



Produce Recipes and Ideas A-Z

What to do with MANNA Produce?

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SQUASH IDENTIFICATION GUIDE

WINTER SQUASH VARIETIES A Shoppers Guide

Acorn Squash

The slightly dry, orange colored flesh of the acorn squash have a definite nut-like flavor. Their large seed cavities

are perfect for stuffing, and they are best when baked.



Butternut Squash

The flesh of the butternut squash is a deep orange color, with a distinctive butterscotch flavor that most people find delicious. They are quite tasty either steamed or baked and are excellent topped with maple syrup!

The smaller squash tend to be the sweetest.

Buttercup Squash

Although it looks quite different from the butternut squash the buttercup has a very creamy, orange colored flesh much like that of the butternut.

Its flavor is not as rich as the butternut, but is still quite sweet.



Delicata Squash

The delicata squash has a moist, creamy yellow flesh that tastes and smells like a blend of corn, butternut squash and sweet potato. It is often referred to as the sweet potato squash. They are

squash.They are best eaten when steamed or baked.



Golden Nugget Squash

The moist, smooth bright orange flesh of the golden nugget squash has a very mild squash flavor, which can range from very sweet to a

more bland flavor. They can be scooped out and baked whole like pumpkins or split and baked.



Kabocha Squash

The mustard color flesh of the kabocha squash is very sweet and rich tast-ing. Its texture is floury dry, like a balance between a sweet potato and a pumpkin. It has the highest sugar content of any

squash, and is excellent baked as a side dish or stuffed.

Hubbard Squash

The hubbard squash has a very sweet, dry orange flesh. They are excellent in pumpkin pies, and actually have a thicker, firmer texture than fresh pumpkin, they "set up" easier and

require less sweetener than pumpkin.

Oranghetti Squash The oranghetti squash is a hybrid

The oranghetti squash is a hybri variety of the spaghetti squash and can be used similarly to it. Once cooked, the strands of squash in the center can be scooped out

and cooked up much like pasta.



Turban Squash

Although often used as a gourd for decoration purposes, the turban squash is very edible. Its orange-yellowish flesh is very

hazelnut-like flavor that most people find very delicious. Its texture is dry.



Spaghetti Squash

Once cooked, the creamy golden flesh separates into miles of swirly, crisp-tender, spaghetti-like strands. The taste by itself is rather bland, but used as a pasta substitute with your favorite sauce and this squash comes to life, with far fewer calories than pasta as well!

Sweet Dumpling Squash

The sweet dumpling squash, although small in stature, packs a wallop in the flavor department. The sweet, teamer flavor

of this squash coupled with its moist texture is a favorite of many.

Red Kuri Squash

The red kuri squash has a very rich, sweet flavor that almost has a spiciness to its taste. Although not as thick in texture as the kabocha, it still holds together well

and is excellent either baked either whole or split.



Pumpkins

Generally thought of only as a cooked vegetable, pumpkin can be eaten raw and is delicious when very finely grated and served in

combination with grated carrots and beets as a base for salads.



Marrows, squashes and gourds are all part of a large family of edible gourds that grow on vines. It is possible that squash was the very first food to be cultivated by Native American Indians; it seems at least to have been the first within what has been called the Indian triad - maize, beans and squash. Winter squash are slower growing than summer squash varieties, with months passing from the time they blossom until the time they are mature and ready to be harvested in the fall. Their dense sweet flesh reflects a whole summer of accumulating energy from the sun and soil.

ACORN SQUASH TIPS

Why Eat It: Acorn squash is an outstanding source of dietary fiber and supplies some vitamins C and B, a substantial amount of potassium, and some magnesium and manganese. With its deeply ridged, dark green shell and yellow-orange flesh, acorn squash makes a handsome presentation when halved and baked. Acorn squashes are available throughout the year, but because they are harvested in the late summer and early fall, they are more plentiful from autumn through winter. Deep color is also a sign of a good acorn squash. Green acorn squash may have splashes of orange, but avoid any that has orange on more than half its surface. An acorn squash should feel heavy for its size.

Storage: Acorn squash keeps for a long time - three months or longer - if stored in a cool, dry place. Refrigerator temperatures will cause it to deteriorate more quickly, but you can keep an uncut squash in the refrigerator for a week or two.

Preparation: Rinse off any dirt before using. The hard shell of acorn squash can prove challenging to cut: when cutting in half, <u>cut in the same direction as the grooves</u>. Use a sturdy chef's knife or a cleaver. First, make a shallow cut in the skin to use as a guide to prevent the knife blade from slipping. Then place the blade in the cut and tap the base of the knife (near the handle) with your fist (or, if necessary, with a mallet or rolling pin) until the squash is cut through. Scoop out the seeds and fibers. Because acorn squash is difficult to peel, it is most often cooked as unpeeled halves. However, if you want to peel it, the easiest way to do it is to cut it into lengthwise wedges first, and then peel the strips. You can then cut the squash into smaller chunks, if desired. Allow ½ squash per person; cooked acorn squash is generally served right on each plate in its own shell.

Baking: *This is the preferred cooking method because it brings out the squash's sweetness by caramelizing some of its sugars*. Halve squash lengthwise and scoop out the seeds and strings. Place the squash, cut-side up, on a foil-lined baking pan or casserole dish (its sugary juices may burn onto the pan). Place a pat of butter/margarine and a little salt & pepper in each hollow {optional: a little sugar, honey or brown sugar}. Cover with foil or lid, and bake in a 375°F oven until the squash is tender/soft when pierced with a knife or toothpick {approximate cooking time is 30-45 minutes, depending on the size of the squash}.

Variations:1) After squash is cooked, remove from oven, fill with a stuffing of your choice and return to the oven until the stuffing is heated through (10 to 15 minutes). 2) After squash is cooked, scoop the squash out {without damaging shell}, mash the flesh, add your favorite seasonings – many people like cinnamon and/or ginger - and spoon back into the shells (optional: sprinkle with grated cheese, breadcrumbs, chopped nuts, or sesame seeds) and return to the oven until heated through.

Microwaving: Arrange squash halves, cut-side up, in a shallow microwavable dish, cover, and cook until tender, rotating the dish halfway through the cooking time. Approximate cooking time: 7 to 10 minutes, depending on the microwave's power.

Steaming: Place seeded squash halves, cut-side down, in a vegetable steamer and cook over boiling water until tender. Or, cook peeled chunks or slices of squash in the steamer. Cooking time: approximately 20 minutes.

Sautéing: Once peeled, raw grated or diced squash can be sautéed in broth, or in a combination of broth and oil. Grated squash is best if it is cooked just to the point where it is still slightly crunchy. Cooking time: 8 to 15 minutes.

Boiling: Not recommended because it waters down the taste.

BAKED ACORN SQUASH WITH BROWN SUGAR

YIELD: 4 Servings

INGREDIENTS:

2 Tablespoons Butter

2 Acorn Squash about 1 & 1/2 Lbs Each

2 Tablespoons Light-Brown Sugar

DIRECTIONS:

- Preheat oven to 425 degrees. Generously butter a rimmed baking sheet.
- Halve squash crosswise. Scoop out seeds; discard. Slice a small piece off bottom of each squash half just enough to level.
- Set squash halves, scooped sides down, on prepared sheet. Bake until golden, 20 to 25 minutes. Turn squash; prick insides all over with a fork. Divide 2 tablespoons butter and sugar among halves. Season with salt and pepper. Continue to bake until flesh is easily pierced with the tip of a paring knife, 25 to 30 minutes. Serve warm.

GLAZED SQUASH

YIELD: 4 Servings

INGREDIENTS:

Vegetable Oil, for Baking Sheets

3 Acorn Squashes (About 1 1/2 Pounds Each), Halved, Seeded, and Sliced into 1-Inch-Thick Crescents Coarse Salt and Ground Pepper

1/2 Cup Packed Dark-Brown Sugar

- Preheat oven to 400 degrees. Line two rimmed baking sheets with aluminum foil, and brush with oil.
- Lay squash pieces on baking sheets. Season with salt and pepper; sprinkle squashes evenly with half the sugar. Roast until sugar has melted, about 5 minutes.
- Remove baking sheets from oven. Using tongs, turn over pieces. Season with salt and pepper; sprinkle evenly with remaining sugar. Roast until tender, about 20 minutes.

APPLES

APPLES TIPS AND TRICKS

To prevent pieces of cut apple or pear from turning black, squeeze a little limejuice on them or sprinkle a little bit of crushed mustard.

FREEZE APPLES

YIELD: Varies

INGREDIENTS:

Apples

DIRECTIONS:

- Simply peel the skin away from the apple then use your corer or knife to cut out the core of the apple. Fill your freezer bags with the apple wedges. Leave enough room to ensure a good seal on the bag. Write the date on the bag and place in the freezer.
- Now you can remove a bag from the freezer the next time you are in the mood for a crisp, pie, and applesauce or try pan-frying the apples for a side dish.

OATMEAL-BROWN SUGAR BAKED APPLES

YIELD: 4 - 6 Servings

INGREDIENTS:

4 Apples

1/4 Cup Brown Sugar (Dark or Light)

1/4 Cup Old-Fashioned Rolled Oats

1/2 Teaspoon Cinnamon

1/4 Teaspoon Nutmeg

Pinch Cloves

1 Tablespoon Butter, Divided in Four

- Pre-heat oven to 375°F
- Core of the apples, cutting to within a half inch of the bottom of the apple and creating a well or bowl roughly
 3/4-inch wide. Use an apple corer or a small paring knife.
- Mix the brown sugar, oatmeal, cinnamon, nutmeg, cloves, and any extras (nuts, raisins, whatever you like) in a bowl. Divide this mixture between the apples, packing the wells firmly.
- Arrange the apples in a baking dish and top each one with a pat of butter. Bake for 30 to 40 minutes. Test the
 apples by poking knife or fork through into the apple; it should slide into the apple easily with no resistance. The
 skin on the apples will be wrinkled and soft by the end of cooking.
- Serve with a scoop of ice cream or whipped cream. Leftovers will keep for up to a week and can be reheated in the microwave or eaten cold.

SUPER EASY APPLE SAUCE

YIELD: 4 Servings

INGREDIENTS:

4 Cups Chopped Apples (With Peels or Without)

1 Cup Water

Ground Cinnamon to Taste or a Cinnamon Stick

Honey or Sugar to Taste (Optional)

DIRECTIONS:

• Toss the chopped apples, water, and cinnamon into a pot. Bring to a boil, then reduce the heat to low and cook with a lid on, stirring occasionally, until the apples have broken completely apart (about 20-30 minutes). Sweeten it a little with honey or sugar, or leave it deliciously tart if you prefer. Let cool and refrigerate.

APPLE SAUCE CAKE

YIELD: One Cake or Loaf

INGREDIENTS:

1/2 Cup Unsalted Butter, Room Temperature

2 Cups Brown Sugar

2 Eggs

1 Teaspoon Vanilla

2 1/4 Cups Flour

2 Teaspoons Baking Soda

3/4 Teaspoon Salt

1 Teaspoon Cinnamon

1/8 Teaspoon Nutmeg

2 Cups Applesauce

1/2 Cup Raisins

1 Cup Chopped Walnuts

Optional Powdered Sugar,

- Preheat oven to 350 degrees F.
- Cream the butter either by hand using a whisk or with a mixer with a whisk attachment. Add the brown sugar and continue mixing. Add the eggs, 1 at a time, and vanilla, then mix until well blended and fluffy.
- In a separate bowl, mix the dry ingredients, except powered sugar.
- Add to the creamed mixture alternately with the applesauce. Fold in the raisins and walnuts. Pour batter into a
 greased and floured loaf or tube pan and bake until firm to the touch, about 45 to 50 minutes. Let cool in the
 pan, then turn it out, and dust with powdered sugar.

