



FSPA Garden Cookbook

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Sustainability and Practices at the FSPA Organic Garden

1. Net Zero Greenhouse

- a. Solar panels
- b. Geothermal
- c. Direction of greenhouse building to maximize winter sun
- d. Use cloth towels for washing dishes, hands, and windows
- e. Locust logs used to create greenhouse raised beds as well as building support.
- f. Cellar located below greenhouse to store produce
- g. Utilize plant propagation to decrease plants purchased
 - i. ex: geraniums
- h. Grow a variety of garden seedlings in the greenhouse to minimize plant purchases

2. Gardens

- a. Solar powered bird bath offers water to bees and birds
- b. Sunflower fences on garden borders minimize deer damage
- c. Heirloom seed varieties – ‘Hildegard’ green bean, all tomatoes
 - i. ex: ‘Amish Paste’ ‘Pink Brandywine’ ‘Homestead’ ‘Watermelon’ ‘Absinthe’ etc.
- d. Companion planting
- e. Compost tea and egg shells used to add fertility to soil
- f. Incorporation of plant based compost, as well composted chicken manure
- g. Seed saving (beans, tomatoes, peppers, butternut squash, zinnias, marigolds etc.)
- h. Organic sprays instead of synthetic
 - i. ex: Organicide
- i. Leaf and straw mulch
- j. Planted native wildflowers for pollinators

3. Orchard

- a. Pine mulching for blueberry bushes lower soil pH
- b. Utilize neem oil spray to minimize insect damage
- c. Use netting and fencing to minimize deer and bird damage
- d. Collaborate with Viterbo University’s biology department to offer mason bee houses in the orchard

4. Additional Practices

- a. Collaborate with organizations such as the Mississippi Valley Conservancy to provide a bigger impact on education to the public
 - i. ex: Land Trust Days event held at Villa St. Joseph
- b. Contribute to two food pantries
 - i. northern La Crosse church and Viterbo University
- c. Food grown locally to destinations
 - i. less gas used for transportation
- d. Untreated logs used from our forest to create water diversion
 - i. Preventing erosion of pathway gravel
- e. Crop rotation to offer nitrogen efficiency
- f. Attract pollinators to increase production and support local habitat
 - i. ex: borage, bird bath and hummingbird nectar feeder
- g. Collect rain water from building water troughs to water plants
- h. Encourage our volunteers to carpool (except during Covid times)
- i. Utilize reusable plates, silverware and mugs for garden guests
- j. Utilize compostable cutlery for garden guests

- k. Utilize cardboard boxes, crates, and mesh bags to minimize plastic bags necessary for produce transportation
- l. Use trash, recycling, and compost receptacles to minimize trash

Future Plans

- 1. Use compostable material from kitchen to feed our plants
- 2. Planting more pollinators in orchard

Acknowledgements:

I want to thank my wonderful Mentor Karen Stoltz for allowing me to create this cookbook for you all and helping me through it. I want to thank Beth Piggush for helping me send out a letter to everyone so that recipes were able to be sent in by you all. Thank you to all the staff and sisters that sent in their delicious recipes and contributions! I hope you all enjoy!

About the cookbook:

Hi everyone! My name is Katelyn Grissom and I am a senior at UW-La Crosse. I am minoring in environmental studies and for my capstone I decided to be mentored by Karen Stoltz at the Villa St. Joseph Garden. Inspiration from Beth Piggush who helped us come up with the idea to create a cookbook that would involve all your recipes! Most of the recipes are from you all and some are from the web and cookbooks. I hope browsing through it brings happiness and inspiration as it has for me.

The cookbook is ordered alphabetically by produce type and the produce list comes from what is grown at the garden. Noting that the produce is mostly vegetable based so most of the recipes are vegetarian and vegan but there are a few recipes that contain meat. Those are listed by page number on page 5 after the table of contents. As we know, an easy way to lower our carbon footprint is by substituting in a meatless day weekly. In doing so we can help care for creation leaving the world a better place for the future generations. As Pope Francis said, "The Earth is our environment to protect and the garden to tend to."

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Recipes containing meat by page number:

Pages: 21, 29, 42, 45, 53, 66, 88, 94, 115, 116, 121, 144, 147, 148, 157, 179, 180, 217, 219, 220, 239, 243, 257

The rest of the recipes are vegetarian or vegan.

Apples:



Apple Walnut Muffins (From Sister Marcella Anibas)

Ingredients:

- 1/4 cup ground flaxseed
- 3/4 cup sifted unbleached flour
- 1 cup whole wheat flour
- 1/4 tsp. salt
- 1/4 cup sugar
- 2 tsp. baking powder
- 3 egg whites
- 2 Tb. Canola oil
- 3/4 cup plain soy milk
- 1/2 cup chopped walnuts
- 1 apple diced

Directions

1. Preheat oven to 400 degrees
2. In a bowl sift together the flour, salt, sugar, and baking powder.
3. Stir in flaxseed.
4. In a separate bowl, beat together the egg whites with the oil and soy milk.
5. Fill oiled muffin tins two thirds full
6. Bake for 20-25 mins

Waldorf Salad (From Anne Niesen)

<https://www.dinneratthetoo.com/wprm>



Ingredients:

For the salad

- 1 1/2 cups apples cut into 1/2 inch pieces, I use red and green
- 3/4 cup celery thinly sliced
- 1 cup grapes halved
- 1/2 cup walnuts chopped
- 1 tablespoon chopped parsley

For the dressing

- 1/2 cup mayonnaise or plain yogurt
- 1 tablespoon granulated sugar
- 1 teaspoon lemon juice
- 1/8 teaspoon salt

Instructions:

1. Place the apples, celery, grapes and walnuts in a large bowl.
2. In a small bowl, mix together the mayonnaise, sugar, lemon juice and salt.
3. Pour the dressing over the fruit and toss to coat. Sprinkle with parsley then serve, garnished with additional fruit if desired.

HOMEMADE APPLESAUCE

(<https://www.afarmgirlsdabbles.com/chunky-homemade-applesauce-easy-recipe-from-mom-dad/>)



INGREDIENTS:

- 6 pounds. apples of your choice – use 2 to 3 varieties to add flavor depth, if desired. But make sure that at least half of the apples are a variety that is very firm and hold their shape well when cooked. This will allow for the chunks in the sauce. My favorite applesauce apples Haralson, Honeycrisp, and Granny Smith.
- 2 cups water or fresh-pressed apple cider (I really like the cider!)
- juice of half a lemon
- 3/4 cup sugar - use more or less depending on your desired sweetness
- 1 tablespoon cinnamon - use more or less, to taste

INSTRUCTIONS:

*Please note: My first set of instructions is for a simple applesauce that is stored in the refrigerator, for consumption within two to three weeks. The second set of instructions includes canning directions with a stovetop hot water bath. The canning method will take more time to accomplish, but will give you jars of applesauce that can be stored in the pantry and enjoyed for many months.

*Also note: This recipe will give you about 10 cups of applesauce. It's easy to halve the recipe for a smaller batch - or to double, triple, or quadruple it. Just be sure to use a pot that's large enough, to handle the multiplication factor. More apples will also take more time to cook.

1. Peel and core apples, and then cut each apple into 8 slices - we use an apple peeler & corer machine to save time. Then cut each slice into pieces that are 1/4" to 1/2" thick, depending on how chunky you want your finished sauce to be.
2. Add apple slices and all other ingredients to a large pot over medium-high heat, adjusting sugar and cinnamon quantities to your liking.
3. Turn heat down to medium and stir the apples occasionally. Turn heat down a bit more if the apples are scorching on the bottom of the pot. If the mixture is lacking moisture, but the apples aren't soft and broken down to your liking yet, add a bit more water and continue cooking. When the sauce is getting close to your desired consistency, which will take 30 minutes or more, take a sampling out and

let it cool a bit. Taste it for sweetness and add more sugar and cinnamon if desired. When the applesauce is to your liking in both texture and flavor, remove the pot from the heat.

4. Store applesauce in a large covered bowl or in jars, and refrigerate. It will keep well in the refrigerator for up to a few weeks. You can also freeze it in freezer-safe containers.

To can the applesauce for longterm pantry storage:

Be sure to sterilize the jars and lids. Turn canning jars upside down in a wide pan with 1" of water in it and bring to a medium boil. Let the jars get hot and steamy for 10 minutes in the boiling water. In a small pan over medium-high heat, add 1/2" of water and the jar lids. Bring to a medium boil and sanitize for 10 minutes.

Working with 1 jar at a time, fill with finished applesauce, leaving 1" head space. Wipe off rims of jars with a clean dry towel, top with a hot lid, and screw on a ring, just finger-tight. Process in a boiling water bath, with water covering jars by 1", for 20 minutes.

Carefully remove jars from boiling water and let them cool on a towel on the counter overnight, undisturbed. After they have been sitting for awhile, you will start hearing the jars "pop", such a fun sound! The following day, check that the jars have sealed by pressing down in the center of the lids. If the lid pops up and down, the jar hasn't sealed and should be placed in the refrigerator to eat within a few weeks. If the lid is sucked down and does not move, it has sealed, and can be stored for a year or so in the pantry

Asparagus:



Oven Roasted Asparagus

(<https://fitfoodiefinds.com/oven-roasted-asparagus-recipe/>)



Ingredients:

- 1 pound asparagus (we used a thinner-cut asparagus)
- 2 tablespoons olive oil
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 1/2 cup grated parmesan, separated
- 1 tablespoon lemon zest

Instructions:

1. First preheat oven to 425°F and spray a baking sheet with nonstick cooking spray.
2. Next, prepare asparagus by snapping off the ends. You can use a knife to cut them off, or just snap them right off.
3. Then, place asparagus on the baking sheet and drizzle with olive oil. Toss.
4. Generously season asparagus with salt and pepper and toss again.
5. Sprinkle on 1/2 of the grated parmesan cheese and lemon zest and toss one more time.
6. Roast at 425°F for 8 minutes*. Then, remove from oven, sprinkle on the remaining parmesan cheese and toss. Bake again for 2-4 more minutes, depending on how thick your asparagus spears are.
7. Serve with fresh lemon zest and more cracked pepper.

Lemony Asparagus Pasta

(<https://www.delish.com/cooking/recipe-ideas/recipes/a47572/lemony-asparagus-pasta-recipe/>)



Ingredients:

- 1 pound penne pasta
- 1 pound thin asparagus, trimmed and cut into 2" pieces
- 3 tablespoons extra-virgin olive oil, divided
- 1 small onion, diced
- 2 cloves garlic, thinly sliced
- 1/2 cup heavy cream
- 1 cup dry white wine, such as Sauvignon Blanc
- 1 lemon, zested and juiced
- 1 teaspoon kosher salt
- 1/2 cup freshly grated Parmesan, plus more for serving
- 1/2 teaspoon freshly ground black pepper, plus more for serving
- 1/4 cup fresh parsley, finely chopped
- 1/2 teaspoon crushed red pepper flakes

Instructions:

1. Bring a large pot of salted water to a boil. Add penne and cook according to package directions, until al dente. Reserve 1/2 cup pasta water, then drain. Set aside.
2. Meanwhile, in a large skillet over medium-high heat, heat 1 tablespoon oil. Cook asparagus until crispy, then season with a pinch of salt. Transfer to a plate and set aside.
3. Heat remaining 2 tablespoons of oil over medium heat. Cook onions and garlic until softened, about 5 minutes. Add heavy cream, white wine, lemon juice, and zest. Bring mixture to a boil, then simmer for 5 minutes. Add in salt, Parmesan, and black pepper. Reduce heat to low and mix until well combined.
4. Turn off heat and mix in pasta, asparagus, and parsley until well coated. Add small amounts of pasta water until you reach desired consistency. Serve with more grated Parmesan, cracked black pepper, and red pepper flakes.

Basil:



Basil Pesto

(<https://www.littlebroken.com/easy-homemade-basil-pesto/>):



Ingredients:

- 1 cup fresh basil leaves (packed)
- 3 tablespoons toasted pine nuts
- 1/4 cup freshly grated Parmesan cheese
- 1 garlic clove
- 3 teaspoons fresh lemon juice
- 1/4 cup + 2 tablespoons extra-virgin olive oil
- kosher salt and black pepper (to taste)

Instructions:

- Combine basil leaves, pine nuts, Parmesan cheese, garlic, and lemon juice in a bowl of a food processor. Pulse until finely minced. Scrape down the sides with a spoon or small rubber spatula.
- While the food processor is running, slowly add the olive oil in a steady small stream. Scrape down the sides as needed. Season with salt and pepper to taste. Use immediately or refrigerate for up to 1 week.

Basil Pesto Aioli

(<https://selfproclaimedfoodie.com/basil-garlic-aioli>)



Ingredients:

- 4 tablespoons fresh basil about one large handful of leaves
- 1 tablespoon garlic minced (about 2-3 large cloves)
- 2 egg yolks
- 1 tablespoon lemon juice
- 1/2 teaspoon kosher salt
- 1/4 cup virgin olive oil
- 1/2 cup vegetable oil

Instructions:

1. Place basil, garlic, yolks, lemon juice, and salt in food processor. Pulse to combine.
2. Turn processor on and slowly pour in olive oil mixed with the vegetable oil. Process until aioli forms, about a minute. Turn processor off, scrap sides, process again until combined.
3. Serve immediately or store in airtight container in refrigerator until ready to use. Makes approximately one cup.

Soft Batch Basil Lime Sugar Cookies

<https://betsylife.com/src-basil-lime-cookies/>



Ingredients:

- 1/2 cup unsalted butter
- 3/4 cup granulated sugar
- 1 egg
- 1/2 teaspoon vanilla
- zest from one lime
- 3 tbsp very finely chopped fresh basil leaves
- 1 3/4 cup all purpose flour
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt

Instructions:

1. Preheat the oven to 375 degrees Fahrenheit and line the cookie sheets with a silicone mat or parchment paper.
2. In a stand mixer (or hand-held mixer) cream together the butter and sugars until light and fluffy.
3. Mix in the egg, vanilla, zest, and basil. Mix together until fully combined.
4. In a separate bowl sift together the flour, baking soda, and salt. Then mix into the butter mixture until combined.
5. Scoop cookie dough using a 2" cookie scoop. Place dough balls about 1 inch apart on the cookie sheets.
6. Bake 8 to 12 minutes, depending on the size of your cookies/oven.
7. Allow to cool on a cooling rack for a few minutes

Beans (green pole):



Green bean casserole

(<https://www.shugarysweets.com/green-bean-casserole/>)



Ingredients:

- 1 can (10.5 oz) cream of mushroom soup
- 3/4 cup whole milk
- 1/2 teaspoon soy sauce
- 1/4 teaspoon black pepper
- 2 cans (14.5 oz each) green beans, drained
- 1 1/2 cup crispy fried onions, divided

Instructions:

1. Combine cream of mushroom soup with milk. Whisk smooth and add soy sauce and black pepper. Add green beans and combine completely
2. Fold in 1/2 cup of the French's fried onions.
3. Bake 350 degrees F for 30 minutes. Remove from oven and stir.
4. Add remaining crispy fried onions to the top and bake an additional 5-10 minutes until golden brown.

Oven Baked Parmesan Green Beans

(<https://www.craftymorning.com/oven-baked-parmesan-green-beans/>)



Ingredients:

- 1 pound of fresh green beans
- 1 cup grated Parmesan cheese
- 1 teaspoon onion powder
- 1 teaspoon garlic powder
- 2 eggs (whisked)
- Salt & pepper

Instructions:

1. Preheat the oven to 350 degrees and line a large baking sheet with parchment paper.
2. Combine the Parmesan cheese, onion powder and garlic powder.
3. Dip the green beans into the whisked egg and then into the Parmesan mixture and place on the baking sheet.
4. Season with salt & pepper.
5. Bake for 15-20 minutes, flipping halfway through.
6. Serve with your favorite dipping sauces.

Beans (yellow wax):



Creamy Yellow Bean and Potato Soup

(<https://www.thekitchenmagpie.com/creamy-yellow-bean-potato-soup/>)



Ingredients:

- 2 tablespoons butter
- 1 cup of white onions chopped
- 4 cups yellow wax beans cut in 3
- 4 cups of peeled & chopped russet potatoes bite sized
- 6 cups of chicken broth
- 1 1/2 cups) milk
- 3 tablespoons cornstarch
- 2-3 tablespoons chopped green onions to garnish
- 2-3 tablespoons cooked bacon to garnish
- Salt and pepper to taste
- Fresh chopped chives to taste

Instructions:

1. Saute the onions in butter in the bottom of a large soup pot until tender.
2. Add in the beans, potatoes and chicken broth. Bring to a low boil on your stovetop then simmer until the potatoes and beans are tender.
3. Whisk the cornstarch into the milk, then whisk into the soup quickly.
4. Cook for another 5 minutes until the soup has thickened.
5. Ladle into soup bowls and top with green onions and bacon.

Pickled Yellow Wax Beans

(https://www.amateurgourmet.com/2008/08/pickled_yellow.html)



Ingredients:

- 1/2 pound yellow wax beans
- 2 cloves garlic
- 1/2 teaspoon coriander seed
- 1 small hot chili
- 1/8 teaspoon black peppercorns
- 1 bay leaf
- 2 cups white wine vinegar or apple cider vinegar
- 1 cup dry white wine [I didn't have white wine, so I just used more cider vinegar and that was fine!]
- 1 1/4 cups water
- 1 tablespoon kosher salt
- 2 tablespoons sugar

Instructions:

Top and tail the beans and put them in a nonreactive container (I used a jar that I cleaned and then boiled.) Peel the garlic cloves and cut them in half. Add the garlic to the beans along with the coriander seed, chili, peppercorns and bay leaf.

Put the vinegar, white wine, water, salt, and sugar in a saucepan, bring to a boil, and boil for 1 minute. Remove from the heat and pour over the beans. Cool completely at room temperature, cover, and refrigerate. The beans will be ready to eat in 48 hours but are even better after a week.

Beets:



Plant Based Beet Burgers

(<https://www.wholly-plants.com/bomb-beet-burgers/#wprm-recipe-container-7144>)



Ingredients:

- 2 cups peeled and roughly chopped beet (approximately 1 large beet)
- 3 cloves garlic (peeled)
- 1 cup diced onion
- 1 can black beans (drained and rinsed)
- 2 tablespoons apple cider vinegar
- 2 tablespoons ground flaxseed
- 2 cups rolled oats
- 1 teaspoon paprika
- 2 teaspoon cumin
- 1 teaspoon red pepper flakes (optional)
- 2 teaspoon dried oregano
- 1/4 teaspoon salt
- 1/4 teaspoon ground black pepper

Instructions:

1. Preheat oven to 400 degrees F. Line baking sheet with parchment paper.
2. Add peeled and chopped beet and whole garlic cloves to a medium saucepan with 2 T water. Bring to a simmer over medium heat and let steam for 8 minutes, or until beets are soft. Add water, 1 tablespoon at a time, as needed. Once beets are soft, transfer to a bowl and let cool.
3. Add diced onion to medium saucepan with 2 T water and sauté for 3 minutes.
4. Add all remaining ingredients and sautéed onions to the bowl of a stand mixture fitted with a flat beater.
5. Transfer cooled beets/garlic to a food processor fitted with an s-blade. Process until smooth, stopping to scrape down sides as needed. Add to stand mixer bowl.
6. Turn on stand mixer to low and allow all ingredients to fully combine, this will take about 1 minute. (A potato masher can be used in place of a stand mixer).

7. Form mixture into balls, place on parchment-lined baking sheet and flatten each ball into a patty. Makes approximately 8 patties.
8. Bake for 20 minutes, flip and bake for an additional 10 minutes.
9. Serve warm on a whole grain bun or over a bed of leafy greens with your favorite toppings: avocado, hot sauce, mustard, leafy greens, hummus, tomato, onion, etc.

Beet Hummus

<https://wavesinthekitchen.com/beet-hummus/#wprm-recipe-container-8095>



Ingredients:

- 1 roasted beet (peeled and chopped)
- 1 can chickpeas (drained)
- $\frac{2}{3}$ cup tahini
- 2-3 lemons (zested and juiced)
- 2 cloves garlic (chopped)
- $\frac{1}{3}$ cup olive oil
- 1 teaspoon cumin
- 1 teaspoon kosher salt
- 1 handful herbs (chopped)

Instructions:

1. Combine the chickpeas, tahini, beet, lemon juice, garlic, cumin, and salt in the bowl of a food processor.
2. With the motor running, slowly drizzle in the olive oil and blend until smooth.
3. Taste and adjust seasoning as needed, adding more olive oil, lemon juice, garlic, cumin or salt as needed. I like mine extra garlicky and lemony!
4. Serve in a bowl and sprinkle parsley, za'atar, lemon zest, nuts, big salt flakes or anything else your heart desires. I think swirls of olive oil look dreamy in the dish and taste fantastic.

Sweet Beet Salad (From Sister Meg Earsley)

Ingredients:

- 3 golden beets (regular beets can be used)
- 2 tablespoon extra virgin olive oil
- 2 tablespoon Honey
- Salt and pepper to taste
- 8 ounces (1 bag) of spinach
- ½ cups pecans pieces (toasted)
- 3 ounce (half of a package) of crumbled feta cheese

For dressing:

- ¼ cup extra virgin olive oil
- 1 teaspoon dry mustard
- 1 tablespoon honey
- Salt and pepper to taste

Instructions:

- Peel and cut beets into approx. 1-inch cubes. Heat a skillet over medium heat and add oil. After turning to coat the bottom of the pan, add the beets. Cook until beets are almost cooked, about 8-10 minutes. Add the honey, salt and pepper, stirring well to coat. Leave on the heat another minute and then remove from the heat and allow to cool while you make the dressing (5-10 minutes).
- For the dressing, add all the ingredients and whisk vigorously until the oil is slightly emulsified, 2-3 minutes. Taste and add more mustard, honey, salt or pepper depending on personal taste. Be careful not to skimp on the seasoning.
- Assemble the salad by putting the spinach into a large bowl and tossing with the dressing until the leaves are coated. Then, place the beets, Feta, pecans on top being sure to spread them evenly.

Beet Greens:



Stuffed Beet Greens

(<https://galainthekitchen.com/recipes/stuffed-beet-leaves/#top>)



INGREDIENTS:

- Green leaves with stems from 3 beets
- 1 medium carrot
- 1 medium white onion
- 6 tablespoons vegetable oil
- 1 pound mixed beef & pork ground meat (blended)
- 1 cup white rice (parboiled)
- Seasoning with fresh thyme, salt, pepper and other spices to your taste and choice
- *This recipe makes 2 layers of stuffed leaves in my 7" x 7" x 3" dish
- Wash leaves very well and dry. Cut off stems. Leaf stems I used in the stuffing, so don't throw them away!

COOKING DIRECTIONS:

1. Chop stems and onion, shred carrot. Saute vegetables in vegetable oil until almost done. Place hot sauteed vegetables over rice and set aside. Rice starts to absorb juices from vegetables. Blend meat into mixture.



2. I make cuts on the midvein of the leaf for flexibility. Place the knife on the leaf to protect the leaf from too much damage and flatten the midvein with a mallet (cooking hammer). The knife also protects from splashing juices when we pound midvein.

Sometimes I also place a paper towel between knife and mallet, if beets leaves are very juicy.



MAKING BEET LEAF ROLLS

Step 1

3. Place meat mixture on a wider side of the leaf.



Step 2

4. Roll beet leaf over the meat mixture.



Step 3

5. Cover the meat mixture from the left side and from the right side with the beet leaf. Roll it.



6. Place stuffed beet leaves in a pot.



7. I had excess meat, so I layered rolls with meat mixture on bottom and top.



8. Steam 40 min in the steamer. I use an electric steamer.



My dish is ready to serve!



Traditionally, we serve the dish with sour cream and garnish with parsley or dill greens. We can also make a simple sauce from sour cream. Mix sour cream with green dill and chives. If you like a thinner sauce, add little kefir.

Fermented Beet Green Kimchi

(https://www.rebootedmom.com/fermented-beet-green-kimchi/?utm_medium=social&utm_source=pinterest&utm_campaign=tailwind_tribes&utm_content=tribes&utm_term=838722724_35138944_153740)



Ingredients:

- 2 green onions (chopped)
- 2 tablespoons ginger (peeled and minced)
- 3 garlic cloves (peeled and minced)
- 8 beet greens (chopped)
- 2 teaspoons red pepper flakes
- Sea salt (as needed)
- Water (as needed)

Instructions:

1. In a quart canning jar, combine the ingredients - layering the garlic and onions between the greens. Sprinkle with salt as you layer... you want a 2% brine (which is .64 oz of salt).
2. Pound the greens down until they start to release their own juices. If you mash them enough, there will be enough juice to cover the contents of the jar. If not, top off with a little water.
3. Lay a fermentation weight in the top of the jar to keep everything submerged, or use a jelly jar in the mouth of the quart canning jar.
4. Top with an airlock, and allow to ferment anywhere from 2-7 days until it tastes the way you like. Then move to the refrigerator to slow fermentation.

Blackberries:



Blackberry Cheesecake Brownies

(<https://ohsweetbasil.com/blackberry-cheesecake-brownies-recipe/>)



Ingredients:

For the brownies

- 3/4 cup cocoa powder
- 1 1/2 cups sugar
- 2 eggs
- 12 tablespoons unsalted butter
- 1/2 cup all-purpose flour
- 2 teaspoons vanilla extract
- 1/2 teaspoon salt

For the blackberry puree

- 6 ounces fresh or frozen blackberries
- 1/4 cup granulated white sugar
- 1/4 cup water

For the cheesecake

- 8 ounces cream cheese softened
- 1/4 cup greek yogurt
- 1 large eggs room temperature
- 1/4 cup sugar
- 1/2 teaspoon salt

Instructions:

1. Cook blackberry puree by combining all ingredients in a small saucepan over medium-high heat for 8-10 minutes.
2. Use a whisk or spoon to help break down the blackberries.
3. Once cooked, place a fine mesh strainer over a small bowl and, using a spatula, squeeze through all of the liquid and dispose of the solids.
4. Let cool to room temperature.
5. Preheat oven to 325°F.

