

Chilies Rellenos

Serves 4 as a main or 6-8 as a side dish

8 ounces shredded Mexican cheese (Jack and Cheddar)

2 cans (7 ounces each) whole green chilies

4 eggs

½ cup milk

½ cup flour

1 teaspoon cumin

½ teaspoon baking powder

½ teaspoon salt

fresh pico de gallo salsa

Preheat oven to 350-degrees. Gently cut a slit through one side of the peppers, taking care not to cut all the way through. Open the peppers and lay them flat. Pat dry with paper towels. Spoon about 1 tablespoon cheese mixture onto half of each pepper. Wrap them back up and place them in single layer

inside an 8 by 8-inch greased casserole dish. Sprinkle half the remaining cheese over the peppers.

Prepare the batter by whisking together the eggs, milk, flour, cumin, baking powder and salt until smooth. Pour the batter over the cheese and sprinkle the remaining cheese over the top. Bake in the oven for about 30 minutes, or until the top is slightly golden. Cut into serving pieces topped with pico de gallo salsa.

Parmesan Roasted Broccoli

Serves 6

4 to 5 pounds broccoli
4 garlic cloves, peeled and thinly sliced
good olive oil
1 ½ teaspoons kosher salt
½ teaspoon pepper

2 teaspoons grated lemon zest
2 tablespoons lemon juice
3 tablespoons pine nuts, toasted
1/3 cup grated Parmesan

Preheat oven to 425-degrees. Cut broccoli florets from thick stalks, leaving an inch or two of stalk attached, discarding the rest of the stalks. Cut larger pieces through the base of florets. Place broccoli in large bowl and toss with garlic, 5 tablespoons olive oil, salt and pepper. Place on sheet pan in single layer. Roast for 10-15 minutes until crisp-tender and until florets are somewhat browned. Return to bowl and toss with 1 ½ tablespoons olive oil, lemon zest, lemon juice, pine nuts and Parmesan.

***Jamaican Minted Carrots**

Serves 4

Mary Hickey

6 medium carrots, peeled
1 teaspoon
3 tablespoons sugar
2 teaspoons cornstarch
3 ounces pineapple juice
1 tablespoon butter
1 tablespoon mint leaves, chopped
salt to taste

Slice carrots about ½-inch thick on the diagonal. In a medium-large saucepan, bring salted water to a boil. Add carrots and bring back to a boil. Then turn down the heat to a simmer and cook carrots, uncovered, until tender, 3 to 5 minutes. Drain and plunge into a bowl of cold water to stop the cooking. Drain and dry somewhat with paper towels. Set aside in a bowl.

Whisk together sugar and cornstarch in a small saucepan; stir in pineapple juice. Cook with medium-high heat stirring constantly until sauce thickens. Stir in butter and mint; add salt to taste. Pour sauce over carrots and gently toss. Reheat to serve.

Summer Squash Au Gratin

Serves 8

1/2 cup butter
4 cups yellow gooseneck squash, thinly sliced
4 cups green patty pan squash, thinly sliced
1 large sweet onion, sliced
2 teaspoons salt
1/2 teaspoon pepper
1/2 cup water
1 cup cheddar cheese, grated
garnish: chopped green onion or fresh oregano

Melt butter and sauté squash and onion. Season with salt and pepper. Add water and bring to boil. Simmer, covered 3 to 5 minutes or until just tender. Sprinkle with cheese; don't stir. When cheese has melted, serve the squash with a spatula.

Mother's Eggplant Patties

Serves 4-6

2 large eggplants, medium-large and firm	2 tablespoons grated onion
3 eggs, beaten well	salt and pepper to taste
2 tablespoons butter, melted	½ cup cracker meal
	ketchup

Peel and coarsely chop eggplant, removing seeds if large. Simmer, covered, in salted water 15 minutes or until soft and transparent. Drain; immerse in cold water. Drain again and cool somewhat. Place eggplant in the center of a clean kitchen towel and ring out excess water.

In a bowl mash together eggplant, eggs, butter, onion, salt, pepper and crumbs. Form into patties and sauté in butter or olive oil over medium heat for about 5 minutes per side. Serve with ketchup to the side.

Vegetable Cheese Bake

Serves 6

1 tablespoon oil	1 large tomato, chopped
1 large onion, coarsely chopped	3/4 teaspoon thyme
1 large green pepper, 1-inch cubes	pepper
1 small eggplant, peeled, salted, pressed and cut into 1" cubes	1/2 cup bread cubes
1/2 pound mushrooms, sliced	1 cup finely shredded Jarlsberg Swiss cheese, divided

Cut into 1-inch slices, salt and distribute over layers of paper towels. Cover eggplant with a weighted baking sheet for 1/2 hour to press out excess liquid. Cut eggplant into 1-inch cubes.