ASPARAGUS

EASY GARLIC ASPARAGUS

YIELD: 4 Servings

INGREDIENTS:

3 Tablespoons Butter

1 Bunch Asparagus

3 Cloves Garlic Chopped

DIRECTIONS:

- Snap off the woody bottoms. Hold asparagus, one at a time, in your hands near the cut end and snap it like kindling. The asparagus breaks in just the right spot, save the ends for stock.
- Melt the butter in a large skillet over medium-high heat. Add the garlic and asparagus spears; cover and cook
 for 10 minutes, stirring occasionally, or until asparagus is tender. It you like your asparagus well done, reduce
 heat and cook an additional 10 minutes.
- Try mixing the finished asparagus in with pasta and other veggies and pasta sauce or eat it just as it is. Enjoy!

AVOCADO

ALT-AVOCADO, LETTUCE, TOMATO SANDWICH

YIELD: 4 Sandwiches

INGREDIENTS:

2 Table Spoons Mayonnaise

8 Slices Bread of Your Choice

4 Leaves Romaine or Boston Lettuce

1 Large Tomato-Thinly Sliced

1 Sliced Avocado

12 Slices Cucumber

4 Slices Cheese of Your Choice

- Toast the bread
- Spread mayonnaise on all slices
- Layer 4 slices with an equal amount of each of the following: lettuce, tomato, avocado, cucumber, and cheese
- Top with remaining slices of bread
- Cut in half and enjoy

SUPER EASY GUACAMOLE

YIELD: 6 Servings

INGREDIENTS:

3 Haas Avocados, Halved, Seeded and Peeled

1 Lime, Juiced

1/2 Teaspoon Kosher Salt

2 Roma Tomatoes, Seeded and Diced

Optional (But Each Adds Nice Flavor):

1/2 Teaspoon Ground Cumin

1/2 Teaspoon Cayenne

1/2 Medium Onion, Diced

1/2 Jalapeno Pepper, Seeded and Minced

1 Tablespoon Chopped Cilantro

1 Clove Garlic, Minced

DIRECTIONS:

• In a large bowl place the scooped avocado pulp and limejuice, toss to coat. Drain, and reserve the limejuice, after all of the avocados have been coated (this step will help prevent browning). Using a potato masher or fork add the salt, and if desired the cumin, and cayenne, then mash. Then, fold in the tomatoes and other ingredients if desired onions, jalapeno, cilantro, and garlic. Add 1 tablespoon of the reserved limejuice. Leave at room temperature (chilling it will result in browning).

BANANAS

BANANAS TIPS AND TRICKS

In our warm climate bananas tend to get over-ripe. To stop the process of ripening put bananas in the refrigerator. The skin may turn black, but the fruit itself will remain firm.

Tomatoes and bananas help each other ripen quicker. Tomatoes and bananas emit a naturally occurring ripening gas called ethylene and when you store the two together, they both ripen rapidly.

FREEZE BANANAS

YIELD: Varies

INGREDIENTS:

Bananas

- To freeze bananas: just pop them in the freezer, peel and all; or peel them and place in a freezer bag. Either way will work.
- Note: if you decide to freeze your bananas in their peel, the peel will turn black but it will not affect the bananas in the least. Just give them a little time to thaw before starting your recipe.

THE EASIEST COOKIES IN THE WORLD!

YIELD: 2 Dozen

INGREDIENTS:

2 Over Ripe Bananas

1 Cup Quick Oats

½ Cup of Chocolate Chips

DIRECTIONS:

- Using a fork mash the bananas in a bowl. The consistency should be gooey, try to get the lumps out.
- Pour in oats and chocolate chips and mix well.
- With moist hands form 2-inch balls of mixture, place on greased cookie sheet about 1 inch apart.
- Bake at 350 degrees For 15 to 20 minutes or until golden brown.
- Let cool and enjoy!
- Try adding raisins, craisins or your favorite nut for variety.

BEANS

MINESTRONE SOUP WITH PASTA, BEANS AND VEGETABLES: CROCK POT!

YIELD: 6 Servings

INGREDIENTS:

- 3 Cups Reduced-Sodium Vegetable or Chicken Broth
- 1 (28-Ounce) Can Diced Tomatoes
- 1 (15-Ounce) Can White (Cannellini or Navy) Beans, Drained
- 2 Carrots, Peeled and Chopped
- 1 Celery Stalk, Chopped
- 1 Cup Onion, Chopped
- 1 Teaspoon Dried Thyme
- 1/2 Teaspoon Dried Sage
- 2 Bay Leaves

Salt and Ground Black Pepper

- 1 Medium Zucchini, Chopped
- 2 Cups Coarsely Chopped Fresh or Frozen Spinach, Defrosted
- 4 Tablespoons Grated Parmesan or Romano Cheese

Basil Sprigs, Garnish, Optional

- In a slow cooker, combine broth, tomatoes, beans, carrots, celery, onion, thyme, sage, bay leaves, and 1/2 teaspoon each salt and black pepper. Cover and cook on low for 6 to 8 hours or on high for 3 to 4 hours.
- Thirty minutes before the soup is finished add zucchini and spinach. Cover and cook 30 more minutes. Remove bay leaves and season, to taste, with salt and black pepper. Ladle soup into bowls and sprinkle parmesan cheese over top. Garnish with basil, if desired.

TURKEY CHILI

YIELD: 6 Servings

INGREDIENTS:

- 1 Medium Onion
- 2 Medium Carrots
- 3 Cloves of Garlic
- 1 Large Green Pepper
- 1 (15 Oz) Can of Red or White Kidney Beans
- 1 Tablespoon Canola Oil
- 1 Lb Turkey
- 1 (14 Oz) Cans Diced Tomatoes
- 1 Cup Water
- 3 Tbsp Chili Powder
- 1 Tbsp Ground Cumin
- 2/4 Tsp Salt

- Rinse and peel onion and carrots. Peel garlic
- Rinse bell pepper. Remove core and seeds
- Dice onion, carrots, and bell pepper. Mince garlic
- Drain and rinse beans
- In a large pot over medium-high heat, heat oil and add turkey and cook until brown
- Add onions, carrots, tomatoes water and chili powder and cumin to the pot. Season with salt
- Lower heat to medium. Cook until all flavors have blended, about 15 minutes

BEETS

ROASTED BEETS WITH BALSAMIC GLAZE

YIELD: 4 Servings

INGREDIENTS:

2 Pounds Red Beets, Medium Sized, Scrubbed Clean, Green Tops Removed (Save the Greens to Add to a Salad or Simply Sauté)

Olive Oil

Salt

1/2 Cup Balsamic Vinegar

2 Teaspoons Sugar

1 Teaspoon Grated Orange Zest

Freshly Ground Black Pepper

DIRECTIONS:

- Preheat oven to 400°F. Line a roasting pan with aluminum foil. Place the beets in the pan. Rub olive oil over the beets, and sprinkle with salt. Cover the beets with another sheet of aluminum foil. Roast for 1 to 2 hours, depending on the size of the beets and their toughness. After 1 hour, test every fifteen minutes by poking a beet with a fork. Once the fork goes in easily, the beets are tender and cooked. Remove from the oven.
- While the beets are cooling, prepare the balsamic glaze. In a small, shallow sauté pan, add the balsamic vinegar
 and sugar. Heat on high until the vinegar has reduced to a syrup consistency. Remove from heat. After the beets
 have cooled for several minutes, but are still warm to the touch, peel off the outer skins and discard. Cut the
 beets into quarters or more, bite-sized pieces.
- Place beets in a serving bowl. Pour balsamic glaze over the beets. Stir in grated orange zest, and add salt and pepper to taste. Garnish with zest.

SHREDDED BEET SALAD

YIELD: 6 Servings

INGREDIENTS:

2 Tbsp Rice Vinegar

1/2 Lime Juiced

1 Pinch Sugar

Taste Coarse Salt and Ground Pepper

6 Tbsp Olive Oil

1 Pound Red Beets, Peeled and Grated

1/2 Pound Carrots, Peeled and Grated

1/2 Cup Thinly Sliced Basil Leaves

2 Tbsp Finely Shredded Parsley

- In a large bowl, combine the vinegar, limejuice, sugar, and a large pinch each of salt, and pepper. Whisk to combine.
- Gradually whisk in oil.
- Add beets, carrots, basil and parsley.
- Toss to combine.
- Taste and adjust for seasoning.

BELL PEPPERS

STUFFED GREEN PEPPERS WITH BEEF AND TOMATO

YIELD: 6 Servings

INGREDIENTS:

6 Green Peppers

Salt to Taste

1 Lb Ground Beef

1/3 Cup Chopped Onion

1 (14.5 Oz) Can of Whole, Peeled, Tomatoes Chopped

1 Tsp Worcestershire Sauce

½ Cup Rice Uncooked

½ Cup Water

1 Cup Shredded Cheddar Cheese

2 Cans Condensed Tomato Soup

- Bring a large pot of salted water to a boil. Cut the tops off the peppers, and remove the seeds. Cook peppers in boiling water for 5 minutes; drain. Sprinkle salt inside each pepper, and set aside.
- In a large skillet, sauté beef and onions for 5 minutes, or until beef is browned. Drain off excess fat, and season with salt and pepper. Stir in the tomatoes, rice, 1/2 cup water and Worcestershire sauce. Cover, and simmer for 15 minutes, or until rice is tender. Remove from heat, and stir in the cheese.
- Preheat the oven to 350 degrees F. (175 degrees C). Stuff each pepper with the beef and rice mixture, and place peppers open side up in a baking dish. In a medium bowl, combine tomato soup with just enough water to make the soup a gravy consistency. Pour over the peppers.
- Bake covered for 25 to 35 minutes, until heated through and cheese is melted and bubbly.

VEGETARIAN STUFFED GREEN PEPPERS WITH KALE

YIELD: 3 Servings

INGREDIENTS:

3 Medium Red Bell Peppers

1 Tablespoon Extra-Virgin Olive Oil

1/4 Teaspoon Salt

8 Ounces Kale, (6 Cups Lightly Packed), Trimmed

1 Tablespoon Extra-Virgin Olive Oil

1 Medium Onion, Chopped

1/2 Cup Chopped Red Bell Pepper

2 Cloves Garlic, Minced

3/4 Cup Cooked Short-Grain Brown Rice

1/2 Cup Freshly Grated Parmesan Cheese

1 Tablespoon Lemon Juice

1/4 Teaspoon Salt

Ground Pepper, to Taste

- To prepare peppers preheat oven to 400°F. Halve peppers lengthwise through the stems, leaving them attached. Remove the seeds. Lightly brush the peppers outside and inside with oil; sprinkle the insides with salt and pepper. Place, cut-side down, in a 9-by-13-inch baking dish. Bake until peppers are just tender, 10 to 15 minutes. Let cool slightly. Turn cut-side up.
- To prepare filling: bring 2 cups salted water to a boil in a large wide pan. Stir in kale, cover and cook until tender, 10 to 12 minutes. Drain, rinse under cold water; squeeze dry. Finely chop.
- Heat oil in a large nonstick skillet over medium heat. Add onion and chopped bell pepper; cook, stirring often, until onion is golden, 6 to 8 minutes. Add garlic and cook, stirring, for 30 seconds. Stir in the kale. Remove from the heat and let cool slightly. Stir in rice, parmesan, 2 tablespoons pine nuts and lemon juice. Season with salt and pepper. Divide the filling among the pepper halves.
- Add 2 tablespoons water to the baking dish. Cover the peppers with foil and bake until heated through, 15 to 20 minutes. Uncover and bake for 5 minutes more.