6. Line an 8"x8" baking dish with parchment paper and set aside.
7. In a microwave-safe mixing bowl, melt the butter.
8. Stir in sugar, eggs, vanilla extract, and salt.
9. Once combined, fold in cocoa powder and flour.
10. Pour the brownie batter into the baking dish, spreading evenly to the edges.
11. Combine all cheesecake ingredients in a standing mixer fitted with a whisk attachment.
12. Cream for 2-3 minutes on medium-high speed.
13. Pour over brownie batter, spreading evenly to the edges.
14. Drizzle the blackberry puree on top of the cheesecake in dollops and swirl using a fork, knife, or toothpick.
15. Try to swirl only into the cheesecake batter, not the brownie batter.
16. Bake for 1 hour, or until the cheesecake begins to turn golden and a knife inserted in the center of the brownies comes out mostly clean.
17. Place in fridge and allow to cool for at least 2 hours but up to overnight.
18. Cut into 9 large squares.
19. Store brownies in the fridge in an airtight container for up to 5 days.

Frozen Blackberry Margaritas

(<https://inspiredbycharm.com/frozen-blackberry-margaritas/>)



Ingredients:

- 4 cups frozen blackberries
- 1/3 cup honey
- 1 cup tequila
- 1/4 cup orange liqueur (I prefer Cointreau)
- 1/4 cup freshly squeezed lime juice
- 2 cups ice
- Kosher salt - lime wedges, and frozen blackberries for garnish

Instructions:

1. Place the blackberries, honey, tequila, orange liqueur, lime juice, and ice in a blender. Blend on high speed until very smooth.
2. Rim the edge of six glasses with a lime wedge. Then dip each into kosher salt. Pour the margarita into the prepared glasses. Garnish with a lime wedge and frozen blackberries. Serve immediately.

Blueberries:



Blueberry Almond- Streusel Coffee Cake (From Sister Shirley Morrissey)

Topping:

- ½ cup slivered almonds
- ½ cup sugar
- 5 tablespoons flour
- 2 teaspoons cinnamon
- ¼ cup butter

Cake:

- 2 ½ cups flour
- 2 teaspoons baking powder
- 1 teaspoon baking soda
- ½ salt
- ¾ cup butter
- 1 ¼ cup sugar
- 3 eggs
- 1 cup sour cream
- 1 teaspoon almond extract
- 2 cups fresh blueberries divided

Glaze:

- ½ cup powdered sugar
- ½ teaspoon vanilla
- 1 to 2 tablespoons milk

Instructions to prepare topping:

1. Toast the almonds in a frying pan over low medium heat, stirring frequently, about 7 mins, until they begin to color and become fragrant. Pour out of the pan and set aside. In a small bowl combine the sugar, flour and cinnamon. Cut in the butter with a pastry blender or two knives held side by side, until the mixture resembles coarse crumbs, stir in cooled almonds and set aside.

Instructions for the cake:

1. Preheat oven to 350 degrees. Grease and flour a 9 - 13 inch pan. Sift together the flour, baking powder, baking soda and salt. Cream the butter in a large bowl add the sugar and beat until the mixture is fluffy. Add the eggs one at a time blending well. Beat in flour mixture in thirds alternating with additions of sour cream blending well after in addition. Beat in almond extract.
2. Pour a generous half of the batter into the prepared pan and smooth it out to fill the pan. Top with half of the blueberries. Dot the remaining batter over the blueberry in large spoonful's then gently spread it to more or less cover blueberries, then crumble the almond topping mixture over them. Bake 40 to 45 mins.
3. Meanwhile, prepare the glaze.

Blueberry French Toast (From Sister Shirley Morrissey)

Ingredients:

- 12 slices white bread, crusts removed
- 2 (8 ounce) packages light cream cheese
- 1 cup fresh or frozen blueberries
- Egg substitute equivalent to 12 eggs
- 2 cups skim milk
- ½ cup maple syrup
- Sauce:
- 1 cup sugar
- 2 tablespoons cornstarch
- 1 cup water
- 1 cup fresh or frozen blueberries

Instructions:

Cut the bread into 1 in cubes; place half in a 13x9x2 in baking dish coated with nonstick cooking spray. Cut cream cheese into 1 inch cubes; place over bread. Top with blueberries and remaining bread. In a large bowl combine egg substitute, milk and syrup; mix well. Pour over the bread mixture. Cover and chill 8 hours or overnight. Remove from the refrigerator 30 mins before baking. Cover and bake at 350 degrees for 30 mins. Uncover bake 25-30 mins longer or until or until golden brown and the center is set. In a saucepan combine sugar and cornstarch; add water. Bring to boil over medium heat; boil for 3 mins, stir constantly. Stir in blueberries; reduce heat. Simmer for 8-10 mins or until berries have burst. Serve over French toast.

Broccoli:



Broccoli Casserole (From Sister Shirley Morrissey)

Ingredients:

- 2 broccoli, large head (chopped)
- 2 cups mayonnaise
- ½ cup margarine (melted)
- 20 ounces cream of mushroom soup
- 2 cups cheddar cheese (grated)
- 1 onion (diced)
- 4 eggs (beaten)
- 2 cups crumbs of bread or crackers
- 4 cups rice (uncooked, serve on the side)

Instructions:

1. Cook broccoli and rice separately
2. Mix broccoli together with all other ingredients
3. Place in buttered casserole pan and top with buttered crumbs
4. Bake at 350 degrees for 45 mins. Serve over rice

Crumb-topped Broccoli Bake (From Sister Shirley Morrissey)

Ingredients:

- 1.5 tablespoons butter
- 2 tablespoons white flour
- 1 teaspoon Dijon mustard
- 2 teaspoons instant minced onions
- 1 cup chicken broth or bouillon
- Dash of pepper
- ½ cup whole milk
- 1 pound broccoli cut in chunks

Crumb topping

Ingredients:

- 1.75 cups of commercial herb seasoned stuffing
- 1/3 cups chicken broth or bouillon
- 1 ½ tablespoons butter

Instructions:

1. Melt butter in a saucepan over medium high heat. Gradually stir in the flour until it is well blended. Cook, stirring for 2 mins. Gradually stir in the mustard and the chicken broth, until the mixture is well mixed and smooth. Add the onions and pepper and bring the mixture to a simmer. Cook stirring occasionally for 1 ½ to 2 mins or until thickened and smooth. Stir in milk and heat until the sauce mixture is hot but not boiling. Set aside
2. Spread the broccoli in a baking dish. Spoon the sauce evenly over the broccoli. Stir together the stuffing mix and chicken broth until the crumb mixture is evenly moistened. Sprinkle evenly over broccoli. Dot the top with butter.
3. Cover the casserole and bake for 30 mins in a preheated 350 degree oven. Remove the cover and continue baking for 15-20 mins or until the casserole is bubbly and the top is slightly crisp

Broccoli Italian Style (From Sister Shirley Morrissey)

Ingredients:

- 3 tablespoons olive oil
- 1 ½ garlic (minced)
- 6 cups broccoli florets
- ½ cups sweet red pepper (coarsely chopped)
- ¼ cup dry white wine
- ¼ teaspoon salt
- ¼ teaspoon pepper
- 1 ½ tablespoons parmesan cheese (grated)

Instructions:

1. Heat the oil in a large skillet over high heat until hot but not smoking.
2. Add the garlic and cook, stirring for 30 secs.
3. Add the broccoli and red pepper and cook stirring for 1 min longer.
4. Stir in wine and the salt and pepper.
5. Lower the heat to medium. Cook the vegetables, stirring for 4 to 6 mins longer or until broccoli is crisps-tender and most of the wine has evaporated from the pan. (if the pan begins to boil dry before the broccoli is cooked through add a tablespoon or two of wine).
6. Transfer the mixture along with any pan liquid to a serving dish.
7. Sprinkle the mixture with the parmesan cheese

Broccoli Rice Casserole (From Sister Shirley Morrissey)

Ingredients:

- 4 cups brown rice (cooked)
- 4 broccoli stalks with stems
- 4 tablespoons butter
- 2 onions (finely chopped)
- 2 garlic (minced)
- 1 teaspoon thyme leaves
- 1 teaspoon oregano leaves (dried)
- ½ teaspoon dill weed (dried)
- ½ cups parsley (finely chopped)
- 2 sweet green pepper (thinly sliced)
- 4 tablespoons water
- ½ cup cashews or sunflower seeds
- 2 cups plain lowfat yogurt
- 2 cups swiss cheese (grated)

Instructions:

1. Press the rice into the bottom of a greased baking dish and set aside.
2. In a large skillet over medium high heat melt butter; then cook the onions and garlic until they are tender but not brown.
3. Stir in the herbs, green pepper, sliced broccoli.
4. Add water and cover tightly, and braise the vegetables for 5 min or until the broccoli is colored and crisp-tender.
5. Remove from heat and stir in nuts.
6. Spread the vegetable mixture over the rice.
7. Spoon the yogurt on top in dollops.
8. Then sprinkle the grated cheese over the vegetable and yogurt.
9. Bake casserole, uncovered, in a preheated 350 degree oven for about 20 mins or until cheese is melted and casserole hot.

Broccoli Salad (From Sister Shirley Morrissey)

Ingredients:

- 1 cup raisin
- 1 ½ cups grapes (halved)
- 1 bunch green onions
- 1 ½ cups celery (chopped)
- 1 bunch broccoli (cut up)
- 9 ounces turkey-ham (cubed)
- ¼ cup pecans (chopped)

Dressing:

- ¼ cup light miracle whip salad dressing
- ¼ cup fat free sour cream
- 2 tablespoons sugar
- 1 tablespoon rice vinegar
- 4 ounces fat free ranch salad dressing

Instructions:

1. Combine the first 7 salad ingredients together.
2. Mix dressing ingredients together and pour over salad mixture.
3. Chill at least one hour before serving

Broccoli Slaw (From Sister Shirley Morrissey)

Ingredients:

- 1 ½ cups shredded broccoli stems (peel the broccoli stems until smooth; shred by hand or in a food processor with a shredder or julienne blade)
- 1 cup shredded carrot
- ½ cup diced red bell and yellow pepper
- ¼ cup balsamic vinegar
- 2 tablespoons olive oil
- 1 tablespoon minced fresh basil
- ½ tablespoon minced fresh oregano
- 1 tablespoon minced scallions
- 2 tablespoons lemon juice
- 1 tablespoon sugar
- ¼ teaspoon salt

Instructions:

1. In a large bowl, combine the first three ingredients.
2. In a blender, combine all remaining ingredients for the dressing.
3. Blend until smooth.
4. Pour the dressing over the slaw and toss well.
5. Serve immediately or refrigerate before serving

Loaded Broccoli Salad (From Anne Niesen)

<https://www.sixsistersstuff.com/recipe/loaded-broccoli-salad/>

Ingredients:

- 4 cups broccoli florets (chopped)
- 2/3 cup shredded carrots
- 1/3 cup diced red onion
- 1 Gala apple (diced)
- 1/2 cup Craisins
- 1/3 cup chopped walnuts
- 4 ounces block sharp cheddar cheese (cubed)
- 8 strips bacon (cooked and crumbled)

Dressing ingredients:

- 1/2 cup light mayonnaise
- 1/2 cup plain Greek yogurt
- 2 tablespoons red wine vinegar
- 1 tablespoon lemon juice (fresh is best)
- 1 tablespoon sugar

Instructions:

1. In a large bowl, mix together broccoli, carrots, onion, apple, Craisins, walnuts, cheese, and bacon. In a smaller bowl, combine dressing ingredients.
2. Gently fold the dressing into the broccoli bowl until all ingredients are coated with dressing. Cover and chill in the fridge for 2 hours before serving.
3. Salad will remain fresh for up to 2 days covered in the fridge.

Spicy Broccoli Flower Salad (From Clare Ellis)

Directions:

1. Purchase or pick a bunch of broccoli flowers (These are common in farmers market during summer and sell for from \$2 to \$3 a bunch)
2. Cut the broccoli bunches apart. It doesn't have to be perfect, including leaves, stalk and flowers.
3. Fill a medium pot or pan with water about half inch high and boil.
4. Once the water starts boiling, drop all the cut broccoli stalks, leaves, flowers, and blanch for about 30 seconds.
5. Turn off the stove and keep turning the broccoli until the color turns bright green and yellow and crispy (use tongs or chopsticks for stirring and turning).
6. Transfer to a strainer and run under cold water to make it crispier, set aside.
7. Slice the following thinly or according to your preference and combine all in a deep bowl
 - Tomatoes (no limits, more tomatoes the better)
 - Ginger (no limits, the more the spicier)
 - Red onions (it's sweeter) or any kind
 - Any hot pepper (optional)
 - Add the blanched broccoli.
 - Drizzle with lemon or lime, according to your taste
 - Add ¼ cup of white vinegar, season with salt.
 - Add ¼ teaspoon of white sugar
 - Add a teaspoon of fish sauce (optional)
8. Mix all together.
9. Chill for few minutes or serve right away

Brussels Sprouts:



Brussels Sprouts Cranberry Pecan Salad in Honey Mustard Vinaigrette

(<https://whatsinthePAN.com/brussels-sprout-cranberry-salad-honey-mustard-vinaigrette/>)



Ingredients:

Salad

- 12 ounces Brussels sprouts
- ½ cup dried cranberries (chopped)
- ⅓ cup pecans (chopped)

Honey Mustard Vinaigrette

- 2 tablespoons red wine vinegar
- 2 tablespoons Dijon mustard
- ¼ teaspoon sea salt
- ⅛ tsp black pepper
- ½ teaspoon garlic powder
- ¼ teaspoon onion powder
- 1 tablespoon honey
- ⅓ cup olive oil

Instructions:

1. **Brussels Sprout Preparation:** Cut off the ends of the sprouts and any browning outer leaves. Shred them in a food processor using the slicing blade or slice them as thinly as possible using a sharp knife. Set aside in a large mixing bowl.
2. **Honey Mustard Vinaigrette:** In a small bowl, first combine the vinegar and Dijon mustard, season with salt and pepper and add garlic and onion powders. Whisk everything together. Next whisk in honey. Now slowly drizzle in the olive oil while whisking the ingredients together. Continue whisking until well incorporated, about 1 minute. The mixture should look thick and creamy, with oil completely mixed in.
3. **Add** chopped cranberries and chopped pecans to the bowl with shredded Brussels sprouts. Drizzle in the **Honey Mustard Vinaigrette** and mix well with a wooden spoon. Serve immediately.

Brussels Sprout and Sweet Potato Vegan Tacos

(<https://www.evolvingtable.com/sweet-potato-vegan-tacos/>)



Ingredients:

- ½ sweet onion (finely diced)
- 1 green bell pepper (finely diced)
- 3 tablespoons olive oil
- 1 pound sweet potatoes peeled (cut into ½-inch pieces)
- 1 pound Brussel sprouts ends trimmed (thinly sliced)
- 2 cloves garlic (crushed)
- 2 tablespoons maple syrup
- 2 teaspoons apple cider vinegar
- 1 teaspoon sriracha sauce or hot sauce
- 1 teaspoon salt
- ¼ teaspoon ground sage
- cilantro (optional)
- pecans coarsely chopped, toasted (optional)
- cheese Mozzarella or dairy-free (optional)
- 8 cassava flour tortillas or other gluten-free tortillas

Instructions:

1. In a large skillet over medium heat add 2 tablespoons olive oil, onion, and bell pepper. Sauté for 2-3 minutes or until onions begin to become slightly translucent.
2. Add additional olive oil and sweet potatoes. Sauté for 6-8 minutes.
3. Add Brussel sprouts and cook for 3-4 minutes covered, or until Brussel sprouts are almost tender.
4. While vegetables are cooking whisk together garlic, syrup, vinegar, sriracha sauce, salt, and ground sage in a medium-sized bowl.
5. Add sauce to skillet, making sure to scrape the bottom of the pan to loosen up any bits. Cook for 2-3 minutes or until potatoes and sprouts are completely cooked.
6. Serve in a cassava flour tortilla or other Paleo tortilla with pecans, dairy-free cheese, and cilantro. Enjoy!

Cabbage:



Golumpki-Stuffed Polish Cabbage

(<https://foodfolksandfun.net/golumpki/>)



Ingredients:

- 1 large green cabbage

GOLUMPKI FILLING:

- 1 pound lean ground beef
- ½ pound ground pork
- ½ small yellow onion (grated)
- 4 large garlic cloves (grated)
- 1 tablespoon grated lemon peel from 1 lemon
- 1 large egg (beaten)
- 2 cups cooked rice

TOMATO SAUCE:

- 1 tablespoon extra virgin olive oil
- ½ small yellow onion (grated)
- 3 large garlic cloves (grated)
- 28 ounces crushed tomatoes
- ½ cup water
- 1 teaspoon salt
- ¼ teaspoon black pepper

FOR SERVING:

- chopped fresh dill (optional)

Instructions:

BOIL CABBAGE:

1. Remove the stalk from the bottom of the cabbage head.
2. Place the cabbage in a large pot filled with 12 cups of water. Cover and place over high heat.
3. Bring to a boil and then reduce the heat to medium. Continue to cook until the cabbage leaves become bright green and pliable, about 3-5 minutes. The leaves should not be limp, they should hold their shape.
4. Remove cabbage from water and place on a cutting board until it's cool enough to handle.

MAKE FILLING:

In a large bowl combine ground beef, pork, onion, garlic, grated lemon peel, egg, and rice. Place in refrigerator until ready to use.

MAKE TOMATO SAUCE:

In a medium pot over medium heat add oil. Once simmering, stir in grated onion and cook, stirring frequently, for 2 minutes. Then, add garlic and cook until fragrant, about 30-60 seconds. Pour in crushed tomatoes, water, salt, and pepper and increase heat to high. Once bubbling, reduce heat to low and simmer tomatoes for 15 minutes.

PREPARE CABBAGE LEAVES:

Once the cabbage has cooled, remove the leaves from the cabbage head. Using a paring knife, cut the thick stem or membrane from the back of each leaf. Be careful not to cut through the leaf.

PREP OVEN AND BAKING DISHES:

Move oven racks to upper-middle and lower-middle positions. Preheat oven to 350 degrees F. You will need a 9x13-inch baking dish and a smaller, 2-quart baking dish for this recipe. Spread $\frac{3}{4}$ cup of sauce in the bottom of a 9x13-inch dish and $\frac{1}{2}$ cup sauce in the bottom of the 2-quart baking dish.

STUFF & ROLL CABBAGE LEAVES:

Place 2 tablespoons of filling on the bottom half of a cabbage leaf. Fold up the bottom part of the cabbage leaf. Then, fold in the sides. Next, roll forward until the cabbage leaf completely covers the filling. Repeat with remaining cabbage leaves and filling. Place the stuffed cabbage leaves into prepared pans in neat rows. Pour the remaining sauce evenly over the cabbage rolls.

BAKE:

Bake for 50-60 minutes, rotating pans halfway through baking. Place pans on a wire rack and cool for 10 minutes. Sprinkle with chopped fresh dill (optional) and serve.

Notes

Note from a reader:

If you throw the head of cabbage in the freezer for a few days until it's frozen solid and then thaw it, the leaves are pliable and you can stuff them easily without boiling the leaves.

Parmesan Roasted Cabbage with Pine Nuts

(<https://www.callmepmc.com/parmesan-roasted-cabbage-with-pine-nuts/>)



Ingredients:

- 1 cabbage
- 1/4 cup pine nuts
- 1 teaspoon salt
- 1 teaspoon pepper
- 2 tablespoons grated parmesan cheese

Instructions:

1. Wash cabbage and slice into 1-inch thick slices.
2. Place on a sheet tray and sprinkle salt, pepper, pine nuts, and parmesan over the top.
3. Roast at 425 degrees Fahrenheit for 30 minutes.
4. Serve immediately.

Carrots:



Brown Rice Casserole (From Sister Shirley Morrissey)

Ingredients:

- 5 cups brown rice (cooked)
- 10 ounces tofu (½ inch cubed)
- 1 ¼ large onions (chopped)
- 2 ½ medium carrots (chopped)
- 2 ½ stalks celery (chopped)
- 2 ¼ green pepper (chopped)
- 2 ½ medium zucchini or other summer squash (chopped)
- 7 ½ ounces mushrooms (quartered)
- 1 ¼ tablespoons olive oil
- 1 ¼ tablespoon butter
- 3 ¾ cloves garlic (minced)
- 1 ¼ teaspoons ground cumin seeds
- 1 ¼ teaspoons salt
- 1 ¼ cups vegetable stock or water
- 7 ½ ounces cheddar cheese (grated)
- pepper to taste
- fresh herbs: thyme, marjoram, parsley, or cilantro, for garnish

Instructions:

1. Cook the rice. Drain the tofu. Chop the onion, carrots, celery, pepper, zucchini, and the mushrooms. Cube the tofu.
2. Heat the oil and the butter and fry the onions until lightly browned, about 5 mins. Add the garlic, cumin, and salt. Stir until blended and cook for 1 min; then add the carrots, celery and green pepper. Add ½ cup of the liquid cover the pan and braise the vegetables until they have begun to soften about 5 mins. Then add the zucchini and the mushrooms and cook another 7 to 10 mins. The vegetables should be nearly, but not completely cooked. If the pan gets dry while they are cooking add a little more liquid
3. Preheat the oven to 350 degrees. Combine the vegetables with the rice and the cheese. Season with salt and plenty of freshly ground black pepper. Gently mix the tofu and put the whole mixture into an oiled casserole and add a little more liquid to moisten. Cover the casserole and bake for 1.2 hour. Remove the foil and bake another 15 mins

Roasted Carrot Soup

(<https://www.aline-made.com/roasted-carrot-soup/>)



Ingredients:

Roasted Vegetables

- 1 lb carrots (peeled & cut into 1-inch chunks)
- ½ cup cherry tomatoes
- 1 orange (peeled & quartered)
- 1 onion (peeled & quartered)
- 2 cloves garlic (peeled & crushed)
- ½ lemon, only juice
- 1 tablespoon olive oil
- ½ tablespoon chipotle in adobo sauce
- 1 teaspoon salt
- 1 teaspoon ground paprika
- 1 teaspoon ground cumin
- ¼ teaspoon black pepper
- ¼ teaspoon ground nutmeg

Soup

- 2 cups vegetable broth
- ½ cup cashew milk, or another plant-based milk

Croutons

- 1 tablespoon olive oil
- 2 slices bread (cut into ½-inch cubes)
- ½ teaspoon dried Italian herbs

Instructions:

Roasted Vegetables

- Preheat the oven to 400°F.
- Place all the ingredients into a large baking dish and toss well. Roast it for 30 minutes in the preheated oven, stirring every 10 minutes.
- Take it out of the oven and let it cool for 15 minutes.

Soup

- Place the slightly cooled roasted vegetables with the vegetable broth and cashew milk in a blender and blend until smooth. Season with more salt and pepper if desired.
- The soup should have the perfect serving temperature. If you prefer your soup very hot, heat it up in the microwave or in a large pot over the stove before serving.

Croutons

- Heat a skillet with olive oil.
- Add the bread cubes and Italian herbs and roast for 5 minutes, stirring occasionally, until golden.
- Set aside and serve with the soup.

Cauliflower:



Buffalo Cauliflower Wings

(<https://bromabakery.com/buffalo-cauliflower-wings/>)



Ingredients:

- 1 head of cauliflower (cut into florets)
- $\frac{3}{4}$ cup flour
- 1 teaspoon ground paprika
- 1 teaspoon onion powder
- 1 teaspoon garlic powder
- 1 teaspoon salt
- $\frac{3}{4}$ cup buttermilk
- 2 tablespoons butter (melted)
- $\frac{1}{3}$ cup buffalo sauce

Instructions:

1. Preheat the oven to 375°F and line two baking sheets with parchment paper. Set aside.
2. In a large bowl, combine the spices, salt, and the flour. Add the buttermilk and stir until combined. The mixture should be pretty thick!
3. Add the cauliflower florets to the batter, coating each piece evenly in the buttermilk mixture. Place the coated cauliflower on the prepared baking pans, leaving room between each piece so the air can circulate around them.
4. Bake for 20 minutes and then flip the cauliflower over to its other side to get an even bake. Bake for another 20 minutes on the other side!
5. While the cauliflower bakes, make the buffalo sauce. Combine the buffalo sauce with the melted butter and whisk to combine.
6. When the cauliflower is done, add the florets into the bowl the hot sauce mixture is in. Toss to combine and enjoy!

