

Chad & Emily's Cookbook

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Side Dishes

Asparagus and Mushroom Saute with Lemon Butter

2 lb. fresh asparagus, ends trimmed
1 T. butter
2 large shallots, thinly sliced
1 ½ lb. fresh mushrooms, sliced
Juice of 1 small lemon
Salt and freshly ground pepper to taste
Lemon wedges for garnish

In a large pot of rapidly boiling water, blanch the asparagus until bright green and just tender, about 3-5 minutes. Drain and set aside.

In a medium skillet, melt the butter and sauté the shallots and mushrooms over medium heat for about 3 minutes, tossing. Add the lemon juice, then cover and cook about 3-5 minutes, until the mushrooms are very tender. Remove the lid, salt and pepper to taste. Arrange the asparagus on a platter or individual plates and spoon the mushrooms over the center of the asparagus. Serve with wedges of lemon on the side. Serve hot or at room temperature.

Serves 4 to 8. Calories 54. Fat 2 g. Carb 7g. Protein 4 g. Dietary fiber 2 g.

Beet Greens and Stilton Salad

3 tablespoons red wine vinegar
2 teaspoons Dijon mustard
4 tablespoons walnut oil
8 tablespoons plus 1 tablespoon canola oil
1/2 cup walnut pieces
2 cups cooked beet greens
1/2 cup Stilton cheese

In a bowl combine vinegar, Dijon, salt and pepper. Whisk in walnut oil and 8 tablespoons canola oil. Set aside.

In a skillet, heat 1 tablespoon canola oil. Toss walnuts in hot skillet until toasted. Transfer to a small bowl.

In the same skillet, heat beet greens until warm. Transfer to plate. Drizzle with dressing. Garnish with chunks of Stilton and toasted walnuts.

Beet Salad with Goat Cheese

6 medium beets, tops removed, leaving 1/4-inch of stems
2 tablespoons lemon juice
1 garlic clove, pressed or minced
1/4 teaspoon salt
Generous seasoning freshly ground pepper
5 tablespoons olive oil
4 cups mixed greens, such as romaine, Boston, and green leaf lettuces, or mesclun
2 cups arugula, torn into small pieces
1 scallion, very thinly sliced
1/2 cup chilled crumbled goat cheese, such as Montrachet
1/4 cup chopped walnuts, toasted

Scrub the beets very well. Fill a 3-quart saucepan halfway with water and bring to a boil. Cook the beets until tender when pierced with sharp knife, about 45 to 60 minutes. Drain well and let cool. Slip the skins off the beets. Dice the beets and place in a bowl.

To make the dressing: whisk together the lemon juice, garlic, salt, pepper, and oil. Pour a few tablespoons of the dressing on the beets and toss.

Just before serving, combine the greens, arugula, and scallion in a large bowl. Pour on most of the remaining dressing and toss. Add more if needed.

Place the greens on 4 salad plates. Spoon on a mound of beets. Sprinkle with goat cheese and walnuts. Serve immediately.

Brussel Spouts – Pan Seared

1/2 pound Brussels sprouts
2 large garlic cloves
1 1/2 tablespoons unsalted butter
1 tablespoon olive oil
2 tablespoons pine nuts

Trim Brussels sprouts and halve lengthwise. Cut garlic into very thin slices. In a 10-inch heavy skillet (preferably well-seasoned cast iron) melt 1 tablespoon butter with oil over moderate heat and cook garlic, stirring, until pale golden. Transfer garlic with a slotted spoon to a small bowl. Reduce heat to low and arrange sprouts in skillet, cut sides down, in one layer. Sprinkle sprouts with pine nuts and salt to taste. Cook sprouts, without turning, until crisp-tender and undersides are golden brown, about 15 minutes.

With tongs transfer sprouts to a plate, browned sides up. Add garlic and remaining 1/2 tablespoon butter to skillet and cook over moderate heat, stirring, until pine nuts are more evenly pale golden, about 1 minute. Spoon mixture over sprouts and sprinkle with freshly ground black pepper.

Buca Di Beppo Garlic Mashed Potatoes

Serves 4

2 pounds small red-skinned potatoes, with skins on
¼ c. minced garlic
1 t. dried oregano
1 t. salt
1 cup grated romano cheese
½ c. butter, softened and cut into pieces

Wash potatoes and place in a large pot. Cover with water and bring to a boil over medium-high heat. Reduce heat to low and cook until the potatoes are tender (~15 minutes). Drain potatoes and transfer to a large serving bowl.