Sauté onions and pepper 3 minutes. Add eggplant and mushrooms and sauté 3 minutes. Add tomato and seasonings; sauté 1 minute. Drain. Layer vegetables in buttered 2 quart casserole: bread cubes, 1/2 vegetable mixture, 1/2 cheese, 1/2 vegetables.

Bake in preheated 350-degree oven, uncovered, for 30 minutes. Add remaining cheese on top and bake 10 minutes more.

***Vegetable Kebabs**

Serves 8

3 1/2 pounds mushrooms, whole
1 pint cherry tomatoes, whole
2 large zucchini, sliced 1/2 to 3/4-inch
thick
8 small white onions, whole
2 to 3 green bell peppers, cut into 2-
inch piece

3/4 cup melted butter
1 teaspoon Beau Mond seasoning
1/4 teaspoon pepper
optional: pineapple cubes

Arrange vegetables on 8 skewers. Pour butter into small bowl and mix in Beau Mond and pepper. Brush over vegetables. Place on a preheated barbecue grill and cook high for about 10 minutes or until scored; turning and brushing with butter mixture after 5 minutes. Turn off burners, cover grill and let sit for 10 minutes.

Zucchini Cups Stuffed With Peas

Serves 10

5 1-pound 2 1/2-inch diameter zucchini
2 tablespoons butter, melted
salt
1/4 cup butter
1/2 cup minced onion
2 garlic cloves, minced
1 cup frozen tiny peas, thawed
Optional: pimentos
1/2 teaspoon oregano, crumbled
1/2 teaspoon salt
1/4 teaspoon pepper
1 teaspoon lemon juice

Peel lengthwise strips from zucchini to create striped appearance. Cut into 1 ½-inch lengths. Hollow out one end with melon baller, leaving ¼-inch thick sides and ½-inch thick base. Reserve zucchini balls.

Cook zucchini cups in salted water until crisp-tender, about 4 minutes. Rinse with cold water and drain thoroughly. Brush all over with melted butter. Sprinkle inside with salt. Stand in baking dish.

Melt ¼ cup butter and sauté onions about 8 minutes. Add zucchini balls and garlic and stir just until zucchini begins to soften, about 3 minutes. Add peas, pimentos, oregano, salt and pepper. Stir 1 minute. Add lemon juice. Spoon mixture into cups. (Can be prepared 1 day ahead and refrigerated. Bring to room temp before continuing.)

Bake in preheated 400-degree oven for 7 minutes.

Sylvia Kambas' Spanakopita

Makes 12 rolls (You will need 1 ½ to 2 rolls per person when used for a main course.)

1 pound fillo	2 medium onions, finely chopped
¾ pound butter, clarified	4 tablespoons corn oil
1 ½ pound feta cheese, crumbled	8 ounces ricotta cheese
3 ounces cream cheese, softened	2 bags fresh spinach, chopped
5 eggs	

Sauté onions in oil for 4 to 5 minutes. Beat eggs until thick and creamy. Beat in cheeses and onions. Stir spinach (uncooked) into cheese mixture.

Melt butter. Place one sheet of phillo vertically and brush lightly with butter. Place another sheet on top of this and butter. Place about 1/3 cup filling 2 inches from bottom. Spread filling to within 2 inches of each side, making a roll of filling. Roll up the phillo from the bottom making two complete revolutions. Fold the sides

to the middle (do not overlap). Continue rolling the bottom up to the top edge.
Butter top and sides. (Can be frozen at this point.)

Bake in preheated 400-degree oven for 10 minutes, then at 350 for 20 to 30 minutes longer.

***Spinach Bake**

Serves 4

Sylvia Kambas

2 packages frozen chopped spinach, thawed and well drained

4 eggs

4 tablespoons butter

2 tablespoons flour

1 pound cottage cheese, small curd

1 tablespoon onion flakes or ½ cup chopped onion, sautéed

½ teaspoon salt

pepper

Mix well by hand. Pour into greased casserole dish. Bake in preheated 350-degree oven, uncovered, for 1 hour.