Cauliflower Pizza Crust

(<https://ifoodreal.com/cauliflower-pizza-crust/>)



Ingredients:

- 1 medium head of cauliflower (6" – 7" wide or 2.5–3 lbs) or 4-5 cups of store bought cauliflower rice
- 1 large egg
- 1 teaspoon Italian seasoning or dried oregano/basil
- 1/8 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1/2 cup parmesan or mozzarella cheese (grated/shredded)
- Cooking spray

Instructions:

1. **Prep:** Preheat oven to 375 degrees F and line baking sheet with unbleached parchment paper or silicone mat.
2. **Make "rice":** Rinse cauliflower, remove the outer leaves, separate into florets and chop into smaller pieces. Process in a food processor in 2 batches, until "rice" texture forms (skip if using store-bought "rice").
3. **Cook "rice":** Transfer cauliflower rice on a prepared baking sheet and bake for 15 mins. Remove cooked cauliflower rice from the oven, transfer to a large bowl lined with a double/triple layered cheesecloth or linen towel, and let cool for 10-15 minutes or until safe to touch.
4. **Squeeze:** Then squeeze the liquid out of the ball (cauliflower inside the cheesecloth) as hard as you can. Be patient and do this a few times until barely any liquid comes out. Muscle work.:)
5. **Make dough:** Increase oven temperature to 450 degrees F. In a medium mixing bowl whisk the egg with dried herbs, salt and pepper for 10 seconds. Add cheese and squeezed cauliflower; mix very well with spatula until combined.
6. **Form crust:** Line same baking sheet with new parchment paper or silicone mat (just make sure to scrape off any bits of cauliflower) and spray with cooking spray. Transfer cauliflower pizza dough in the middle and flatten with your hands until thin pizza crust forms. Make it thicker than in my video, I made it a bit too thin.

7. **Bake crust first:** Bake for 20 minutes, carefully flip with spatula and bake for a few more minutes.
8. **Bake pizza with toppings:** Top cauliflower pizza base with your favorite toppings and bake again until cheese on top turns golden brown.
9. **Enjoy!** Cut into 8 slices with a pizza cutter and finally enjoy!

Store: Refrigerate leftovers covered for up to 2 days.

Freeze: Bake, cool and wrap in plastic wrap. Or place in a resealable extra large Ziploc bag. Freeze for up to 3 months. Thaw completely before baking with toppings.

Celery:



Spicy Pickled Celery Sticks

(https://www.rebootedmom.com/spicy-pickled-celery-sticks/?utm_medium=social&utm_source=pinterest&utm_campaign=tailwind_tribes&utm_content=tribes&utm_term=992353912_44773202_270583)



Ingredients:

- 2 cups white vinegar
- ⅓ cup sugar
- 1 tablespoon salt
- 3 garlic cloves (smashed)
- 1 tablespoon mustard seeds
- 1 teaspoon red chili flakes
- 1 tablespoon black peppercorns
- 8 celery stalks (peeled and cut into pieces)

Instructions:

1. Bring the vinegar, sugar and salt to a boil in a small saucepan until the sugar and salt are dissolved.
2. Add the mustard seed, chili flakes and peppercorns and simmer an additional 5-7 minutes.
3. Cut the celery stalks into 4-5" pieces and pack into the jar along with the garlic.
4. Pour the vinegar brine over the contents of the jar, make sure all of the pieces are submerged in the brine. Cover the jar and allow to cool completely before refrigerating.
5. As the spicy celery stalks cool, you may have to shake the jar to distribute the spices and brine.

Celery Soup

(<https://www.theendlessmeal.com/celery-soup/>)



Ingredients:

- 2 tablespoons butter (olive oil for vegan, ghee for Whole30)
- 1 medium onion (chopped)
- 4 garlic cloves (chopped)
- 8 cups chopped celery, about 12 stalks
- 1 pound potatoes (peeled and diced)
- 4 cups chicken or vegetable stock
- Optional ½ cup parsley (for color)
- sea salt and pepper, to taste
- to serve: dill and sour cream

Instructions:

1. Heat the butter in a large pot over medium-high heat. Add the onion and let it cook for 3 minutes. Add the garlic and cook for 1 minute more.
2. Add the celery, potatoes, and stock to the pot and bring it to a boil. Reduce the heat, cover the pot, and simmer for 15 minutes, or until the potatoes and celery are soft.
3. Add the parsley to the pot (if using) then blend the soup either with an immersion blender or in small batches in your blender. Season to taste with salt and pepper.

Chives (garlic):



Compound Garlic Chive Butter

(<https://ciaoflorentina.com/compound-garlic-chive-butter-recipe/>)



Ingredients:

- 1/3 cup fresh onion chives (snipped)
- 2 sticks organic grass fed butter (salted)
- 2 chive flowers (the purple ones)
- 1 clove grated garlic (optional)

Instructions:

1. Bring the butter to room temperature until softened. Do NOT microwave!
2. Rinse and dry the chives very well on paper towels. Use the kitchen shears to snip them into small pieces.
3. Add the softened butter, snipped chives and grated garlic if using to a mixing bowl. Use a spatula to combine everything. Separate the tiny blossoms from the chive flowers and gently mix them into the butter as well.
4. Spoon onto a sheet of parchment paper and fold the paper over into a cylinder. Twist the ends to seal tight.
5. Wrap the herb butter again in some plastic wrap and refrigerate until solid.
6. At this point you can use within 3 weeks or freeze for later use.

Buchujeon Garlic Chive Pancakes

(<https://www.koreanbapsang.com/buchujeon-garlic-chive-pancakes/>)



Ingredients:

- Makes 2 large pancakes or 6 small ones
- 1 cup Korean pancake mix (buchimgaru or simply use all purpose flour or gluten free flour with 1/2 teaspoon salt
- 3 ounces garlic chives buch
- ¼ medium onion
- 1 teaspoon soup soy sauce or regular soy sauce or fish sauce

Optional Spicy Version

- 1 cup Korean pancake mix buchimgaru
- 3 ounces garlic chives buch]
- ¼ medium onion
- 1 tablespoon gochujang Korean chili pepper paste

Dipping Sauce

- 1 tablespoon soy sauce
- 1 teaspoon vinegar
- 1 tablespoon water
- ½ teaspoon sugar
- pinch of black pepper

Instructions:

1. Cut the garlic chives into about 2-inch length pieces. Thinly slice the onion.



2. Add the pancake mix to a large bowl. Stir in 1 cup of icy cold water and the soy sauce (or gochujang for the spicy version) and mix lightly. The batter should be thin.



3. Mix in the garlic chives and onion.
4. Heat one tablespoon of oil in a non-stick pan over medium heat. Ladle the mixture into the pan, and spread it evenly into a thin round shape. Cook until the edges turn light golden brown, about 2 to 3 minutes. Reduce the heat to medium low if the pancake browns too quickly. Turn it over, adding more oil to the sides of the pan, and press it down with a spatula. Cook until the other side is light golden brown, about 2 minutes.
5. Repeat the process until there is no remaining batter and the optional spicy version. Serve with a dipping sauce



Chives (onion):



Onion and Chive Bread

(<http://pattietierney.blogspot.com/2018/03/onion-chive-bread.html>)



Ingredients:

- 4 cups bread flour
- 2 teaspoon kosher salt
- 1 teaspoon active dry yeast
- 3 tablespoon dried minced onion
- 1½ tablespoon dried chives
- 2 cups room temperature tap water
- 1 tablespoon melted butter, for topping
- 1 teaspoon flaky sea salt (for topping)

Instructions:

1. In a medium-large bowl, whisk together flour, salt, yeast, onion, and chives. Make a well in the center and add the water. Mix with a sturdy rubber spatula or wooden spoon (I used the latter) until all flour is incorporated. Don't worry, the dough will be wet and sticky, that's how it should be.
2. Cover the bowl with plastic wrap and leave to rise at room temperature overnight, or for up to 12 hours.
3. The following morning (or after 8 to 12 hours), the dough will have risen. It may still look shaggy, and its surface will be covered with bubbles. Line a sheet pan with parchment paper; set aside.
4. Spread a generous 1/4 cup of bread flour onto a work surface. Dump dough onto the floured surface and turn it several times to coat. Knead for one minute, adding more flour to the work surface as needed.
5. Divide the dough into two or three fairly equal portions, turning each in the flour to coat. Shape each piece into a ball, pulling edges under and pinching together to make a smooth top. Place loaves on prepared pan, smooth side up. Brush each loaf all over with melted butter, and sprinkle generously with sea salt.
6. Preheat the oven to 425° F. Allow bread to rise for about 20 minutes while the oven is preheating. Transfer the pan to the oven, and bake for 23 to 28 minutes or until nicely golden. Transfer to a rack to cool completely.

Onion and Chive Mixed Nuts

(<https://healthylittlepeach.com/onion-chive-mixed-nuts/>)



Ingredients:

- 3 ½ cups mixed unsalted nuts (pecans, cashews, pistachios, almonds and hazelnuts)
- 1 ½ tbsp olive oil
- 1 teaspoon garlic powder
- 1 tablespoon dried chives
- 2 teaspoon onion powder
- 1 teaspoon salt (or more to taste)

Instructions:

1. Preheat oven to 350 degrees F. Line baking sheet with parchment paper.
2. In a large mixing bowl add 3 1/2 cups of mixed nuts (a blend of cashews, pecans, hazelnuts, pistachios, and almonds along with the olive oil and seasoning. Mix together until evenly combined.
3. Place the coated mixed nuts on the parchment paper.
4. Bake 10-12 minutes or until golden brown. All ovens cook differently, so make sure to keep an eye on the mixed nuts so they don't burn. Remove pan from oven and allow to cool before serving. for (If desired sprinkle a pinch of salt over all the nuts right when they come out of the oven.).

Cilantro:



Cilantro Lime Dressing

(<https://exploringhealthyfoods.com/cilantro-lime-dressing/>)



Ingredients:

- 1 ½ cups fresh cilantro leaves (stems removed)
- ½ cup plain greek yogurt (0% milk fat)
- ¼ cup olive oil
- 2 garlic cloves
- Juice from 1 lime
- Pinch of salt

Instructions:

1. Add all ingredients to the food processor or blender and pulse until all ingredients are well combined.

Cilantro Jalapeno Hummus

(<https://www.kimscravings.com/a-trader-joes-copycat-recipe-cilantro-jalapeno-hummus/>)



Ingredients:

- 2-3 jalapeños, seeded or unseeded depending on the amount of spice you like (I use 3 jalapeños that have most seeds removed and find that the hummus just has a little kick, it's not overly spicy.)
- 3 garlic cloves
- a generous handful of fresh cilantro leaves (about 1 cup)
- 1 (15 oz) can chickpeas (garbanzo beans), drained and rinsed RESERVE liquid
- ¼ cup fresh lemon juice (about 1 lemon juiced)
- 3 tablespoons tahini
- ½ -1 teaspoon salt + more to taste as needed
- ¼ cup reserved liquid from canned chickpeas (or use water)

Instructions:

1. Add all ingredients to the bowl of food processor. Process until very smooth, about 2 minute. Taste and adjust seasoning. If hummus is too dry and/or chunky, add about 1/4 cup liquid from the canned chickpeas or add water. Process again. Transfer hummus to a serving bowl and enjoy.
2. Store in a tightly sealed container in the fridge for up to 2 weeks.

Corn (sweet):



Grilled Mexican Sweet Corn Salad

(<https://www.joyfulhealthyeats.com/best-mexican-street-corn-salad-recipe/>)



Ingredients:

- 7 ears of sweet corn (shucked)
- 1 roasted red pepper (diced)
- ¼ cup chopped fresh cilantro
- ¼ cup diced green onion
- ⅔ cup crumbled cotija cheese
- 1 cup low sodium black beans (drained and rinsed)

Chili Lime Cream Sauce:

- 2 tablespoons mayonnaise
- 3 tablespoons plain yogurt
- 4 tablespoons lime juice
- ½ teaspoon smoked paprika
- ½ teaspoon chili powder
- ¼ teaspoon chipotle chili powder
- salt & pepper

Instructions:

1. Preheat grill to medium high heat, about 375-400°F.
2. To a small bowl add mayo, plain yogurt, lime juice, smoked paprika, chili powder, chipotle chili powder, salt and pepper. Whisk until combined and smooth. Set aside.
3. Place corn directly on grill and grill each side for 3-4 minutes or until it's slightly charred on all sides. Remove from grill. Once corn has cooled down, slice the corn off the cob and into a large bowl.
4. To the large bowl of corn add roasted red pepper, fresh cilantro, green onion, cotija cheese, black beans and chili lime cream sauce.
5. Using a spoon gently toss to coat everything with the sauce and serve.

Sweet Corn Fritters

(<https://www.busycooks.net/fresh-corn-fritters/>)



Ingredients:

- 3 cups sweet corn kernels (4 ears of corn)
- ½ cup all-purpose flour
- 2 tablespoons chopped cilantro
- 1 teaspoon coarse kosher salt
- 1 teaspoon black pepper
- 2 large eggs (beaten)
- Vegetable, or canola oil for frying

Instructions:

- In a medium bowl, mix together corn, flour, cilantro, salt and pepper until well combined.
- Add beaten eggs and mix well.
- Heat a large skillet over medium high heat. (*I use 12-inch nonstick skillet pan.*) Add oil enough to cover the bottom of the pan and heat it until nice and hot.
- Drop about 6 fritters into the hot skillet, about ¼ cup of corn mixture for each fritter, and flatten them a bit.
- Cook the fritters until golden brown, about 2 minutes. Using a spatula, flip the fritters and cook for another 2 minutes, or until golden brown.
- Transfer fritters onto baking sheet lined with wire rack. Repeat with the remaining mixture.
- Serve immediately. If not serving immediately, keep the fritters warm in oven at 200°F so that the texture stays nice and crisp on the outside.

Cucumbers:



Creamed Cucumber Special (Sister Lucy Slinger)

Ingredients:

- 2 Japanese type cucumbers
- 4 potatoes

Instructions:

1. Peel potatoes and make them into “mashed potatoes” using your favorite recipe
2. Peel and thinly slice the cucumbers. Allow them to sit in salt water until they are wilted (about 30 minutes in 1 tsp of salt/cup of water).
3. Drain off salt water and add about ½ cup of sour cream.
4. Put over mashed potatoes and enjoy.

Cucumber Chips With Sea Salt and Vinegar

(https://reusegrowenjoy.com/how-to-make-cucumber-chips-with-salt-vinegar/?utm_medium=social&utm_source=pinterest&utm_campaign=tailwind_tribes&utm_content=tribes&utm_term=776429612_31165950_507472)



Ingredients:

- 2 small cucumbers
- 1 tablespoon avocado oil
- 1 tablespoon vinegar
- ¼ teaspoon salt

Instructions:

1. Wash cucumbers well.
2. Slice the cucumbers thin. You want them to be thin but not so thin that they are see-through. Make sure they are all about the same size thickness so they all dehydrate evenly at the same time.
3. In a large bowl add oil, salt, and vinegar and mix around. Coat each piece lightly with mixture.
4. Put pieces on the dehydrator racks. Make sure they do not overlap each other or they will not dry right. Put top on.
5. Dehydrate for 7-10 hours at 130 degrees until crispy.

Recipe Notes

Oven Directions:

Place the pieces on a lined cookie sheet (can use a silicone baking mat) and bake on 175°F for about 3 to 4 hours until crispy.

Currants:



Red Currant Jam

(<https://www.lordbyronskitchen.com/red-currant-jam/>)



Ingredients:

- 6 cups red currants
- ¼ cup lemon juice
- 1 ½ cups sugar

Instructions:

1. Toss all ingredients in a medium-sized, deep saucepan and turn the heat to medium until the mixture begins to bubble. Then, reduce the heat to simmer and stir.
2. Allow mixture to cook and the berries to naturally break down. Be sure to stir every 20 minutes or so, even more frequently when the jam begins to thicken.
3. When the jam has reached the consistency you desire, carefully pour hot jam into clean and sterile mason jars.
4. Being sure the rim of the jar is clean and jam-free, wipe the lid with a damp cloth, place on the seal and tighten the lid until a slight resistance is met.
5. Carefully place the jar on a kitchen towel where the jar will not be disturbed for twelve hours.
6. Once the jam begins to cool, the seal will create a popping sound, assuring you that the jar is sealed.
7. Refrigerate for immediate use or store in a cool dry place for up to 12 months.

Red Currant and Banana Muffins

(<http://www.heavenlynnhealthy.com/red-currant-and-banana-muffins/>)



Ingredients:

- 1 cup rolled oats
- 1 ¼ cup buckwheat flour
- ¾ cup almonds
- 2 ripe bananas
- ¼ cup apple purée
- ½ cup sparkling water
- 2 tsp baking soda
- 2 tsp apple cider vinegar
- ¼ cup almond milk
- ¾ cup maple syrup
- 1 cup red currants
- a pinch of salt

Notes:

If you're allergic to nuts, then simply replace the almonds with the same amount of buckwheat flour or oats. I haven't tried it with sunflower seeds, but they might work as well.

– If you don't have a food processor, you can use ground almonds instead and replace the oats with more buckwheat flour. Then you can simply pour all the ingredients into a big bowl and stir with a spoon or spatula.

– If you don't like or have almond milk in the house, you can use any kind of plant milk instead. Oat, hazelnut, cashew milk are all fine. I'm just not a big fan of soy milk.

Instructions:

1. Start by preheating the oven to 350°F.
Place the oats and almonds into your food processor and pulse them for a couple of seconds until a nice flour forms.
Then add the bananas, buckwheat flour, apple purée, almond milk and maple syrup and blend until smooth.
Now add the sparkling water, baking soda, salt and apple cider vinegar and blend again for a few seconds.
2. Pour the batter into a bowl and pour in the washed red currants (be sure to remove the stems completely). Using a spatula, carefully mix them with the dough.

3. Finally, using a spoon, transfer the batter into muffin trays. Be sure to grease them with coconut oil or vegetable oil if the trays are not non-sticky.
4. Bake the muffins for about 45-50 minutes until you can stick a knife out of the center of it clean.

Take them out of the oven and let them cool down completely before removing them from the tray.

Eggplant:



Italian Eggplant (From Sister Anita Beskar)

Originally in the Betty Crocker Cookbook

Ingredients:

- 2 cups cooked noodles
- 2 cups tomatoes
- 1 cup green pepper (thinly sliced)
- flour
- salt
- pepper
- 1-2 eggplants (peeled)
- ½ cup beef broth
- sharp cheddar cheese (grated)
- butter
- wheaties or cracker crumbs

Instructions:

1. Preheat oven to 350 degrees.
2. Place cooked noodles and cut up tomatoes in separate layers in a 2 quart casserole dish, sprinkling each layer with flour, salt and pepper.
3. Add green peppers, distributing evenly.
4. Cover with cut up eggplant slices.
5. Pour beef broth over the top.
6. Sprinkle with grated cheese and more flour, salt and pepper.
7. Dot with butter.
8. Top with Wheaties or cracker crumbs.
9. Bake for about 1 hour at 350 degrees.

MARINATED EGGPLANT (appetizer) (From Sister Sharon Berger)

Instructions

1. Peel eggplant and cut into thin slices.
2. Lay on paper towels and sprinkle with salt. Leave for several hours or overnight.
3. In a flat pan bring to a boil 2 cups cider vinegar and $\frac{3}{4}$ cup water.
4. Place several slices in and turn over and over for 2-3 minutes.
5. Drain in a strainer and then lay flat on a tray.
6. Sprinkle with garlic and oregano and press in.
7. Fill sterilized jars $\frac{1}{4}$ full with olive oil and layer eggplant and a bit of hot pepper.
8. Fill jar $\frac{1}{4}$ full with olive oil.
9. Store in refrigerator.
10. Serve on bread or crackers.

EGGPLANT DIP (From Sister Sharon Berger)

Ingredients:

- 1 large eggplant 2 medium tomatoes (peeled)
- ½ cup olive oil 1 clove garlic (minced)
- 1 onion – chopped 1 red pepper (chopped)
- 1 tablespoon lemon juice
- 1 tablespoon chopped fresh basil (or other seasoning)
- 1 teaspoon salt
- 1 teaspoon fresh hot pepper or dash of cayenne

Instructions:

1. Bake eggplant whole at 400 degrees for 50-60 minutes until soft. Let cool, peel, cut into big chunks. Place into a food processor with tomatoes and coarsely chop.
2. Saute onion, garlic, and pepper in olive oil. Cool and add to eggplant mixture along with seasonings. Chill overnight.

EGGPLANT PAPOUTZAKIA (from Barbara Kingsolver) (From Sister Sharon Berger)

Instructions:

1. Slice (about ½ inch thick) unpeeled eggplant (about 2 pounds) length-wise and saute lightly in olive oil. Remove from skillet and arrange in a baking dish.
2. Chop 2 medium onions and garlic to taste and saute in olive oil.
3. Add 2 large tomatoes diced, 2 teaspoons nutmeg, salt, and pepper to taste.
4. Mix and heat briefly.
5. Spread over eggplant and sprinkle with 6 ounces grated mozzarella.
6. Bake at 350 for 20 minutes, until golden on top.
7. Serve over spaghetti or other pasta.

Eggplant Parmesan (From Sister Shirley Morrissey)

Ingredients:

- 1 medium size eggplant
- 1 ½ cups tomato sauce
- 1 cup grated mozzarella cheese
- ½ cup parmesan cheese grated
- 2 ½ cups crushed whole wheat crackers
- 2 eggs
- ¼ cup milk
- ½ cup whole wheat flour
- 1 teaspoon salt
- dash of pepper
- ¼ teaspoon oregano

Instructions:

1. Prepare three bowls for dipping eggplant slices
 - First: ½ cup whole wheat flour and ½ tsp. Salt
 - Second: 2 eggs. Slightly beaten and ¼ cup milk
 - Third: 2 ½ cups cracker crumbs, 1/2 tsp. Salt, pepper and oregano
1. Preheat oven to 350 degrees
2. Cut eggplant 1/4 -inch rounds. Dip slices in each mixture in turn coating completely
3. Layer in 9" x13" glass dish (slices may overlap but should not cover each other completely). Sprinkle each layer with tomato sauce and parmesan cheese. Cover tightly and bake for 30 to 45 minutes or until fork pierces middle slices easily.
4. Top with mozzarella and remaining parmesan. Return uncovered to oven just until cheese melts.

Figs:



Bacon Fig Pizza

(<https://southerndiscourse.com/bacon-fig-pizza/>)



Ingredients:

- 2 mini prepared pizza crusts or flatbread
- olive & garlic powder
- 6 slices bacon (rough chopped)
- 6-8 dried (or fresh) figs (sliced)
- 3 tablespoons fig preserves
- 2-3 tablespoons goat cheese crumbles
- 2 tablespoons shaved Parmesan
- cracked black pepper
- balsamic glaze (optional)

Instructions:

1. Preheat oven to 425° Fahrenheit.
2. Brush flatbread or pizza crusts with olive oil and lightly sprinkle with garlic powder. Place in preheated oven for 5-8 min until lightly browned and crisped.
3. While pizza crusts are in the oven, cook bacon. Rough chop bacon after cooking.
4. To assemble pizzas, use the back of a spoon to create a thin layer of fig preserves on pizza crusts, leaving about 1/2" around the edges. Place bacon and dried figs on top of the preserves. Top with goat cheese crumbles and shaved Parmesan.
5. Put back in 425° oven for another 5-8 minutes until cheese is melted. Remove from oven and add black pepper. Drizzle with balsamic glaze if desired.

Fig Mascarpone Cream Torte

(<https://theseasidebaker.com/fig-mascarpone-cream-tart/>)



Ingredients:

For the Crust

- 1 ½ cups graham cracker crumbs
- 1 tablespoon granulated sugar
- ⅓ cup butter (melted)

Mascarpone Filling

- 1 cup half-and-half
- 1 large egg
- 1 large egg yolk
- ¼ cup light brown sugar (firmly packed)
- 3 tablespoons cornstarch
- ¾ cup mascarpone cheese (room temperature)
- 1 teaspoon vanilla extract
- 6-8 figs (cut in half)
- 1 teaspoon honey (for garnish)
- Pistachios (for garnish)

Instructions:

1. Grease 9 inch tart pan or 9 inch springform pan with nonstick cooking spray.
2. Mix together graham cracker crumbs, sugar, and melted butter.
3. Press crust mixture into the bottom and sides of the pan.
4. In a medium pan, bring half-and-half to a boil over medium heat.
5. In a medium bowl, whisk together egg, egg yolk, brown sugar, and cornstarch. Gradually add milk mixture to egg mixture, whisking constantly. Return mixture to pan, and cook over medium heat, whisking constantly, until thickened.
6. Stir in vanilla extract.
7. Place mascarpone in a large bowl. Strain pastry cream through a fine-mesh sieve over mascarpone, using a spoon to push cream through. Let stand for 30 seconds; stir to combine.
8. Pour filling into prepared crust and refrigerate for at least 2 hours or up to overnight.
9. Garnish with sliced figs, drizzled honey, and pistachios.
10. Slice and serve.

Garlic:



Mustard Garlic Sauce

(<https://www.chefnotrequired.com/double-mustard-and-garlic-sauce/>)



Ingredients:

- $\frac{2}{3}$ cup salted butter
- 1 garlic clove (crushed)
- $\frac{3}{4}$ tablespoon finely chopped fresh chives
- 2 teaspoon dijon mustard
- 2 teaspoon french mustard

Instructions:

1. Place the butter in a microwave safe jug, microwave for 50 to 60 seconds or until melted.
2. Add garlic, chives, dijon mustard and french mustard then whisk with a fork for about 2 - 3 mins until sauce is thick and creamy.

Pickled Garlic

(<https://www.imperfectlyhappy.com/pickled-garlic-recipe/>)



Ingredients:

- Pint size canning jar with lid
- Peeled garlic cloves (washed and air dried)
- $\frac{1}{2}$ – $\frac{3}{4}$ cup of white vinegar (also good with apple cider vinegar)
- 1 tablespoon of kosher salt
- Add in pickling spices to your taste (I don't always do this)

Instructions:

1. Fill the canning jar with the peeled garlic cloves with about a inch of space from the top.
2. Pour your vinegar over the garlic.
3. Add in the tablespoon of kosher salt and any pickling spices you want to use.
4. Put the lid on securely and give the jar a shake to get the salt mixed in.
5. Let it sit in the refrigerator for 1 – 2 weeks before you start using it. The longer it sits, the more mellow the garlic flavor will be when you use it.
6. This jar should keep in the refrigerator for a few months, if it lasts that long.