Immediately add garlic oregano, salt, cheese, and butter. Blend thoroughly with the whip attachment of an electric mixer.

Corn Bread Stuffing

Buttermilk corn bread (see below)
8 bacon slices (optional)
5 TBSP butter
3 cups chopped onions
2 cups chopped celery
1 cup chopped shallots
4 tsp dried rubbed sage
1 TBSP dried thyme
1 ½ cups toasted coarsely chopped pecans
2 cups low sodium chicken broth
3 large eggs, beaten to blend

Preheat oven to 325F. Cut corn bread into ¾” cubes, place on baking sheet and toast until dry but not hard (15 minutes). Cool and transfer to large bowl.

Butter an 8x8x2 baking dish. Cook bacon in heavy skillet until crisp (6 minutes). Transfer to towel and reserve ¼ cup of drippings. Crumble bacon when it is cool.

Add butter to bacon drippings and sauté celery, onions, and shallots until pale golden brown (10 minutes). Stir in sage and thyme. Add mixture to corn bread pieces in large bowl. Mix in pecans and bacon. This can be made 1 day ahead.

Stir in 1 ½ cups chicken broth. Season to taste with salt and pepper. Mix in eggs. Reserve 9 cups of stuffing for turkey (optional). Moisten remaining stuffing with ½ cup chicken broth. Transfer to casserole. Bake stuffing covered for 1 hour. Uncover and bake until the top is crisp (5 minutes).

12 servings

Buttermilk Corn Bread

2 cups white corn meal
1 cup all purpose flour
2 tsp baking soda
1 tsp salt
2 ½ cups buttermilk
2 large eggs
½ cup melted butter

Preheat oven to 450F. Butter a 9x9x2 pan. Mix 1st 4 ingredients. Whisk together buttermilk, eggs, and butter. Stir milk mixture into dry mixture. Pour into pan. Bake until done - about 25 minutes. Cool in pan.

Cornbread, Chorizo, Cherry, and Pecan Stuffing

INGREDIENTS

- ¾ cup (1½ sticks) unsalted butter, cut into pieces, divided, plus more
- ¼ cup white wine vinegar
- ½ cup dried tart cherries
- 10 cups coarsely crumbled cornbread, preferably homemade, dried out overnight
- 1/3 cup coarsely chopped pecans
- ¼ cup olive oil
- 1 pound fresh chorizo, casings removed
- 2 medium onions, chopped
- 4 celery stalks, chopped
- Kosher salt and freshly ground black pepper
- 2 garlic cloves, finely chopped
- 2 tablespoons finely chopped fresh sage
- 2 large eggs
- 3 cups chicken stock or low-sodium chicken broth, divided
- ¼ cup finely chopped fresh parsley

DIRECTIONS

- Preheat oven to 400°. Butter a shallow 3-qt. baking dish and a sheet of foil. Bring vinegar and 2 Tbsp. water to a boil in a small saucepan; remove from heat and add cherries. Let sit until cherries are plump, 15–20 minutes.
- Meanwhile, spread out cornbread on a rimmed baking sheet and toast until golden brown, 10–15 minutes. Let cool. Place in a very large bowl.
- Drain cherries, reserve soaking liquid, add cherries to bowl w/ cornbread -don't mix
- Reduce oven temperature to 350°. Toast pecans on a clean rimmed baking sheet, tossing once, until fragrant & slightly darkened, 8–10 minutes. Let cool; add to bowl.

- Meanwhile, heat oil in a large skillet over medium-high. Cook chorizo, stirring occasionally and breaking into small pieces with a spoon, until browned and cooked through, 8–10 minutes. Transfer to bowl with a slotted spoon.
- Add onions and celery to skillet, season with salt and pepper, and cook, stirring often, until onions are golden brown and soft, 10–12 minutes. Add garlic and sage; cook, stirring, until fragrant, about 2 minutes. Transfer to bowl.
- Reduce heat to medium and cook reserved cherry soaking liquid in skillet, scraping up any browned bits, until almost all evaporated, about 1 minute. Add ½ cup butter; cook, stirring, until melted. Drizzle over bread mixture.
- Whisk eggs and 2 cups stock in a medium bowl; pour over cornbread mixture. Add parsley, season with salt and pepper, and gently toss, adding more stock ¼-cupful at a time as needed (you may not use it all), until combined and cornbread is hydrated. Mix carefully to avoid breaking cornbread into crumbs. Transfer to prepared dish and dot with remaining ¼ cup butter.
- Cover with buttered foil; bake until a paring knife inserted into the center comes out hot, 30–35 minutes. Increase oven temperature to 450°. Uncover and bake until top is golden brown and crisp, 20–25 minutes. Let sit 10 minutes before serving.