VEGETARIAN STUFFED PEPPERS WITH RICE, ZUCCHINI, AND HERBS

YIELD: 6 Servings

INGREDIENTS:

6 Medium Peppers, Preferably Green

2 Medium Zucchini (About 3/4 Pound), Shredded

Salt to Taste

1/3 Cup Extra Virgin Olive Oil

2 Garlic Cloves, Minced

1/2 Cup Finely Chopped Fresh Mint

1/4 Cup Chopped Fresh Dill or Parsley

1 Scant Cup Uncooked Medium Grain Rice

Freshly Ground Pepper

2 Tablespoons Tomato Paste Dissolved in 2/3 Cup Water

2 Tablespoons Freshly Squeezed Lemon Juice

- With a paring knife, cut away the tops, pull out the membrane and seeds.
- Toss the shredded zucchini with salt and let drain in a colander for 20 minutes. Take up handfuls of zucchini and squeeze out as much liquid as possible. Transfer to a medium bowl and add the garlic, mint, parsley or dill, and rice. Season with salt and pepper. Stir in 1/4 cup of the olive oil and let sit for 10 minutes.
- Meanwhile preheat the oven to 375 degrees. Oil a baking dish large enough to fit all of the peppers. Fill the peppers about 3/4 of the way full with the stuffing, and replace the caps. Place in the oiled baking dish. Mix the tomato paste and water with the remaining olive oil and the lemon juice. Season to taste. Add to the baking dish. Cover the dish with foil. Place in the oven and bake 45 minutes to an hour, until the peppers are soft. Remove from the heat and allow to cool to room temperature, or serve hot. Remove the tops of the peppers and spoon the sauce in the baking dish over the rice before serving.

BREAD

BASIC CROUTON RECIPE

YIELD: 8 Servings

INGREDIENTS:

1/2 Teaspoon Italian Seasoning

1/2 Teaspoon Greek Seasoning

1/2 Teaspoon Herbs De Provence

1/2 Teaspoon Mexican Spice Blend

1 Clove Minced Garlic (Or 1/4 Teaspoon Garlic Powder)

1/2 Teaspoon Curry Powder

2 Tablespoons Grated Parmesan Cheese

1 Teaspoon Pumpkin Pie Spice

2 Tablespoons Cinnamon-Sugar (This Option is Great on a Salad with Fruit, Such As a Strawberry-Spinach Salad)

- Preheat the oven to 300 degrees F.
- Cube or tear bread to make 2 cups (this will yield eight 1/4-cup servings). Aim for 3/4-inch cubes or pieces. For ease of cutting bread, use a serrated knife. Set bread aside.
- Melt 2 tablespoons butter in the microwave on 50 percent power (medium) about 45 seconds or until melted, or melt the butter in a small saucepan over medium-low heat. Stir in any of the following seasonings or your favorite seasoning blend:
- Add bread cubes to butter mixture, stirring until cubes are evenly coated.
- Spread bread cubes in a single layer in a shallow baking pan or on a baking sheet.
- Bake in a 300 degree F oven for 10 minutes; stir, bake about 10 minutes more or until bread cubes are crisp and golden. Cool completely.
- Tip: you can substitute 2 tablespoons olive oil for the butter, or use half of each. Do not use margarine-like spreads in plastic tubs; they can contain more water than butter, so you will end up with soggy croutons.
- Tip: if you want to flavor croutons using a natural cheese, such as cheddar, gruyere, or asiago, sprinkle about 1/4 cup of shredded cheese over the croutons midway through baking.

BREAD FREEZING

YIELD: Varies

INGREDIENTS:

Bread

DIRECTIONS:

- For short-term storage (less than three weeks): place store-bought bread directly in the freezer. The plastic bag that it came in will keep it protected for a few weeks.
- For long-term storage (more than three weeks): wrap bread tightly in plastic wrap. Then, wrap it again in foil or freezer paper. Write the date on your bread before sticking it in the freezer; then, try to use it within six months.
- For rolls and buns: place them inside a freezer bag, and seal tightly.
- To thaw: simply place a loaf in the refrigerator overnight.
- If it takes you a long time to eat a loaf of bread, slice your loaves before you put them in the freezer. This will allow you to pull out just what you need

BREAD PUDDING

YIELD: 6 Servings

INGREDIENTS:

2 Cups Milk

1/4 Cup Butter

2 Eggs, Slightly Beaten

1/2 Cup Sugar

1 Teaspoon Ground Cinnamon or Nutmeg

1/4 Teaspoon Salt

6 Cups Soft Bread Cubes (About 6 Slices Bread or About Half a Loaf of Italian Bread)

1/2 Cup Raisins, If Desired

Whipping (Heavy) Cream, If Desired

- Heat oven to 350 F. In 2-quart saucepan, heat milk and butter over medium heat until butter is melted and milk is hot
- In large bowl, mix eggs, sugar, cinnamon and salt. Stir in bread cubes and raisins. Stir in milk mixture. Pour into ungreased deep round pan.
- Bake uncovered 40 to 45 minutes or until knife inserted 1 inch from edge comes out clean. Serve warm with whipping cream.

BROCCOLI AND CAULIFLOWER

CAULIFLOWER TIPS AND TRICKS

Before cooking cauliflower, soak in water mixed with a teaspoon of vinegar for about fifteen minutes. This not only loosens the dirt and grit but also kills any insects that may be lodged between the florets.

BROCCOLI TIPS AND TRICKS

Broccoli tends to become rubbery when getting old or allowed to get too warm. Simply cut off the bottom ½ inch of the stalk and place standing upright in a pan of water. Leave over night if needed.

BROCCOLI FRITTATA

YIELD: 2 Servings

INGREDIENTS:

1 Medium Head of Broccoli

2 Onions

4 oz Cheddar Cheese

12 Eggs

1 Tsp Dill or Thyme

Non-Stick Spray

½ Tsp Salt

14 Tsp Ground Pepper

Optional

8 Ounce of Mushrooms

¼ Cup Fresh Parsley or Basil Leaves.

- Preheat oven to 350
- Rinse broccoli and dice into small pieces
- Grate cheese
- Bring large pot of water to a boil add the broccoli and blanch for 30 seconds, remove from water and allow to dry
- In a large bowl whip eggs with a fork until all the yokes are broken add salt pepper and herbs
- Coat a medium skillet with non-stick spray and place on medium heat, add diced onion and cook until soft and any liquid has evaporated
- Coat a 9 x 13 inch pan with non-stick spray and layer ingredient in the following order, broccoli and onions, eggs, cheese salt and pepper
- Bake until eggs are firm and cheese is melted.

BROCCOLI SALAD

YIELD: 4 Servings

INGREDIENTS:

3 Bacon Strips

1 Pound Broccoli, Cut into Small Florets

1/2 Cup Raisins

1/4 Cup Sunflower Seeds

1/4 Cup Finely Minced Red Onion

1/2 Cup Mayonnaise

1/4 Cup Red Wine Vinegar or Apple Cider Vinegar

Salt and Freshly Ground Black Pepper, to Taste

- In a large skillet, cook the bacon over medium heat until crispy, about 5 to 7 minutes. Remove the skillet from the heat. Place the bacon on a plate lined with paper towels and set aside. Reserve 1 tablespoon of the bacon drippings. Pour the rest into a glass jar and let cool*.
- In a large bowl, mix the broccoli, raisins, sunflower seeds and onion.
- In a small bowl, whisk together the mayonnaise, vinegar and the reserved bacon drippings. Pour the mayonnaise mixture over the broccoli and mix well.
- Dice the reserved bacon and fold it into the broccoli salad. Season with salt and pepper to taste, and refrigerate the salad until ready to serve.

BROCCOLI SOUP

YIELD: 4 Servings

INGREDIENTS:

- 1 Large Potato
- 1 Large Onion
- 1 Medium Carrot
- 2 Large Broccoli Crowns
- 1 Medium Celery
- 1 Clove Garlic
- 1.5 Tsp Canola Oil
- 1 Bay Leaf
- 1 Cup Low Fat Milk
- 2 Cans Chicken Broth
- 1 Ounce Cheddar Cheese
- 34 Tsp Salt
- ¼ Tsp Pepper

- Rinse and peal onion, potato and carrot. Rinse broccoli and celery and peal garlic.
- Dice onion and celery; slice potato and carrots into thinly. Cut broccoli florets away from the stem and slice them thinly and mince garlic
- Grate cheese
- In a large stock pot over medium heat add oil celery and onion, cook until onion is translucent
- Add potato carrot, broccoli stems, bay leaf, milk and broth to the pot bring to a boil reduce the heat and allow to cook for about 30 minutes add broccoli florets after 10 minutes
- Remove the bay leaf and add half the soup mixture to a blender and puree then return puree to the pot.
- Add cheese salt and pepper to finish.

BUTTERNUT SQUASH

BUTTERNUT SQUASH TIPS

Butternut, like the other winter squashes, has a lot more to offer, nutritionally speaking, than summer squashes and zucchini. Butternut's deep-orange flesh is richer in complex carbohydrates and, as you might guess by its color, in beta-carotene. Butternut squash is also a very good source of dietary fiber, and supplies vitamin C, magnesium, manganese, and a good amount of potassium. Its dense, rich-tasting flesh is another good reason to eat butternut squash. Baked and mashed with a little maple syrup or brown sugar and sweet spices, the squash tastes very similar to pumpkin pie. Chunks or cubes of squash can be baked or can be added to hearty stews. And butternut has a softer skin than those of other winter squashes, so it's easier to cut up. Cooked butternut can be substituted for pumpkin in pies or bread.

Storage: Butternut and other winter squashes are among the best-keeping vegetables. Uncut squash should keep for three months or longer in a cool, dry place. Storage below 50°F (as in the refrigerator) will cause squash to deteriorate more quickly, but refrigerator storage is acceptable for a week or two. Uncooked cut squash will keep for up to a week if tightly wrapped and refrigerated.

Preparation: Rinse off any dirt before using. Although butternut has a softer rind than other winter squashes, it can still prove challenging to cut. Unless you need to halve the butternut squash lengthwise, it's far easier to deal with the squash (especially for peeling) if you cut it crosswise in half just at the place where the bulbous bottom narrows into the squash's "neck." Use a heavy chef's knife or a cleaver, especially for a larger squash. First, make a shallow cut in the skin to use as a guide to prevent the knife blade from slipping. Then place the blade in the cut and tap the base of the knife (near the handle) with your fist (or, if necessary, with a mallet or rolling pin) until the squash is cut through. You can then peel the neck piece (there are no seeds in this section). Halve the bulbous bottom so you can scoop out the seeds and fibers. If peeled chunks of squash are required, peel the larger pieces first, then cut them into smaller chunks, if desired.

Baking: This method brings out the sweetness in butternut squash, caramelizing some of its sugars and best conserves its beta-carotene content. To bake, halve the squash lengthwise and scoop out the seeds and strings (squash can also be seeded after baking). Or cut the squash into serving-size pieces. Place the squash, cut-side down, in a foil-lined baking pan (its sugary juices may burn onto the pan). Pour about 1/4" of water into the pan, cover with foil, and bake in a 350°F to 400°F oven until the squash is tender when pierced with a knife or toothpick. Cooking times: for squash halves, 40 to 45 minutes; for cut-up squash, 15 to 25 minutes.