Garlic Scapes:



Garlic Scapes & Pesto (From Sister Lucy Slinger)

Ingredients:

- 1 cup grated parmesan cheese
- 3 tablespoons fresh lime or lemon juice
- ¼ pound scapes (about 2 large handful bunches)
- 1-2 tablespoons pine nuts/walnuts
- ½ cup olive oil
- salt to taste – be to use sea salt but remember if you are freezing the salt taste will intensify

Instructions:

1. Wash scapes cutting off blossom head part and chopping into 1/4' or less pieces of the remaining tender part of the stem.
2. Puree scape pieces (about 2 cups) in a food processor or blender.
3. Add olive oil, citrus juice, nuts, and cheese to the pureed scapes.
4. Blend or mix until smooth. Salt to taste.
5. This can be enjoyed fresh or frozen. If freezing it is best to add an extra bit of oil over the top of the filled jar to prevent freezer burn. You can also freeze in ice cube trays, wrap in plastic wrap and store in a large jar in the freezer. Using a jar prevents other things from absorbing a garlic taste.

Potato Garlic Scape Soup

(https://itsavegworldafterall.com/wprm_print/11356)



Ingredients:

- 2 tablespoons olive oil
- 1 ½ cups garlic scapes roughly sliced; about 3 bunches or 20 scapes
- 1 sweet onion (diced)
- 4 cups white potatoes (diced; about 8-10 mini potatoes or 1-2 russet potatoes)
- ¼ teaspoon salt
- ½ teaspoon black pepper
- 4 cups vegetable stock
- ¼ cup sour cream or plain Greek yogurt
- Fresh herbs for serving (dill or chives taste great)

Instructions:

1. Heat olive oil in a large pot over medium heat. Add the sliced garlic scapes and diced onion. Cook, stirring occasionally, for 5-7 minutes or until the onion is tender.
2. Add the diced potatoes, salt, pepper, and vegetable stock. Increase heat and bring to a boil. Cover and turn down heat to a low boil/simmer. Cook for 15-20 minutes, or until the potatoes are fork-tender.
3. Turn off heat and use an immersion blender to blend the soup. If you do not have an immersion blender, transfer the soup in batches (very carefully) to a regular blender and blend until smooth.
4. Stir in the sour cream or yogurt and mix until melted. Ladle the soup into bowls and top with a generous portion of fresh herbs, such as dill or chives. Enjoy warm!

Gooseberries:



Gooseberry Jam

(<https://practicalselfreliance.com/gooseberry-jam/>)



Ingredients:

- 1 pound gooseberries (about 3 cups)
- $\frac{3}{4}$ to 1 pound sugar (1 $\frac{1}{2}$ to 2 cups)
- $\frac{1}{4}$ cup water
- 1-2 tablespoons lemon juice (optional)

Instructions:

1. Clean the gooseberries by removing their tops and tails.
2. Place the cleaned gooseberries into a pot with the water and lemon juice. Bring them to a boil over medium-high heat, and cook until they've disintegrated (about 5 minutes).
3. Add the sugar, and boil the mixture hard until it reaches gel stage, about 8-10 minutes. Test the jam on a plate in the freezer, or check to see if it sheets off a spoon. Alternately, use a food thermometer and wait until it reaches 220 degrees F.
4. Pour the gooseberry jam into prepared jars, leaving $\frac{1}{4}$ inch headspace. Apply 2 part canning lids and seal finger tight.
5. Either store the jars in the refrigerator for immediate use, or process in a water bath canner for 10 minutes for a shelf stable home canned gooseberry jam that will last years at room temperature.

Cinnamon Gooseberry Crumbles

(<https://www.olivemagazine.com/recipes/baking-and-desserts/cinnamon-gooseberry-crumbles/>)



Ingredients:

- 4 cups gooseberries (stalks removed)
- Pinch of mixed spices
- 2 ½ Tablespoons light brown sugar
- vanilla ice cream (to serve)

CRUMBLE

- ½ cup + 1 tablespoons flour
- 1 cup rolled oats
- 1 teaspoon baking powder
- ½ teaspoon ground cinnamon
- ½ teaspoon ground ginger
- 6 tablespoons butter (softened)
- ¾ cup demerara sugar

Instructions:

1. Put the gooseberries, mixed spice and sugar in a pan, and cook gently until the gooseberries start to burst and soften, about 8 minutes. Remove from the heat.
2. For the crumble, tip the flour and oats into a large mixing bowl. Add the baking powder, cinnamon, ginger and butter, and lightly rub the butter into the mix with your fingertips until it looks like breadcrumbs. Add the demerara sugar and mix.
3. Spoon the gooseberries into 6 ovenproof ramekins. Sprinkle over the crumble. Wrap individually in clingfilm and freeze. They will keep in the freezer for up to 3 months.
4. To cook, heat the oven to 350 degrees. Remove the clingfilm and cook the crumbles for 40-50 minutes (from frozen, or 30 minutes from thawed) until piping hot (use a metal skewer to check), and the crumble is golden. Serve with ice cream.

Ground Cherries:



Ground Cherry Coffee Cake (From Sister Carrie Kirsch)

Ingredients:

- 2 cups unbleached all-purpose flour
- $\frac{3}{4}$ cup granulated sugar
- 1 $\frac{1}{4}$ teaspoon salt
- 10 tablespoons room temp butter (cubed)
- 1 $\frac{1}{4}$ teaspoon baking powder
- $\frac{1}{2}$ teaspoon baking soda
- $\frac{3}{4}$ cup buttermilk
- 1 large egg
- 2 $\frac{1}{2}$ teaspoon vanilla extract
- 2 to 3 cups ground cherries

Topping

- 1 cup chopped pecans or walnuts
- $\frac{1}{2}$ cup packed dark brown sugar
- 2 teaspoons cinnamon

Instructions:

1. Preheat oven to 325 degrees F. Butter and flour a 9" cake pan (the taller the sides the better) or bundt pan.
2. Whisk together flour, sugar and salt. Cut in butter. Remove 1 cup of flour and butter mixture into a second bowl and set aside for topping.
3. Add in baking powder and soda to base flour mixture and whisk gently. Add buttermilk, egg, and vanilla and stir until mixture is free of flour streaks. Lumps are ok.
4. Pour flour mixture into prepared pan.
5. Put ground cherries over it. Add nuts, brown sugar and cinnamon to your small bowl of flour that is set aside. Stir and sprinkle over top.
6. Bake for 60-75 minutes. Remove from oven and allow to cool for at least 15 mins.

Ground Cherry Hot Sauce

(<https://healthstartsinthekitchen.com/ground-cherry-jalapeno-hot-sauce/>)



Ingredients:

- 2 cups ground cherries (husks removed)
- 1.5 cups distilled white vinegar
- 2 large jalapeno peppers (sliced)
- ¼ teaspoon sea salt
- ¼ cup honey

Instructions:

1. Combine all ingredients (except honey) in a sauce pot and bring to a simmer over medium heat.
2. Simmer for 15 to 20 minutes or until the ground cherries and jalapeños are very soft.
3. Using a stick immersion blender, puree until only the little seeds remain. (or use your blender, carefully working in really small batches)
4. Add in honey and season to taste with additional sea salt.
5. Ground Cherry Jalapeño Hot Sauce will keep in the fridge for roughly 1 month.

Hazelnuts:



Toasted Hazelnut Slice and Bake Cookies

(<https://sallysbakingaddiction.com/toasted-hazelnut-slice-n-bake-cookies-with-milk-chocolate/>)



Ingredients:

- $\frac{3}{4}$ cup unsalted butter (softened)
- $\frac{2}{3}$ cup packed light or dark brown sugar
- 1 large egg (at room temperature)
- 1 teaspoon pure vanilla extract
- 2 cups all-purpose flour
- $\frac{1}{2}$ teaspoon ground cinnamon
- $\frac{1}{4}$ teaspoon salt
- 1 cup toasted and finely chopped hazelnuts (divided*)
- **optional:** coarse sugar for rolling
- 8 ounces milk chocolate (coarsely chopped*)

Instructions:

1. In a large bowl using a hand-held mixer or stand mixer fitted with a paddle attachment, beat the butter for 1 minute on medium speed until completely smooth and creamy. Add the brown sugar and beat on medium high speed until fluffy and creamy. Beat in egg and vanilla extract on high speed. Scrape down the sides and bottom of the bowl as needed, and continue to beat until fully combined.
2. In a separate bowl, whisk the flour, cinnamon, and salt together until combined. On low speed, slowly mix into the wet ingredients until combined. The cookie dough will be thick and slightly sticky. Switch to high speed and beat in $\frac{3}{4}$ cup chopped hazelnuts. Turn the dough out onto a floured work surface and, with floured hands, divide into two. Shape each half into an 8-inch log, about 2.5 inches in diameter. The measurements don't have to be exact. Tightly wrap the logs in plastic wrap and chill in the refrigerator for at least 4 hours and up to 5 days. Chilling is mandatory for this cookie dough. I always chill mine overnight.
3. Preheat oven to 350°F (177°C). Line two large baking sheets with parchment paper or silicone baking mats. (Always recommended for cookies.) Set aside.

4. Remove logs from the refrigerator and roll into coarse sugar, if desired. It's really only for added crunch and a little sparkle! Slice each log into 12 equally thick cookies and place cookies on baking sheets about 2 inches apart. Bake the cookies for 12-14 minutes or until brown around the edges. Allow to cool for 5 minutes on the cookie sheet, then transfer to cooling rack to cool completely.
5. Melt the chopped milk chocolate in a double boiler or (carefully!) use the microwave. For the microwave, place the chocolate in a medium heat-proof bowl. Melt in 15 second increments, stirring after each increment until completely melted and smooth. Dip each completely cooled cookie halfway into the chocolate and place onto a parchment or silicone baking mat-lined baking sheet. Sprinkle with remaining chopped hazelnuts. Place the baking sheet into the refrigerator to help the chocolate set. Once set, enjoy!

Hazelnut Macarons

(<https://letthebakingbegin.com/hazelnut-macarons/>)



Ingredients:

Macaron Cookie

- 106 g almond flour (106 g = 3/4 cup 3 tbsp)
- 106 g hazelnut flour (106 g = 1 cup 1 tbsp)
- 212 g powdered sugar (212 g = 1 3/4 cups + 1 Tbsp + 2 tsp)
- 82 g egg whites, room temperature (82 g = 1/4 cups + 1 1/2 Tbsp) - this will be folded into the almond mixture and form a paste)
- 90 g egg whites, room temperature (90 g = 1/4 cups + 2 Tbsp) -this will be whipped with the Syrup
- 236 g granulated sugar (236 g = 1 Cup + 2 Tbsp)
- 158 g water (158 g = 2/3 cup)
- 30 g cocoa powder (30 g = 4 sifted tbsp)

Topping

- 3 tbsp cocoa nibs

Filling

- 1 1/2 cups Nutella

Instructions:

How to make Chocolate Hazelnut Macaron

Make The Syrup

1. Mix the 158 g water and 236 g granulated sugar in a small saucepan and set over medium heat. Gently mix the mixture until the sugar is dissolved.
2. Place the probe of the thermometer into the syrup and cook until it reaches 248F degrees. (see Note 1 at the bottom).
3. Remove from heat immediately when the temperature is reached.

* If the syrup has crystallized, discard and start over. Use the syrup cooking time (it might take about 10-15 minutes) to sift the dry ingredients and prepare the egg whites.

Sift The Dry Ingredients and Prepare The Egg Whites

1. Sift the 106 g of almond flour and 106 g of hazelnut flour, 30 g of cocoa powder and 212 g of powdered sugar twice into a large bowl.
2. Heat 172g of egg whites in the microwave in 5-7 second intervals, mixing after each, for about 30 seconds or until the egg whites are barely warm to the touch.
3. Add 82 g of egg whites to the sifted mixture. Pour the rest of the egg whites into a grease-free bowl and add a 1 tablespoon of sugar and set aside.
4. When the syrup is at about 240F, with a sturdy wooden spoon quickly mix egg whites with the sifted mixture until paste forms.

Make The Italian Meringue

1. When the syrup is at about 243F to 244F, start to whip egg whites and sugar on medium speed, getting them ready for when the syrup reaches 248F and you can pour it into the fluffy egg whites.
2. Once the egg whites are foamy and the syrup is at 248F degrees, remove the syrup off the heat, increase the mixer speed to high and slowly pour the syrup into the egg whites between the whisk and the bowl. Continue whipping until the bowl is cool to the touch and the meringue has reached stiff peaks.

Make the Chocolate Macaron Batter

1. Fold the whipped meringue into the almond/sugar paste in 3 additions, trying to reach the "lava" stage when the batter flows off the spatula into the bowl like lava, or when the batter dropped into the bowl takes about 30 seconds to dissolve into the rest of the batter, or when you're able to draw a figure 8 with the batter falling off the whisk. Stop immediately once you reach this stage as overmixing the batter will ruin the macarons. It is better to under-fold, then over-fold.

Pipe The Chocolate Macaron Batter

1. Fill the prepared piping bag fitted with the **1/2 inch round plain tip** with the macaron batter. You can drape the empty bag over a tall glass to make it easier to fill the pastry bag.
2. Pipe the macarons onto the prepared parchment-lined baking sheet by pressing out **1.5-inch circles** about **1 inch apart**.
3. Rap the sheet against the counter **5-10 times** to remove any large bubbles. If you use a softer surface to avoid the loud noise that comes with rapping the sheet on the counter, increase the number of raps.
4. Next, use a pin or something sharp to pop any remaining bubbles that have risen to the surface of the macarons, but haven't popped.

Bake the Hazelnut Macarons

1. Place into a preheated to 350F oven and immediately reduce the heat to 325F. Bake for 10-12 minutes. Remove from the oven and allow to cool completely before removing off the parchment paper.
2. Bake the rest of the macarons in the same fashion, preheating the oven to 350F each time a new baking sheet is placed in the oven.

Pipe The Nutella Macaron Filling

1. Fill a piping bag fitted with a 1/2 inch round piping tip with the Nutella filling and pipe about a tablespoon of the filling onto the first half of the macaron shells, then top with the second cookie, matching them by size and shape.
2. Press gently to adhere.

Mature Hazelnut Macarons

1. Place the macarons into a container fitted with a lid and refrigerate or leave at room temperature for 24 hours before eating. This allows the flavors to mend and for the macaron to reach a fudgy and soft inside.

Kale:



Creamy Zuppa Toscana (From Anne Niesen)



Ingredients:

- 1 pound Italian sausage(I used mild)
- 1 large onion (chopped)
- 3 cloves garlic (minced)
- 5 cups chicken broth
- 1 ½ pounds Russet potatoes (cut in half lengthwise, then thinly sliced)
- 8 oz. cream cheese (softened)
- ½ cup milk
- ½ Tablespoon flour
- 3-4 cups chopped kale leaves (stems removed)
- ½ teaspoon red pepper flakes(if you don't like too much spice, you can reduce this or leave it out)
- ½ teaspoon dried oregano
- salt and pepper to taste

Instructions:

1. Brown and crumble Italian sausage with the onions and garlic in a large skillet. Cook until no longer pink, drain fat, and set aside.
2. In a large soup pot, bring chicken broth and potatoes to boil over high heat. Cook until potatoes are tender, about 15 minutes.
3. Reduce heat to medium and stir in the softened cream cheese. Stir and cook for about five minutes, until cheese is melted.
4. In a small bowl, mix together the milk and flour, then stir into the soup. Cook for a couple minutes more. Season the soup with salt, pepper, red pepper flakes, and oregano. 5. Stir in the cooked sausage/onions and chopped kale and cook for another 1-2 minutes. Serve and enjoy!

Kale Omelet (From Clare Ellis)

Directions:

1. Chop a stalk of kale.
2. Slice $\frac{1}{4}$ of a small size onion, 5 pieces of cherry tomatoes (slice into halves).
3. Beat 2 eggs.
4. Add a tablespoon of milk.
5. Heat pan and drizzle with vegetable oil.
6. Sauté onion, tomatoes, and kale together until kale turns color to a bright green.
7. Pour egg mixture into vegetable mixture.
8. Season with salt and pepper.
9. Turn the egg mixture to other side until done.
10. Serve with toast or hashbrown and sausage. Best paired with a hot coffee. Enjoy!

Kohlrabi:



Kohlrabi Fries

(<https://www.heavenlynnhealthy.com/20-minute-kohlrabi-fries/>)



Ingredients:

FOR THE FRIES:

- 2 kohlrabi
- 1 tablespoon of avocado or coconut oil
- 2 tablespoons of cajun spice
- 2 tablespoons of spelt flour
- sea or rock salt

FOR THE MAYONNAISE:

- 2 tablespoons of white almond butter
- 3 tablespoons of water
- 2 tablespoons of extra-virgin olive oil
- 1 teaspoon of dijon mustard (no sugar added)
- 1 teaspoon of fresh lemon juice
- 1 teaspoon of apple cider vinegar
- 1 teaspoon of maple syrup or honey
- sea or rock salt and pepper to taste

Instructions:

1. Peel the kohlrabi and cut it into long fries. Place them in a bowl and add the remaining ingredients except for the salt and mix well.
2. Preheat the oven to 200 °C fan setting. Place the fries on a backing sheet covered with baking paper. Make sure they do not touch each other. Bake the fries for 10 minutes, then turn them around and bake for another 5-10 minutes.
3. While the fries are baking, make the mayonnaise by simply whisking all ingredients together. Season with salt and lemon juice to taste.
4. Season the kohlrabi fries with salt and serve with the mayonnaise.

Kohlrabi Gratin

(<http://www.eatingwell.com/recipe/275789/kohlrabi-gratin/>)



Ingredients:

- 3 pounds kohlrabi (6-7 medium) (peeled and cut into 1/8-inch slices)
- 1 tablespoon butter
- 1 large leek (sliced)
- 1 ⅓ cups low-fat milk (divided)
- 3 tablespoons all-purpose flour
- ½ teaspoon salt
- ¼ teaspoon ground pepper
- 1 pinch of freshly grated nutmeg
- 1 cup shredded Gruyère cheese
- ⅓ cup fresh whole-wheat breadcrumbs (toasted)

Instructions:

1. Preheat oven to 400 degrees F. Put a large pot of water on to boil. Coat an 8-inch-square baking dish with cooking spray.
2. Cook kohlrabi in the boiling water until tender, about 10 minutes. Drain.
3. Meanwhile, melt butter in a small skillet over medium heat. Add leek and cook, stirring occasionally, until softened but not browned, about 5 minutes. Remove from heat.
4. Heat 1 cup milk in a small saucepan over medium heat until steaming. Whisk flour and the remaining 1/3 cup milk in a small bowl to make a smooth paste; stir into the hot milk and cook, whisking constantly, until the sauce thickens, 2 to 3 minutes. Remove from heat and stir in salt, pepper and nutmeg.
5. Arrange 1/3 of the kohlrabi in the prepared pan. Top with half the leek and 1/3 cup each cream sauce and cheese. Repeat with another layer of kohlrabi, the remaining leek and 1/3 cup each cream sauce and cheese. Top with the remaining kohlrabi and sauce. Sprinkle with the remaining 1/3 cup cheese and breadcrumbs.
6. Bake until bubbling and golden on top, 25 to 30 minutes. Let cool for 5 minutes before serving.

Lettuce:



Korean Ground Beef Lettuce Wraps

(<https://www.hoteatsandcoolreads.com/2013/01/korean-ground-beef-lettuce-wraps-recipe.html>)



Ingredients:

- 1 pound lean ground beef
- 2 garlic cloves (minced)
- 1 tablespoon sesame oil
- 1 teaspoon chili powder
- 3 tablespoons brown sugar
- 1 teaspoon fresh ginger (grated)
- ¼ cup soy sauce
- ¼ teaspoon black pepper
- 3 green onions (sliced)
- cooked white rice
- lettuce leaves

Instructions:

1. In a large skillet, brown the ground beef and garlic over medium high heat until beef is no longer pink.
2. Reduce heat to medium. Add the sesame oil, chili powder, brown sugar, ginger, soy sauce and black pepper. Simmer for 5-7 minutes or until liquid is absorbed.
3. Serve the beef with the rice rolled inside the lettuce leaves. Sprinkle green onions on top.

Parmesan Garlic Grilled Romaine

(<https://www.thekitchenmagpie.com/parmesan-garlic-grilled-romaine/#wprm-recipe-container-60412>)



Ingredients:

- 3 medium romaine lettuce hearts NOT the full lettuce
- $\frac{1}{3}$ cup olive oil
- 1 tablespoon garlic puree
- 1 lemon sliced into wheels
- $\frac{1}{4}$ cup Parmesan flakes
- flaky sea salt

Instructions:

1. Wash and dry the Romaine lettuce, keeping the hearts whole and together. To drain, set them upside down in a colander to get all of the water to run out from between the leaves.
2. Mix together the olive oil and garlic puree. Brush all over the lettuce, coating all over.
3. Preheat your grill to a medium high heat. Brush the grill lightly with oil.
4. Once the grill is heated, place the lettuce on the grill.
5. Grill for around 5 minutes per side, until there are grill marks on the lettuce and it has wilted. When you flip the lettuce for the first time, add the lemons onto the grill. Grill the lemons until they are nicely browned with grill marks as well.
6. Remove and plate the lettuce. Add the lemon slices on top.
7. Sprinkle with the parmesan cheese and salt.
8. To serve, squeeze the lemons on top of the lettuce. Slice and eat!

Microgreens (peas):



Pea Bruschetta

(<https://www.sprinklesandsprouts.com/pea-bruschetta/#wprm-recipe-container-23186>)



Ingredients:

For the pea topping

- 1 cup frozen peas
- small handful of pea shoots (optional)
- ¼ cup grated parmesan cheese
- 3 tablespoon olive oil
- 1 teaspoon lemon juice
- ½ clove garlic save the other half for the bruschetta
- salt and pepper to taste

For the bruschetta

- 6 slices ciabatta
- 2 tablespoon olive oil
- ½ clove garlic

To serve

- pea shoots
- fresh Parmesan
- lemon zest
- black pepper
- extra virgin olive oil

Instructions:

To make the Pea Topping

1. Place the ingredients in a food processor and use the pulse button to chop and combine them until you have a rough paste. Set aside until the toast is cooked.

To make the Bruschetta

1. Preheat your broiler or grill.
2. Drizzle the bread slices with the olive oil.
3. Toast for 2-3 minutes a side until crisp and golden brown.
4. Whilst the toast is still warm, use the half garlic clove to lightly rub the rough bread.

To assemble your Bruschetta

1. Spread the pea topping over the 6 slices of toast
2. Add extra parmesan and lemon zest to each bruschetta then top with additional pea shoots.
3. Drizzle with extra virgin olive oil and garnish with black pepper.

Pea Shoot Soup

(<https://www.midwestliving.com/recipe/pea-shoot-soup/>)



Ingredients:

- 1 ounce vegetable broth or stock
- ¼ cup whipping cream
- 2 tablespoon olive oil
- 2 cup firmly packed pea shoots (ends trimmed (about 4 ounces))
- 1 cup finely chopped spring onions or green onions
- ¼ teaspoon salt
- ¼ teaspoon freshly ground black pepper
- 2 tablespoon butter (softened)

Instructions:

1. In a large saucepan, bring stock and cream to boiling; reduce heat. Simmer, uncovered, for 5 minutes.
2. Meanwhile, in a large skillet, heat olive oil over medium-high heat. Add pea shoots and onions to hot oil. Cook and stir for 1 to 2 minutes or until pea shoots wilt and onions are tender. Add salt and pepper.
3. Add pea shoots mixture to stock mixture. Simmer, uncovered, for 2 to 3 minutes or until heated through. Using an immersion blender, blend until vegetable mixture is almost smooth. (Or transfer vegetable mixture to a food processor or blender. Cover and process or blend until mixture is almost smooth. (Chef Tip: Blending hot liquids in a blender creates steam and pressure. Remove the center cap in the blender lid; cover the blender lid with a clean kitchen towel. This prevents it from splattering, but do not tightly seal to the point where the pressure cannot escape.)
4. Stir butter into vegetable puree. Season to taste. Serve immediately.

Microgreens (radish):



Avocado Egg Salad Bagel Sandwich

(<https://www.aberdeenskitchen.com/2019/05/avocado-egg-salad-bagel-sandwich/>)



Ingredients:

FOR THE EGG SALAD

- 6 hard boiled eggs (peeled and roughly diced)
- 2 tablespoons mayonnaise
- ½ tablespoon dijon mustard
- ½ tablespoon whole grain mustard
- ⅛ teaspoon paprika
- 1 tablespoon fresh chives
- 1 tablespoon fresh dill
- Coarse salt and ground black pepper, to taste

FOR THE SANDWICH

- 2-3 everything bagels
- Avocado slices
- Provolone cheese slices
- Cucumber slices
- Radish slices
- Microgreens
- Cream cheese

Instructions:

1. In a medium bowl, mash together all ingredients for the egg salad. Add salt and pepper to taste.
2. Spread everything bagels with cream cheese on tops and bottoms.

3. Layer together sandwich as follows: everything bagel and cream cheese bottom, avocado, provolone cheese, cucumber, radishes, egg salad, microgreens, and everything bagel and cream cheese top.
4. Slice in half and enjoy!