Creamy Cheesy Yellow Grits

Ingredients

- 2-cups water
- 2-cups whole milk
- 1-cup stone-ground yellow or white grits
- Sea salt and fresh black pepper; as needed
- Crushed red pepper; as needed
- (Optional) A pinch of smoked paprika
- ½ cup sharp, white cheddar cheese
- 1/8-cup fresh, organic cream; more or less
- Optional: butter or olive oil

Directions

1. Bring water and milk to a simmer in a medium saucepan. Do not boil.
2. Place grits in a bowl. Fill with water. Gently swirl the water. After the water settles, skim the surface of the chaff (the tiny, lightweight pieces floating to the surface). Strain the grits in a fine mesh sieve.
3. Gently add the grits to the simmering water and milk mixture. Stir in salt, peppers and smoked paprika.
4. Frequently stir the grits, making sure to scrape the bottom. Depending on the brand, stone-ground grits are ready after 20 minutes, but they become softer when cooked up to 1 hour. Add a little more water and/or milk, if grits become a little to dry.
5. When the grits are tender to bite, stir in the cheese and cream.
6. Stir butter or olive oil.

Creamy Dreamy Creamed Swiss Chard

1.5 T butter
1 c diced onion
1 t minced garlic
1 pound fresh swiss chard, cleaned and chopped into thin ribbons
1.5 cups heavy cream (I use fat free ½ and ½)
½ cup grated parmesan
1 cup bread crumbs
1.5 t salt
1 t course ground pepper

Melt butter in large, heavy-bottomed pan. Saute onion in butter until it's soft and starting to turn golden.

Add garlic and cook gently for a few minutes. Add the swiss chard and give it all a good stir. Pour in cream and let simmer for 5 minutes or so, then add grated cheese, crumbs, salt, and pepper. Gently stir to combine everything. The thickness of the mixture can be adjusted by adding cream.

Cook for about 10 minutes, occasionally stirring gently until the chard is tender and the mixture has a pleasing, thick consistency. Adjust salt and pepper to taste.

Couscous with Olives and Garbanzo Beans

14 oz can low-salt chicken broth
10 oz couscous
15 oz garbanzo beans, drained
1 c chopped red onion
½ c pitted kalamata olives
½ c fresh Italian parsley
5 T fresh lemon juice
1 t grated lemon peel

Bring broth to boil in medium saucepan over medium-high heat. Stir in couscous; cook 30 seconds. Remove from heat; cover and let stand 5 minutes. Fluff with fork. Mix in garbanzo beans and remaining 5 ingredients. Season with salt and pepper.

Fennel Gratin

Serves 4

2 bulbs fennel, trimmed and halved lengthwise
2 tbsp. butter, cubed
2 cloves garlic, peeled and halved

Course salt and freshly ground black pepper
1 ½ cups hot chicken stock 2 tbsp. heavy cream
Freshly grated nutmeg
¼ cup freshly grated parmigiano-reggiano

Preheat oven to 350o. Arrange fennel in a 10” baking dish, and scatter butter and garlic around fennel. Season to taste with salt and pepper. Add hot stock and bake until tender and browned, about 1 ½ hours.

Preheat broiler. Spoon cream over fennel, sprinkle nutmeg over cream, then sprinkle fennel with parmigiano-reggiano. Broil until golden, about 1 minute.

Freezing Beans (from Fay Berenstein)

Blanch beans for 3 ½ minutes

Cool in ice water.

Freeze in a solution of 2 tsp. pickling salt to 1 quart of cold water.

Garlic Beet Greens

2 pounds beet greens

2 cloves garlic

3 tablespoons olive oil

Trim the beet greens. Slice the garlic thinly. Place the garlic and oil in a cold skillet. Bring up the heat slowly and slightly brown the garlic. Remove the garlic and add the greens to the skillet. Cover with lid if possible and cook until wilted, about 3 to 5 minutes.

Grandma’s Turkey Dressing/Stuffing

Stuffing mix

Chicken broth/bouillon

Salt

Pepper

Sage

Garlic

Celery

Onions

Mushrooms

Sauté onions, mushrooms, and celery together. Add to stuffing mix. Stir in spices. Add broth until it is moist. Stuff in turkey while cooking or bake in casserole for 1 hour.