Microwaving: Arrange squash halves, cut-side up, in a shallow microwavable dish, cover, and cook until tender, rotating the dish halfway through the cooking time. You can also place large chunks of squash in a shallow microwavable dish, cover, and cook until tender. Let stand for five minutes after cooking. Cooking time: for squash halves, 7 to 10 minutes; 8 minutes for chunks.

Steaming: Place seeded squash halves, cut-side down, in a pot with vegetable steamer and 1 inch of water. Cooking time: 15 to 20 minutes, or until tender.

Boiling: Although this method is faster than steaming, it is not recommended because the boiling water will dilute the flavor of the squash. Place peeled squash pieces in a small amount of boiling water, return to a boil and cook until tender. Drain well. Cooking time: 10 minutes.

Serving Suggestions: Once cooked, scoop out the flesh and mash it with your favorite seasonings, butter or margarine or sprinkle with grated cheese, breadcrumbs, chopped nuts, or sesame seeds, if desired. <u>Butternut squash also freezes well</u>. Pack cooked squash into freezer bags, seal, label and freeze. Partially thaw before re-heating.

BUTTERNUT SQUASH BRUSCHETTA

Toasted Sliced Baguette that has been drizzled or brushed with olive oil

1 Butternut Squash

1/4 cup Olive Oil

3 Tbs finely diced bell pepper

1 Tbs finely diced green onion

½ tsp. chili powder

¼ tsp. garlic powder

Salt and pepper (approx 1/4 tsp each or to taste)

Pecorino Romano or Parmesan Cheese finely grated

Optional: ¼ t cayenne pepper or jalapeno peppers, handful of chopped walnuts

Cook the Butternut Squash

Microwave method: pierce whole butternut squash with about 8 slits all the way around it and then place in microwave for 10 minutes and then let cool for a few. Carefully slice in half and scoop out, discard seeds. The sides of squash will be ready sooner so if they are fork tender then scoop them into bowl. Put both halves onto glass casserole dish, cut ½ cubed slits and drizzle with olive oil. Wrap with plastic wrap and cook in 2 minute intervals until softened. If you overcook it will be slimy and mushy. So keep an eye on it. When it is fork tender, it is ready to scoop away from peel and into a bowl.

Oven Method:

Bake at 350 for 30 minutes, cut in half, scoop seeds and drizzle with olive oil. Slice ½ inch cubed slits, wrap with foil and bake another 20-30 minutes or until fork tender.

Once your squash is cooked, scoop into bowl, leaving some of the cubed pieces and somewhat chunky. Drizzled the olive oil and stir. Then add the rest of your ingredients and stir again. Scoop good size mound onto toasted bread, top with approx. ½ a Tablespoon of cheese and broil for 1-2 minutes.

Recipe Courtesy of Dabney Douglas

BUTTERNUT SQUASH AND APPLE SOUP

YIELD: 4 Servings

INGREDIENTS:

1 Tablespoon Olive Oil

16 Ounces Cubed Butternut Squash, About 1 Large Squash

1 Small Leek, Cleaned and Sliced, About 1/3 Cup

1 Clove Garlic, Minced

3/4 Cup Cubed Apple Pieces

2 Cups Chicken or Vegetable Broth

1/2 Cup Water

1 Bay Leaf

Salt and Pepper, to Taste

1 Teaspoon Maple Syrup

1 – 1 1/2 Teaspoon Fresh Minced Sage Leaves

1/4 Cup Heavy Cream or Half and Half

- In a stock pot, heat 1 tablespoon of olive oil until shimmering. Add the butternut squash and sauté' over medium heat for about 10 minutes, stirring frequently. If the squash begins to brown, turn heat to low.
- Add the prepared leeks and garlic to the pan with the squash. Sauté for 1 minute. Add the apples and sauté for another 2 3 minutes.
- Cover the vegetable mixture with the broth and water. Add the bay leaf. Simmer over medium-low to low heat until the squash and apples are very tender, about 7-10 minutes. Remove and discard the bay leaf.
- Transfer mixture (carefully) to a blender or food processor and puree until smooth. Add the maple syrup, sage and half and half or cream. Blend again until combined. Taste and then season with salt and pepper according to your preference. You can also wait till soup cools and smash it by hand and then reheat
- Serve immediately. Garnish with cream, sour cream, and/or additional sage leaves if desired.

MACARONI AND CHEESE WITH BUTTERNUT SQUASH

YIELD: 4 Servings

INGREDIENTS:

1 Small Butternut Squash (About 1 Pound), Peeled, Seeded, and Cut into 1-Inch Cubes (About 3 Cups)

1 Cup Homemade or Low-Sodium Canned Chicken Stock, Skimmed of Fat

1 1/2 Cups Nonfat Milk

Pinch of Freshly Grated Nutmeg

Pinch of Cayenne Pepper

3/4 Teaspoon Coarse Salt

Freshly Ground Black Pepper

1 Pound Elbow Macaroni

4 Ounces Extra-Sharp Cheddar Cheese, Finely Grated (About 1 Cup)

4 Tablespoons Parmesan Cheese, Finely Grated (1 Ounce)

2 Tablespoons Fine Breadcrumbs

1 Teaspoon Olive Oil

Olive-Oil, Cooking Spray

1/2 Cup Part-Skim Ricotta Cheese

- Preheat oven to 375 degrees. Combine squash, stock, and milk in a medium saucepan; bring to a boil over medium-high heat. Reduce heat to medium; simmer until squash is tender when pierced with a fork, about 20 minutes. Remove from heat. Mash contents of saucepan; stir in nutmeg, cayenne, and salt, and season with black pepper. Stir to combine.
- Meanwhile, bring a large pot of water to a boil. Add noodles; cook until al dente according to package instructions, about 8 minutes. Drain, and transfer to a large bowl; stir in squash mixture, cheddar, ricotta, and 2 tablespoons parmesan.
- Lightly coat a 9-inch square baking dish (4 inches deep) with cooking spray. Transfer noodle mixture to dish. In a small bowl, combine breadcrumbs, remaining 2 tablespoons parmesan, and oil; sprinkle evenly over noodle mixture.
- Cover with foil, and bake 20 minutes. Remove foil, and continue baking until lightly browned and crisp on top, 30 to 40 minutes more. Serve immediately.

POTATO AND SQUASH MASH

YIELD: 8 Servings

INGREDIENTS:

4 Pounds Yukon Gold Potatoes, Peeled and Halved (Or Quartered, If Large)

1 Small Butternut Squash (2 Pounds), Peeled, Seeded, and Cut into 2-Inch Chunks (6 Cups)

Coarse Salt and Ground Pepper

6 Tablespoons Butter

2 Garlic Cloves, Minced

1 Cup Half-And-Half

DIRECTIONS:

- In a large pot, combine potatoes and squash; cover with salted water by 1 inch. Bring to a boil; reduce heat, and simmer until potatoes and squash are easily pierced with the tip of a paring knife, about 20 minutes.
- Drain in a large colander; return potatoes and squash to the pot. Stir over medium heat until dry, 2 to 3 minutes. Remove from heat.
- In a small saucepan, melt butter over medium heat; add garlic, and cook until fragrant, about 2 minutes. Add half-and-half; bring to a simmer. Pour over potatoes and squash; season generously with salt and pepper. Mash with a potato masher until smooth and creamy. Serve immediately.

ROASTED BUTTERNUT SQUASH WITH ROSEMARY AND BALSAMIC VINEGAR

YIELD: 6 Servings

INGREDIENTS:

2 Lbs. Butternut Squash Cubes (About 6 Cups)

2 Tbsp Extra Virgin Olive Oil

1 Tbsp + 1 Tsp. Best Quality Balsamic Vinegar

1 Tsp. Very Finely Chopped Fresh or Slightly Less Dried Rosemary (Be Sure It's Especially Finely

Chopped If You Use Dried Rosemary)

Sea Salt to Taste

Fresh Ground Black Pepper to Taste

- Chop squash in inch squares and place in a bowl
- Toss with olive oil, balsamic rosemary salt and pepper
- Place on sheet pan spread out
- Bake at 400 degrees For 20 minutes

TWICE-BAKED BUTTERNUT SQUASH

YIELD: 3 Servings

INGREDIENTS:

6 Butternut Squash (About 9 Pounds Total)

1 1/2 Teaspoons Salt, Plus More to Taste

1/2 Teaspoon Freshly Ground Black Pepper, Plus More to Taste

1/2 Cup Plus 1 Tablespoon Nonfat Sour Cream

2 Teaspoons Paprika

6 Fresh Chives, Cut into 1/8-Inch Pieces

3 Tablespoons Fresh Breadcrumbs, Lightly Toasted

DIRECTIONS:

- Heat oven to 450 degrees with the rack in center. Halve squash lengthwise, and remove seeds and fibers. Sprinkle squash halves with 1/2 teaspoon salt and 1/4 teaspoon pepper. Fill a roasting pan with 1/4 inch water. Place squash in pan. Cover with aluminum foil, and bake until squash is tender when pierced with the tip of a knife, 35 to 45 minutes. Remove from oven, transfer squash to a cool surface, and let cool enough to handle. Reduce oven temperature to 425 degrees.
- Use a spoon to scoop baked flesh out of each half into a large bowl, leaving a 1/4-inch border around six of the halves so they will keep their shape. To the bowl, add sour cream, paprika, chives, and remaining teaspoon salt and 1/4 teaspoon pepper. Mix with a handheld electric mixer or potato masher until smooth and well combined. Season with salt and pepper. Fill six squash halves with mixture (discard remaining six empty halves). Sprinkle tops with toasted breadcrumbs. Bake until golden brown and warm throughout, 20 to 30 minutes. Serve.

WINTER SQUASH SOUP

YIELD: 8 Servings

INGREDIENTS:

2 Tbsp Butter

2 Chopped Onions

2 Chopped Carrots

2 Cloves of Garlic Chopped

1 Cup Tomato Puree

2 Fresh, Hot Chilies, Seeded and Chopped

2 and 1/2 Pounds Butternut Squash Peeled and Cubed

5 Cups Low-Sodium Chicken Broth

Salt and Pepper

- In a large, non-aluminum saucepan, warm butter over medium heat. Stir in onions, carrots, and garlic
- Cook for 3 minutes and then cover the pan
- Lower heat and cook for 3 more minutes until the vegetables are very tender.
- Stir in the tomato puree, chilies, squash, and broth. Bring soup to a simmer and cook for 30 minutes
- Mash the squash pieces with a potato masher or the back of a spoon
- Season to taste and serve
- Goes well with corn bread

CABBAGE

BEAN AND CABBAGE SOUP

YIELD: 6 - 8 Servings

INGREDIENTS:

- 1 Can (15 Oz) White Beans,
- 12 Cups of Water or Vegetable Stock,
- 1 Large Onion, Peeled and Diced
- 3 Cloves of Garlic
- 2 Carrots, Washed, Peeled, and Diced
- 1 Small Head of Cabbage or ½ Large Head of Cabbage
- 2 or 3 Potatoes, Washed, Peeled, and Diced (About the Same Weight As the Cabbage)
- 2 Tablespoons Olive Oil

Salt

Pepper

1 - 2 Teaspoons Dried Thyme

½ Teaspoon Red Pepper Flakes.

- Dice onions and carrots and add to a stock pot on low with oil and sauté' until onions are translucent, then add minced garlic.
- Clean and core the cabbage. Cut into thin strips (½ inch or less) or shred.
- Add cabbage to the cooking carrots and onions and let simmer
- Next, add potato and spices and simmer for 10 min.
- Lastly add vegetable stock and beans and cook for an additional 30 min with lid off allowing flavors to concentrate.
- If you desire a more thickened soup, remove about 2 cups of soup from the pot and either blend or mash the ingredients and add back to the pot.