Potato and Radish Microgreen Salad

(<http://buylocalnebraska.org/potato-and-radish-microgreen-salad>)



Ingredients:

- 4-5 medium sized potatoes
- 2-3 handfuls of spinach leaves
- 3-4 handfuls of Radish Microgreens (or any Micros that you have)
- 1 handful of parsley
- 3 cloves garlic (chopped)
- Dash of olive oil, salt and pepper

Instructions:

1. Peel and cut potato to size you would like.
2. Boil or bake till cooked (bake in a 400* oven).
3. Chop spinach roughly, cook with garlic and olive oil.
4. Place in a mixing bowl and add cooked potato, add some salt and pepper and allow to cool completely.
5. Drizzle potato and spinach with olive oil, salt and pepper (to taste)

Dressing

Ingredients:

- 1 lemon juiced
- 2 teaspoons of mustard
- 2 tablespoons of mayonnaise

Directions:

1. Whisk all dressing ingredients together
2. Toss dressing with potatoes
3. Add Microgreens and gently mix

Microgreens (sunflowers):



Sunflower Guacamole

(<https://www.alive.com/recipe/sunflower-guacamole/>)



Ingredients:

- 2 avocados
- Juice of 1/2 lime
- 1/4 teaspoon salt
- 2/3 cup roughly chopped sunflower shoots
- 1/4 cup finely chopped red onion
- 1/2 jalapeno (finely chopped)

Instructions:

Place avocado, lime juice, and salt in bowl and mash into a chunky mixture. Stir in sunflower shoots, red onion, and jalapeno.

Microgreen Potato Salad

(<https://erindishes.com/potato-salad-sunflower-greens/>)



Ingredients:

For the salad base:

- 1 pound mini potatoes (can use any small potatoes)
- 5 ounces microgreens (any kind)
- 1 green onion sliced thin

For the dressing:

- 1 teaspoon anchovy paste
- 4 garlic cloves (minced)
- 1 tablespoon flat leaf parsley (chopped)
- 1 teaspoon dijon mustard
- 1 tablespoon olive oil
- salt and pepper (to taste)

Instructions:

1. Preheat oven to 500 degrees.
2. In a bowl, drizzle potatoes with olive oil to coat lightly and season with salt and pepper. Place on baking sheets.
3. Once oven is preheated, put potatoes in oven and roast for about 15 minutes. Timing may differ depending on size of potatoes. You want them to be crispy on the outside and tender.
4. When the potatoes are cooked, set aside to cool.
5. Meanwhile, mix dressing ingredients together in small bowl.
6. Once potatoes have cooled a bit, place in large bowl with green onion and microgreens.
7. Drizzle dressing over and stir to combine.
8. Season with additional salt and pepper if necessary.

Mint:



Dehydrated Mint

Instructions:

1. Cut mint plant keeping the mint leaves on the stems.
2. Put the mint spread out in a dehydrator.
3. Set temp at 95- 125 degrees and dehydrate for 1-4 hours.
4. Put dehydrated mint in a bag or jar to use later.

Mojito Cookies

(<https://snappygourmet.com/mojito-cookies-recipe/>)



Ingredients:

- ½ cup granulated sugar
- ½ cup fresh mint leaves (loosely packed)
- 1 cup unsalted butter (softened)
- fresh lime zest from 2 limes
- 1 ½ teaspoons rum extract
- ¼ teaspoon salt
- 1 ¾ cups flour
- ¼ cup sanding sugar

Instructions:

1. Place the sugar and mint leaves in a food processor and pulse a few times just to chop the mint leaves finely. Pour sugar and mint into large mixing bowl.
2. Add softened butter to mixing bowl with sugar and mint. Mix with an electric mixer on medium speed until mixture is light and fluffy. Beat in lime zest, rum extract, then salt until combined. Beat in flour until just combined.
3. Form dough into a large round disk and wrap in plastic wrap. Cover and refrigerate dough about 1-2 hours or until well chilled.
4. Preheat oven to 350 degrees F. Line baking sheet(s) with parchment paper.
5. When dough is well chilled, roll out on a lightly floured work surface to about 1/8-inch to 1/4-inch thickness. Cut out into 2 inch circles using a round cookie cutter. Reroll the scraps to cut out additional cookies. The cookies should not spread much at all so you can put them fairly close together on the baking sheets.
6. Sprinkle the tops of the cookies with a little sanding sugar.
7. Bake cookies about 8-12 minutes at 350 degrees F or until cookies are lightly browned around edges. Cool slightly then transfer cookies to wire racks to cool completely.

Onions (red):



Loaded Macaroni Salad (From Anne Niesen)

Ingredients:

- 10 ounces elbow macaroni 1/2 cup plain yogurt
- 1/2 cup mayonnaise
- 3 teaspoons Honey Dijon mustard
- 2 teaspoons honey
- 1 1/2 Tablespoons white wine vinegar
- 1/4 teaspoon garlic powder
- Salt & pepper (to taste)
- 1 red bell pepper (diced)
- 2/3 cup grape tomatoes (halved)
- 3 eggs (hard boiled and diced)
- 1 cucumber (diced)
- 1 cup shredded carrots
- 4 radishes (diced)
- 3 stalks celery (diced)
- 1/3 cup red onion (diced)
- 1 Tablespoon fresh parsley (chopped)

Instructions:

1. Cook macaroni according to package directions. Drain well. Rinse with cold water and drain again. Set aside. In a small bowl combine the yogurt, mayonnaise, Dijon mustard, honey, white wine vinegar, garlic powder, salt and pepper. Set aside.
2. In a large bowl mix together the cooled macaroni, red pepper, tomatoes, eggs, cucumber, carrots, radishes, celery, red onion, and parsley.
3. Add in the dressing mixture and toss until well combined. Top with some extra parsley and serve.

Pickled Red Onions

(<https://montanahappy.com/pickled-red-onions/>)



Ingredients:

- 2 medium red onions
- 4 cups boiling water

For the marinade:

- ½ cup apple cider vinegar
- ½ cup water
- 3 tablespoons honey (you can substitute sugar)
- ½ teaspoon salt
- 1 teaspoon peppercorns

Instructions:

1. Peel the red onions. Slice the onions thinly (I use a Mandoline - if you don't have one you don't know what you're missing).
2. Transfer onions to a medium-sized bowl.
3. Pour the boiling water into the bowl over the sliced onions. Let the onions soak in the boiling water for at least 5 minutes.
4. Drain the onions in a colander.
5. Let the onions sit in the colander while you mix the marinade. Combine all the ingredients of the marinade in a medium-sized bowl, and stir well.
6. Add the onions to the marinade mixture and let them sit for at least 10 minutes.
7. Transfer the red onions with the marinade to jars with tight-fitting lids.
8. Chill the pickled red onions in the refrigerator until very cold.

Onions (white):



Lentils Mexicanas (From Vicki Lopez-Kaley)

Ingredients:

- 1 cup dried lentils (any variety)
- 2 cups water
- ½ cup chopped onion
- 2 cloves garlic (chopped)
- 2 tablespoons olive or vegetable oil
- Pinch salt
- 2.5 ounce can green olives (sliced) OR 1 4 oz can diced green chilies
- 28 ounce can diced tomatoes (drained)
- 1 teaspoon cumin
- ½ teaspoon oregano
- ½ teaspoon chili powder
- 1 teaspoon salt
- 1 cup grated cheddar or Monterey Jack cheese
- 1 tablespoon chopped parsley OR cilantro
- 3 cups tortilla chips

Instructions:

1. Preheat oven to 350 degrees. Wash and sort lentils, removing dirt and any stones you may find.
2. Simmer lentils in water, covered for 30 minutes. Sauté onions in oil until translucent. Add a pinch of salt and spices. Stir in garlic and sauté for a minute. Reserve 2 T olives. Stir in remaining olives, tomatoes and chilies. Add lentils and spread mixture in a 9" X 9" dish or casserole. Top with cheese. Sprinkle with parsley. Bake uncovered for 15 - 20 minutes. Garnish with chopped olives and parsley. Serve with chips OR over cooked rice.

Variations:

3. Lentils Greccio: For a Greek variation, use Green or Kalamata olives; change spices to 1 / 4 tsp cumin, 1 / 4 tsp ground coriander, add a pinch of chili flakes. Change cheese to 1 / 2 to 1 Cup crumbled feta.
4. Lentils Italiano: For an Italian version, use green, black, or Kalamata olives; change spices to 1 / 4 tsp oregano, 1 / 2 tsp basil and add a pinch of chili flakes. Change cheese to 2 cups grated Mozzarella.

Casamiento (From Sister Antona Schedlo)

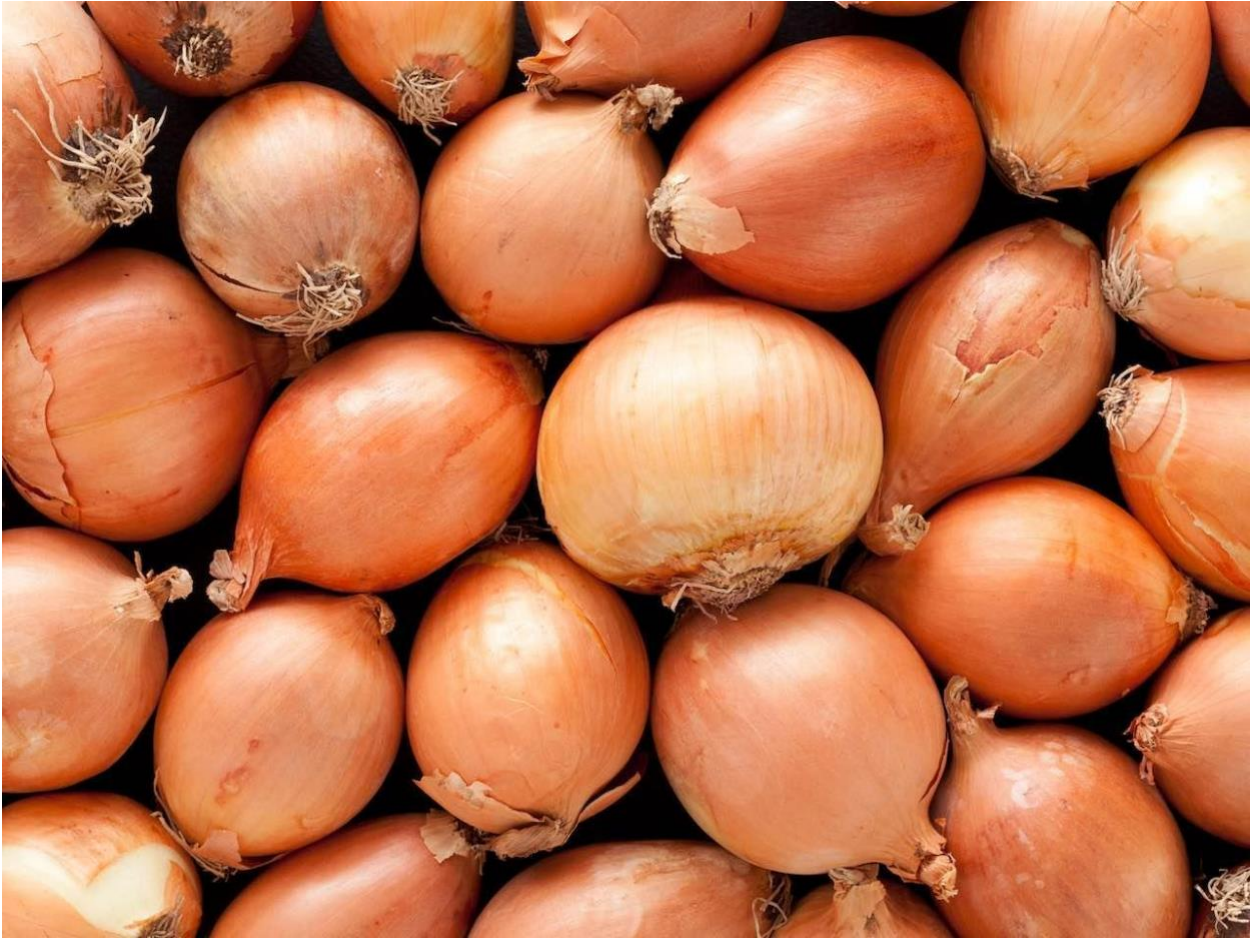
Ingredients:

- 2 tablespoon. vegetable oil
- 1 onion (finely chopped)
- 1 bell pepper (finely chopped)
- 3 cloves garlic (minced)
- 1 can black beans, drained, liquid reserved
- salt and pepper, to taste
- 2 cups cooked rice

Instructions:

1. Heat the oil in a large pot.
2. Add the onions, bell pepper and garlic, and saute for 2 to 3 minutes or until tender.
3. Add the drained beans, some of the reserved bean liquid, salt and pepper.
4. Gently stir in the rice.
5. Cook mixture over low to medium heat until warmed thoroughly.
6. Adjust seasonings and add a little more liquid from the beans, if necessary. Serve hot.

Onions (yellow):



French Onion Soup

(<https://bunnyswarmoven.net/french-onion-soup/>)



Ingredients:

- 6 medium yellow onions (sliced)
- 1 tablespoon garlic powder
- 2 (32 ounce) containers beef broth (low sodium)
- 1 tablespoon sugar
- 1 Teaspoon kosher salt
- 2 sprigs fresh thyme
- 2 sticks butter
- 1 teaspoon beef base
- 3 tablespoons all purpose flour

Toppings :

- grated swiss cheese
- croutons

Instructions:

1. Place the butter in a large pot under medium heat.
2. When the butter has melted add the onions and fresh thyme.
3. Sauté the mixture for 25 - 30 minutes until onions are tender.
4. Remove the fresh thyme from the pot and add the flour to the onions and stir it into the mixture.
5. Add the garlic powder, beef broth, sugar, kosher salt and beef base to the pot.
6. Stir to combine.
7. Simmer the ingredients for 45 minutes.

Rice Nut Loaf (From Sister Shirley Morrissey)

Ingredients:

- 6 $\frac{2}{3}$ cups brown rice (uncorked)
- 7 $\frac{1}{2}$ cups wheat germ
- 10 cups walnuts (chopped)
- 3 $\frac{3}{4}$ cups sunflower seeds (chopped)
- 5 large onion (chopped)
- 20 cups sharp cheddar cheese (shredded)
- 7 $\frac{1}{2}$ teaspoons salt
- Pepper to taste
- 45 eggs lightly beaten
- 15 tablespoons nutritional yeast (optional)

Instructions:

1. Cook rice
2. Combine all ingredients and pack into oiled, loaf pans
3. Bake at 350 for 50 mins
4. Cool, unmold and slice
5. Serve with mushroom or tomato sauce or brown gravy

Onions (walking):



Bacon and Green Onion Rutabaga Mash (From Meg Earsley)

Ingredients:

- 2 rutabagas (peeled and diced)
- 2 to 4 slices of bacon (fried)
- 3 green onions (Scallions) (diced)
- ½ cup milk
- 2 tablespoons olive oil

Instructions:

1. Boil the rutabagas in boiling salted water until tender, approximately 20 minutes.
2. Drain and return to pot over low heat. (You can fry the bacon while the rutabagas are cooking.
3. Cut in pieces and fry in a non-stick skillet.
4. Add the green onions to the frying back (in the last 3 minutes of frying) then drained rutabagas, add the reserved bacon drippings, bacon and green onions, milk and olive oil.
5. Mash well and season with salt and pepper.

Scallion Pancakes

(<https://rasamalaysia.com/green-onion-scallion-pancake/#mv-creation-115>)



Ingredients:

- 1 ½ cups all-purpose flour
- 1 teaspoon salt
- ½ teaspoon chicken bouillon powder (optional)
- ½ cup water
- 3 - 4 stalks scallion or green onion, green parts only, trimmed and cut into small rounds, to yield about a tightly packed 1/3 cup or more
- 2 tablespoons oil (for brushing)
- Extra all-purpose flour, for dusting and rolling
- Oil (for frying)

Instructions:

1. Sift the all-purpose flour into a big bowl and then add the salt and chicken bouillon powder (if using) into the flour. Combine well and set aside.
2. Heat the water to a boil. Slowly add the water to the flour and knead the dough until it becomes soft, no longer sticky and the surface becomes smooth and shiny, about 15 minutes. If the dough is too dry, add 1 to 1 1/2 tablespoons of water to the dough. Cover the dough with a damp cloth and let it rest for 30 minutes.
3. Add the scallions into the dough and combine well.
4. On a flat and floured surface, divide the dough into 8 small dough balls
5. Working with one dough ball at a time, roll it to a thin disc using a rolling pin. Dust the rolling pin with some all-purpose flour as you go. Brush the surface of the pancake with the oil.
6. Roll the dough into a cylinder.
7. Coil it up like a snail.

8. Dust the rolling pin with the flour and roll the snail-shape dough until flat, measuring about 6 inches (15cm) in diameter. Set the dough aside on a baking sheet. Repeat the steps above for the rest of the dough balls.
9. Add about 1/4 inch (6 mm) of oil into a stir-fry pan or skillet over moderately high heat. Transfer a piece of the pancake onto the pan or skillet.
10. Shallow fry each side of the pancake to a light golden brown, about 1 minute. Flip the pancake over and shallow fry the other side.
11. Add more oil, repeat the same for the remaining pancakes and serve immediately. They are best eaten with warm and homemade soy milk.

Parsley:



Italian Walnut Parsley Pesto

(<https://www.justalittlebitofbacon.com/italian-walnut-parsley-pesto/>)



Ingredients:

- 2 cups packed parsley leaves
- ½ cup (2 oz) chopped walnuts
- ½ cup (1/2 oz) shredded romano cheese, or parmesan
- 2 cloves garlic (roughly chopped)
- ½ teaspoon kosher salt
- 1 tablespoon lemon juice
- 1 teaspoon lemon zest
- ½ cup extra virgin olive oil

Instructions:

1. To the bowl of a food processor add the parsley, walnuts, cheese, garlic, salt, lemon juice, and lemon zest.
2. Pulse the food processor until everything is finely chopped.
3. Switch the food processor to on and, while it is running, pour in the olive oil. Continue processing for about 30 seconds after you are done.
4. Use immediately or store in a tightly sealed container in the refrigerator for up to two weeks. (Or freeze for up to 3 months.)

Classic Gremolata

(https://www.pookspantry.com/gremolata-recipe/?utm_medium=social&utm_source=pinterest&utm_campaign=tailwind_tribes&utm_content=tribes&utm_term=1105690916_53584346_671506)



Ingredients:

- 1 bunch flat-leaf Italian parsley (tender stems ok, don't use the thicker part)
- 2 cloves garlic (peeled)
- zest of 1 - 2 lemons
- ½ cup extra-virgin olive oil
- 1 tablespoon lemon juice
- ½ teaspoon kosher salt
- ¼ teaspoon black pepper

Instructions:

1. Chop parsley and garlic until almost minced.
2. Zest lemon(s) and add to parsley and garlic. Gently mix to combine.
3. Add olive oil, 2 teaspoons lemon juice, salt and pepper to parsley mixture.
4. Stir to combine and taste. Adjust salt, add remaining lemon juice if desired.
5. Store, refrigerated, in an airtight container for about a week.

Pears:



Pear Crisps

(<https://charlotteslivelykitchen.com/pear-crisps/>)



Ingredients:

- 2 pears

Instructions:

1. Preheat the oven to 120°C/100°C fan.
2. Chop off the top and bottom of the pears.
3. Thinly slice (about 1mm thick) as uniformly as possible.
4. Lay out the pear slices on a baking tray (I use three trays for two pears) ensuring that none of the slices are overlapping and place in the oven for 1 hour 15 minutes.
5. After 1 hour 15 minutes, turn the pears and return them to the oven for a further 1 hour 15 minutes.
6. After they have finished cooking, turn off the oven but leave them in the oven for a further hour to become fully crisp.

Portuguese Apple Pear Cake

(<https://portugueserecipes.ca/recipe/1109/1/Portuguese-Apple-Pear-Cake-Recipe>)



Ingredients:

- 4 apples
- 4 ripe pears
- 2 eggs
- ¼ cup plus
- 2 tablespoons of milk
- ½ cup of flour
- ¼ cup of brown sugar
- ¼ cup of melted butter
- 1 tablespoon of baking powder
- Vanilla extract (to taste)
- 1 pinch of salt

Instructions:

1. Preheat the oven to 400°F.
2. In a bowl mix the flour, baking powder and salt and put aside.
3. Beat the eggs with the sugar, add the butter, milk, vanilla extract, finally the flour and stir well.
4. Divide the batter into two bowls.
5. Peel, cut in half and pit the apples and pears, then puree each and set them aside individually.
6. Place the apples immediately in one of the bowls with the batter and mix well.
7. Then place the pears in the other bowl with batter.
8. Grease a rectangular loaf shaped pan and sprinkle it with flour.
9. First place the batter with the apples into the pan, then on top, put the batter with the pears and even it out.
10. Bake for 35 minutes. Cool. Unmold only after slightly cooled.

Peas:



Lamb Keema Matar

(<https://www.krumpli.co.uk/keema-matar-2/>)



Ingredients:

- 12.5 oz ground lamb shoulder
- 1/2 cup onion
- 4 cloves garlic
- 2 medium spiced red chilli peppers
- 1 tablespoon ginger
- 6 black peppercorns
- 4 green cardamom
- 2 cloves
- 1 bay leaf
- 1 tablespoon cooking oil
- 1 teaspoon coriander powder
- 1 teaspoon ground cumin
- 1 teaspoon ground turmeric
- ½ teaspoon kashmiri chilli powder
- ½ teaspoon ground fenugreek
- 1 pinch salt
- 1 cup water
- 1 ¼ cups frozen peas
- 1 teaspoon garam masala

Instructions:

1. Cut the onion into a 4-5mm dice.
2. Mash the garlic and grate the ginger.

3. Heat the oil in a heavy based pan over a medium high heat
4. Add in the black pepper, cardamom, cloves and bay leaf and allow to sizzle for 30 seconds.
5. Throw in the diced onion and cook for 5 minutes.
6. When lightly browned add in the ginger, garlic paste and chilli and cook for a further minute.
7. Add in the minced lamb turn up the heat to high.
8. Cook until browned which should take around 5 minutes.
9. Reduce the heat to medium and add in the coriander, cumin, turmeric, chilli powder and fenugreek and stir.
10. Throw in a generous pinch of salt and the water and then cover and cook on low for 30 minutes.
11. Remove the lid and add in the peas before turning up heat and cooking until the liquid has reduced by half which should take 3-4 minutes or so.
12. Take off the heat and stir in the garam masala and allow to sit for 2 minutes before serving.

Pea Tortillas

(<https://www.powerhungry.com/2018/05/1-ingredient-split-pea-tortillas-grain-free-vegan/>)



Ingredients:

- 1 cup dried split peas (yellow or green) (rinsed and drained)
- 2 and $\frac{2}{3}$ cups water
- *Optional:* 1/4 teaspoon fine sea salt (more or less to taste)

Instructions:

1. Combine the rinsed split peas and water in a medium bowl or other container; loosely cover. Let stand, at room temperature, for at least 6 hours or up to 12 hours.
2. **Do not drain split peas.**
3. Add the entire contents of bowl (soaked peas and remaining water) and optional salt to a blender. Blend on high speed until completely smooth (no tiny bumps) stopping multiple times to scrape down the sides of container (it will take 2 to 3 minutes). The batter should be very smooth. Scrape into a bowl or measuring cup.
4. Heat a nonstick skillet (well-seasoned cast iron skillet is ideal), or a nonstick griddle, to medium heat (no hotter).
5. Once warm, add 1/3 cup of batter to the center of the pan. Using a metal spoon, spread the batter into a 6-inch circle.
6. Cook 2 to 3 minutes until surface of tortilla appears dry. Slide a spatula underneath and flip. Cook about 1 minute longer to brown other side. Transfer to cooling rack and cool completely.
7. Repeat with the remaining batter.

Peppers (banana):



Cheesy Stuffed Banana Peppers

(<https://cookingalamel.com/2013/08/cheesy-stuffed-banana-peppers-gluten-free.html>)



Ingredients:

- 1 (8 ounce) package cream cheese
- 1 cup plain greek yogurt
- 4-6 cloves garlic, minced (We love garlic, so we always go for 6 - you decide!)
- ½ teaspoon dried basil
- ½ teaspoon dried oregano
- ¼ teaspoon pepper
- 1 teaspoon salt
- 1 cup shredded mozzarella (or Italian blend of cheeses)
- ½ cup grated parmesan (more for sprinkling)
- 10 medium to large banana peppers

Instructions:

1. Preheat the oven to 400°F and line a baking sheet with parchment paper.
2. Put on some gloves (and wear a mask if you have bad coughing fits like me). Rinse the banana peppers to remove dirt, and cut off the stems. Open up the banana pepper lengthwise by cutting down through the center of the pepper (only on one side – do not cut it in half!). Remove the seeds as best as you can (or else they'll be SUPER hot). Place on a paper towel to dry slightly while you mix the stuffing.
3. In a medium bowl, stir the cream cheese and yogurt together until smooth. Add the minced garlic, basil, oregano, salt, and pepper, stirring until well combined. Add the mozzarella and parmesan, stirring until evenly mixed.
4. Scoop the cheese mixture generously into each of the peppers, stuffing it down into the tip of the pepper, all the way to the top. Place each pepper, open side up, on the prepared baking sheet. Sprinkle the opening with parmesan cheese.
5. Bake at 400°F for 25-30 minutes, until the peppers are soft, and the cheese is browned. Allow to cool slightly before serving.

