

Recipes for the Transfiguration CSA 2008 Growing Season

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Apple Salad

5 medium Red Delicious apples
juice of 1 lemon
1/2 cup sliced celery
1/2 cup chopped pecans
1/2 cup raisins
1/3 to 1/2 cup mayonnaise
lettuce leaves

Wash apples; do not peel. Core apples and cut into 1/2-inch cubes. Sprinkle with lemon juice to prevent discoloration. Combine apples with celery, pecans, raisins, and mayonnaise. Serve apple salad on lettuce leaves.

Arugula Salad

VINAIGRETTE:

3 cloves minced garlic
1/3 cup champagne vinegar or white wine vinegar
1 tablespoon Dijon mustard
1/2 cup canola oil or peanut oil
1 teaspoon dried thyme
1 tablespoon chopped shallot
salt & freshly ground black pepper

6 cups baby arugula leaves
1/2 cup toasted pecans, roughly chopped
1/2 cup crumbled Roquefort cheese

Mix ingredients together for Vinaigrette in a jar and shake. Check for seasoning, and add salt & pepper. Let marinade at least 1/2 hour. For salad: Toast pecans over low heat in a skillet for ten minutes. Wash and dry greens. Toss together, nuts, cheese, greens with vinaigrette.

Arugula Salad with Walnuts

1 cup hot water
2 tbsp parsley, fresh, chopped
2 oz gorgonzola cheese
1/4 cup walnuts, coarsely chopped
sea salt and black pepper to taste
1 tbsp olive oil
1 tbsp lemon juice
2 cloves garlic, pressed
1 bunch arugula
2 tbsp vinegar
1/2 onion, thinly sliced

Press garlic and let sit for 5 minutes. Slice onion thin and soak in hot water and vinegar while preparing rest of salad. Whisk together the dressing ingredients, adding olive oil at the end, a

little at a time. Wash and dry arugula. Squeeze out excess liquid from onions. Combine onions and arugula and toss with dressing. Sprinkle salad with walnuts just before serving. Top with cheese.

Cooked Beets

Cook beets until tender when pierced with a knife. Slip off the skins when cool enough to handle. Cut them into wedges or rounds and toss with a little butter or olive oil, salt, and freshly milled pepper. Serve with lemon wedges or a cruet of vinegar.

Beet Ideas

Preheat oven to 400°. Trim roots and stems to 1/2", do not cut beets further! Do not wash beets! If there is dirt that bothers you, wipe it off with a paper towel; moisture will cause the beets to steam and that is not what you want. Place beets in a casserole, cover with the lid and seal the entire casserole tightly with foil; bake at 400° for 60-90 minutes. When beets are cool enough to handle, remove the roots and skins; if you're using the beets whole leave the tails on, otherwise remove them; the skin can be easily slipped off with your fingers. Beets are ready to be used in any recipe calling for cooked beets or try one of the two listed here.

Dressed Baked Beets

Serves 3-4

3-4 medium unpeeled unwashed whole beets
1 1/2-2 tablespoons butter, melted
1/2-1 teaspoon sugar

Put the skinned beets, whole, diced or sliced in a saucepan or skillet; add the butter, sugar, salt and pepper; heat and serve.

Beet Potato Salad

2 cups diced cold boiled potato
1 cup diced boiled beet
2 chopped hard boiled eggs
2 tsp chopped onion
chopped parsley

Mix all ingredients, and blend with a dressing. Garnish with parsley.