SWEET AND SOUR CABBAGE

YIELD: 6 - 8 Servings

INGREDIENTS:

2 to 3 Teaspoons Vegetable Oil

5 Slices of Bacon, Cut into Small Bits

1 Cup of Chopped Onions

1 Medium Head of Green Cabbage, Cored and Cut into 1 Inch Pieces

1/4 Cup Rice Vinegar (Or Cider Vinegar)

¼ Cup Sugar (Or Brown Sugar)

3 Tablespoons Low Sodium Soy Sauce

DIRECTIONS:

- Heat the oil in a heavy pot and cook the bacon until it is crisp.
- Remove the bacon to a paper towel lined plate.
- In the remaining drippings, sauté the onions and cabbage.
- Stir frequently and cook for about 10 minutes until the cabbage is a bit wilted and has cooked down.
- Combine the vinegar, sugar, and soy sauce in small bowl and then add it to the cabbage. Cook the cabbage for an additional 10 minutes, or until it is softened but still a little firm. Stir in the bacon and serve.

CANNED VEGETABLES

HERBED VEGETABLES

YIELD: 6 Servings

INGREDIENTS:

1 Can (16 Oz) of Vegetables

1/4 Cup Chopped Onion

1/2 Teaspoon Italian Herbs

1 Tbsp Butter

- Drain vegetables saving 2 tbsp of liquid
- Cook onion, herbs, and garlic in butter until the onions are tender
- Stir in the vegetables and liquid
- Cook and stir until heated through

CARROT

PINEAPPLE CARROT MUFFINS

YIELD: 12 Muffins

INGREDIENTS:

1 Medium Carrot

1 Cup Canned Crushed Pineapple with Juice

5 Tablespoons Canola Oil

¼ Cup Cold Water

1 Table Spoon White Vinegar

1 ½ Cups All Purpose Flour

¾ Cup Light Brown Sugar

1 Teaspoon Baking Soda

1 Teaspoon Ground Cinnamon

1/2 Teaspoon Salt

Non Stick Cooking Spray

A Pinch of Nutmeg

- Preheat oven to 350 F
- Rinse and peel carrot, and shred with a grater. Measure out ¾ cup shredded carrot
- In a medium bowl add pineapple with juice, oil, water, vinegar, and shredded carrot.
- In a large bowl add sugar, baking soda, cinnamon, salt, and nutmeg.
- Blend well with a fork to break up any lumps and add wet ingredients to dry and mix.
- If using raisins and walnuts add just before baking
- Coat muffin tins with nonstick spray and back at 350 For 20-25 minutes

CREAM OF CARROT SOUP RECIPE

YIELD: 6 Servings

INGREDIENTS:

- 3 Tablespoons Butter or Margarine, Melted
- 1 Clove Garlic, Chopped
- 1 Medium Onion, Chopped
- 3 Cups Carrots, Sliced
- 1 Potato, Peeled and Diced
- 1 10 Ounce Can Chicken Broth
- 1 Soup Can Water
- 3/4 Teaspoon Salt
- 1/2 Teaspoon Dried Tarragon Leaves
- 1/4 Teaspoon White Pepper
- 1 Cup Milk

DIRECTIONS:

- Sauté garlic and onion, carrots and potato over medium heat until onions are translucent.
- Add chicken broth, water, salt and pepper. Simmer, covered, over medium heat for 15 minutes until vegetables are well cooked.
- Purée the soup in batches using a blender, hand blender or food processor until it is smooth. Pour the soup back into saucepan. Stir in milk. Heat and serve.

CORN

CREAMY CORN CUPS ("ESQUITES")

YIELD: 4 Servings

INGREDIENTS:

- 4 Ears Sweet Corn, Husked and Silks Removed
- 4 Tablespoons Mayonnaise or Mexican Sour Cream
- 4 Tablespoons Unsalted Butter, Softened
- 6 Tablespoons Crumbled Queso Fresco or Parmesan Cheese

Ground Chili Powder, for Sprinkling

Salt, for Sprinkling

Lime Wedges, for Serving, Optional

DIRECTIONS:

Bring a large saucepan of salted water to a boil over medium-high heat. Add the corn and cook until tender, about 5 to 7 minutes. Using tongs transfer the corn to a platter and allow them to cool slightly. Using a serrated knife, remove the kernels from the corn. Divide the corn between 4 individual cups or small glasses. Put 1 tablespoon mayonnaise and 1 tablespoon butter in each glass. Sprinkle with cheese, chili powder, and salt. Serve with the lime wedges, if desired.

CUCUMBER

CUCUMBER YOGURT DIP

YIELD: 2 Servings

INGREDIENTS:

1 Cup Nonfat, Plain Greek Yogurt

1 Tsp Garlic, Minced

Salt to Taste

DIRECTIONS:

- Mix cucumber, yogurt and garlic together in a small bowl. Refrigerate for at least 30 minutes.
- Serve with veggies, chips, or crackers.

MARINATED CUCUMBER SALAD

YIELD: 4 Servings

INGREDIENTS:

- 2 Large Cucumbers, Sliced Thin
- 1 Large Tomato, Sliced Thin
- 1 Red Onion, Sliced Thin
- 3 Cups White Vinegar (or for a Less Acidic Salad 1 1/2 Cups White Vinegar and 1 1/2 Cups Water)
- 3 Tablespoons Sugar
- 2 Teaspoons Salt

Lots of Fresh Cracked Pepper

Feta Cheese to Garnish

DIRECTIONS:

Thinly slice all vegetables and add all other ingredients except cheese in a large bowl. Cover and refrigerate
overnight.

TUNA BOATS

YIELD: 4 Servings

INGREDIENTS:

- 2 Large Cucumbers
- 1 Lemon
- 2 Green Onions
- 1 (6 Oz) Can Low Sodium Tuna Packed in Water
- 1 (15 Oz) Can White Beans
- 1 Tbsp Canola Oil
- 1 Tbsp Dijon or Country Mustard
- ½ Tsp Salt
- 14 Tsp Black Pepper

- Rinse cucumbers. Cut them length wise in half
- Scoop out the seeds
- Rinse lemon. Zest using a box grater, then cut in half and collect the juice
- Drain tuna
- Drain beans and in a medium bowl mash beans with a fork
- Add green onions ,oil, mustard, salt and pepper, lemon zest and 2 tbsp of the lemon juice into the mixture
- Fill each cucumber half with ¼ the mixture, and enjoy

EGGPLANT

CREOLE EGGPLANT AND BLACK-EYED PEAS

YIELD: 6 - 8 Servings

INGREDIENTS:

- 2 Tbsp Oil
- 1 Large Eggplant Peeled and Cut into 1/2 Inch Cubes
- 1 Onion, Chopped Small
- 1 Bell Pepper Seeded and Chopped
- 1 Tbsp Oregano
- 1 Tsp Black Pepper
- 1 Tsp Salt
- 4 Cloves of Minced Garlic
- 1 (28 Oz) Can Crushed Tomatoes
- 1 Cup Water
- 2 Tsp Dried Thyme
- 1/2 Tsp Cayenne Pepper
- 2 (15 Oz) Cans of Black-Eyed Peas or Other Beans Rinsed and Drained

Hot Sauce

Cooked Rice

Optional 1 Lb of Cooked Meat

DIRECTIONS:

- Cook the onion, garlic and bell pepper in oil over medium heat for 10 minutes stirring frequently
- Add eggplant, canned tomatoes, water, and seasonings. Simmer on low heat for 20 minutes stirring occasionally
- Add black-eyed peas, hot sauce and optional cooked meat simmer 10 more minutes
- Serve over cooked rice

EASY EGGPLANT STIR FRY

YIELD: 6 Servings

INGREDIENTS:

- 2 Eggplant Peeled and Cubed
- 1 Zucchini Thinly Sliced
- 1 Cup Green Bell Pepper Cut Into Strips
- 2 Onions Sliced
- 3 Tbsp Italian Salad Dressing
- 2 Cups Cherry Tomatoes
- 2 Cups Cooked Brown Rice

- Place eggplant, zucchini, green bell pepper, onions and salad dressing into a skillet
- Stir lightly to combine and cook over low heat until tender
- Stir in cherry tomatoes and cook for 3-5 minutes
- Serve over cooked brown rice

EGGPLANT CREOLE

YIELD: 6 - 8 Servings

INGREDIENTS:

- 1 Large Eggplant Peeled and Cut into 1/2 Inch Cubes
- 2 Tbsp Flour
- 2 Tbsp Butter
- 1 (15 Oz) Can of Tomato Sauce Plus 15 oz If Water
- 1 Tbsp Oregano
- 1 Tsp Black Pepper
- 1 Tsp Salt
- 1 Bell Pepper Seeded and Chopped
- 1 Onion, Chopped Small
- 1 Cup Grated Cheese
- 1/2 Cup Fine Breadcrumbs

Cooked Rice

Optional 1 Lb of Cooked Meat

DIRECTIONS:

- Preheat oven to 350 degrees F.
- Bring water to a boil then add cubed eggplant and boil for 5 minutes
- Drain and set aside
- Melt butter in the same pot. Add flour and blend.
- Add tomato sauce and water stirring until smooth
- Add oregano, salt, pepper, onions, and bell pepper
- Simmer on medium heat until slightly thinned, stirring occasionally
- Fold in eggplant, breadcrumbs, grated cheese and optional cooked meat
- Pour into oiled 9 x 13 inch pan. Bake for 30 minutes
- Serve over cooked rice

SPAGHETTI SAUCE WITH EGGPLANT

YIELD: 12 Servings

INGREDIENTS:

- 1 Large Jar of Spaghetti Sauce About 26 Oz
- 1 Medium Sized Eggplant

Spaghetti or Other Pasta

Optional Topping Parmesan Cheese

- Warm spaghetti sauce in a pot with a lid on low heat
- Cut the tips off both ends of the eggplant.
- Peel most of the skin off the eggplant and cut it into 1/2 inch cubes
- Add to spaghetti sauce, cover and simmer on low heat for 20 minutes or until eggplant is tender. Stirring halfway through.
- Cook pasta of your choice while sauce is simmering.
- Serve pasta and sauce together

STUFFED EGGPLANT

YIELD: 4 Servings

INGREDIENTS:

1 Eggplant

1 Lb Bulk Sausage

1/2 An Onion Chopped

2 Cups Seasoned Bread Stuffing Mix

1 Can (8 Oz.) Tomato Sauce

Parmesan Cheese to Taste

DIRECTIONS:

- Cut eggplant in half and scoop out the pulp, leaving a shell about of ¼" thickness.
- Chop the eggplant pulp.
- In a skillet, brown sausage with onion and chopped eggplant, stirring occasionally.
- Add stuffing mix and stir until well blended.
- Fill eggplant shells with the mixture and cover with tomato sauce.
- Sprinkle with parmesan
- Bake at 350 degrees until bubbly and hot, approximately 15 to 20 minutes.
- This recipe can easily be changed to work with what you have on hand. Try omitting the sausage or adding mushrooms, add your favorite cheese or a basil pesto sauce. Eggplant will take on the flavor of what it is paired with.

GARLIC AND HERBS

GARLIC TIPS AND TRICKS

When buying fresh garlic, be sure that the head feels very firm when you squeeze it. Over time, garlic will soften and begin to sprout, which turns the garlic bitter. To store fresh garlic, keep it in a dark, cool place, such as the basement. Do not refrigerate or freeze the garlic, as it will begin to lose its taste.