Stuffed Banana Pepper Dip

(<https://www.organizeyourselfskinny.com/stuffed-banana-pepper-dip-lightened/>)



Ingredients:

- 8 large banana peppers
- 8 ounces cream cheese
- 8 ounces low fat cream cheese
- 1 cup greek yogurt
- ½ cup grated romano/parmesan cheese (blend)
- 1 cup shredded mozzarella
- 1 cup gorgonzola crumbles
- 1 teaspoon granulated garlic
- 2 teaspoons onion powder
- 1 cup panko bread crumbs
- 1 tablespoon butter (melted)

Instructions:

1. Preheat oven to 350 degrees.
2. Remove stems, seeds, and ribs from banana peppers. Chop into medium to small pieces and then set aside.
3. Place the cream cheese and greek yogurt into a 8 x8 casserole dish. Cook for 30 minutes. Remove from oven.
4. Carefully stir into the cream cheese/greek yogurt mixture the chopped banana peppers, grated romano/parmesan blend, mozzarella, gorgonzola, granulated garlic, and onion powder. Smooth the top so the surface is flat.
5. In a medium bowl mix together panko bread crumbs and butter. Sprinkle over the top of the dip.
6. Place back in oven and cook for another 35 - 40 minutes or until browned and bubbly.
7. Let dip sit for 5 -7 minutes before serving. It will thicken as it sits.

Peppers (bell):



Curried Vegetables with Rice (From Sister Shirley Morrissey)

Ingredients:

- 1 onion
- 1 garlic cloves
- 1 cup raisins
- 8 ounces peas
- 1 pound mushrooms
- 1 red and one green pepper
- 1 large broccoli head
- 6 carrots (sliced)
- 1 pound tofu (optional)
- 2 tablespoon curry powder
- 2 teaspoons cumin
- 2 teaspoons pepper
- ¼ cup sesame seeds
- 2 tomatoes
- ½ small bunch parsley
- ½ peanut granules
- yogurt
- soy
- 4 cups rice
- juice of 2 lemons

Instructions:

Lightly steam the cauliflower, broccoli and carrots. Sauté onions, garlic, raisins, curry powder, cumin and pepper in lots of oil. Add peppers and then mushrooms. Combine with steamed vegetables and soy. Add peas. Hold in the oven at 300 degrees with the lid on until ready to serve. Top with: tomatoes, parsley, sesame seeds and peanut granules. Serve next to lemon, rice, and yogurt

Green Bell Pepper Sauce

(<https://www.everyhealthybite.com/post/healthy-green-bell-pepper-sauce>)



Ingredients:

- ½ red onion
- large green bell pepper (or 2 small)
- 1 teaspoon minced garlic
- 1 tablespoon olive oil
- ½ teaspoon salt
- 1 teaspoon adobo seasoning
- ½ teaspoon dried thyme
- Lime juice (½ lime)
- 1 tablespoon red wine vinegar
- A few mint leaves

Instructions:

1. Chop the green bell pepper and onion into medium pieces.
2. Heat a pan. Once it's hot, add a drizzle of olive oil, bell pepper, and onion with a pinch of salt to bring out the flavors. Char them until they become a bit brown and make sure to flip them to char each side. Aromas should be strong at this stage.
3. Add the charred vegetables, garlic, 3 tbsp of olive oil, salt, adobo seasoning, dried thyme, lime juice, red wine vinegar, and mint leaves in a blender. Blend until smooth. Taste and add more salt if needed.
4. Serving options: Pour on buddha bowls, serve as a dip for baked potatoes or sweet potatoes, add to salads as a dressing, or spread on a sandwich. The possibilities are endless!

Peppers (jalapeno):



Jalapeno Popper Bites

(<https://www.munchkintime.com/quick-easy-jalapeno-popper-bites-recipe/>)



Ingredients:

- 4-5 cups cooked potato (grated)
- 1 large jalapeno (seeds & stem removed, finely chopped)
- 1 egg
- 2 cups sharp cheddar cheese (grated)
- salt and pepper to taste
- 1 cup bread crumbs
- oil for frying

Instructions:

1. First prepare all of the ingredients. Next, using a big bowl combine, 4 cups of grated cooked potato, 1 finely chopped jalapeño, 1 egg, 2 cups sharp cheddar cheese, salt and pepper to taste.
2. Using hands mix until everything is combined. Now roll about 1 tablespoon of the potato mixture into a ball.
3. Coat each potato ball in bread crumbs.
4. Fry submerged in oil, on medium/high heat for about 3-5 minutes or until cooked thru. Transfer to a plate lined with paper towel. Enjoy!

Jalapeno Cheddar Biscuits

(https://www.willcookforsmiles.com/jalapeno-cheddar-buttermilk-biscuits/?utm_medium=social&utm_source=pinterest&utm_campaign=tailwind_tribes&utm_content=tribes&utm_term=802979020_33502314_267507)



Ingredients:

- 2 cups all purpose flour
- 1 tablespoon baking powder
- 1/4 teaspoon baking soda
- 1 teaspoon salt
- 5 tablespoon cold unsalted butter
- 1 cup cold buttermilk
- 1 cup shredded cheddar cheese
- 3 seeded minced jalapeno peppers
- ½ teaspoon white pepper
- Pinch of sugar
- Little more shredded cheddar to top biscuits

Instructions:

1. -Preheat the oven to 425 and lightly grease a baking sheet.
2. In a bowl of an electric mixer, combine flour, baking powder, baking soda, sugar, white pepper and salt. Mix on low to combine ingredients.
3. Chop cold butter into pieces and add it to the flour mixture. Mix on low, until batter resembles coarse crumbs.
4. Pour cold buttermilk into the center of the mixture. Mix until just combined. Add cheese and minced jalapenos, mix until just incorporated, dough will be sticky.
5. Transfer the dough onto a lightly floured surface and sprinkle with a little more flour. Knead dough 5-6 times and pat into a 1/2 inch-thick circle.
6. Using a cookie cutter (about 2 inches in diameter), cut out the biscuits. Rework dough scraps into a ball (kneading it as little as possible) and shape it into a circle again. Cut out more biscuits.
7. Place biscuits on the baking sheet leaving about an inch in between.
8. Sprinkle some shredded cheddar on top.
9. Bake for 15-18 minutes, until raised and golden brown

Peppers (serrano):



Shredded Serrano Hot Sauce

(<https://www.glueandglitter.com/shredded-serrano-hot-sauce-recipe-2/>)



Ingredients:

- 1 pound serrano peppers tops chopped off (this is something like 5 cups)
- 1 head fresh garlic (peeled)
- 2 tablespoons salt
- 3 tablespoons rice vinegar

Instructions:

1. Pulse the garlic and peppers in the blender or food processor until you have small pieces – think the size of those red pepper flakes you’d shake onto pizza. You don’t want to turn it on and run it, because then you’ll end up with a smooth hot sauce, and that’s not what we’re going for. If you have a small blender, you can do this in batches, and stir it all together at the end.
2. Transfer the hot sauce to a small bowl, and stir in the salt and vinegar. Transfer to a glass jar with a lid, like a mason jar.
3. Store in the refrigerator until you’re ready to use. It will keep for about two weeks in the fridge.

Blackberry Serrano Cornbread

(<https://whitneybond.com/blackberry-serrano-cornbread-recipe/>)



Ingredients:

- 1 cup flour
- 1 cup cornmeal
- 1 tablespoon baking powder
- ½ teaspoon salt
- ¼ cup sugar
- ¼ cup butter (melted & cooled)
- 2 eggs
- 1 cup milk
- 2 serrano chilies, de-stemmed (seeded & minced)
- 2 cups fresh blackberries
- 1 cup corn kernels (fresh or frozen)

Instructions:

1. Preheat the oven to 400°F.
2. Combine the flour, cornmeal, baking powder, salt and sugar in a large bowl.
3. Whisk the butter, eggs and milk together in a small bowl.
4. Add the wet ingredients to the dry ingredients.
5. Gently stir in the serrano chilies, 1 cup of blackberries and the corn kernels.
6. Place in a cast iron skillet or 8 inch square baking dish.
7. Place the remaining cup of blackberries across the top, gently pressing about half way into the cornbread batter.
8. Bake for 30-35 minutes.

Plums:



Plum Fruit Roll Ups

(<https://www.liveeatlearn.com/plum-fruit-roll-ups/>)



Ingredients:

- 4 cups chopped plums (pitted and chopped, leaving skins on)
- 2 tablespoons honey or sugar
- 1 tablespoon lemon juice
- ½ teaspoon cinnamon

Instructions:

1. Place chopped plums on a baking sheet and bake at 350 degrees F for 20 minutes, or until plums are a bit soft.
2. Add cooked plums, honey, lemon juice, and cinnamon to a food processor or blender and puree until smooth. Taste and add more honey as needed to suit your liking.
3. Pour into a pan lined with parchment paper then spread out ⅛ to ¼ inch thick.
4. Dehydrate in oven at 140 to 170 degrees F (or as low as oven will go) for 6 to 8 hours, or until middle is no longer sticky.
5. Allow to cool, then use clean scissors to cut the leather into strips (parchment paper still on).
6. Roll leather so that the parchment paper is on the outside, trimming the rough edges if you feel like it.

Plum Crostata with Honey-Almond Ice Cream (From Karen Stoltz)

Ingredients:

Tart Dough

- 1 ¼ cups all purpose flour
- ⅛ teaspoon salt
- 2 teaspoons sugar
- 7 tablespoons cold unsalted butter (cut into chunks or grated)
- 3 tablespoons ice water

Filling

- 2 tablespoons sugar
- 1 teaspoon cornstarch/cornflour
- 4 to 5 plums, peeled, pitted, and cut into 1 inch slices
- 1 tablespoon fresh lemon juice
- ½ teaspoon vanilla extract
- 1 large egg (beaten)
- Honey-almond ice cream

Instructions:

1. For the dough: pulse the flour, salt and sugar in a food processor until blended. Add the chunks of butter and blend just until mixture resembles pebbles. Add the ice water 1 tbsp at a time and pulse just until the mixture comes together. Do not let it form a ball. Turn out onto a floured surface and shape into a disk. Wrap in plastic wrap and refrigerate for 30 mins or up to 2 days.
2. For the filling: in a large bowl stir together the sugar and cornstarch/cornflour to combine. Stir in the peaches, lemon juice and vanilla. Let stand for 30 mins to release the juices.
3. Adjust the oven rack in the center of the oven. Preheat the oven to 375. Remove the dough from the refrigerator and let soften for a few mins. Roll dough out onto a piece of parchment paper to 12in/20.5cm in diameter, then place the parchment, with the dough, on a baking sheet. Pile the fruit mixture into the center and fold the edges of the dough up around the fruit, pinching to make a seam every 2in/5cm. There should be at least 6in/15cm of fruit showing. Brush the edges of the dough liberally with the beaten egg.
4. Bake for 45-50 mins or until crust is golden brown and the fruit is bubbling at the edges. Transfer to wire rack and let cool. Remove the sides of the pan, cut the tart into wedges and serve with ice cream.

Potatoes (red):



Spring Vegetable Soup (From Sister Marcella Anibas)

Ingredients:

- 2 tablespoons all purpose flour
- ¼ teaspoon salt
- 3 cups low fat milk
- 2 cups cubed and scrubbed red potatoes
- 15 tiny carrots or 3 carrots (cut into strips about a matchstick length)
- ½ cup sweet onion (chopped)
- 2 cups boiling water
- ¾ pound fresh sugar snap peas (trimmed)
- 2 tablespoons snipped fresh chives or chopped flat leaf parsley

Instructions:

1. Combine flour and salt in medium saucepan; whisk in milk until blended.
2. Bring to a boil over medium high heat, whisking constantly until mixture slightly thickens (about 30 seconds).
3. Remove saucepan from heat. Combine potatoes, carrots and onion in another medium saucepan.
4. When cooked, add flour mixture to thicken soup.

Baked Cheesy Ranch Potatoes

(<https://natashaskitchen.com/baked-cheesy-ranch-potatoes/>)



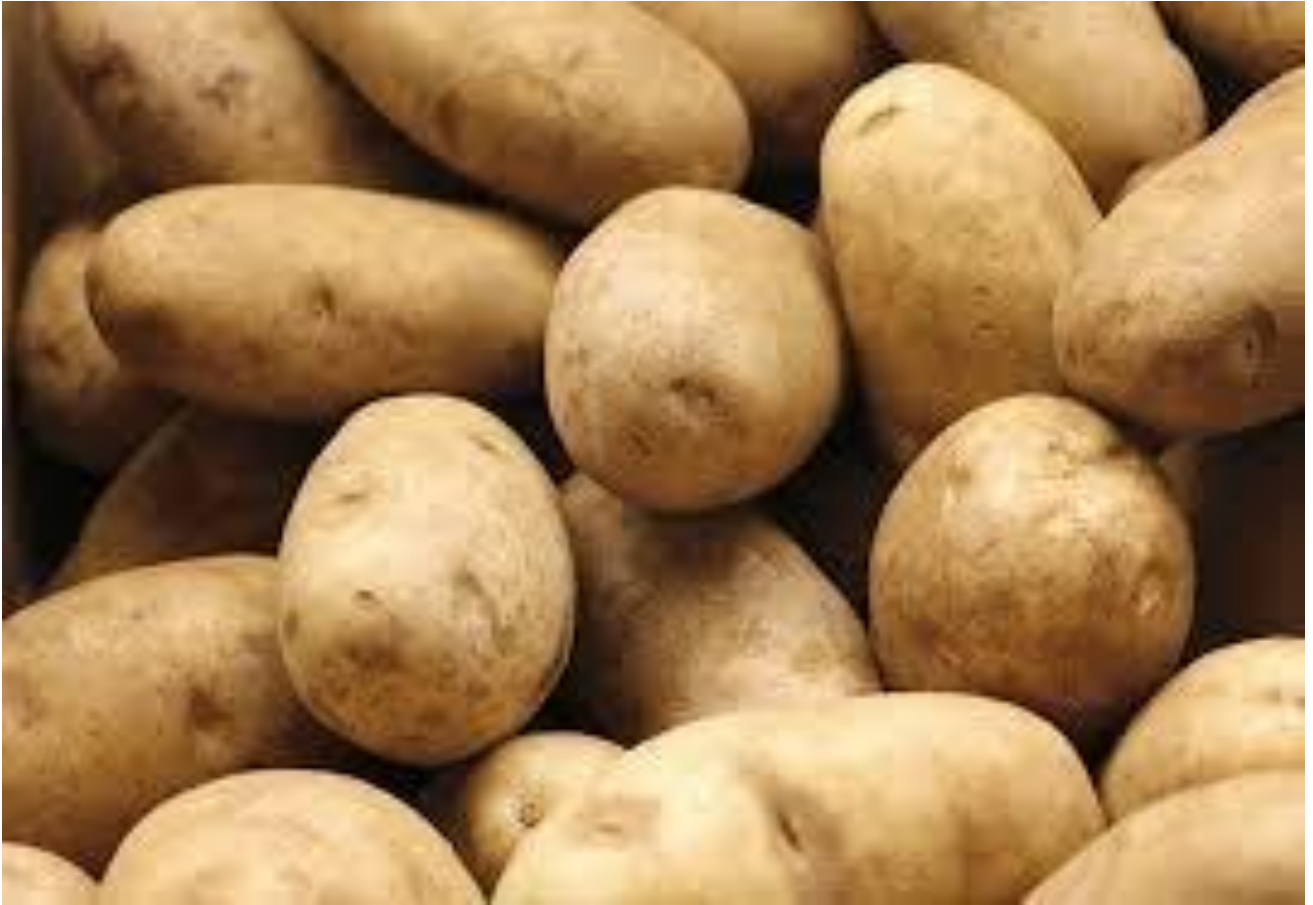
Ingredients:

- 3 pounds baby red potatoes (unpeeled)
- ½ cup buttermilk ranch or yogurt ranch dressing
- garlic salt (to taste)
- 1 to 1 ½ cups finely shredded Mexican cheese (blend)

Instructions:

1. Cut potatoes into 1" to 1 1/2" pieces. Fill a 5 Qt pot half full with salted warm water (about 7 cups water and 1 tsp salt). Add potatoes and bring to a boil then cook at a low boil for 8-12 min depending on size of potatoes (they should be nearly done and should be fairly easy to pierce with a fork) Drain well.
2. Drizzle 1/2 cup ranch dressing directly into the pot with drained potatoes and gently toss - just enough to coat evenly.
3. Transfer potatoes into greased casserole dish. Sprinkle potatoes with garlic salt to taste. Bake uncovered at 400°F for 20-25 minutes. Remove casserole from oven and set oven to broil.
4. Sprinkle the top with 1 cup Mexican cheese blend, return to oven and broil for 2-3 min or until cheese is melted. It's perfectly ok to add more garlic salt at the end if you under-seasoned it the first time (speaking from experience).

Potatoes (russet):



Twice Baked Potatoes

(<https://www.allrecipes.com/gallery/russet-potato-recipes/?slide=bd98891c-646e-473a-8de6-fc521d4a1fcc#bd98891c-646e-473a-8de6-fc521d4a1fcc>)



Ingredients:

- 4 large baking potatoes
- 8 slices bacon
- 1 cup sour cream
- ½ cup milk
- 4 tablespoons butter
- ½ teaspoon salt
- ½ teaspoon pepper
- 1 cup shredded Cheddar cheese (divided)
- 8 green onions, sliced (divided)

Instructions:

1. Preheat oven to 350 degrees F.
2. Bake potatoes in preheated oven for 1 hour.
3. Meanwhile, place bacon in a large, deep skillet. Cook over medium high heat until evenly brown. Drain, crumble and set aside.
4. When potatoes are done allow them to cool for 10 minutes. Slice potatoes in half lengthwise and scoop the flesh into a large bowl; save skins. To the potato flesh add sour cream, milk, butter, salt, pepper, 1/2 cup cheese and 1/2 the green onions. Mix with a hand mixer until well blended and creamy. Spoon the mixture into the potato skins. Top each with remaining cheese, green onions and bacon.
5. Bake for another 15 minutes.

Idaho Baked Potato Dip

(<https://www.allrecipes.com/recipe/256780/idaho-baked-potato-dip/>)



Ingredients:

- 1 pound russet or Idaho potatoes, peeled and quartered
- 1 (0.71 ounce) package Montreal Steak Marinade, divided
- ½ cup milk
- 1 cup sour cream
- 1 cup shredded sharp Cheddar cheese, divided
- 6 slices cooked bacon, chopped, divided
- 1 tablespoon finely chopped green onion

Instructions:

1. Preheat oven to 350 degrees F. Place potatoes in large saucepan. Cover with water. Add 1 tablespoon of the Marinade Mix to water. Bring to boil. Reduce heat to low; cover and simmer 10 to 15 minutes or until potatoes are fork tender. Drain and return potatoes to saucepan. Add milk, sour cream, 1/2 cup of the cheese, 1/2 of the bacon and remaining Marinade Mix to saucepan.
2. Mash potatoes using a potato masher or electric mixer until potatoes are smooth and creamy. Spoon into 2-quart baking dish. Sprinkle with remaining 1/2 cup cheese and bacon.
3. Bake for 15 minutes or until heated through. Sprinkle with green onion.

Potatoes (Yukon gold):



Simple Garden Supper (From Sister Georgia Christensen)

Ingredients:

- Greens —any kind
- Onions
- Peppers
- Carrots
- Squash
- Broccoli
- Tomatoes
- Potatoes
- Garlic
- Oil based salad dressing
- Nuts—I like cashews

Instructions:

1. Prepare vegetables (clean and cut), except greens.
2. Toss in salad dressing.
3. Heat a bit of olive oil in a frying pan.
4. Add garlic, carrots, potatoes, peppers, onions, broccoli.
5. Pour on dressing. Add nuts.
6. Cook and stir.
7. Put in tomatoes, then greens.
8. Cover and cook for a few more minutes.
9. Toss and pour supper onto your plate.
10. Enjoy

Crispy Seasoned Potato Wedges

(https://bitesizedkitchen.com/the-best-baked-potato-wedges/?utm_term=potato+recipes&utm_campaign=3175005174)



Ingredients:

- 8 small yukon gold potatoes (or any yellow potato)
- ¼ cup olive oil
- 1 tablespoon oregano
- ⅛ teaspoon garlic powder
- ⅛ teaspoon onion powder
- Salt and pepper to taste
- 2 tablespoon fresh chopped parsley
- Salt to taste*

Instructions:

1. Preheat oven to 400 degrees F. Cut your potatoes in half, then cut each half into thirds. Each potato should give you 6 wedges!
2. If you have parchment paper, lay some down on your baking sheet first.
3. Place wedges on your baking sheet and drizzle with the olive oil, oregano, garlic powder and onion powder. Toss to evenly coat. You want your wedges coated in olive oil. If you need to add more do so. Next, it is very important that you do these two things:
4. Make sure your wedges are **NOT** touching each other! (use two sheets if you need or bake it two parts.)
5. Make sure you lay your wedges cut side DOWN. (**Not** peel side down like a boat.)
6. Place your sheet pan on the BOTTOM rack in the oven for about 12-15 minutes or until the bottom of your wedges are nicely browned.
7. Move pan to one of your TOP racks and turn broiler to high. (Baking sheet should be about 6" from your broiler!) Leave for another 5-10 minutes or until golden browned on top. Keep an eye on your wedges, they can burn quickly!!
8. Important: If your wedges are not fork tender at this point, turn oven to 350 degrees F and leave them on the middle rack for another 5 minutes or so.

9. When ready, take your wedges out and immediately season well with salt, freshly cracked black pepper and parsley. Serve hot!
10. Tip* Don't be afraid to add salt! Potatoes need salt!!

Radish (daikon):



Daikon Radish Buns

(<https://food52.com/recipes/82158-pan-fried-daikon-radish-buns>)



Ingredients:

Bun dough

- 2 cups all purpose flour
- 1 cup hot boiling water
- ¼ teaspoon salt

Filling and Seasoning

- 7 cups shredded daikon radish
- 8 ounces firm tofu
- ½ cup chopped King oyster mushrooms
- ¼ cup shredded carrots
- ¼ cup chopped cilantro
- 1 teaspoon sugar
- 1 ½ tablespoons soy sauce
- 2 teaspoons toasted sesame oil
- 1 teaspoon white pepper
- a pinch of sugar
- salt to taste
- oil for cooking

Instructions:

1. To make the dough, mix the flour and salt in a large bowl until well combined.
2. Attach a dough hook to the mixer and while the mixer is running in low-medium speed, slowly add in hot water and knead until a soft dough forms. Let the dough rest for 15 minutes, covered.
3. Meanwhile, place shredded daikon in a saucepan and cook over medium heat with 1 teaspoon sugar until almost translucent. Set aside to cool.
4. In a heated non-stick pan with 1 teaspoon oil, sauté mushrooms and carrots for 2 minutes. Then add in tofu cubes and season with 1/2 tablespoon soy sauce, a pinch of salt, and set aside.

5. Squeeze all the liquid out from the daikon and mix it together with tofu, cilantro and all seasoning in a bowl.
6. To make the buns, roll the dough on a floured surface into a log and then divide it into 9 pieces. Flatten each one with your palm and roll it into a round wrapper.
7. Place 3-4 tablespoons filling in the middle, pleat to seal and press down with palm to slightly flatten it.
8. To cook the buns, add a drizzle of oil in a heated nonstick pan. Then, place buns into pan, pleated side down and pan fry until golden brown over low-medium heat.
9. Flip and cook the other side until slightly brown. Then, add in 1/2 cup of water, place lid over and cook until all water has been absorbed.
10. Serve warm with chili oil. These buns stay soft until the next day.

Sesame Daikon Noodles

(<https://hip2keto.com/recipes/low-carb-sesame-noodles-daikon-radish/>)



Ingredients:

- 1 large daikon radish (about 1.5 pounds)
- 1 teaspoon avocado oil (or your preferred cooking oil)
- ¼ cup soy sauce (may substitute with tamari or coconut aminos)
- ¼ cup high quality sesame oil
- 2 tablespoons apple cider vinegar
- 1 tablespoon erythritol, confectioners
- 1 teaspoon chili garlic sauce (optional for flavor and spice)
- Toasted sesame seeds (optional for garnish)
- Chopped green onions (optional for garnish)

Instructions:

1. Wash and peel the daikon radish. Trim ends, cut in half, and spiralize. (I use the thin noodle setting.) Trim the noodles to your desired length.
2. Warm avocado oil over medium heat in a large skillet. Add daikon noodles and cook for 3-5 minutes, tossing gently to allow for even cooking. The noodles will soften and shrink a bit while remaining al dente. Place noodles in a colander to drain and cool a bit.
3. In a small dish, whisk together sesame oil, soy sauce, apple cider vinegar, erythritol, and chili garlic sauce. Set aside.
4. Using a few paper towels, pat the drained noodles to help remove any remaining moisture. Place the noodles in a medium bowl and toss them in the sesame marinade. Allow the noodles to marinate for *at least* 10 minutes, tossing well halfway. Once marinated, drain any excess marinade from the bowl that wasn't absorbed by the noodles.
5. If desired, garnish with chopped green onions and sesame seeds. Serve with additional chili garlic sauce. Enjoy!

Raspberries:



Raspberry Peach Smoothie (From Sister Marcella Anibas)

Ingredients:

- 6 ounces plain fat free yogurt
- 1 medium peach, sliced or ½ cup frozen sliced peaches
- ½ cup raspberries, fresh or frozen thawed
- ¼ teaspoon vanilla extract
- ½ teaspoon splenda

Instructions:

- Combine all ingredients in a blender and puree until smooth. Pour into tall glass and serve.

