mix in cheese.
- 3 Season with salt and pepper. (Can be made 2 hours ahead. Let stand at room temperature.)

(continued on next page)



PANZANELLA

(Williams-Sonoma Cooking At Home)

Ingredients:

½ lb. day old coarse bread
 1 cucumber
 6 tomatoes, seeded and coarsley diced
 1 red onion, thinly sliced
 2 tablespoons rinsed capers
 ½ cup fresh basil leaves, torn into small pieces
 2 tablespoons red wine vinegar
 ¼ cup extra virgin olive oil
 ¼ cup balsamic vinegar
 Salt and pepper

Directions:

- 1 Cut the bread into slices 1 inch thick.
- 2 Place in a shallow bowl in a single layer and sprinkle evenly with ½ cup water.
- 3 Let stand for 1 minute.
- 4 Carefully squeeze the water from the bread.
- 5 Tear the bread into rough 1 inch chunks, and place them on paper towels.
- 6 Let stand for 10 minutes to absorb excess moisture.
- 7 Peel the cucumber, halve length-wise, scoop out seeds and dice.
- 8 In a bowl combine the cucumber, tomatoes, onion, capers, and basil. Add the bread and toss carefully to avoid breaking the bread too much.
- 9 In a small bowl, whisk together the red wine vinegar, balsamic vinegar, and oil. Season with salt and pepper.
- 10 Drizzle over the bread-tomato mixture and toss gently to mix.
- 11 Cover and refrigerate 1 hour.
- 12 Transfer to individual bowls and serve right away.

TOMATO ZUCCHINI CASSEROLE

(allrecipes.com)

Ingredients:

1½ cups grated cheddar cheese
 ⅓ cup grated Parmesan cheese
 ½ teaspoon dried oregano
 ½ teaspoon dried basil
 2 cloves garlic, minced
 Salt and pepper to taste
 2 medium zucchinis, thinly sliced
 5 plum tomatoes, thinly sliced
 ¼ cup butter
 2 tablespoons finely chopped onion
 ¾ cup fine bread crumbs

Directions:

- 1 Preheat oven to 375°F.
- 2 Lightly butter a 9x9-inch pan.
- 3 In a large bowl, combine cheddar, Parmesan, oregano, basil, and garlic. Season with salt and pepper, and set aside.
- 4 Arrange half of the zucchini slices in the pan. Sprinkle ¼ of the cheese and herb mixture on top.
- 5 Arrange half of the tomatoes, and top with another ¼ of the cheese mixture. Repeat layers.
- 6 Melt butter in a skillet over medium heat. Stir in onions, and cook until soft and translucent.
- 7 Stir in breadcrumbs; cook until they have absorbed the butter. Sprinkle on top of casserole.
- 8 Cover loosely with foil, and bake in a preheated oven for 25 minutes.
- 9 Remove foil, and bake until the top is crusty and the vegetables are tender, about 20 minutes.



Winter Squash

Winter squash comes in many different varieties. While each type varies in shape, color, size and flavor, they all share some common characteristics. Their shells are hard and difficult to pierce, enabling them to have long storage periods between one week and six months. Their flesh is mildly sweet in flavor and finely grained in texture. Butternut and acorn squash are good sources of the vitamins A,C,E, thiamin, niacin, B6, and folate. They also provide the minerals magnesium and potassium.

PREPARATION:

Wash. Remove skin of winter squash depending on recipe – can be baked with skin on and seeds removed; acorn squash – do not remove skin prior to cooking. Wash both.

BAKED ACORN SQUASH

(Marcia Richards)

Ingredients:

Acorn squash
1 tablespoon butter
1 tablespoon brown sugar

Directions:

- 1 Cut squash in half through the stem end. Scrape out the seeds and any fibers and discard.
- 2 Place ½ tablespoon of butter and ½ tablespoon of brown sugar into each cavity.
- 3 Place on baking sheet – cover with foil. Bake at 375°F for about 1 hour – should be soft.
- 4 You can eat the squash out of the shell.

BAKED BUTTERNUT SQUASH

(Marcia Richards)

Ingredients:

Butternut squash
1 tablespoon butter
1 tablespoon brown sugar

Directions:

- 1 Cut squash in half through the stem end. Scrape out the seeds and any fibers and discard.
- 2 Place ½ tablespoon of butter and ½ tablespoon of brown sugar into each cavity.
- 3 Place on baking sheet – cover with foil. Bake at 375°F for about 1 hour – should be soft. Let cool.
- 4 Scoop squash out of shell and place in large bowl.
- 5 Mash or use an electric mixture to desired consistency.

GRILLED STUFFED ACORN SQUASH

(Williams-Sonoma Cooking At Home)

Ingredients:

4 tablespoons unsalted butter

½ cup finely chopped yellow onion
½ cup finely chopped celery
2 cups fresh white bread crumbs
½ cup dried cranberries
¼ cup chopped walnuts
1 teaspoon dried sage
Salt and pepper
2 acorn squashes

Directions:

- 1 Prepare grill for indirect heat cooking over medium-high heat.
- 2 In a frying pan over medium heat, melt the butter.
- 3 Add the onion and celery and sauté until softened, about 5 minutes.
- 4 Put onion and celery mixture into a large bowl and add the bread crumbs, dried cranberries, walnuts, sage, ½ teaspoon salt, and ¼ teaspoon pepper. Sprinkle 3 tablespoons water over the top. Stir and toss with a fork to combine. Set aside.
- 5 Cut out four 6 inch squares of aluminum foil. Set aside.
- 6 Using a large, sharp knife, cut each squash in half through the stem end. Using a spoon, scrape out the seeds and any fibers and discard.
- 7 Season the cut sides of the squash generously with salt and pepper.
- 8 Divide the bread crumb mixture evenly among the squash cavities, pressing it down lightly.
- 9 Cover each squash with a square of aluminum foil, folding it down over the sides.
- 10 Place the stuffed squashes, foil-wrapped side up, on the grill rack. Cover the grill and open the vents halfway.
- 11 Cook for 45 minutes.
- 12 Remove the foil and continue cooking until the squash is tender and the stuffing is lightly browned, about 15 minutes longer.
- 13 Transfer to a warmed platter and serve right away.