Oven Roasted Vegetables

Note: use large chunks of vegetables

roasted garlic mashed in olive oil

medium whole mushrooms

3 plum tomatoes, halved, seeds
removed

zucchini, cut crosswise into 4 pieces

onion petals, 3 layers thick

oriental eggplant or carrots, peeled,
cut crosswise into 4 pieces

red bell pepper, quarter

coarse salt and fresh ground pepper

Preheat oven to 400-degrees.

Cover heavy cooking tray with heavy foil. Arrange vegetables on tray and brush with garlic olive oil. Add salt and pepper.

Roast for 30 to 45 minutes or until the edges are slightly browned. Serve immediately.

Suggestion: Chill vegetables and serve in a salad.

***Diana's Zucchini and Onion**

Serves 4

olive oil

1 large zucchini, quartered and sliced 1/4-inch

1 medium onion, chopped

2 garlic cloves, minced

1 14-ounce can stewed tomatoes with juice, chopped

salt and pepper

sugar

Garnishes: fresh oregano and Parmesan cheese

Sauté zucchini and onion in olive oil for 3 minutes. Add garlic and sauté for one minute. Add stewed tomatoes. Add salt, pepper and sugar to taste. Simmer on low, uncovered, for 10 minutes. Spoon into small serving bowls. Top with Parmesan cheese and oregano.

***Roasted Green Beans**

Serves 4

Cook's Illustrated

1 pound green beans, stem ends snapped off
1 tablespoon olive oil
salt and ground pepper

1. Preheat oven to 450-degrees and adjust rack to middle position. Line rimmed baking sheet with foil; spread beans on sheet. Drizzle with oil; using hands, toss to coat evenly. Sprinkle with $\frac{1}{2}$ teaspoon salt, toss to coat and distribute in even layer. Roast 10 minutes.
2. Remove sheet from oven and redistribute beans. Continue roasting until beans are golden brown in spots and have started to shrivel, 5 to 10 minutes longer.
3. Adjust seasoning and serve.

Roasted Green Beans with Red Onion and Walnuts

1 Tablespoon balsamic vinegar, 1 teaspoon honey, 1 teaspoon minced fresh thyme, 2 thin-sliced garlic cloves, $\frac{1}{2}$ medium red onion (cut into $\frac{1}{2}$ -inch

wedges), 1/3 cup toasted chopped walnuts

Combine all above except onion and walnuts in small bowl; set aside. Follow basic recipe through step 1, roasting the red onion along with the beans. Remove from oven. Coat beans and onion with vinegar mixture. Continue roasting until done. Adjust seasoning. Top with walnuts.

Roasted Sesame Green Beans

1 tablespoon minced garlic, 1 teaspoon minced ginger, 2 teaspoons honey, 1/2 teaspoon roasted sesame oil, 1/4 teaspoon hot red pepper flakes, 4 teaspoons toasted sesame seeds

Combine all above in small bowl (except sesame seeds); set aside. Follow basic recipe through step 1. Remove beans from oven and coat with garlic mixture. Continue roasting until done. Adjust seasoning. Sprinkle with sesame seeds and serve.

Roasted Green Beans with Sun-Dried Tomatoes, Goat Cheese and Olives

1 Tablespoon olive oil, 1 tablespoon lemon juice, 1/2 cup drained sun-dried

tomatoes (rinsed, patted dry and coarsely chopped), ½ cup pitted kalamata olives (quartered lengthwise), 2 teaspoons minced fresh oregano, ½ cup crumbled goat cheese (about 2 ounces)

Follow basic recipe through step 2. Combine all above except goat cheese in medium bowl. Add beans; toss well and adjust seasoning. Top with goat cheese and serve.

***Roasted Asparagus with Feta**

Gourmet

asparagus, bottoms trimmed
olive oil
salt
black pepper
feta cheese, crumbled

Put oven rack in lower third of oven and preheat to 500-degrees. Toss asparagus with oil, salt and pepper in large shallow baking pan. Arrange in 1 layer. Roast shaking pan once about halfway through roasting, until just tender when pierced with a fork, 5 to 8 minutes total. Serve asparagus sprinkled with feta.

***Green Beans with Caramelized Shallots**

Serves 8

Bon Appétit, December 2006

Note: Can be made 1 day ahead.

2 pounds green beans, trimmed

2 tablespoons butter

1 pound medium shallots

2 tablespoons olive oil

salt and pepper

Cook green beans in boiling salted water until crisp tender. Drain. Transfer to bowl of ice water to cool. Drain well.