Green Bean, Red Onion and Feta Stir-Fry

1 small red onion, diced
2 T. olive oil
1 T. mirin (Asian rice wine) or apple juice
1 lb. green beans, trimmed but left whole
4 oz. feta, crumbled

In a 10-inch nonstick skillet over medium-high heat, sauté onion in oil for 5 minutes, stirring frequently or until limp and translucent. Add Mirin and cook 1 minute. Add beans, cover and cook 3 minutes, or until beans are bright in color. Add feta; cook, stirring constantly, until cheese melts slightly, about 2 minutes.

Serves 4. Calories 169. Fat 13 g. Carb 9g. Protein 6 g. Dietary fiber 3g.

Grilled Artichokes

Slice tops off 6 artichokes, pull off small leaves, trim stems, and snip off thorny tips. In a large pot, bring 1 to 2 inches of water to a boil. Add 1 tablespoon of salt, the juice of 1 lemon, and artichokes; cover and steam until artichoke bottoms piece easily, 20-40 minutes. Drain artichokes. When cool enough to handle, cut each in half lengthwise and scrape out fuzzy center. In a bowl, combine 3 cloves garlic (minced), 3 tablespoons olive oil, 2 tablespoons lemon juice, ½ teaspoon salt, and ¼ teaspoon pepper. Brush artichokes with garlic mixture and set cut side down, on a grill over medium heat. Grill turning once, until lightly browned, 8-11 minutes.

Green olive dip:

½ cup chopped parsley
3 tablespoons olive oil
1 tablespoons chopped green olives
1 tablespoon capers
1 table spoon lemon juice
½ teaspoon Dijon mustard
¼ teaspoon pepper
1/8 teaspoon salt

In a blender whirl until chunky.

Honey Glazed Oven Roasted Sweet Potato Wedges

5 long slender 10-ounce red-skinned sweet potatoes (yams)

1/4 cup olive oil

1 teaspoon salt

Honey

Chopped fresh parsley

Preheat oven to 400°F. Peel sweet potatoes, then quarter lengthwise. Rinse potatoes with cold water; pat dry with paper towels. Place potatoes in large bowl; add olive oil and salt and toss to coat. Arrange in single layer on rimmed baking sheet. Roast 45 minutes. Brush with honey and roast until tender and beginning to brown in spots, about 15 minutes longer. Transfer to platter; sprinkle with parsley and serve.

Makes 6 servings.

Mexican Twice Baked Sweet Potato

- 2 or 3 medium sweet potatoes
- 1 can of black beans, rinsed and drained
- 1 can of corn, drained, I like shoepeg, or fresh off the cob is the best
- 1 small onion, diced
- 1/2 cup red pepper, diced
- 1 small jalapeño, diced (if you like spicy)
- 1 clove of garlic, pressed
- 1 teaspoon chili powder
- sprinkle of cumin
- 1 ounce light cream cheese
- 1/4 cup of greek yogurt or sour cream
- salt and pepper to taste
- handful of chopped fresh cilantro
- 1/4 cup of cheese, I used cheddar, you could use Monterey Jack, Colby
- Optional: any ground or chopped meat

Directions

- Preheat oven to 350 degrees and baked sweet potatoes for about an hour, until soft. Check by poking with a fork.
- Heat a skillet (cast iron is the best) over medium high heat. Do not add any oil or butter, and add corn to pan. Sprinkle with chili powder, cumin, salt and pepper. Do not stir. Let the corn roast for a few minutes before stirring. Roast for about 10 minutes until nice and brown. Set aside in a bowl with black beans.
- Heat a tablespoon of oil and saute onions, peppers, and garlic. Add meat if you are using it. Set aside.
- Remove sweet potatoes from the oven and let cool for a few minutes. Cut sweet potatoes in half and scoop out flesh. Leave a little lining of the flesh inside to help keep the shape of the sweet potato.
- In a large bowl mix sweet potatoes, cream cheese, yogurt or sour cream, and mix using a hand mixer.
- Careful mix black beans, roasted corn, sauteed onions, peppers, garlic, and cilantro into the sweet potato mix.
- Scoop the filling into sweet potato skins. Top with cheese and broil for 5 minutes, until cheese is nice and bubbly. I had filling leftover, so I put it in a casserole dish, topped with cheese and baked.