To peel a clove of garlic, place it on a cutting board, and put the flat of the blade of the knife against it. Press down on the other side of the blade with the heel of your hand, flattening the garlic slightly. The skin will come right off.

Cooking garlic tames the strong flavor, and changes it in different ways, depending on how it is cooked. If using in a sauce, it can be sweated or sautéed. In sweating the garlic, it is first chopped finely, and then added to a cold pan with some oil, it is then gently heated, causing the oil to become infused with the garlic flavor. To sauté garlic, heat the oil in the pan first, and then add the chopped garlic, stirring frequently, and being careful not to let the garlic burn and become bitter.

After working with garlic, rub your hands vigorously on your stainless steel sink for 30 seconds before washing them. It will remove the odor.

HERBS TIPS AND TRICKS

To maintain the freshness of herbs like parsley, coriander, basil or curry leaves put them in a plastic bag, blow air into the bag so that it puffs up like a balloon and put the inflated bag in the refrigerator.

If a recipe calls for fresh herbs, and you do not have them, you can use dried ones. However, you will have to use one-fourth the quantity, as dry herbs have a much more intense flavor.

Store spices in a cool, dark place, not above your stove. Humidity, light and heat will cause herbs and spices to lose their flavor.

Fresh basil keeps much better and longer at room temperature with the stems in water.

GREEN BEANS

GREEN BEANS WITH TOASTED ALMONDS

YIELD: 4 Servings

INGREDIENTS:

1.5 Pounds Green Beans, Trimmed

1 Tablespoon Olive Oil

1 Tablespoon Butter

Salt

0.5 Cup Toasted Sliced Almonds

- Cook green beans 5 mins in 1-inch boiling water, covered
- Drain beans and return pan to heat
- Add oil and butter pat to pan
- Toss beans in oil and melted butter
- Season beans with salt and transfer to serving plate
- Garnish green beans with toasted sliced almonds
- *Toasting almonds: Set oven at 350 degrees or on broil. Place a baking sheet with a layer of almonds in the oven. Bake for 4-5 minutes. Watch closely as they can burn quickly.

STEAMED GREEN BEANS IN MICROWAVE

YIELD: Varies

INGREDIENTS:

Trimmed and Cleaned Green Beans

Butter, Salt, Pepper, or Spices

DIRECTIONS:

- Put green beans in a large bowl, with a tablespoon of water
- cover beans with a microwave-safe lid or plate
- Cook on high power for 1 minute. Test for doneness and repeat at 30-second intervals until beans are steamed to your liking
- · Add seasoning if desired

STEAMED GREEN BEANS IN PAN

YIELD: Varies

INGREDIENTS:

Trimmed and Cleaned Green Beans

Butter, Salt, Pepper, or Spices

DIRECTIONS:

- Bring a scant 1/2 inch salted water to boil in a large frying pan
- Add green beans, cover, and cook until green beans are tender, about 3 to 5 minutes
- Add seasoning if desired

STEAMED GREEN BEANS STEAMER BASKET

YIELD: Varies

INGREDIENTS:

Trimmed and Cleaned Green Beans

Butter, Salt, Pepper, or Spices

- Bring about an inch of water to a boil in the bottom of a pot into which your steamer basket or insert fits.
- Add green beans, cover, and cook until green beans are tender, about 3 to 5 minutes
- Add seasoning if desired

LETTUCE AND LEAFY GREENS

GREENS TIPS AND TRICKS

Prolong the lifespan of greens by wrapping them loosely in a damp paper towel and placing in a re-sealable plastic bag. That local arugula will last about four days longer.

SALAD TIPS AND TRICKS

Vegetables that have been lying in the refrigerator tend to look dull and lifeless. If you want to make a salad, and need your veggies to look fresh, soak them in cold water with a few drops of limejuice for about 15 minutes and they will look bright and delicious.

STEAMING VEGETABLES TIPS AND TRICKS

For those who do not have official vegetable steamers, an easy steamer can be fashioned out of a pot, a metal colander, and a pot lid. Place a small amount of water in the bottom of a given pot. Fit the metal colander into the pot. Start to boil the water. You will begin the see the steam rise. Place your vegetables into the metal colander and place the pot lid over the metal colander and pot. This collection of kitchen items will allow you to steam vegetables as good as any fancy store bought steamer.

MILK POWDER

WHITE CREAM SAUCE

YIELD: 5 Cups

INGREDIENTS:

4 Cups Nonfat Dry Milk Powder

1 Cups All Purpose Flour or 2/3 Cup Cornstarch

1/2 Cup Vegetable Oil or Margarine

- Mix all ingredients in a large bowl
- Once it has a cornmeal consistency, refrigerate in a sealed container
- Mix can be refrigerated for up to 3 months
- To make 2 cups of sauce: combine 1 & 1/3 cups of mixture with 2 cups water
- Stir in saucepan over medium heat until it begins to bubble

OKRA

MISSISSIPPI OKRA

YIELD: 4 Servings

INGREDIENTS:

3 Cups Fresh Okra Cut into 2 Inch Pieces after Trimming Ends Away

1 (14-16 Oz) Can Chopped or Diced Tomatoes or 2 Cups Fresh Tomatoes

1 Chopped Onion

2 Tbsp Vegetable Oil

Salt and Pepper

DIRECTIONS:

- Sauté the onion until soft, add okra, salt and pepper, and tomatoes
- Simmer covered for approximately 20 minutes or until okra is soft

ONIONS

CARAMELIZED ONIONS

YIELD: 6 Servings

INGREDIENTS:

6 Large Yellow/Brown Onions, Sliced Finely

- 1 Tablespoon Vegetable Oil
- 2 Tablespoons Balsamic Vinegar
- 2 Tablespoons Brown Sugar
- 2 Tablespoons of Butter

Salt to Taste

- In a medium nonstick (if possible) saucepan, heat vegetable oil and butter on medium low heat.
- Peel and slice onions to ¼ inch half rounds and add to melted butter.
- Cook onions on medium low until translucent, try not to break the membrane.
- Once onions are translucent add balsamic and brown sugar to deglaze the pan.
- Continue to reduce down till the balsamic seems to be absorbed into the onions
- Incorporate caramelized onions on top of steak, green beans or even pizza
- Add beef broth and a piece of crusty bread for a quick French onion soup.

PARSNIPS

ROASTED PARSNIPS

YIELD: 4 Servings

INGREDIENTS:

4 Medium Parsnips, Peeled and Sliced Vegetable Oil to Coat Salt and Pepper

- Preheat oven to 425 degrees F
- Combine all vegetables in large bowl add oil toss to coast thoroughly
- Season with salt and pepper
- Arrange vegetables on a large baking sheet so that they are not on overlapping
- Roast vegetables until tender and beginning to turn golden brown, stirring occasionally, about 50 minutes
- Transfer to a large bowl and serve

PLANTAINS

PLANTAIN TIPS

What is a plantain?

A Plantain is NOT a Banana!

- Plantains are more starchy & less sweet
- · Larger with thicker skin
- Peels may be green, yellow or black
- Fruit may be yellow or pinkish
- · Always sold individually

- Eaten cooked (not raw)
- Flesh consistency is like a potato
- Can be used at any stage of ripeness
- Good source of vitamins A and C

Green Plantains- Best fried or boiled in savory recipes

Yellow Plantains- Best when grilled or baked in savory or savory-sweet recipes

Black Plantains- Best used for baked sweet dishes or desserts

OVEN BAKED SWEET PLANTAINS

YIELD: 4 Servings

INGREDIENTS:

4 Very Ripe Plantains (Yellow with Some Dark Spots)

Cooking Spray or Oil

- Preheat oven to 450 degrees F
- Coat a nonstick cookie sheet with cooking spray or oil
- Cut the ends off of the plantains and peel
- Cut each plantain on the diagonal into 1/2 inch slices
- Arrange in single layer and coat tops with cooking spray
- Bake for 5 minutes. Turn plantains over and cook an additional 5 to 10 minutes, until plantains are golden brown and very tender.

RUTABAGA

MASHED RUTABAGAS

YIELD: 4 Servings

INGREDIENTS:

2 Pounds Peeled Rutabagas Cut In Large Chunks

Cold Salted Water

3 Tbsp Butter

Pinch of Salt

Optional Pinch of Nutmeg

- Peel rutabagas and cut them in large chunks
- Put them in a pan of cold salted water, cover, and bring to a boil.
- Simmer until very tender, 30 to 40 minutes
- Drain the rutabagas, turn them to the pan, and heat gently for 2 or 3 minutes to dry them
- Mash the chunks with a potato masher or fork
- It will always be slightly fibrous
- Work in butter with a pinch of nutmeg and salt

SPAGHETTI SQUASH

CHICKEN TETRAZZINI WITH SPAGHETTI SQUASH

YIELD: 4 Servings

INGREDIENTS:

- 1 Medium Spaghetti Squash Already Cooked (About 3 Lbs)
- 1 Tbsp Unsalted Butter
- 1 Finely Chopped Onion
- 1/8 Tsp Black Pepper
- 3 Tbsp Flour
- 1 Medium Sized Stalk of Celery Sliced Thinly
- 2 Cups Low Sodium Chicken Broth
- 1 Cup Skim Milk
- T Tbsp Sour Cream
- 1 Bay Leaf
- 2 Tbsp Minced Fresh or Dried Parsley
- 1 Tbsp Lemon Juice
- 2 Cups Cubed Cooked Chicken or Turkey

- Preheat oven to 350 degrees
- In a heavy saucepan, melt butter over moderate heat, add the onion, celery, and pepper, cook until onion is soft, about 5 minutes.
- Slowly add flour to vegetable, stir, add chicken broth, mil, and bay leaf
- Cook about 20 minutes, stirring occasionally
- Discard bay leaf, stir in sour cream, parsley and lemon juice
- Remove from heat
- Scrape the squash flesh into ungreased 1 and 1/2 quart casserole, smoothening into an even layer
- Cover with chicken, then the sauce, top with breadcrumbs.
- Bake uncovered for 30 minutes or until bubbly
- Serve with your favorite green vegetable or salad

SPAGHETTI SQUASH BAKE

YIELD: 4 Servings

INGREDIENTS:

- 1 Spaghetti Squash
- 4 Ounces Mozzarella Cheese
- 1 Jar Spaghetti Sauce
- 2 Teaspoons Dry Basil

DIRECTIONS:

- Preheat oven to 350 degrees F
- Slice squash in half and scoop out seeds
- Place cut side down in a baking dish
- Add 1/4 –inch of water
- Bake for 40 minutes or until tender and remove from oven
- Rake squash with a fork, creating "spaghetti strands"
- Spoon on sauce, mozzarella, and basil
- Place back in oven and bake until cheese begins to bubble
- Serve warm

SPAGHETTI SQUASH CASSEROLE

YIELD: 4 Servings

INGREDIENTS:

1 Small Spaghetti Squash (1-1/2 to 2 Pounds)

1/2 Cup Water

1 Pound Ground Beef

1/2 Cup Chopped Onion

1/2 Cup Chopped Sweet Red Pepper

1 Garlic Clove, Minced

1 Cup Canned Diced Tomatoes

1/2 Teaspoon Dried Oregano

1/4 Teaspoon Salt

1/8 Teaspoon Pepper

1 Cup (4 Ounces) Shredded Mozzarella or Cheddar Cheese

1 Tablespoon Chopped Fresh Parsley

- Cut squash in half lengthwise; scoop out seeds. Place with cut side down in a baking dish; add water. Cover and bake at 375° for 20-30 minutes or until it is easily pierced with a fork. When cool enough to handle, scoop out squash, separating the strands with a fork. In a skillet, cook beef, onion, red pepper and garlic until meat is browned and the vegetables are tender. Drain; add tomatoes, oregano, salt, pepper and squash. Cook and stir for 1-2 minutes or until liquid is absorbed. Transfer to an ungreased 1-1/2-qt. Baking dish. Bake, uncovered, at 350° for 25 minutes. Sprinkle with the cheese and parsley; let stand a few minutes. Yield: 6-8 servings.
- Note: try adding what your favorite fresh vegetables or whatever you have on hand. Spaghetti squash will take on the flavor of the things you put with it.