Cut off and discard ends from shallots. Cut lengthwise in half, then remove peel. Melt butter with oil in heavy large skillet over medium-high heat. Add shallots and sauté 1 minute. Reduce heat to medium-low, sauté until shallots are browned and tender, about 20 minutes.

Add green beans to shallots in skillet and stir over medium-high heat until heated through, about 6 minutes. Season to taste with salt and pepper.

Corn on the Cob

Prepare the corn: Remove husk and silk.

Microwave Method: wrap one ear in paper towel. Cook on high for 3 to 4 minutes.

Oven Method: Wrap ears individually in foil. Bake in preheated 450-degree oven for 15 minutes.

***Roasted Butternut Squash with Red Onion and Cranberries**

Serves 8

1 large butternut squash, cubed ¾"

¼ cup olive oil

salt and pepper

Optional: 3 pinches cayenne

1 red onion, halved and cut into slivers

3 tablespoons honey

½ cup dried cranberries, plumped

3 tablespoons minced fresh sage

3 tablespoons red wine vinegar

Toss squash with olive oil. Season with salt and pepper. Place on large baking sheet and roast until browned and tender preheated 400-degree oven for about 30 minutes.

Meanwhile, sauté onions with cranberries, honey, sage and cayenne over medium-low heat until onions are soft, about 10 minutes. Stir in vinegar. Season to taste with salt and pepper.

Add cooked squash to onion mixture and mix well.

In a large non-stick frying pan, sauté bacon until crisp and lightly brown. Reserve bacon bits leaving oil in pan. Sauté onion for 5 minutes on medium-high heat. Add tomatillos and sauté an additional 3 minutes. Add lima beans, ham, pepper, allspice, summer savory, mustard, brown sugar and chicken broth. Simmer, slightly covered, for 20 to 25 minutes or until lima beans are tender. Add Tabasco, parsley and salt to taste. Serve in shallow bowls.

Suggestion: For a thicker sauce, puree 1 cup of the recipe and add back to the mixture.

***Best Vegetable Curry**

Serves 4

Cook's Illustrated

2 tablespoons curry powder (sweet or mild)
1 1/2 teaspoons garam masala
1/4 cup vegetable oil
2 medium onions, chopped fine (about 2 cups)
12 ounces Red Bliss potatoes, scrubbed and cut into 1/2-inch pieces (about 2 cups)
3 medium cloves garlic, minced or pressed through a garlic press (about 1 tablespoon)
1 tablespoon finely grated fresh ginger
1 serrano chili, ribs, seeds, and flesh minced

1 tablespoon tomato paste
1/2 medium head cauliflower, trimmed, cored, and cut into 1-inch florets (about 4 cups)
1 14-ounce can diced tomatoes, pulsed in food processor until nearly smooth with 1/4-inch pieces visible
1 1/4 cups water
1 15-ounce can chickpeas, drained and rinsed
table salt
8 ounces frozen peas (about 1 1/2 cups)
1/4 cup heavy cream or coconut milk
Optional: cooked shrimp

Toast curry powder and garam masala in small skillet over medium-high heat, stirring constantly, until spices darken slightly and become fragrant, about 1 minute. Remove spices from skillet and set aside.

Heat 3 tablespoons oil in large Dutch oven over medium-high heat until shimmering. Add onions and potatoes and cook, stirring occasionally, until onions are caramelized and potatoes are golden brown on edges, about 10 minutes. (Reduce heat to medium if onions darken too quickly.)

Reduce heat to medium. Clear center of pan and add remaining tablespoon oil, garlic, ginger, chili, and tomato paste; cook, stirring constantly, until fragrant, about 30 seconds. Add toasted spices and cook, stirring constantly, about 1 minute longer. Add cauliflower and cook, stirring constantly, until spices coat florets, about 2 minutes longer.

Add tomatoes, water, chickpeas, and 1 teaspoon salt; increase heat to medium-high and bring mixture to boil, scraping bottom of pan with wooden spoon to loosen browned bits. Cover and reduce heat to medium. Simmer briskly, stirring occasionally, until vegetables are tender, 10 to 15 minutes. Stir in peas, and cream or coconut milk; continue to cook until heated through, about

2 minutes longer. (Add optional cooked shrimp.) Adjust seasoning with salt and serve immediately, passing condiments separately.
Serve with basmati rice, raita (sauces) and at least one type of chutney or relish at the table.