Orzo with Zucchini, Tomatoes, and Goat Cheese

For a make-ahead meal, cook the orzo, then toss with the rest of the ingredients in a 2 1/2-quart casserole dish. Store, covered, in the refrigerator for up to 24 hours. Bake at 375° for 30 minutes or until thoroughly heated.

1 (16-ounce) package orzo (rice-shaped pasta)
1 tablespoon olive oil, divided
2 medium zucchini, quartered lengthwise and thinly sliced
1 garlic clove, minced
1/4 cup minced fresh parsley
1 teaspoon minced fresh or 1/4 teaspoon dried oregano
1/2 teaspoon salt
1/4 teaspoon black pepper
1 (14.5-ounce) can diced tomatoes with garlic and oregano
1 (7-ounce) jar roasted red bell peppers, drained and diced
1/2 cup (2 ounces) grated fresh Parmesan cheese
1/2 cup (2 ounces) crumbled goat cheese

Cook the pasta in a Dutch oven according to package directions, omitting salt and fat. Drain, and toss with 2 teaspoons olive oil.

Heat 1 teaspoon oil in pan over medium heat. Add zucchini; cook 7 minutes, stirring frequently. Add garlic; cook 3 minutes, stirring frequently. Stir in parsley and next 5 ingredients (parsley through bell peppers). Cook 5 minutes or until thoroughly heated. Remove from heat; stir in pasta and cheeses.

Yield: 6 servings (serving size: 1 1/3 cups)

CALORIES 429 (20% from fat); FAT 9.3g (satfat 4.3g, monofat 3.3g, polyfat 0.9g); PROTEIN 17.4g; CARBOHYDRATE 67.5g; FIBER 3.9g; CHOLESTEROL 15mg; IRON 4.2mg; SODIUM 781mg; CALCIUM 228mg;

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Parmesan Stuffed Tomatoes

1 cup freshly grated Parmesan cheese
1 cup fresh breadcrumbs from crustless Italian or French bread
1 up green Italian or Greek olives coarsely chopped
3 TBSP finely chopped Italian Parsley
1 TBSP drained capers

3 TBSP extra virgin olive oil
10 large plum tomatoes

Brush rimmed baking sheet with oil.

Combine first 5 ingredient in bowl, mix in olive oil (may not need all of it), season with salt and pepper and mix.

Cut tomatoes in half, then cut a little off the ends so they stand. Scoop out pulp and seeds.

Set tomatoes on baking sheet and fill with stuffing.

Bake uncovered at 350F until they begin to brown (about 25 minutes)

8 servings

Potato Bake

1 can fat free cream of potato soup

1 can fat free cream of celery soup

1 large onion – diced

1 pint fat free sour cream

½ cup chopped green and red pepper

4 oz cheddar cheese

32 oz frozen diced potatoes (hash browns)

Mix first 5 ingredients. Pour into a greased 9x13 glass baking disk. Add cheese and place potatoes on top.

Bake at 325F for 90 minutes.

Serves 6-8

Roasted Baby Potatoes with Thyme and Rosemary

For an extra special look, pick up a mix of white, red, and purple baby potatoes.

Baby potatoes

Fresh thyme, chopped

Fresh rosemary, chopped

Garlic, chopped

Olive oil

Cut the potatoes in half and toss them in a little chopped fresh thyme and rosemary, some chopped garlic, and a little olive oil.

Roast on a baking sheet in a 450°F oven for about 30 minutes.

Makes 2 servings.

Roasted Butternut Squash, Red Grapes, & Sage

1 2 1/4-pound butternut squash, peeled, seeded, cut into 1 1/2-inch pieces
1 1/2 cups seedless red grapes (about 8 ounces)
1 medium onion, cut into 1-inch pieces
1 tablespoon thinly sliced fresh sage leaves
2 tablespoons extra-virgin olive oil
2 tablespoons (1/4 stick) unsalted butter, melted
1/4 cup pine nuts, toasted

Preheat oven to 425°F. Combine butternut squash, grapes, onion, and sage in large bowl. Drizzle with oil and melted butter. Season generously with salt and pepper. Toss to coat. Spread out onto large rimmed baking sheet. Roast until squash and onion begin to brown, stirring occasionally, about 50 minutes. Transfer to platter, sprinkle with toasted pine nuts, and serve.

Makes 4 to 6 servings.