Raspberry Buttercream

(<https://thecrumbykitchen.com/raspberry-buttercream/>)



Ingredients:

- 1 cup raspberries (fresh or frozen)
- 3 tablespoons water
- 1 cup unsalted butter (softened)
- 3-3 ½ cups powdered sugar
- 3 tablespoons heavy whipping cream (cold)
- 1 ½ teaspoons vanilla extract
- Pinch kosher salt

Instructions:

1. Place raspberries and water in a small saucepan over medium heat and bring to a boil, stirring & mashing berries often, until the liquid boils out and all that's left is a puree, about 5 minutes. Remove from heat and cool completely. Strain seeds if desired - I left them in.
2. In a large bowl with a hand mixer or in a stand mixer fitted with a whisk, whip butter until light and fluffy, 3-4 minutes. Add 1 cup powdered sugar and whip until just blended.
3. With the mixer on low, add in 2 tablespoons raspberry puree and vanilla extract and mix until just combined. Repeat 2 more times with the remaining powdered sugar and raspberry puree, mixing until just combined.
4. Slowly add the heavy cream. When the mixture is mostly combined, turn off the mixer and scrape down the bowl. Add the salt.
5. Turn the mixer to medium-high speed and whip 4-5 minutes or until mixture is light and fluffy.
6. Use immediately or cover and store in the refrigerator for up to 3 days. To use from refrigerator, allow the buttercream to come to room temperature, then beat on low speed until it is smooth. Use as needed.

Raspberries (golden):



Golden Raspberry Basil Sorbet

(<https://food52.com/recipes/37956-golden-raspberry-basil-sorbet>)



Ingredients:

- 2 pounds golden raspberries
- $\frac{3}{4}$ cup sugar
- $\frac{2}{3}$ cup water
- 15 green basil leaves

Directions:

1. In a small saucepan combine the sugar and the water and make the simple syrup by boiling them down together.
2. In a blender combine the raspberries and the chilled syrup and whizz on high. Run the mixture through a very fine mesh sieve to get rid of all the seeds. Return the sieved mixture back into the blender, add 15 medium sized basil leaves and whizz on high again. Transfer into a clean jug and cool in the refrigerator overnight.
3. Freeze the sorbet in the ice cream machine according to the manufacturer's instructions. Keep in an airtight container in the freezer or scoop right away.

Golden Raspberry Custard Tart

(<http://mybuttoncake.blogspot.com/2010/06/golden-raspberry-custard-tarts.html>)



Ingredients:

For pastry cases:

- 1 $\frac{3}{4}$ cups plain flour
- $\frac{1}{4}$ cup icing sugar
- $\frac{3}{4}$ cup cold butter (chopped coarsely)
- 1 egg yolk
- 2 teaspoons iced water

For custard cream:

- 1 cup full-fat milk
- 1 teaspoon vanilla bean paste (or 1 vanilla bean, split and seeds scraped)
- 3 egg yolks
- $\frac{1}{3}$ cup caster sugar
- 2 tablespoons cornstarch
- $\frac{1}{3}$ cup thickened cream (whipped)

For raspberry coulis:

- $\frac{3}{4}$ cup raspberries
- 1 tbsp icing sugar

2 cups (approximately 60) fresh raspberries
icing sugar, to dust optional)

Instructions:

1. To make cases, process flour, sugar and butter until crumbly. With motor running, add egg yolk and enough water to bring ingredients together. Turn dough onto a lightly floured surface and knead until smooth and then refrigerate for 30 mins.

2. Meanwhile, to make custard cream, combine milk and vanilla (paste or whole pod and seeds) in a small saucepan and heat over a low to medium heat until it just reaches the boil. Remove from heat.
3. Beat egg yolks, sugar and cornstarch until thick and pale. Gradually pour hot milk mixture into eggs, whisking continuously so eggs do not scramble. If using an electric mixer, simply leave motor running.
4. Return custard to saucepan, and gently heat, stirring continuously, until mixture thickens and starts to bubble. Pour into a large heatproof bowl, cover the surface with glad wrap and refrigerate for an hour.
5. Grease 12 capacity cupcake tins. Roll out half the chilled pastry on a lightly floured surface until about 3mm thick. Cut out 12 x 7.5cm (4 x 2.9") rounds and press rounds into holes of tin. Prick bases of each with a fork. Repeat with remaining pastry and refrigerate for 30 minutes.
6. For raspberry coulis, puree raspberries and sugar together until smooth. Strain mixture through a fine sieve into a small bowl and set aside.
7. Preheat oven to 400 degrees. Bake cases for 12 minutes or until lightly golden. Stand cases in tin for 5 mins before transferring to a wire rack to cool.
8. Fold whipped cream through cooled custard in two batches. Once cases are completely cooled, spoon a small amount of coulis between each. Top with custard. Decorate each tart with raspberries and a dusting of icing sugar if you like.

Rhubarb:



Rhubarb Crisp (From Anne Niesen)



Ingredients:

- $\frac{3}{4}$ cup sugar
- 3 tablespoons cornstarch
- 3 cups sliced fresh rhubarb or frozen rhubarb, thawed
- 2 cups sliced peeled apples or sliced strawberries
- 1 cup quick-cooking or old-fashioned oats
- $\frac{1}{2}$ cup packed brown sugar
- $\frac{1}{2}$ cup butter, melted
- $\frac{1}{3}$ cup all-purpose flour
- 1 teaspoon ground cinnamon
- vanilla ice cream (optional)

Instructions:

1. In a large bowl, combine sugar and cornstarch. Add rhubarb and apples or strawberries; toss to coat. Spoon into an 8-in. cast-iron skillet or other ovenproof skillet.
2. In a small bowl, combine the oats, brown sugar, butter, flour and cinnamon until the mixture resembles coarse crumbs. Sprinkle over fruit. Bake at 350° until crisp is bubbly and fruit is tender, about 45 minutes. If desired, serve warm with ice cream.

RHUBARB COOKIES (From Sister Sharon Berger)

Ingredients/Instructions:

Cook until thickened; then cool:

- 1 ½ cup rhubarb (cut in small pieces)
- 1 cup golden raisins
- ¼ cup water

Cream:

- 1 ½ cup sugar
- 1 cup butter (or Crisco or margarine)
- 1 eggs (one at a time)
- Add slowly and mix:
- 3 ½ cups flour
- ½ teaspoon salt
- 1 teaspoon soda

Add:

- 1/2 cup chopped nuts
- 1 teaspoon vanilla (or almond extract)

Rhubarb mixture

Drop by teaspoons on ungreased sheet

Bake 10-12 mins at 350 degrees

FROSTING

Brown: 1/4 cup butter over medium heat. Remove from heat. Add: 3 tablespoons milk; 2 or more cups powdered sugar; 1 teaspoon vanilla; beat til smooth.

I freeze unfrosted cookies; keep frosting in fridge and soften it to use as needed.

Rhubarb Upside-down Cake (From Sister Rita Mae Fischer)

Ingredients/Instructions:

- Melt $\frac{1}{4}$ cup butter
- Add 4 rhubarb (diced)
- $\frac{3}{4}$ cup sugar
- 1 small strawberry Jello
- 3 cups miniature marshmallows
- 1 large white cake mix (prepared as directed on box)

Preheat oven to 350 degrees. In a 9x13" cake pan, melt butter. On top of butter spread a layer of rhubarb. Sprinkle on sugar and strawberry Jello. Add marshmallows. Prepare cake mix as directed on box and pour layer over rhubarb mixture. Bake until cake is golden brown and toothpick comes out clean from center of cake. Serve upside down. Top with Cool Whip.

Rhubarb Muffins (From Sister Marcella Anibas)

Ingredients:

- ¾ cup brown sugar
- 1 egg
- 1 teaspoon vanilla extract
- ½ teaspoon salt
- 1 cup finely chopped rhubarb
- ½ cup nuts
- ½ cup oil
- ½ cup buttermilk
- 1 ½ cup flour
- ½ teaspoon baking soda

Instructions:

1. Mix sugar, oil, eggs, vanilla, and buttermilk.
2. Add the rest of the ingredients except rhubarb.
3. Then add rhubarb and mix again.
4. Spoon into muffin tins or baking cups
5. Mix together ¼ cup brown sugar, ½ tsp. cinnamon and ¼ cup chopped nuts. Add as a topping before baking.
6. Bake at 325 for 20-30 minutes

Rosemary:



Rosemary Hummus

(<https://www.planted365.com/2020/03/22/smoky-rosemary-hummus/>)



Ingredients:

- 15 ounce garbanzo beans aka chickpeas canned or cooked from dried
- ¼ cup lemon juice
- 2 tablespoon oil (optional)
- 2 teaspoons dried rosemary pulsed in herb grinder
- 1 clove fresh garlic or 1 teaspoon powdered
- 1 teaspoon smoked paprika
- ¼ teaspoon black pepper
- pinch crushed red pepper flakes
- salt to taste

Instructions:

1. Add all ingredients to a food processor or high-speed blender and process until very smooth and creamy.
2. Omit oil if desired without substitution.
3. Place in a bowl and garnish with rosemary, red pepper flakes, salt and pepper, and a drizzle of oil.
4. Serve with toast, crackers, chips or use as veggie dip or as a base for dressings.

Lemon Rosemary Grilled Chicken Marinade

(<https://snappygourmet.com/lemon-rosemary-grilled-chicken-marinade/>)



Ingredients:

- ½ cup olive oil
- ¼ cup fresh rosemary sprigs (chopped)
- 1 lemon juiced and zested
- ½ teaspoon Dijon mustard
- ½ teaspoon garlic powder
- ½ teaspoon salt
- ¼ teaspoon black pepper
- ¼ teaspoon onion powder

Instructions:

1. Whisk all ingredients together in a small bowl, or place all ingredients in a mason jar, cover, and shake until well combined.
2. Use as marinade for chicken as desired.

Sage:



Fresh Sage Herbal Tea

(<https://thepeasantsdaughter.net/fresh-sage-herbal-tea-hot-or-iced/>)



Ingredients:

- 4 cups water
- Fresh sage leaves
- Honey (optional)
- Zest and juice of 1 lemon (optional)

Instructions:

For HOT Sage Tea:

1. Bring water to a rolling boil and pour it over about 5 sage leaves.
2. Add honey and lemon zest if using and allow to steep for 3-5 minutes. You do not need to discard the sage leaves.

For ICED Sage Tea:

1. Bring 4 cups water to a rolling boil and pour it over about 15 sage leaves.
2. Allow the sage leaves to steep for about 10-15 minutes.
3. Discard or compost the sage leaves
4. Add honey and the zest/juice of 1 lemon, if using and refrigerate until ice cold.

Rosemary and Sage Focaccia

(<https://www.recipefiction.com/2015/01/rosemary-sage-focaccia-almost-no-recipe-bread.html>)



Ingredients:

- 2 ¼ teaspoons yeast one packet-you can use less yeast if you add more time
- 2 cups whole-wheat flour
- 2 cups water
- 2 ½ teaspoons salt
- 3 cups bread or all-purpose flour
- Several glugs of extra virgin olive oil
- 2 teaspoons finely chopped rosemary
- 2 teaspoons slightly less finely chopped sage
- 2-3 cloves of thinly sliced garlic

Instructions:

1. In a large mixing bowl combine the yeast, water, and whole-wheat flour. Stir and let sit until bubbly, twenty minutes or up to 8 hours (like say if you wanted to start this before work). At this point I chopped up the garlic and herbs and allowed them to steep in the olive oil.
2. Add the salt and the remaining three cups flour, stir to form a shaggy mess. Let rest for 15-25 minutes. At this point you could use a stand mixer to thoroughly combine everything. But, despite my fondness for gadgets and food processors and my Kitchenaid, for this bread all I use is my wooden spoon and time. Stirring and sort of folding the dough about two or three times until it's fairly smooth and well combined. Once it's cohesive enough that it can form a ball I let this rise to at least twice but sometimes to three times the original size which takes anywhere from an hour to three. Drizzle the top with olive oil and form into a ball. Place the ball on your prepared baking surface and let rest for another ten-thirty minutes. I don't roll out my dough I slowly press it into the shape I want using my fingertips like I'm giving it a nice massage that if you were on the receiving end of would feel nice but not make you scream in pain. Once the dough is almost the size you want

add the olive oil herb mixture to the dough and press it in with your fingertips, making a dimpled surface.

3. Preheat the oven to 425 degrees.
4. Allow to rise for at least another twenty minutes, sometimes I let it double in size but by this point I'm usually running behind. If it's not doubled there will be more oven spring and slightly fewer dimples.
5. Bake for 25-30 minutes, until golden brown. Sprinkle the warm bread with a pinch of sea salt and some grated Parmesan.

Spinach:



Spinach Rice Casserole (From Sister Shirley Morrissey)

Ingredients:

- 4 cups cooked brown rice
- 2 pounds raw chopped spinach
- 1 cup chopped onion
- 2 cloves garlic (minced)
- 3 tablespoons butter
- 4 beaten eggs
- 1 cup milk
- 1 ½ cups grated cheese
- ¼ cup chopped parsley
- 2 tablespoons tamari
- ½ teaspoon salt
- A few dashes each (nutmeg, cayenne)
- ¼ cup sunflower seeds
- Paprika

Instructions:

1. Saute onions and garlic with salt in butter. When onions are soft add spinach. Cook 2 minutes
2. Combine with all ingredients except sunflower seeds and paprika. Spread into buttered casserole and sprinkle sunflowers and paprika on top.
3. Bake covered 35 minutes at 350 degrees.

Creamed Spinach Mac and Cheese

(<https://www.howsweeteats.com/2020/03/spinach-mac-and-cheese/>)



Ingredients:

- 1 pound short cut pasta (cooked according to package directions)
- 4 tablespoons unsalted butter
- 1 sweet onion (diced)
- 3 garlic cloves (minced)
- pinch of salt and pepper
- 4 tablespoons flour
- ¼ teaspoon freshly ground nutmeg
- 12 ounces fresh baby spinach
- 2 ½ cups milk
- 12 ounces fontina cheese (freshly grated)
- 6 ounces white cheddar (freshly grated)
- 2 ounces parmesan cheese (freshly grated)
- ½ cup crispy onions or breadcrumbs (for topping)

Instructions:

1. Preheat the oven to 350 degrees F.
2. Heat a large oven-safe pot over medium-low heat and add the butter. Stir in the onion and garlic with a pinch of salt and pepper. Cook, stirring often, until the onions have softened.
3. At this time, you can also cook the pasta in another pot. You can cook it before too - just make sure to give it a quick spritz of olive oil so it doesn't stick together.
4. Toss all the grated cheese together.
5. Stir the flour into the onions to create a roux. Cook for 2 to 3 minutes, until it becomes golden in color and starts to smell nutty. Slowly stream in the milk while stirring constantly. The mixture will begin to come together and thicken. Stir in the nutmeg.
6. Add in the spinach - it will seem overwhelming at first, but it will quickly cook down! Stir until it cooks down and softens.

7. Once the spinach cooks down, stir in almost all of the cheese (reserve a bit for topping) and the pasta. Toss it together over and over until it is combined.
8. Top with the remaining grated cheese. Top with crispy onions. Bake for 35 to 30 minutes, until golden and bubbly.

Squash (butternut):



Butternut Squash Soup (From Sister Marcella Anibas)

Ingredients:

- 3 pounds unpeeled butternut squash (halved and seeded)
- 2 large unpeeled onions
- 1 small garlic bulb
- ¼ cup olive oil
- 2 tablespoons minced fresh thyme or 2 teaspoons dried thyme
- 3-3 ½ cups chicken broth
- ½ cup whipping cream
- 2 tablespoons minced fresh parsley
- ½ teaspoon salt
- ¼ teaspoon pepper
- Fresh thyme sprigs (optional)

Directions:

1. Cut squash into eight large pieces. Place cut side up into a 15 x 10 1 inch baking pan.
2. Cut ¼ inch off tops of onion and garlic bulbs (the end that comes to a closed point).
3. Place cut side up in baking pan. Brush with oil, sprinkle with thyme.
4. Cover tightly and bake at 350 degrees for 1 ½- 2 hours or until lukewarm.
5. Remove peel from squash and onions; remove soft garlic from skins.
6. Combine vegetables, broth, and cream.
7. Puree in a processor until smooth; transfer to a large saucepan
8. Add parsley, salt and pepper; heat through (do not boil). Garnish with thyme

Maple Pulled Pork Enchiladas with Butternut Squash (From Anne Niesen)

Ingredients:

- 1 tablespoon olive oil
- 1 butternut squash (peeled, seeds scooped out, and cut into 1/2 inch cubes) (4-5 cups, and depending on the size of your butternut squash you may have left-overs)
- 2 teaspoons chili powder
- ¼ cup water
- 9.6 oz enchilada sauce(284 mL; just over 1 cup)
- 1 cup cheese (shredded)
- 1 cup maple pulled pork
- 4 tortillas (large)

Instructions:

1. Preheat oven to 350°F.
2. Heat olive oil over medium heat in a large pan.
3. Add butternut squash and chili powder and cook for 5-7 minutes, stirring occasionally. Add ¼ cup of water, cover pan and cook for another 5-7 minutes, until squash is tender when poked with a fork.
4. Transfer butternut squash to a large bowl and mash with a potato masher or fork.
5. Spread approximately ¼ cup of butternut squash on a large flour tortilla. Top with ¼ cup of maple pulled pork.
6. Roll the enchilada and place seam side down in the baking pan. Repeat with 3 more tortillas.
7. Pour remaining enchilada sauce over tortillas, and top with cheese.
8. Bake for 20 or so minutes, until enchilada sauce is bubbly and cheese is melted all over.
9. Serve immediately.

BUTTERNUT SQUASH PUDDING (From Sister Sharon Berger)

Peel and cut up squash. Steam about 20 minutes until soft. Mash and measure 3 cups into a bowl.

Add and mix:

- 3 tablespoons flour
- $\frac{3}{4}$ c sugar
- $\frac{1}{4}$ c melted butter or margarine
- 2 eggs (well beaten)
- $\frac{1}{2}$ c milk
- 1 teaspoon vanilla
- $\frac{1}{4}$ teaspoon nutmeg

Place in buttered baking dish. Bake at 350 for 40 minutes or until set.

Squash Cookies (From Karen Stoltz)

(<https://www.allrecipes.com/recipe/9708/squash-cookies/>)



Ingredients:

- ½ cup butter (softened)
- ¾ cup white sugar
- ¾ cup packed brown sugar
- 2 large eggs
- 1 ½ cups mashed, cooked butternut squash
- 2 ½ cups all-purpose flour
- 1 teaspoon baking soda
- 2 teaspoons ground cinnamon
- ½ teaspoon salt
- ½ teaspoon ground nutmeg
- ¼ teaspoon ground ginger
- 1 cup raisins
- 1 ½ cups chopped pecans
- ¼ teaspoon ground allspice
- 2 ½ teaspoons baking powder
- 12 ounces of chocolate chips (optional)

Instructions:

- Preheat the oven to 375 degrees F.
- In a large mixing bowl, cream butter and sugars until fluffy. Beat in the eggs and squash. Sift together the flour, baking soda, baking powder, and spices; add to mixture, stirring until well blended. Stir in raisins and nuts (or chocolate chips). Spoon onto cookie sheets spacing cookies 2 inches apart.
- Bake for 10 to 12 minutes in the preheated oven, until edges are golden.

Squash Soup (From Sister Anita Beskar)

Ingredients:

- 1 butternut squash (baked)
- Garlic (finely chopped, to taste)
- 8 oz. cream cheese (softened)
- Chicken broth
- Salt
- Pepper

Instructions:

Blend squash and chopped garlic in food processor. In kettle, add both until it is at its desired consistency. Slowly dissolve cream cheese into squash/broth mixture. Salt and pepper to taste.

Chilean Squash (From Sister Anita Beskar)

Originally in "From the kitchen of Clare's Well"

Ingredients:

- 4 cups squash or pumpkin (cooked and mashed)
- 1 cup onions (chopped)
- 1 ½ cups red and/or green peppers (chopped)
- 2-3 large cloves of garlic (crushed)
- 1 teaspoon cumin
- ½ teaspoon chili powder
- ½ teaspoon coriander
- Dash cayenne pepper
- 4 eggs (beaten)
- 2 cups corn
- 1 tablespoon salt
- dash pepper
- 2 tablespoons olive oil

Instructions:

Sauté onions, garlic, and spices in olive oil until onions are translucent. Add peppers and salt. Cover and cook for 508 minutes. Add sauté, eggs and corn to squash. Mix well. Taste. Spread into buttered 2-quart casserole dish. Top with cheese. Bake at 350 degrees for 10 minutes covered and 15 minutes uncovered.

Butternut Squash Soup (From Kay Berra and Sister Rochelle)

Ingredients:

- 2 tablespoons butter
- 1 cup small onion (chopped)
- 1 cup celery (chopped)
- 2 cups carrot (chopped)
- 2 cups potatoes (chopped)
- 6 cups butternut squash (peeled, seeded and cubed)
- 49 ounces chicken stock
- 2 teaspoons salt
- ½ teaspoon pepper

Instructions:

1. Melt the butter in a large pot, and cook the onion, celery, carrot, potatoes, and squash 5 mins or until lightly browned. Pour enough of the chicken stock to cover the vegetable. Bring to boil. Reduce heat to low, cover pot, and simmer 40 mins, or until all vegetables are tender.
2. Transfer the soup to a blender and blend until smooth. Return to pot, and mix in any remaining stock to attain desired consistency. Season with salt and pepper.

CURRIED SQUASH SOUP (From Ronalda Hophan)

Ingredients:

- 2-3 tablespoons butter
- 1 teaspoon curry powder
- 1 cup finely chopped onion
- 1 apple (peeled, cored, cut up)
- 1 medium butternut squash (peeled, cut into pieces)
- 1 ½ -3 cups chicken stock

Instructions:

1. Saute onion in butter and curry till tender. Prepare squash and apple; then add to onion with chicken stock and cook slowly till squash is tender. Puree ingredients in blender or food processor. Add 1 cup or more apple juice to thin as desired thickness.

Squash (yellow summer):



Yellow Squash Veggie Tots

(https://www.babaganosh.org/yellow-squash-tots/?utm_medium=social&utm_source=pinterest&utm_campaign=tailwind_tribes&utm_content=tribes&utm_term=1095654436_52837862_28241)



Ingredients:

FOR THE TOTS:

- 3 small yellow squashes or zucchini - about 1-1.5 lb yellow squash
- 1 eggs
- 4 oz grated cheddar cheese or other meltable cheese (about 1/2 cup grated)
- ¾ cup breadcrumbs
- ½ medium onion, finely chopped
- ½ teaspoon garlic powder
- ½ teaspoon salt
- Ground black pepper, to taste
 - Optional: 2 tablespoons - 1/4 cup finely minced parsley leaves

FOR THE YOGURT DIP

- ⅓ cup unsweetened Greek yogurt
- 2 teaspoons lemon juice (from about 1/2 lemon, or to taste - see notes)
- 1 teaspoons finely minced parsley (or dill, or 1/2 tsp dried parsley or dill)
- 1/4 teaspoon garlic powder (or use 1 small clove garlic, minced)
- ¼ teaspoon salt, or to taste
- ¼ teaspoon pepper, or to taste

Instructions:

MAKE THE TOTS!

1. Preheat oven to 400F. Line a large baking sheet with parchment paper (or grease the baking sheet with olive oil).
2. Grate the squash on a fine grater (or use a food processor). Add 1/2 teaspoon salt, and mix it together. Put the grated squash in a colander (or use a cheesecloth, see notes). Let sit while you prepare the rest of the ingredients.

3. Use your hands to squeeze all the extra liquid from the grated squash in the colander. You should have about 1 cup of liquid for every pound of squash you use. Discard the liquid.
4. Combine all the tot ingredients in a large bowl and mix well. The mixture should be sticky and wet, like a thick paste. If it is too wet, add extra breadcrumbs. Form small tots with your hands (about 1.5-2 tablespoons squash mixture per tot). Tip: dip your hands into a bowl of cold water in between every few tots - this will help keep the squash mixture from sticking to your hands!
5. Arrange the tots on the parchment-lined baking sheet. Bake at 400F for 25 minutes, or until golden on top and lightly browned on the bottom. Allow to rest 5 minutes before removing them from the baking sheet - this will help prevent them from sticking.

MAKE THE DIP!

1. In a small bowl combine all the ingredients for the yogurt sauce while the tots are baking. Serve as a dip for the warm tots!

Yellow Squash Cheddar Cheese Biscuits [\(https://www.turningclockback.com/yellow-squash-cheddar-cheese-biscuit-recipe/\)](https://www.turningclockback.com/yellow-squash-cheddar-cheese-biscuit-recipe/)



Ingredients:

- 2 cups yellow squash (shredded)
- 1 teaspoon salt
- 3 cups flour
- 1 tablespoon baking powder
- 2 teaspoons baking soda
- $\frac{3}{4}$ teaspoon garlic powder
- 1 teaspoon dried rosemary
- 4 tablespoons butter (melted)
- 1 cup extra sharp cheddar cheese (shredded)
- $\frac{3}{4}$ cup whole milk

Instructions:

1. Shred the yellow squash. Squeeze out the excess water and measure out 2 cups. Set aside.
2. Preheat the oven to 400 degrees.
3. Place parchment paper on a cookie sheet.
4. In a large bowl, combine flour, baking powder, baking soda, salt, garlic powder and rosemary.
5. Mix biscuit dough together gently until combined.
6. Add in the shredded squash, milk, melted butter, and cheddar cheese.
7. Mix well. Start with a wooden spoon and move on to mixing by hand if you have to. You want the excess flour mixed in but don't overmix the dough.
8. Dump the dough ball onto a well floured cutting board. Press out gently to about 2 inches thick.
9. Dip the top of a glass into some flour. Use it to cut out biscuit shapes from your dough.

10. Place them on the cookie sheet. Combine the dough scraps, reflower the surface if needed, press out dough again and cut more biscuits. Repeat until all the dough is used.
11. Bake yellow squash biscuits in the preheated oven for 15 minutes or until golden brown.
12. Remove from oven and let cool slightly before serving.