Pickled Crisp Vegetables

Makes about one gallon

Gourmet

Note: Pickling time is one week

1 large fennel bulb, discard stalks and slice into ½-inch strips

1 head cauliflower, cut into 1-inch wide florets

3 mixed color bell pepper, cut into ¼ inch-wide strips

1 pound medium carrots, cut into 3 to 4-inch long strips, ¼-inch thick

1 English cucumber, cut into 3 to 4-inch long strips, ½ inch thick

1 large sweet onion, cut like fennel

4 cups distilled white vinegar

2 2/3 cups sugar

2 2/3 cups water

6 garlic cloves, halved

5 ¼ teaspoons salt

1 ½ teaspoons hot red pepper flakes

1 ½ teaspoons fennel seeds, slightly crushed

In 8-quart pot, fill to half with unsalted water and bring to a boil. Add fennel, cauliflower, bell pepper, carrots and onion. Bring to a simmer. Drain vegetables in colander and spread out on a kitchen towel to cool to room temperature.

Bring remaining ingredients to a boil in a large nonreactive saucepan over moderate heat, stirring until sugar is dissolved. Transfer pickling liquid to a large nonreactive bowl and cool to room temperature, about 30 minutes. Discard garlic and add vegetables to pickling liquid. Store refrigerated in a covered container, keeping vegetables submerged in the liquid. Pickle for at least one week.

Russian Tomato Gratin

Serves 8

The Provence Cookbook by Patricia Wells

3 eggs, lightly beaten

½ cup ricotta cheese

½ cup freshly grated Parmigian cheese

2 teaspoons fresh summery savory, oregano or basil

sea salt

2 pounds firm, ripe tomatoes, peeled and coarsely chopped

about 4 thin slices white bread, toasted and buttered

Lightly salt tomatoes and place in a sieve set over a bowl to drain slightly.

In a small bowl, combine eggs, ricotta, Parmigian and herb. Season lightly with salt and whisk to blend. Set aside.

Grease a baking dish. Cut toast into ¾-inch cubes. Layer as follows: bread, tomatoes, cheese. Bake in preheated 375-degree oven for 30 minutes or until topping is set.

Spicy Lentils with Peppers and Tomatoes

Serves 6

$\frac{3}{4}$ pound brown or green lentils, washed

6 cups water

1 bay leaf

$\frac{1}{2}$ teaspoon salt

1 tablespoon olive oil

1 large onion, chopped

2 cloves garlic, minced

1 green bell pepper, chopped

1 jalapeno pepper, seeded and minced

1 $\frac{1}{2}$ pounds canned S & W Ready-Cut tomatoes, drained (reserve)
pepper

red pepper flakes

3 to 4 tablespoons cilantro, chopped

juice of $\frac{1}{2}$ lemon

Combine lentils, water, salt and bay leaf in large heavy-bottomed saucepan and bring to a boil. Reduce heat, cover and simmer 35 minutes or until tender. Drain and discard bay leaf.

Heat the oil in a large skillet and add onions, bell pepper and jalapeno. Sauté until tender and onion is beginning to color. Add garlic and sauté for 1 minute longer.

In stock pot, add lentils, onion mixture and drained tomatoes. Add a little bit tomato juice if the mixture seems dry. Simmer over medium-low heat for 15 minutes. Season to taste with salt, pepper and red pepper flakes. Stir in cilantro and lemon juice. Serve hot or chilled over lettuce.

Creamed Spinach

Serves 2+

20 ounces baby spinach
1/3 cup minced shallot
1 tablespoon butter

1/4 cup heavy cream
Optional: 1 teaspoon nutmeg
2 to 3 teaspoons fresh lemon juice

In a large stock pot, cook the spinach in the water clinging to the leaves, covered, over moderate heat, stirring once or twice, for 5 to 6 minutes, or until wilted. Refresh it under cold water and drain well in a colander. Squeeze out the excess water by handfuls. Chop the spinach finely.

In a large heavy sauce pan, cook the shallots in butter, stirring until softened. Add the cream, spinach, nutmeg, lemon juice and salt and pepper to taste. Adjust seasonings if necessary. Heat the creamed spinach over moderately low heat, stirring until heated through.

Diana's Asian Stir-Fry

Serves 2

6 shitake mushrooms, stems removed, sliced
1 ½ cup cabbage, very thinly sliced
2 green onions, sliced on the diagonal
1 cup bean sprouts, rinsed
2 teaspoons peanut oil
¼ teaspoon sesame oil
Garnish: black sesame seeds

Heat peanut oil and sesame oil in a 12-inch, non-stick pan. Sauté mushrooms for about 3 minutes; add cabbage and sauté until just beginning to wilt. Add bean sprouts and green onions; sauté for 2 minutes. Garnish with black sesame seeds and serve immediately.