Roasted Garbanzo Beans and Garlic with Swiss Chard

Garbanzo Beans:

2 15.5-ounce cans garbanzo beans (chickpeas), drained (about 3 cups)
10 garlic cloves, peeled
2 large shallots
1 teaspoon fennel seeds
1 1/4 cups extra-virgin olive oil

Chard:

2 tablespoons extra-virgin olive oil
6 garlic cloves, peeled, crushed
2 shallots, sliced
2 bunches Swiss chard, center stems cut out, leaves coarsely torn
2 cups low-salt chicken broth

Garbanzo beans:

Preheat oven to 350°F. Combine first 4 ingredients in 8x8x2-inch glass baking dish. Sprinkle with salt and pepper. Pour oil over; cover dish with foil. Roast until garlic is tender, about 45 minutes. **DO AHEAD:** Can be made 1 day ahead. Cool slightly, cover, and chill.

Chard:

Heat oil in large pot over medium-high heat. Add garlic and shallots. Cover; cook until shallots are tender, about 2 minutes. Uncover; add half of chard. Toss until chard wilts and volume is reduced by half, about 2 minutes. Add remaining chard. Toss until chard wilts, about 2 minutes. Add broth. Cover and cook until chard is tender, stirring occasionally, about 10 minutes. Season chard with salt and pepper. Transfer chard mixture to large sieve set over bowl and drain. **DO AHEAD:** Can be prepared 2 hours ahead. Let stand at room temperature.

Drain garbanzos and reserve oil. Combine garbanzos and chard in large skillet. Add 2 tablespoons oil reserved from garbanzos. Toss over medium heat until warmed through, moistening with more oil by tablespoonfuls if needed, about 5 minutes. Season with salt and pepper and serve.

Sauerkraut

2 tablespoons pickling salt per 5 lbs cabbage

Shred cabbage and garlic. Add it to a clean (sanitized) 5 gallon pale. Mix in salt well and pack down tightly. Do this in 5 lb increments. When all cabbage is added pack down tightly. Cover with towel, plate, and weight (1 gallon jug of water). Ferment 70-75o for 3-4 weeks or 60-65 for 5-6 weeks. To can fill jars packing firmly, add to boiling water bath for 40 minutes to seal. If extra juice is needed use 2 tablespoons salt per 1 quart water.

Yield: Makes 6 servings

Sauteed Spinach

1 lb spinach
4 cloves garlic
¼ tsp red pepper flakes
1 Tbsp sesame oil
2 Tbsp pine nuts
Balsamic vinegar

Wilt spinach in a large pot of water (takes about 30 sec), immediately transfer to bowl of ice water to cool, then drain. Toast pine nuts. Chop garlic, then sauté with red pepper flakes in sesame oil. Form spinach into a flat disk, add to garlic and sauté for about 1 minute on each side. Transfer to plates and sprinkle pine nuts on top. Drizzle with balsamic vinegar if desired.

Scalloped Cabbage

2 cups crushed cornflakes cereal
¼ cup butter, melted
1 pound shredded cabbage
1 large sweet onion, halved and thinly sliced
½ cup milk
½ cup mayonnaise
1 (10 1/2-ounce) can cream of mushroom soup, undiluted
1 cup (4 ounces) shredded sharp Cheddar cheese

Stir together cereal and butter; spoon half of cereal mixture into a lightly greased 11- x 7-inch

baking dish. Top with cabbage and onion. Stir together milk, mayonnaise, and soup; pour over cabbage. Sprinkle with cheese and remaining cereal mixture. Bake, covered, at 350° for 1 hour.

Scalloped Corn

1 - 1 lb can (2 cups) golden cream-style corn	¼ c onion, minced
1 c milk	3 T pimiento, chopped (optional)
1 well-beaten egg	¾ t salt
1 c cracker crumbs	½ c buttered cracker crumbs

Heat corn and milk. Gradually stir in egg. Add next 4 ingredients and dash pepper. Mix well. Pour into greased 8 inch round baking dish. Sprinkle buttered crumbs on top. Bake 350°F 20 minutes. Serves 6

Skillet Kale with Beans

- Kosher salt, freshly ground pepper
- 2 garlic cloves, thinly sliced
- 1/2 teaspoon crushed red pepper flakes
- 2 15-oz. cans cannellini beans, rinsed
- 1 bunch kale or mustard greens, ribs removed, leaves torn into bite-size pieces
- 1/2 cup low-sodium vegetable or chicken broth
- 1 tablespoon fresh lemon juice

Heat a large skillet over medium heat. Brush bread on both sides with 4 Tbsp. oil total. Working in 2 batches, cook bread, pressing occasionally to help crisp, until golden brown, about 3 minutes per side. Season toast with salt and pepper and set aside.