SPAGHETTI SQUASH-BAKE IT 1ST WAY

YIELD: 5 Cups

INGREDIENTS:

4 Lbs Spaghetti Squash

DIRECTIONS:

- Pierce the whole shell several times with a large fork or skewer and place in baking dish.
- Cook squash in preheated 375°F oven approximately 1 to 1-1/2 hours or until flesh is tender.
- Once the squash is cooked, let it cool for 10 to 20 minutes so it will be easier to handle, before cutting in half (if
 it wasn't already) and removing the seeds. Pull a fork lengthwise through the flesh to separate it into long
 strands.
- You can do these steps ahead of time, and then prepare any spaghetti squash recipe whenever you need a quick meal.

SPAGHETTI SQUASH-BAKE IT 2ND WAY

YIELD: 5 Cups

INGREDIENTS:

4 Lbs Spaghetti Squash

DIRECTIONS:

- Cut squash in half lengthwise; remove seeds.
- Place squash cut sides down in a microwave dish with 1/4 cup water.
- Cook squash in preheated 375°F oven approximately 1 to 1-1/2 hours or until flesh is tender.
- Once the squash is cooked, let it cool for 10 to 20 minutes so it will be easier to handle, before cutting in half (if it wasn't already) and removing the seeds. Pull a fork lengthwise through the flesh to separate it into long strands.
- You can do these steps ahead of time, and then prepare any spaghetti squash recipe whenever you need a quick meal.

SPAGHETTI SQUASH-GENERAL INSTRUCTIONS

YIELD: 5 Cups

INGREDIENTS:

4 Lbs Spaghetti Squash

- When buying spaghetti squash, look for hard fruit that is heavy for its size, about eight to nine inches in length and four to five inches in diameter and with a pale even color. Avoid any squash with soft spots and green color is a sign of immaturity. The average four-pound spaghetti squash will yield about five cups.
- Spaghetti Squash can be stored at room temperature for about a month. After cutting, wrap in plastic wrap and refrigerate up to 2 days. Spaghetti squash also freezes well. Pack cooked squash into freezer bags, seal, label and freeze. Partially thaw before re-using and then steam until tender but still firm, about 5 minutes.
- Each method of cooking will result in strands of squash that can be mixed with your favorite ingredients. Try tomato or pesto sauce, you can mix in whatever sautéed vegetables or ground meat you have on hand, top with parmesan cheese. Enjoy!

SPAGHETTI SQUASH-MICROWAVE

YIELD: 5 Cups

INGREDIENTS:

4 Lbs Spaghetti Squash

DIRECTIONS:

- Cut squash in half lengthwise; remove seeds.
- Place squash cut sides up in a microwave dish with 1/4 cup water.
- Cover with plastic wrap and cook on high for 10 to 12 minutes, depending on size of squash.
- Add more cooking time if necessary.
- Let stand covered, for 5 minutes.
- With fork "comb" out the strands.

SPAGHETTI SQUASH-SLOW COOKER OR CROCK POT

YIELD: 5 Cups

INGREDIENTS:

4 Lbs Spaghetti Squash

- Choose a smaller spaghetti squash (unless you have an extra large slow cooker) so that it will fit.
- Add 2 cups of water to slow cooker.
- Pierce the whole shell several times with a large fork or skewer, add to Crock Pot, cover and cook on low for 8 to 9 hours.
- Once the squash is cooked, let it cool for 10 to 20 minutes so it will be easier to handle, before cutting in half (if
 it wasn't already) and removing the seeds. Pull a fork lengthwise through the flesh to separate it into long
 strands.
- You can do these steps ahead of time, and then prepare any spaghetti squash recipe whenever you need a quick meal.

SPICY SPAGHETTI SQUASH LATKES

YIELD: 6 Servings

INGREDIENTS:

1 Small Yellow Onion, Diced

1 Small Jalapeno, Seeds Removed and Diced

½ Tablespoon Olive Oil

1½ Cup Cooked Spaghetti Squash, Squeezed of Excess Water

1 Egg

2 Tablespoons Flour

2 Tablespoons Fresh Parsley, Chopped

Olive Oil for Frying

DIRECTIONS:

- In a medium skillet over medium heat, sauté the onion and jalapeno with the ½ tablespoon olive oil until softened, about 3 minutes.
- In the meantime, combine the squash, egg, almond meal and parsley in a large bowl.
- Once onion & jalapeno mixture is done, add it to the large bowl with the squash and mix.
- Using the same skillet over medium-high heat, add enough olive oil for pan frying (about 2 tablespoons).
- Spoon about 2-3 tablespoons of the squash mixture into the skillet and fry until brown and crispy (about 3-4 minutes) on the bottom, flip and cook on the other side until crispy.
- Carefully transfer latke onto a paper towel lined cooling rack.
- Garnish with extra parsley and serve with yogurt, sour cream or apples.

SWEET POTATOES

BAKED SWEET POTATO FRIES

YIELD: 4 Servings

INGREDIENTS:

Olive Oil

5 Sweet Potatoes Peeled and Sliced Into 1/4 Inch Long Slices 1/4 Inches Wide

1/2 Tsp Paprika

1 Tbsp Seasoning Mix

Seasoning Mix:

1 Cup Salt

1/4 Cup Black Pepper

1/4 Cup Garlic Powder

- Preheat oven to 450 degrees F
- Line a sheet tray with parchment paper or aluminum foil. In a large bowl, toss sweet potatoes with just enough oil to coat.
- · Sprinkle with seasoning mix and paprika
- Spread sweet potatoes in single layer on prepared baking sheet, being sure not to overcrowd
- Bake until sweet potatoes are tender and golden brown, turning occasionally about 20 minutes
- Let cool 5 to 10 minutes before serving

EGGS OVER KALE AND SWEET POTATO GRITS

YIELD: 4 Servings

INGREDIENTS:

1 Large Sweet Potato (Orange Flesh)

2 Cups Fresh Kale, Chopped

1 Tbsp Vegetable Oil, Divided

1½ Cups Water

1 Cup Non-Fat Milk

34 Cup Grits, Quick Cooking

1/4 Tsp Salt

4 Eggs

DIRECTIONS:

- Preheat oven to 350 °F
- Coat 4 individual soufflé dishes with 1 tsp vegetable oil.
- Make 3-4 slits in sweet potatoes; cook in microwave until just soft. When cool enough to handle, peel, cut into chunks, and puree in food processor.
- Heat remaining vegetable oil in sauce pan, and sauté kale about 5 minutes.
- In a medium sauce pan, boil water and milk, add grits and sweet potatoes; cook for 5 minutes. Remove from heat; stir in sautéed kale.
- Divide grits mixture evenly among 4 soufflé dishes (or place all in casserole dish). Make 4 depressions in the grits mixture with the back of a large spoon. Carefully break one egg into each hollow. Bake uncovered for 30 minutes until eggs are cooked. Let cool 10 minutes before serving.

MASHED SWEET POTATOES

YIELD: 6 Servings

INGREDIENTS:

6 Medium Sweet Potatoes

½ Stick Butter

½ Cup Cream

½ Tsp Ground Cinnamon

Kosher Salt to Taste

DIRECTIONS:

• Bring a large pot of salted water (the water should taste salty, almost like seawater) to a boil over medium heat. Peel the sweet potatoes, and cut them in half lengthwise, then cut each half into quarters. Each sweet potato should end up cut into eight pieces. When the water boils, add the cut sweet potatoes to the water and lower heat to a simmer. Simmer for 15 minutes or until the sweet potatoes can easily be pierced with a knife. Drain the sweet potatoes and return to the pot and mash lightly with a potato masher. Continue with recipe above or simply add spices like nutmeg and cinnamon, ½ cup cream, and a ¼ cup butter to potatoes and serve them as a sweet potato mash.

SWEET POTATO CASSEROLE

YIELD: 4 Servings

INGREDIENTS:

4 Cups Boiled, Mashed Sweet Potatoes (4 Medium Sized Sweet Potatoes, See Directions for Mashing Below)

1/3 Cup Sugar

2 Eggs

1 Tsp Vanilla

6 Tbsp Butter

Sprinkle Cinnamon

Topping:

4 Tbsp Butter

½ Cup Brown Sugar

¼ Cup Flour

1 Cup Chopped Nuts (Walnuts or Pecans or a Nut of Your Choice)

DIRECTIONS:

- Mix potatoes, sugar, eggs, vanilla and butter. Sprinkle with cinnamon.
- Top with a mixture of butter, brown sugar, flour, nuts.
- Bake for 30 minutes at 350 degrees, or until hot and bubbly. Top may brown quickly, so you may want to cover it with foil for the first 15 minutes.

TOMATOES

FRESH TOMATO SALSA

YIELD: 3 Servings

INGREDIENTS:

3 Tomatoes, Chopped

½ Cup Finely Diced Onion

5 Serrano Chilies, Finely Chopped

½ Cup Chopped Fresh Cilantro

1 Teaspoon Salt

2 Teaspoons Lime Juice

DIRECTIONS:

• In a medium bowl, stir together tomatoes, onion, chili peppers, cilantro, salt, and lime juice. Chill for one hour in the refrigerator before serving.

FRESH TOMATO SAUCE

YIELD: 12 Servings

INGREDIENTS:

3 Pounds Ripe Tomatoes, Quartered

3 Tablespoons Chopped Basil

Salt and Pepper

2 Tablespoons Extra Virgin Olive Oil or Butter

DIRECTIONS:

- Put the tomatoes in a heavy pan with the basil. Cover and cook over medium-high heat. The tomatoes should yield their juices right away, but keep an eye on the pot to make sure the pan isn't dry. You don't want the tomatoes to scorch. When the tomatoes have broken down after about 10 minutes, pass them through a food mill. If you want the final sauce to be thicker, return it to the pot and cook over low heat, stirring frequently, until it's as thick as you want it. Season with salt and pepper to taste and stir in the oil.
- Notes: if you don't have a food mill (or food processor/blender), you can first blanch the tomatoes in boiling
 water for a minute and so then easily remove the peels (and seeds if you like.)
- Notes about freezing tomato sauce: making sauce to freeze for the winter is easy. When tomatoes are in season, make the fresh tomato sauce using 4 to 5 pounds tomatoes or whatever is convenient. When it's cool, ladle it into plastic freezer bags in 1- or 2- cup portions and place the bags in the freezer until they harden.