Vegetable Lasagna or Wrap

Serves 2 as a main course. Cut stack in half for a side dish.

fresh pasta sheets cut into 18 4-inch squares or 2 medium four tortillas

2 roasted red peppers, quartered

1 large portabella mushroom, stem discarded, thinly sliced

1 cup packed fresh baby spinach

salt and pepper

olive oil

4 ounces goat cheese with herbs and garlic, cut into 8 pieces

Topping:

frisee lettuce

sliced pimento green olives

2 tablespoons olive oil

1 tablespoon fresh lemon juice

salt and pepper

If using pasta, bring ½ gallon water to boil. Add pasta sheets and return to a boil. Simmer 2-3 minutes. Drain and pat dry with paper towels.

Sauté mushrooms in olive oil. Lightly salt and pepper all vegetables.

Whisk together the 1 tablespoons lemon juice and 2 tablespoons olive oil. Add salt and pepper to taste. Set aside.

For each lasagna: Starting with one pasta sheet, layer 2 pieces of red pepper, pasta sheet, ¼ mushrooms, pasta sheet, spinach, pasta sheet, 2 pieces cheese, pasta sheet. Repeat so that you have 9 layers of pasta including a pasta sheet on top. Press down the layers. Cover the lasagna with plastic wrap and microwave until hot, about 1 minute. Remove plastic wrap and top with about ¼ cup frisee and sliced olive. Pour 1 ½ tablespoons of dressing on top. Serve.

For each wrap: Soften tortilla in microwave for about 20 seconds. Add 4 pieces of pepper, ½ mushrooms, ½ cup spinach and 4 pieces of cheese. Roll tightly. Cut in half on the diagonal. Garnish with frisee, olives and lemon dressing.

Slow-Cooker Artichokes

Serves 2

1 large artichoke, cut in half
juice from 1 large lemon or 2 tablespoons white vinegar
¼ cup dry vermouth
2 tablespoons olive oil
salt and pepper

Pull open leaves of artichokes slightly; place stem end-down in a slow-cooker. Pour lemon juice, vermouth and oil over the artichokes. Sprinkle with salt and pepper. Add hot water to the cooker to a depth of 1 ½ inches. Cover and cook on high without lifting the lid for 4 hours.

Summer Succotash Quesadillas With Nacho Mmmm Sauce

Serves 8

Filling

1 sweet onion, sliced
1 ear fresh corn, kernels cut from cob
1 red bell pepper, seeded and diced
1 zucchini, cut into 1/2-inch dice
1 clove garlic, minced
1/4 cup water
2 teaspoons lemon or lime juice
1/2 teaspoon maple syrup or agave syrup
1/2 teaspoon ground cumin
Salt and freshly ground black pepper

Sauce

2/3 cup salsa, store-bought or homemade
1/3 cup water
1/4 cup raw almonds
1/4 cup canned garbanzo beans, drained and rinsed
(I used black beans)
1/4 cup nutritional yeast
2 tablespoons lemon juice
1 teaspoon minced garlic
1/4 teaspoon salt
1 teaspoon chili powder

1 teaspoon ground cumin

1 teaspoon dried cilantro or 1 to 2 tablespoons chopped fresh cilantro

Wrap

8 Mission Artisan Whole Wheat & Corn Tortillas

1 cup shredded Jack or Pepper Jack cheese

To make filling: Place a large skillet sprayed with nonstick cooking spray or lightly coated with oil over medium high heat. Add onion and cook for 7 to 8 minutes, until softened and starting to brown. Add corn, bell pepper and zucchini to the pan with the onion, along with garlic, water, lemon juice, maple or agave syrup and cumin. Cook the succotash down for an additional 10 minutes, stirring occasionally. Season to taste with salt and pepper.

To make sauce: In a food processor or blender combine salsa, water, almonds, garbanzo beans, nutritional yeast, lemon juice, garlic, salt, chili powder, cumin and cilantro. Blend until smooth. Refrigerate until serving.

Place another large skillet sprayed with cooking spray or lightly coated

with oil over medium high heat and add one tortilla. Top with 2 tablespoons cheese. Add about 1/3 cup of succotash filling. Top with another 2 tablespoons of cheese and another tortilla.

Cook for several minutes on both sides, until tortilla is crisp and cheese is melted .Cut into wedges or cut in half and fold.