Increase heat to medium-high and heat remaining 2 Tbsp. oil in same skillet. Add garlic and red pepper flakes and cook, stirring, until fragrant, about 30 seconds.

Add beans and cook, stirring occasionally, until beginning to blister, about 3 minutes. Using a spoon, lightly mash about half of the beans. Add kale and broth and cook, tossing often, until kale is wilted, about 2 minutes. Add lemon juice; season with salt and pepper.

Spiced Carrot and Zucchini Quinoa

4 cups water
2 cups quinoa, rinsed well, drained
2 tablespoons dried currants
1/2 teaspoon salt
1/4 cup extra-virgin olive oil
2 medium carrots, peeled, cut into small cubes
2 medium zucchini, trimmed, cut into small cubes
1 tablespoon Hungarian sweet paprika
1 teaspoon ground cinnamon

1/2 cup chopped fresh cilantro

Combine first 4 ingredients in heavy large saucepan. Bring to boil over medium-high heat. Reduce heat to medium-low, cover, and simmer until water is absorbed and quinoa is tender, about 20 minutes.

Meanwhile, heat oil in heavy large skillet over medium heat. Add carrots; sauté until tender, about 5 minutes. Add zucchini; sauté until tender, about 3 minutes. Mix in paprika and cinnamon. Add quinoa to skillet; toss to blend. Season with salt and pepper.

8 servings

DO AHEAD Can be made 1 day ahead. Transfer to baking dish. Cover and chill. Rewarm, covered, in 350°F oven about 15 minutes. Mix in cilantro and serve.

Spiced Couscous with Almonds and Raisins

2 cups hot water

3/4 cup raisins

3 TBSP butter, divided

1/2 tsp saffron threads

1 cup couscous

1 medium onion chopped (1 1/2 cups)

3/4 cup sliced almonds toasted

3 tsp cinnamon

Combine 2 cups hot water and raisins in small boil. Soak ~15 min until softened. Drain water into a large saucepan; reserve raisins. Add 2 TBSP butter, wine, and saffron and bring to boil. Stir in couscous. Cover, remove from heat and let stand until liquid is absorbed (~15 minutes)

Meanwhile, melt remaining 2 TBSP butter in medium skillet over medium-low heat. Add onion, cover and cook until translucent and tender (stir occasionally)(~8 min). Mix onions, raisins, almonds, and cinnamon into couscous. Season with salt and pepper and serve. 4-6 servings

Spicy Steak Fries

1 TBSP Canola Oil

2 large baking potatoes cut lengthwise into 12 wedges (1.5 lbs)

2 tsp seasoning blend

1/4 tsp salt

Preheat oven to 400F. Spread oil on jelly roll pan, place potato wedges on pan. Sprinkle with spices and toss to coat. Bake 40min or until tender. Serves 4.

Spring Vegetable and Quinoa Pilaf

1 3/4 cups low-salt chicken broth
1/2 teaspoon coarse sea salt plus additional for seasoning
1 cup quinoa, rinsed and drained 3 times
6 baby golden beets, peeled, cut into 1/3-inch cubes
3 tablespoons olive oil
2 garlic cloves, minced
1 cup 1/2-inch pieces orange bell peppers
1 cup 1/2-inch pieces red bell peppers
1/2 pound asparagus, trimmed, cut on diagonal into 3/4-inch pieces
1 cup 1/2-inch pieces trimmed baby zucchini (about 6 ounces)
Freshly ground black pepper
4 green onions, thinly sliced
1 tablespoon chopped fresh Italian parsley

Bring broth and 1/2 teaspoon sea salt to boil in medium saucepan; add quinoa. Cover, reduce heat to low, and simmer until quinoa is tender and broth is absorbed, about 15 minutes. Remove from heat; fluff with fork. Cover and reserve.

Meanwhile, bring 1 1/4 cups water to boil in large nonstick skillet over medium heat. Add beets. Cover and cook until beets are tender, about 8 minutes. Uncover; cook until any water in skillet evaporates. Increase heat to medium-high. Add olive oil and garlic; sauté 30 seconds. Add all bell peppers, asparagus, and zucchini. Sprinkle with sea salt and black pepper. Sauté until just tender, about 8 minutes. Add cooked quinoa, green onions, and parsley to vegetables in skillet; toss to combine. Season with sea salt and pepper.