Squash (zucchini):



Tomato, Onion, Zucchini Sauce (From Sister Lucy Slinger)

Ingredients:

- 1 large sweet onion
- 2-3 zucchini
- 2-4 tomatoes

Instructions:

1. Dice onion and sauté it to translucent in butter or coconut oil
2. Slice the zucchini into the pan with the onions.
3. Skin tomatoes, slice open and discard most of the juice and seeds, add to onions and zucchini and cook until the consistency desired on medium-low heat.
4. and cook on medium-low until done.

Serve over mashed potatoes or mashed cauliflower.

Pineapple Zucchini Bread (From Sister Anita Beskar)

Ingredients:

- 3 eggs
- 2 cups sugar
- 1 cup oil
- ½ cup raisins
- 1 tablespoon vanilla
- 1 cup crushed pineapple
- 2 cups zucchini (grated)
- 3 cups flour
- 1 teaspoon baking powder
- 1 teaspoon salt
- 1 teaspoon baking soda
- 1 cup pecans (chopped)

Instructions:

Beat eggs, sugar, vanilla and oil until light and fluffy. Add zucchini and dry ingredients. Stir in pineapple and pecans. Bake at 350 degrees for one hour.

Zucchini Soup (From Sister Rita Mae Fischer)

Ingredients:

- 4 strips bacon
- ½ cup chopped onion
- ¼ cup chopped green pepper
- 2 ½ cups zucchini (slice)
- 1 tablespoon pimienta (chopped, optional)
- 1 cup water
- ½ teaspoon salt
- ¼ cup butter
- ¼ cup flour
- 1 teaspoon salt
- ¼ teaspoon pepper
- 2 ½ cup milk
- ½ teaspoons Worcestershire sauce
- 1 cup (4 ounce) shredded cheddar cheese

Instructions:

1. Cook bacon until crisp. Sauté onion and green pepper in bacon fat till tender. Set aside for garnish. Cook zucchini, pimienta, water and salt about 5 minutes until tender.

Cheese soup base:

2. Melt butter; add flour, salt, pepper and onions. Stir in milk and Worcestershire sauce. Heat to boiling, stirring constantly. Remove from heat and stir in cheese; do not boil. Add vegetables with liquid to soup base. Garnish with bacon crumbs.

ZUCCHINI DESSERT SQUARES (From Sister Arlene Melder)

Ingredients:

Mix together:

- 2 cups flour
- 1 cup sugar
- $\frac{1}{4}$ teaspoon cinnamon
- $\frac{1}{4}$ teaspoon salt
- $\frac{3}{4}$ cup margarine

Save $1\frac{1}{2}$ cups crumbs, pat the rest in the bottom of a greased 9x12 pan and bake for twelve minutes at 375 degrees.

Filling:

- 4 cups diced zucchini
- $\frac{1}{3}$ cup plus 2 tablespoon lemon juice
- $\frac{1}{2}$ cup sugar
- $\frac{1}{2}$ teaspoon cinnamon
- $\frac{1}{4}$ teaspoon nutmeg

Instructions:

1. Place zucchini and lemon juice in a saucepan and bring to a boil, reduce heat, cover and cook for 6-8 minutes or until zucchini is crisp and tender.
2. Stir in sugar, cinnamon and nutmeg. Cover and simmer for 5 minutes. (Mixture will be thin) Spoon over crust, sprinkle with reserved crumbs.
3. Bake at 375 for 40-45 minutes or until golden brown.

Zucchini Pancakes (From Sister Arlene Melder)

Ingredients:

- 2 cups zucchini (peeled and grated)
- Add 2 beaten eggs
- ½ cup grated cheese
- Salt (as needed)
- Mix in ½ cup Bisquick

Instructions:

1. Heat a griddle to medium heat. Spray with cooking spray. Pour about ½ cup of batter on heated skillet. Cook until the pancakes have some bubbles, about 3 minutes.
2. Flip carefully with a spatula, until browned on the underside.
3. Serve pancakes with butter or syrup.

Chocolate Zucchini Bread (From Sister Marcella Anibas)

Ingredients:

- Mix together:
 - 3 eggs beaten
 - 1 cup oil
 - 2 cups sugar
 - 2 cups shredded zucchini
 - 1 tablespoon vanilla
- Add the following:
 - ½ cup cocoa
 - 2 ½ cups flour
 - 1 teaspoon salt
 - 1 teaspoon baking soda
 - ¼ teaspoon baking powder

Instructions:

1. Mix well and pour into 2 large or 3 small loaf pans
2. Bake at 350
3. Bake 45- 50 minutes for 2 pans
4. 35 minutes for 3 pans

Strawberries:



Strawberry Banana Smoothie (From Sister Marcella Anibas)

Ingredients:

- 3 cups plain or vanilla soymilk
- 1-12 ounces box frozen sliced strawberries or 2 cups fresh berries
- 1 ripe banana

Instructions:

1. Blend in a blender until smooth.

STRAWBERRY SPINACH SALAD (From Sister Ronalda Hophan)

Ingredients:

- 10 ounce fresh spinach (rinsed, dried, torn into bite-sized pieces)
- 1 quart fresh strawberries (sliced)
- ¼ cup almonds or pecans (roasted)

Dressing:

- 1 tablespoon poppy seeds
- 2 tablespoons sesame seeds
- ½ cup olive oil
- ½ cup granulated sugar
- ¼ cup vinegar
- ¼ cup worcestershire sauce
- ¼ teaspoons paprika
- 1 tablespoon minced onion

Instructions:

For the dressing, in a medium bowl, whisk together poppy seeds, sesame seeds, olive oil, sugar, vinegar, paprika, Worcestershire sauce and onion. Cover and chill for one hour. In a large bowl, combine spinach, strawberries and nuts. Pour dressing over salad and toss. Refrigerate 10-15 minutes before serving.

Summer Berry Parfait (From Sister Marcella Anibas)

Ingredients:

- 2 (6 ounce) containers low fat vanilla yogurt
- $\frac{2}{3}$ cup granola
- $\frac{1}{2}$ cup of diced fresh strawberries
- $\frac{1}{2}$ cup fresh blueberries
- $\frac{1}{2}$ cup fresh raspberries

Instructions:

1. Divide one container of yogurt between two parfait glasses. Top with $\frac{1}{4}$ of the granola, strawberries, blueberries, and raspberries. Repeat with remaining ingredients.

Strawberry-Granola Crisp (From Karen Stoltz)

Ingredients:

- 2 pounds strawberries (hulled, halved, and quartered if large)
- 3 tablespoons sugar
- 2 tablespoons fresh lemon juice
- 1 tablespoon plus 1 ½ teaspoons cornstarch
- A pinch of kosher salt
- ¼ cup extra virgin olive oil
- 2 tablespoons pure maple syrup
- 1 cup old fashioned oats
- ⅓ cup sliced almonds
- ⅓ cup unsweetened shredded coconut
- ¼ cup all purpose flour

Instructions:

1. Place rack in a lower third of oven; preheat to 350 degrees. Toss strawberries, raw sugar, lemon juice, cornstarch, and a pinch of salt in a large bowl to combine; transfer to a 9" diameter pie dish.
2. Stir in oil and maple syrup in a medium bowl to combine. Add oats, almonds, coconut, flour, and 2 pinches of salt and work until mixture comes together in loose clumps; scatter over filling. Place crisp on a foil-lined rimmed baking sheet and bake until topping is golden brown and filling is bubbling, 35-45 mins. Let cool at least 30 mins before serving.
3. Serve crisp with yogurt, whipped cream, or ice cream if desired.

Sweet Potatoes:



Sweet Potato Soup (From Sister Marcella Anibas)

Ingredients:

- 2 large sweet potatoes
- 1 ½ cups canned chicken broth (divided)
- 1 tablespoon margarine or butter
- 1 tablespoon all purpose flour
- ¼ teaspoon ground ginger
- 1 cup fat free evaporated milk
- 1 tablespoon chopped pecans

Instructions:

1. Bake sweet potatoes. Cool, remove and discard skin. Chop potatoes.
2. Combine sweet potatoes and ¾ cup broth in blender or food processor. Blend until smooth (about 1 min). Set aside
3. Melt butter in saucepan. Stir in flour and ginger; then add milk. Cook about 5 mins, until slightly thick and bubbly.
4. Cook one minute more and stir in sweet potato mixture and remaining broth. Cook until heated.

Sweet Potato and Black Bean Quinoa Bowl

(<https://www.spoonfulofflavor.com/sweet-potato-black-bean-quinoa-bowls/>)



Ingredients:

Roasted Sweet Potato:

- 1 large sweet potato (peeled and diced)
- 1 teaspoon extra virgin olive oil
- ½ teaspoon chili powder
- ¼ teaspoon cumin
- ¼ teaspoon kosher salt

Quinoa:

- ¾ cup red quinoa
- 1 ¾ cups water
- ½ teaspoon kosher salt (divided)
- ½ teaspoon chili powder
- ½ teaspoon cumin
- ¼ teaspoon garlic powder
- Juice of half a lime
- 2 tablespoon cilantro (chopped)

Cilantro Cream Drizzle:

- ¼ cup plain nonfat Greek yogurt
- ¼ cup cilantro (chopped)
- ¼ teaspoon agave nectar or honey
- Juice of half a lime
- Pinch of salt, garlic powder, and chili powder

Other Ingredients:

- 1 cup black beans (rinsed and drained)
- Cilantro for garnishing

Instructions:**Roasted Sweet Potato:**

- Preheat oven to 425 degrees then line a baking sheet with foil and spray it with cooking spray.
- Toss the diced sweet potato in the olive oil and spices and lay it out in an even layer on the prepared baking sheet. Roast the sweet potato for 12-15 minutes or until it is fork tender.

Quinoa:

- Rinse and drain the red quinoa then put it in a medium sized saucepan with the water and 1/4 teaspoon of kosher salt. Bring the quinoa to a boil, then cover it with a lid and lower the heat to medium low. Cook the quinoa for about 15 minutes, until all of the liquid is absorbed.
- Remove quinoa from the heat and season with the remaining 1/4 teaspoon of kosher salt, chili powder, cumin, garlic powder, lime juice, and cilantro.

Cilantro Cream Drizzle:

- In a blender add all of the ingredients and blend until smooth.

Assembling the Bowls:

- In 2 or 3 serving bowls divide the quinoa mixture. Top the quinoa with the black beans and roasted sweet potato. Drizzle the cilantro cream on top with a spoon. Top with more cilantro if desired.

Swiss Chard:



Black Bean and Green Onions Quinoa (From Sister Meg Earsley)

Ingredients:

- 2 tablespoons plus 2 tablespoons olive oil
- 1 medium onion (finely chopped)
- 4 cloves plus 2 cloves garlic (minced)
- 1 ½ cups chicken stock
- ¾ cup quinoa
- 1 teaspoon ground cumin
- 1 teaspoon chili powder
- 1 teaspoon salt
- ¼ teaspoon ground black pepper
- 10 ounces swiss chard
- 1 (12-ounce) bag of frozen sweet corn kernels (thawed)
- 1 (15-ounce) can black beans (rinsed and drained)
- 2 ounces feta cheese (crumbled)
- 2 tablespoons fresh parsley (chopped and used as garnish)

Instructions:

1. Heat a medium saucepan over medium heat. Add 2 tablespoons of olive oil and swirl in the pan to coat the bottom. Add onions and cook until soft and beginning to brown, about 5 minutes. Add 4 cloves of minced garlic, cook for an additional two minutes. Once complete, add chicken stock, quinoa, cumin, chili powder, salt and pepper. Increase heat to high and bring mixture to a boil. As soon as it begins to boil, give it a good stir, reduce to low and cover. Keep covered and cook for 25 minutes or until liquid is absorbed. Check to make sure quinoa is cooked through.
2. While the quinoa is cooking, rough chop the swiss chard. Heat a medium skillet over medium heat. Once hot, add remaining 2 T. of oil, swirling in the skillet to coat the bottom. Add swiss chard and cook, turning frequently, until it is cooked, about 8 minutes. Set aside until the quinoa is ready.
3. When quinoa is finished cooking, remove from heat and add the swiss chard, corn and black beans. Crumble feta cheese over the top and sprinkle on fresh parsley.
4. Makes 4-6 servings.

Swiss Chard Enchiladas with Avocado Cream

(<https://www.onegreenplanet.org/vegan-recipe/swiss-chard-enchiladas-with-avocado-cream/>)



Ingredients:

For the Enchilada 'Tortillas' and Sauce:

- 10-12 swiss chard leaves or large spinach leaves
- 3 tablespoon extra virgin olive oil
- ¼ cup buckwheat flour or millet flour
- 1 tablespoon cumin powder
- 1 tablespoon dried oregano
- 1 tablespoon garlic powder
- 1 tablespoon paprika or red chili powder
- 1 tablespoon coconut sugar
- 1 teaspoon cinnamon powder
- 1 teaspoon sea salt
- 2 cups vegetable stock
- 2 tablespoons tomato paste or vinegar (both optional)

For the Enchilada Filling:

- 1 pound sweet potato (baked at 390°F for 45 minutes)
- 1 cup cooked black beans (soaked overnight, cooked)
- 1 cup corn
- ½ cup spring onions, chopped fine
- ¼ cup fresh coriander, chopped fine
- 1 teaspoon cumin powder
- 1 teaspoon garlic powder
- Salt and pepper, to taste
- ½ cup grated vegan cheddar cheese

For the Avocado Cream:

- 2 medium avocados
- 1 cup vegan yogurt
- 2 tablespoons extra virgin olive oil
- 1 clove garlic
- ½ cup cilantro leaves
- Salt and pepper, to taste

For Topping:

- ½ cup grated vegan cheddar cheese
- ¼ cup cilantro leaves
- ¼ cup spring onions (finely chopped)

Preparation

To Make the Enchilada Sauce:

1. Heat the olive oil to a medium heat and add the buckwheat flour. Keep stirring till you get an aroma or it changes color slightly.
2. Add all the spices including the coconut sugar and salt and continue stirring. After a few minutes add the vegetable stock and reduce heat.
3. Add the tomato paste or vinegar at this point and stir through. Stir once in a while over the next 15 minutes until it thickens. Set aside.

To Make the Enchilada Filling:

1. Roughly crush the black beans in a large bowl. Add the sweet potato and mash again.
2. Add the corn, spices, seasoning, spring onions, and cilantro then mix together. Set aside.

To Make the Avocado Cream:

1. Thoroughly mix all ingredients together and set aside.

To Assemble and Make the Enchiladas:

1. Preheat the oven to 350°F.
2. In a rectangular baking tin, spread a 1/4 of the enchilada sauce until it is covering the base.
3. Wash the Swiss chard leaves and trim away the stems just at the base. Store the stems for later use. Lightly dry the leaves.
4. Turn over the leaf and slightly flatten the stem by pressing down. Add a tablespoon or two of the sweet potato filling about two fingers space away from the base. Add a teaspoon of grated cheese. Fold over from the base, covering the filling. Holding it down, fold over the leaves vertically on either side to close over. Tightly roll the leaves horizontally. Place seam side down in the baking dish spread with enchilada sauce. Repeat the same with the rest of the leaves and tightly fit it all in the baking tray.
5. Pour the enchilada sauce over the Swiss chard rolls. Sprinkle with cheese and bake for 40 minutes or till the cheese is golden brown. Remove from oven.
6. Sprinkle over the coriander leaves and spring onions. Drizzle the avocado sauce over or serve on the side or add sliced avocados on top and serve with fresh yogurt. Serve hot.

Thyme:



Rosemary Thyme Herb Butter

(<https://www.thismamaloves.com/rosemary-thyme-herb-butter/>)



Ingredients:

- 1 package premium butter
- 1 tablespoon fresh rosemary
- 1 tablespoon fresh thyme

Instructions:

1. Soften butter at least 1 hour
2. Chop fresh herbs, add to butter (I use mixer)
3. Let sit overnight for best flavor
4. Serve on top of crostini, fresh bread, steak, veggies, or potatoes

Lemon Thyme Bars

(<http://dmrfinefoods.blogspot.com/2013/08/lemon-thyme-bars.html>)



Ingredients:

Crust:

½ pound unsalted butter (at room temperature)
½ cup sugar
2 cups flour
2 tablespoons fresh thyme (finely chopped)
¼ teaspoon salt

Lemon Layer:

7 large eggs
2 ½ cups sugar
3 tablespoons grated lemon zest
1 cup freshly squeezed lemon juice
1 cup flour
Fresh thyme sprigs (for garnish)

Lemon Glaze:

2 cups confectioner's sugar
¼ cup freshly squeezed lemon juice (around the juice of 2 lemons)

Instructions:

Preheat the oven to 350°F and grease a 9x13 baking pan.

For the crust, cream the butter and sugar in the bowl of an electric mixer until light. Combine the flour, thyme and salt and, with the mixer on low, add to the butter until just mixed. Dump the dough onto a well-floured board and gather into a ball. Flatten the dough with floured hands and press it into the greased baking pan, building up a 1/2-inch edge on all sides. Chill.
Bake the crust for 15 to 20 minutes, until very lightly browned. Cool on a wire rack.

Leave the oven on.

For the lemon layer, whisk together the eggs, sugar, lemon zest, lemon juice, and flour. Pour over the crust and bake for 35 to 40 minutes, or about five minutes beyond the point where the filling is set. Cool to room temperature.

For the lemon glaze, whisk together the confectioner's sugar and lemon juice. Add more or less sugar and/or juice for desired consistency. Pour glaze over lemon bars and spread with a spatula to cover evenly. Allow the glaze to set for at least 20-30 minutes. Cut into squares and garnish with fresh thyme, if desired. Serve and enjoy!

Tomatoes (large):



Tomato Sauce (From Sister Shirley Morrissey)

Ingredients:

- ½ onion (chopped)
- 1 clove garlic
- 2 tablespoons oil
- 1 small carrot (grated)
- 2 tablespoons chopped green pepper
- 1 bay leaf
- 1 teaspoon oregano
- ½ teaspoon thyme
- ¼ teaspoon basil
- 2 tablespoons chopped fresh parsley
- 2 cups tomatoes (fresh or canned)
- 1 (6 ounce) can tomato paste
- 1 teaspoon salt
- ¼ teaspoon brown sugar
- ⅛ teaspoon pepper

Instructions:

1. Saute onion and garlic clove in oil until onion is soft. Discard garlic.
2. Add carrot green pepper, bay leaf, and herbs. Stir well, then add the tomatoes, tomato paste, and seasonings. Simmer for half an hour. Remove the bay leaf.
3. Makes a little more than two cups.

FOUR-TOMATO SALSA (From Mary Marshall)

Ingredients:

- 7 plum tomatoes (chopped)
- 7 medium red tomatoes (chopped)
- 3 medium yellow tomatoes (chopped)
- 3 medium orange tomatoes (chopped)
- 1 teaspoon salt
- 2 tablespoons lime juice
- 2 tablespoons olive oil
- 1 medium white onion (chopped)
- 1 medium red onion (chopped)
- 2 green onions (chopped)
- 1/2 cup each green, sweet red, orange and yellow pepper (chopped)
- 3 pepperoncini (chopped)
- 1/3 cup mild pickled pepper rings (chopped)
- 1/2 cup minced fresh parsley
- 2 tablespoons minced fresh cilantro
- 1 tablespoon dried chervil
- Tortilla chips

Instructions:

1. In a colander, combine the tomatoes and salt. Let drain for 10 minutes.
2. Transfer to a large bowl. Stir in the lime juice, oil, onions, peppers, parsley, cilantro and chervil. Serve with tortilla chips. Refrigerate leftovers for up to 1 week.

Gazpacho (From Sister Anita Beskar)

Any combination of these vegetables that you happen to have available:

- Green peppers
- Cucumbers
- Onion
- Chopped garlic
- Celery
- Tomatoes

2 cups tomato juice

1 tablespoon red wine vinegar

1 tablespoon lemon juice

½ teaspoon tarragon

½ teaspoon basil

1 teaspoon cumin

2 tablespoons olive oil for every 4 cups liquid

Blend vegetables well in blender or food processor. Add remaining ingredients and blend well again. Serve chilled.

TOMATO JAM (From Sister Sharon Berger)

Ingredients/Instructions:

- Peel and dice 3 lbs of tomatoes into a large heavy pot.
- Add and mix 1 cup sugar, $\frac{1}{2}$ c brown sugar, 2 T cider vinegar.
- Then add $\frac{1}{2}$ tsp kosher salt, $\frac{1}{4}$ tsp each coriander and cumin,
- And the juice of one lemon (about $\frac{1}{4}$ c)
- Cook on medium heat, stirring often until thick, about 1 hour.
- Cool; serve with cheese and crackers or on toast or bagels.
- Can be kept in refrigerator or sealed in sterilized jars.

Green Tomato Pie (From Sister Arlene Melder)

Ingredients:

Combine

- 1 $\frac{1}{3}$ cup sugar
- 3 tablespoons flour
- 2 tablespoons minute tapioca
- 1 teaspoon salt
- 1 teaspoon cinnamon

Combine and add above

- 4 cups finely sliced green tomatoes
- 4 tablespoons lemon juice
- 1 $\frac{1}{3}$ teaspoons lemon rind

Instructions:

1. Dot with butter
2. Mix altogether and pour into an unbaked pie shell.
3. Add top crust.
4. Bake at 425 for 35 to 45 min.

Watermelon and Tomato Salad with Tumeric Oil (From Karen Stoltz)

Ingredients:

Salad

- ¼ large watermelon, cut into ½ inch pieces
- 2 medium heirloom tomatoes, cut into ½ inch pieces
- 8 ounces mild feta, cut into ½ inch pieces

Dressing

- ¼ cup virgin coconut oil
- 1 teaspoon coarsely crushed peppercorns
- 1 teaspoon coarsely crushed coriander seeds
- ½ teaspoon cumin seeds
- ½ teaspoon ground turmeric

Instructions:

1. Remove rind from the watermelon and cut into pieces. Cut tomatoes and the feta.
2. Gently toss watermelon, tomatoes and feta in a large shallow bowl or on a platter to combine.
3. Heat coconut oil, peppercorns, coriander seeds, cumin seeds and turmeric in a small saucepan over medium just until fragrant, about 3 mins.
4. Let turmeric oil cool slightly, then drizzle evenly over salad; sprinkle with flaky sea salt

Tomato Rice Bean Soup (From Sister Marcella Anibas)

Ingredients:

- 1 tablespoon vegetable oil
- ½ - ¾ cup onion (chopped)
- 2 cloves garlic (minced)
- 3 cups water
- 2 cups tomato puree
- 1 tablespoon instant low sodium chicken bouillon
- 1 cup quick cooking brown rice
- 1 (15 oz) can kidney beans (drained)
- 1 can (15 or 12 oz) can garbanzo beans (drained)
- 2 cups raw spinach (coarsely chopped)
- 2 teaspoons basil
- 1 teaspoon oregano
- 2 tablespoons grated parmesan cheese (optional)

Instructions:

1. Heat oil in large saucepan over medium heat.
2. Add onion and garlic. Cook two minutes until onion has softened.
3. Add all remaining ingredients except parmesan.
4. Bring to boil. Reduce heat and cover.
5. Simmer 5-10 mins until rice is cooked. Sprinkle with parmesan while serving.

Tomatoes (cherry):



Oven Roasted Cherry Tomato Sauce

(<https://www.gracefullittlehoneybee.com/oven-roasted-cherry-tomato-sauce/>)



Ingredients:

- 5 cups cherry tomatoes
- ¼ cup olive oil
- ½ teaspoon onion powder
- ½ teaspoon garlic powder
- 2 teaspoons dried oregano
- salt and pepper to taste

Instructions:

1. Preheat oven to 425 degrees F.
2. Remove stems and wash tomatoes.
3. Place tomatoes in a single layer on a baking sheet or roasting pan.
4. Drizzle tomatoes with oil and all seasoning except oregano.
5. Bake for 45 minutes or until skins are wrinkly.
6. Let cool and then blend in food processor until creamy.
7. Run sauce through the food mill. (This step is extremely important for a skin and seed free sauce.)
8. Add oregano and taste. Adjust seasonings as needed.
9. Use it immediately, refrigerate for up to a week or freeze it for later use.

Roasted Cherry Tomato Tart

(<https://www.fromachefskitchen.com/herbed-ricotta-roasted-cherry-tomato-tart/>)



Ingredients:

- 1 sheet frozen puff pastry (from a 17.3-ounce package) (thawed)
- 1 large egg (beaten)
- 8 ounces (approximately 3 cups) cherry tomatoes
- 2 tablespoons olive oil
- salt and freshly ground black pepper
- 1 cup good-quality ricotta cheese
- 2 scallions (finely chopped)
- ¼ cup chopped fresh parsley
- ¼ cup chopped fresh basil plus 4-5 large leaves cut chiffonade (thinly sliced)
- Zest of 1 large lemon
- Good quality balsamic vinegar, for drizzling

Instructions:

1. Preheat oven to 425 degrees.
2. Unfold puff pastry onto a large piece of parchment paper. Roll the pastry out another 1/2-inch to 1-inch. (Correct to a square as needed).
3. Using a straight edge, score the pastry approximately 1/2-inch to 1-inch from the edge, being careful to not cut all the way through. Brush the crust with the beaten egg.
4. Bake for 18-22 minutes or until golden brown. Let cool.
5. Place cherry tomatoes on a baking sheet. Drizzle with olive oil and salt and black pepper, to taste. Roast for 12-15 minutes or until beginning to soften and burst.
6. Meanwhile, combine ricotta cheese, scallions, parsley, basil and lemon zest. Carefully spread over the baked crust.
7. Top with the cherry tomatoes and sprinkle with the thinly sliced (chiffonade) basil.

8. Drizzle with good quality balsamic vinegar and cut into 4 pieces. Serve immediately.