Repeat with remaining tortillas, cheese and filling. Serve with Nacho Mmmm Sauce.

Lemon-Garlic Green Beans

Serves 6

2 tablespoons olive oil	1 tablespoon lemon zest, minced
1 garlic clove, peeled and thinly sliced	1 ½ teaspoon fresh lemon juice
1 pound fresh green beans	¼ teaspoon kosher salt
	½ teaspoon lemon pepper

Marinate garlic in olive oil overnight.

Trim and discard the stem end of the green beans. Par-boil them in salted water until just barely tender, 2 to 5 minutes, depending on their age and size. Drain and transfer to a bowl of cold water. When cool, drain and pat dry. (You can refrigerate the beans at this point.)

Drain the olive oil and discard the garlic. In a large, heavy non-stick skillet, heat the oil. Sauté the green beans until hot still slightly crisp. Toss in the lemon zest, lemon juice, salt and lemon pepper. Taste and adjust seasonings if desired.

Peas with Shallots and Pancetta

Serves 4

Bobby Flay

2 tablespoons olive oil
1/2 pound pancetta, cut into small dice
3 shallots, halved and thinly sliced
Pinch red pepper flakes
1 pound frozen peas, thawed

Heat the oil in a large high sided saute pan over medium heat. Add the pancetta and cook until golden brown and the fat has rendered. Remove the pancetta to a plate lined with paper towels.

Add the shallots and red pepper flakes to the pan and cook until soft. Add the peas and cook until warmed through. Transfer to a large bowl and top with the crisp pancetta.

Sephardic Spinach Patties

Yields 5-6 patties

Gil Marks, *Olive Trees and Honey*

1 tablespoon olive oil	or 2 tablespoons grated Parmesan (optional)
½ large onion, finely chopped	
2 cloves garlic, minced	¾ teaspoon kosher salt
1 12-ounce package frozen chopped spinach, squeezed dry	pepper to taste
½ cup matza meal	½ teaspoon nutmeg or cayenne
2 ounces (1/2 cup) shredded cheese	vegetable oil for frying
	2 large eggs, lightly beaten

Heat olive oil in large skillet. Add onion and sauté until soft and translucent, about 5 minutes, Add garlic and sauté until fragrant, about 30 seconds. Pour onion mixture into a medium bowl; mix together with spinach, matza, cheese (optional) salt, pepper and nutmeg. Stir in eggs. Shape the spinach mixture into patties. Heat oil in large skillet and fry patties, turning until golden brown, about 3 minutes per side. Drain on paper towels.

Roasted Carrots

Serves 2

4 thick carrots, peeled
olive oil
salt

Cover baking sheet with foil. Add carrots and toss with olive oil and salt.
Bake in preheated 400-degree oven for 30 minutes, turning after 15 minutes.

How to Caramelize Onions

Quantities depend on how much caramelized onions you wish to make. In this example, 5 large raw onions yielded about 2 cups caramelized onions. Several medium or large onions, yellow, white, or red

Olive oil

Salt

Sugar (optional)

Balsamic vinegar (optional)

Peel and julienne the onions.

Use a wide, thick-bottomed, stainless steel sauté pan for maximum pan contact with the onions. Coat the bottom of the pan with olive oil and preheat on medium high heat until the oil is shimmering. Add the onion slices and stir to coat.. Spread the onions out evenly over the pan and let cook, stirring occasionally. Depending on how strong your stovetop burner is you may need to reduce the heat to medium or medium low to prevent the onions from burning or

drying out. After 10 minutes, sprinkle some salt over the onions, and if you want, you can add some sugar to help with the caramelization process. (I add only about a teaspoon of sugar for 5 onions, you can add more.) One trick, by the way, to keeping the onions from drying out as they cook is to add a little water to the pan.

Let cook for 30 minutes to an hour more, stirring every few minutes. As soon as the onions start sticking to the pan, let them stick a little and brown, but then stir them before they burn. The trick is to let them alone enough to brown (if you stir them too often, they won't brown), but not so long so that they burn. After the first 20 to 30 minutes you may want to lower the stove temperature a little, and add a little more oil, if you find the onions are verging on burning. A metal spatula will help you scrape up the browned bits from the bottom of the pan as the caramelization proceeds. Continue to cook and scrape, cook and scrape, until the onions are a rich, browned color. At the end of the cooking process you might want to add a little balsamic vinegar or wine to help deglaze the pan and bring some additional flavor to the onions. Store refrigerated for several days in an air-tight container.