Makes 4 servings

Sweet Potato-Chipotle Gratin

Ingredients

- canned chipotle chilies (about 1 tablespoon, including sauce)
- About 1/2 teaspoon salt
- About 1/2 teaspoon pepper
- 3/4 cups Heavy Cream
- 3/4 cups Whole Milk
- 3 1/2 pounds Garnet, Jewel, or other sweet potatoes

Preparation

- In a blender, whirl milk, chilies, and 1/2 teaspoon salt and pepper until smooth. Stir in cream. Reserve 1/3 cup of the cream mixture.
- Peel and rinse sweet potatoes; cut crosswise into 1/8 -inch-thick slices.
- Butter a shallow 2 1/2- to 3-quart casserole. Arrange about a third of the sweet potatoes in an even layer, overlapping slices; evenly drizzle with about a third of the remaining

cream mixture. Repeat to make two more layers of the sweet potatoes and cream. Cover with foil

- Bake in a 400° regular or convection oven for 40 minutes. Uncover, if covered, and drizzle top evenly with about 3 tablespoons of the reserved cream mixture. Continue baking, basting occasionally with reserved cream mixture or pan juices, until potatoes are tender when pierced and top of gratin is browned, 15 to 25 minutes longer.
- Let stand about 5 minutes before serving. Scoop out portions with a large spoon.

Zucchini-Parmesan Fritters

Fritters are usually deep-fried, but a no-stick skillet and a small amount of butter or margarine make them golden and crispy with a lot less fat. For a main dish, serve the fritters with warm tomato sauce and side dishes of salad and bread.

Hands-on time: 10 min

Unattended time: 20 min

3 cups shredded zucchini

Salt

1 egg

1/4 cup skim milk

1/4 cup grated Parmesan cheese

1/2 cup whole-wheat pastry flour or unbleached flour

1 1/2 teaspoons baking powder

1/4 teaspoon ground black pepper

1 teaspoon unsalted butter or margarine

Place the zucchini in a colander and sprinkle with salt. Set aside to drain for 20 minutes. Rinse well with cold water. Press to remove any excess liquid from the zucchini.

Place the egg in a large bowl. Whisk lightly. Add the milk and Parmesan. Mix well.

In a cup, combine the flour, baking powder, and pepper. Mix well and stir into the egg mixture. Stir in the zucchini.

Coat a large no-stick skillet with no-stick spray and set over medium-high heat. Add the butter or margarine and allow to melt. Drop the batter into the skillet by rounded tablespoons. Smooth out the tops and cook for 2 to 4 minutes per side, or until lightly browned and cooked through.

Zucchini Ricotta Cake

To shred the zucchini use a box grater - most micro planes are too fine, you want shredded zucchini, not mush. Feel free to play around with the "add-in" ingredients - for example, use whatever chopped herbs you like. I suspect anything from chopped olives, sun-dried tomatoes, or chives, to spices, chopped spinach, or corn could work here. Also, when I have the time and inclination I'll drain the ricotta through cheesecloth to get even more moisture out of the cake, but to be honest, most times I won't bother. Lastly, I use a springform pan here, but you could use an equivalent baking dish or deep tart pan as well.

2 cups zucchini, unpeeled & grated
1 teaspoon fine grain sea salt
2 1/2 cups ricotta cheese
1/2 cup freshly shredded Parmesan cheese
2 shallots, chopped
2 cloves garlic, chopped
2 large eggs, well beaten
1/3 cup feta cheese, crumbled

Preheat oven to 325F degrees, racks the middle. Butter/oil a 7-inch springform pan. In a strainer, toss the shredded zucchini with the salt and let sit for ten minutes. Now aggressively squeeze and press out as much moisture as you can. Set aside.

In the meantime, combine the ricotta cheese, Parmesan cheese, shallots, and garlic in a medium bowl. Stir in the eggs and continue mixing until well combined. Now stir in the shredded zucchini. Fill the springform pan with the ricotta mixture and place on a baking sheet. Place in the oven and bake for sixty minutes. If there is any moisture left on top of the cake at this point, carefully use a bit of paper towel to dab it off. Now sprinkle with the feta cheese and return to the oven for another 20 -30 minutes or until the feta cheese is melted and the cake barely jiggles in the center (it will set up more as it cools).

At this point, if the cake is baked and set, but the top isn't quite golden, I'll zap it with the broiler (just about a minute) to get a bit more color on top. Remove from the oven and let cool five minutes, then release the cake from its pan. Cool completely, serve at room temperature.