QUICKLY STEWED TOMATOES AND SAUSAGE WITH BULGUR

YIELD: 4 Servings

INGREDIENTS:

2 Tablespoons Olive Oil

4 to 8 Ounces Sausage

1 Tablespoon Minced Garlic

1 Cup Bulgur

4 Cups Chopped Tomatoes (Canned Are Fine; Drain Their Juice)

1 Tablespoon Chopped Fresh Oregano (Or 1 Teaspoon Dried)

2 Cups Chicken or Vegetable Stock

Salt and Pepper

½ Cup Chopped Fresh Parsley, for Garnish

- Put the oil in a deep skillet over medium heat. When it is hot, add the sausage and cook, turning occasionally and pricking with a fork a few times to release its fat. When the sausage is nicely browned and just cooked through (after 10 minutes or so) remove it and turn the heat to low. When it's cool enough to handle, cut into bite-size pieces.
- Add the garlic to the skillet and cook until fragrant, about 1 minute. Add the bulgur and stir until it's glossy.
 Raise the heat a bit and return the sausage to the pan along with the tomatoes, oregano, and stock. Sprinkle with salt and pepper. Turn the heat to low, stir, and cover. Cook until the bulgur is tender, 10 to 15 minutes.
 Let rest off the heat for 5 minutes. Taste and adjust the seasoning and fluff with a fork. Serve garnished with the parsley.

TOMATOES RIPENING TIPS AND TRICKS

Tomatoes and bananas help each other ripen quicker. Tomatoes and bananas emit a naturally occurring ripening gas called ethylene and when you store the two together, they both ripen rapidly.

TOMATOES TIPS AND TRICKS

Tomatoes should be stored at room temperature to maintain maximum flavor. Cool temperatures inside your refrigerator will stop the ripening process and begin to decrease the flavor and change the texture. They can become grainy if too cool. To quickly ripen tomatoes, put them in a brown paper bag and store in a dark corner.

When making a tomato based pasta sauce, add a little grated or ground carrot. It adds a small element of sweetness and reduces the acidic, sourness of tomatoes.

TURNIPS

ROASTED TURNIPS

YIELD: 4 Servings

INGREDIENTS:

4 Small Turnips, Peeled, Halved, Sliced Vegetable Oil to Coat Salt and Pepper

DIRECTIONS:

- Preheat oven to 425 degrees F
- Combine all vegetables in large bowl add oil toss to coast thoroughly
- Season with salt and pepper
- Arrange vegetables on a large baking sheet so that they are not on overlapping
- Roast vegetables until tender and beginning to turn golden brown, stirring occasionally, about 50 minutes
- Transfer to a large bowl and serve

YAMS

ROASTED YAMS

YIELD: 2 Servings

INGREDIENTS:

2 Large Yams Peeled and Sliced Vegetable Oil to Coat

Salt and Pepper

- Preheat oven to 425 degrees F
- Combine all vegetables in large bowl add oil toss to coast thoroughly
- Season with salt and pepper
- Arrange vegetables on a large baking sheet so that they are not on overlapping
- Roast vegetables until tender and beginning to turn golden brown, stirring occasionally, about 50 minutes
- Transfer to a large bowl and serve

YELLOW SQUASH

SAUTÉED YELLOW SQUASH

YIELD: 2 Servings

INGREDIENTS:

1 Tablespoon Extra-Virgin Olive Oil

2 Tablespoons Butter

1/2 Red Bell Pepper, Chopped

2 Small to Medium Yellow Squash, Sliced

Salt and Pepper

2 Tablespoons Chopped Parsley Leaves

2 Tablespoons Chopped Chives or 2 Scallions, Optional

DIRECTIONS:

Preheat skillet over medium high heat. Add oil, then butter. When butter melts, add red peppers and squash.
 Sauté 12 to 14 minutes until squash is tender. Add salt, pepper and parsley. Add chives or scallions if you would like a layer of light onion flavor on the dish as well.

ZUCCHINI

CHILI WITH SQUASH AND PEPPERS

YIELD: 6 Servings

INGREDIENTS:

10 oz to 16 oz of Ground Turkey or Beef

1 Medium Onion, Chopped

2 (15 Oz) Cans of Diced Tomatoes Un-Drained

4 Zucchini or Yellow Squash Diced

2 Bell Peppers Diced

1 (15 Oz) Can of Beans Rinsed and Drained

1 (15 Oz) Can of Beef or Chicken Broth

Optional 4 Stalks Celery, Diced

1 (1.4 Oz) Package of Chili or Taco Seasoning or 3 Tbsp of Chili Powder

- Sauté onions, peppers, and celery in a little oil until soft.
- Brown meat
- Add diced zucchini/squash and cook for 10 minutes
- Add remaining ingredients and bring to a simmer
- Cook for 20 minutes

CRUNCHY ZUCCHINI FRIES

YIELD: 4 Servings

INGREDIENTS:

3 Medium Zucchini

1 Egg

1 Cup Yellow Corn Meal or Corn Flake Cereal

1 Tsp. Salt

½ Tsp Pepper

1 Tsp Paprika

Olive Oil to Coat Pan

DIRECTIONS:

- Preheat oven to 400.
- Wash and dry zucchini and cut into thick strips.
- Beat egg in a bowl and season with salt, pepper and paprika.
- Toss the zucchini in with the beaten egg until the strips are coated.
- In a larger bowl or Ziploc bag add corn meal and coated zucchini and toss until the corn meal sticks to the zucchini.
- Line a baking sheet with parchment paper or coat with olive oil.
- Spread coated zucchini out on the pan and bake until crisp and tender.

GRILLED VEGETABLE PACKETS

YIELD: 4 Servings

INGREDIENTS:

2 Zucchinis

2 Yellow Squash

4 Red Potatoes Sliced

1/2 Red Onion Sliced

1/2 Bell Pepper Seeded and Sliced

1/4 Cup Italian Salad Dressing

Salt and Pepper

- Heat grill to medium heat or 350 degrees F
- Wash vegetable and slice
- Toss in a large bow add dressing and toss until all vegetables are coated
- Tear 2 large squares of aluminum foil and place half of the vegetable mixture on each piece. Place an equal piece of foil oven the top of vegetable mixture and fold bottom piece with to sheet to form a packet
- Place on heated grill for 20 to 30 minutes or until the potatoes are tender. If you don't have a grill bake veggie
 packets in the oven at 400 degrees For 20 to 30 minutes
- Before you open the packets, poke hole in the foil with a fork. Be very careful opening the foil as the steam will be very hot and can cause burns
- Empty vegetables onto serving plate or serve from foil

MASHED SQUASH

YIELD: 4 Servings

INGREDIENTS:

4 Zucchini or Yellow Squash

2 Tbsp Finely Chopped Onion

1 Tbsp Butter

1/2 Cup Milk

Salt and Pepper

Optional Oregano, Marjoram, or Basil

DIRECTIONS:

- Chop unpeeled squash into 1/2 inch chunks
- Barely cover with water and boil until tender or steam
- Drain and mash the squash with a fork or potato masher
- Add onion, butter, milk, salt and pepper, and optional spices
- Mix well and gently reheat
- Dish can be served hot or cold

SQUASH AND PEPPER STIR FRY

YIELD: 6 Servings

INGREDIENTS:

- 3 Sliced Yellow Squash
- 3 Sliced Zucchini Squash
- 1 Bell Pepper Cut into Thin Strips
- 2 Tbsp Cooking Oil
- 4 Tbsp Italian Dressing

DIRECTIONS:

- Heat oil, add vegetables stirring constantly stir frying until crisp-tender, about 8-10 minutes
- Toss with Italian dressing
- This side dish can be served hot or cold

ZUCCHINI BEAN SALAD

YIELD: 5 Cups

INGREDIENTS:

2 Cups Zucchini Thinly Sliced or Chopped

3/4 Cup Chopped Bell Pepper

1/2 Cup Chopped Onion

1 Can (15 Oz) Beans, Rinsed and Drained

1/4 Cup Oil

3 Tbsp Vinegar

1 1/2 Tsp Garlic Salt or Regular Salt

1/4 Tsp Pepper

DIRECTIONS:

• Combine all ingredients. Refrigerate at least 4 hours, stirring occasionally.

ZUCCHINI BREAD

YIELD: 2 Loaves

INGREDIENTS:

3 Eggs

1 Cup Sugar

1/2 Cup of Oil

1 Tsp Vanilla Extract

2 Cups Grated Zucchini

1 Tsp Salt

2 Cups Flour

1/2 Tsp Baking Powder

2 Tsp Baking Soda

2 Tsp Cinnamon

Optional 1 Cup Nuts or Raisins

DIRECTIONS:

- Beat eggs and sugar together. Beat in oil. Add vanilla.
- In a separate bowl, combine flour, salt, baking powder, baking soda and cinnamon.
- Blend flour mixture into egg mixture. Add grated zucchini and optional nuts or raisins.
- Pour mixture into 2 greased and floured 9x5-loaf pans. Bake at 350 degrees For 1 hour or until a toothpick inserted in the center comes out clean.
- Let cool before removing from pans.

ZUCCHINI MUFFINS

YIELD: 12 Muffins

INGREDIENTS:

1 1/2 C. All-Purpose Flour

1 C. Granulated Sugar

1/2 Tsp. Baking Powder

1/2 Tsp. Baking Soda

1/4 Tsp. Salt

1/2 Tsp. Ground Cinnamon

2 Lg. Eggs

1/2 C. Canola or Vegetable Oil

2 C. Finely Shredded, Unpeeled Zucchini

1 C. Chopped Walnuts, Optional

- Preheat oven to 350 degrees F.
- Line 12-cup muffin pan with paper liners.
- In a large bowl, sift the flour, sugar, baking powder, baking soda, salt and cinnamon.
- Combine the eggs and oil; stir into dry ingredients just until moistened.
- Fold in the zucchini and walnuts (if using). Fill muffin cups 3/4 full with batter.
- Bake for 22-25 minutes or until a toothpick inserted in the center comes out clean.
- Cool for 5 minutes before removing from pan to a wire rack.

ZUCCHINI PARMESAN CRISPS

YIELD: 4 Servings

INGREDIENTS:

Cooking Spray

2 Medium Zucchini (About 1 Pound Total)

1 Tablespoon Olive Oil

1/4 Cup Freshly Grated Parmesan (3/4-Ounce)

1/4 Cup Plain Dry Bread Crumbs

1/8 Teaspoon Salt

Freshly Ground Black Pepper

DIRECTIONS:

- Preheat the oven to 450 degrees F. Coat a baking sheet with cooking spray.
- Slice the zucchini into 1/4-inch thick rounds. In a medium bowl, toss the zucchini with the oil. In a small bowl, combine the parmesan, bread crumbs, salt, and a few turns of pepper. Dip each round into the parmesan mixture, coating it evenly on both sides, pressing the coating on until it sticks, and place in a single layer on the prepared baking sheet.
- Bake the zucchini rounds until browned and crisp, 25 to 30 minutes. Remove with spatula. Serve immediately. Alternatively, layer in a baking dish with spaghetti sauce top with cheese and bake just like a chicken or eggplant parmesan.

ZUCCHINI PROVENCAL

YIELD: 6-8 Servings

INGREDIENTS:

3 Tbsp Olive Oil

1 Cup Chopped Onion

8 oz Sliced Mushrooms

2 & 1/2 Pounds Zucchini Sliced 1/4 Inch Thick

2/3 Cup Parmesan Cheese

6 ozs of Canned Tomato Paste

1 Clove of Minced Garlic

2 Tsp Salt

1/2 Tsp Pepper

- Preheat oven to 350 F
- Heat the oil in a large skillet. Add the onions and sauté for 5 minutes.
- Add garlic, sliced zucchini, mushrooms, and sauté over medium heat for an additional 10 minutes or until zucchini is just tender.
- Remove from heat. Add tomato paste, salt and pepper. Stir well.
- Add 1/2 of the cheese and stir again.
- Turn mixture into a lightly greased 2-quart casserole dish.
- Top with remaining cheese. Bake for 30 minutes.