Okonomiyaki--Vegetable and Shrimp Pancakes

Serves 2-3

Ivy Manning

Pancakes:

1 cup flour

1 teaspoon baking powder

1 teaspoon sugar

½ teaspoon salt

½ teaspoon pepper

1 cup chicken or vegetable broth

2 eggs

1 cup shredded cabbage

1 small carrot, peeled and shredded

½ to 1 cup bean sprouts

2 scallions, thinly sliced

½ to 1 cup raw shrimp, peeled and chopped

olive oil

Okonomi Sauce:

2 tablespoons ketchup

1 tablespoon Worcestershire sauce

1 teaspoon soy sauce

1 teaspoon brown sugar

Pancake: Preheat oven to 225-degrees. In medium bowl, whisk flour, baking powder, sugar, salt and pepper. In small bowl, whisk broth, eggs. Add wet

ingredients to dry and whisk until smooth. Mix in cabbage, carrot, bean sprouts, scallions and shrimp. Set aside.

Sauce: Combine all ingredients in small bowl and set aside.

Heat oil in 12-inch nonstick skillet over medium heat. Add half the batter mixture and distribute evenly in pan. Cook until edges are set and bottom is lightly browned, 4 minutes. Flip pancake and cook on second side for 4 minutes. Transfer to baking sheet and keep it warm in oven. Cook the second pancake. Place pancakes on dinner plates and drizzle sauce. Serve immediately.

Roasted Butternut Squash

Serves 5-6

Ina Garten

1 large butternut squash
3 tablespoons good olive oil
2 teaspoons kosher salt
1 teaspoon pepper

Preheat oven to 400-degrees.

Peel squash with a sharp, heavy knife. Discard seeds and cut in 1-inch chunks. Place on sheet pan and drizzle with olive oil, salt and pepper. Toss well. Arrange squash in one layer and roast for 15 to 20 minutes, until the squash is tender, turning once.

Bean Sprouts

2-3 tablespoons dry Mung beans
1 quart glass Jar (mayonnaise)
water
cheesecloth and rubber band

Soak dry beans in water overnight. Drain beans well. Cover the mouth of the jar with a piece of cheesecloth and secure with a rubber band. Place jar, tipped up, in a bowl. Cover with a kitchen towel to keep the light out. Rinse beans twice daily. Sprouts will be finished in 6 to 7 days and should completely fill your quart jar.

Not Your Mama's Green Bean Casserole

4 to 6 servings

Alton Brown

For the topping:

2 medium onions, thinly sliced
1/4 cup all-purpose flour
2 tablespoons panko bread crumbs
1 teaspoon kosher salt
Nonstick spray

For beans:

1 pound fresh green beans, rinsed and trimmed
1 gallon water
2 tablespoons kosher salt

For sauce:

2 tablespoons unsalted butter
12 ounces mushrooms, trimmed and cut into 1/2-inch pieces
1 teaspoon kosher salt
1/2 teaspoon freshly ground black pepper
2 cloves garlic, minced
1/4 teaspoon freshly ground nutmeg
2 tablespoons all-purpose flour
1 cup chicken broth
1 cup half-and-half

Preheat the oven to 475 degrees F.

Combine the onions, flour, panko and salt in a large mixing bowl and toss to

combine. Coat a sheet pan with nonstick spray and evenly spread the onions on the pan. Bake in the oven until golden brown, tossing every 10 minutes, for approximately 30 minutes. Once done, remove from the oven and set aside until ready to use. Turn the oven down to 400 degrees F.

While the onions are cooking, prepare the beans. Bring a gallon of water and 2 tablespoons of salt to a boil in an 8-quart saucepan. Blanch for 5 minutes. Drain in a colander and immediately plunge the beans into a large bowl of ice water to stop the cooking. Drain and set aside.

Melt the butter in a 12-inch cast iron skillet set over medium-high heat. Add the mushrooms, salt and pepper and cook, stirring occasionally, until the mushrooms begin to give up some of their liquid, approximately 4 to 5 minutes. Add the garlic and nutmeg and continue to cook for another 1 to 2 minutes. Sprinkle the flour over the mixture and stir to combine. Cook for 1 minute. Add the broth and simmer for 1 minute. Add the half-and-half and cook until the mixture thickens, approximately 6 to 8 minutes.

Remove from the heat and stir in 1/4 of the onions and all of the green beans. Top with the remaining onions. Place into the oven and bake until bubbly, approximately 15 minutes. Remove and serve immediately.