Pasta with Broccoli Raab, Mushrooms and Pecorino

Serves 4

8 ounces spaghetti or linguine
2 tablespoons olive oil
2 medium garlic cloves, minced
6 ounces cremini or portobello mushrooms, sliced
1/2 pound broccoli raab (rapini), cut into 1-inch pieces
3/4 cup chicken broth, reduced-sodium preferred, plus additional if needed

Salt and freshly ground black pepper to taste
Pinch of dried red pepper flakes
1/2 cup of grated pecorino cheese (for garnish)

Bring large pot of water to boil on high heat. Cook pasta al dente, according to package directions. Drain. Meanwhile, heat oil in Dutch oven or large deep skillet on medium heat. Add garlic and cook, stirring, about 20 seconds (do not brown). Add mushrooms and cook, stirring frequently, until browned and all liquid evaporates. Remove mushrooms from pan and set aside. Return pan to heat. Add rapini and broth. Bring to boil on high heat. Reduce heat to medium-low, cover and simmer until rapini is tender, about 8 minutes (add more broth, if needed). Remove lid; add mushrooms and stir. Add salt, pepper and red pepper flakes. Stir and taste. Adjust seasoning as needed. Add drained pasta and toss until heated through. Top each with pecorino cheese.

Cavatelli with Broccoli Raab

1lb fresh broccoli raab
1lb frozen cavatelli or tortellini
3 tbsp olive oil
5 minced garlic cloves
juice of 1/2 lemon
salt and pepper to taste
red pepper flakes (optional)
grated Parmesan cheese

Bring a pot of water to boil. Rinse, then chop stems, florets and leaves of raab into 2inch pieces, When water boils, place raab into a heat safe steamer basket or colander, submerge in boiling water for 3 minutes. Set aside to drain. Stir cavatelli/ tortellini into boiling water, cover pot until water comes to a boil, then uncover pot. Heat oil in a skillet and sauté garlic for 1 minute. Stir in raab, lemon juice, and salt and pepper. Add red pepper flakes, sauté until greens are tender, cover and set aside. When cavatelli/ tortellini is al dente, toss with greens, add cheese if desired.

Broccoli with Garlic and Red Pepper

Large bunch broccoli, trimmed into large florets with stems attached
3 Tbs olive oil
2 thinly sliced garlic cloves
1/4 tsp pepper flakes
salt & fresh pepper
parmesan, thinly shaved

Steam or boil broccoli. Warm olive oil w/ garlic in large skillet until garlic begins to color. Add pepper flakes, broccoli, salt & pepper. Sauté until heated through. Turn into a dish & cover with parmesan shavings.

Steamed Napa Cabbage with Green Pepper

2 lb thinly sliced cabbage
1/2 tsp. ground black pepper
1/4 cup cider vinegar

1 tbsp brown sugar
½ tsp crushed red pepper
¼ tsp salt,
1 thinly sliced green pepper

Combine vinegar, brown sugar, black pepper and red pepper, salt and ¼ cup water in a saucepan. Bring to boil, cook on high heat for 4 or 5 minutes. Pour 1 inch of water into a large pot. Place a vegetable steamer in the pot; bring the water to a boil. Put sliced cabbage and pepper into the steamer, cover the pot, and steam the vegetables for about 3 minutes. Put the vegetables in a serving bowl; pour sauce (vinegar, sugar, etc.) over veggies through a strainer. Mix, and let sit for 5 minutes before serving.

Oriental Cabbage Stir-Fry

2 tablespoons butter
1 medium onion, chopped
6 cups shredded cabbage (1/2 medium head)
1 tablespoons soy sauce
1 tablespoon liquid honey
1 tablespoon dry sherry, optional
1 tablespoon sesame seeds
1/2 teaspoon ginger
1/8 teaspoon pepper

Over medium heat, melt butter in a large frying pan. Stir in onion and sesame seeds and cook for 2 minutes. Add cabbage and cook, stirring occasionally, for 5 minutes longer or until tender-crisp. Meanwhile, combine remaining ingredients. Add to cooked cabbage in pan and heat through. Makes 4 to 6 servings. Preparation time: 10 minutes. Cooking time: 8 minutes.

Carrot and Raisin Salad

5 cups of carrots, shredded
1 ½ cups of celery, chopped
1 ½ cups of mayonnaise
¾ cup of raisins
¾ cup of walnuts, chopped
2 teaspoons of sugar
1 teaspoon of mustard
¼ teaspoon of salt
10 lettuce leaves, to serve on.

Combine carrots, celery, raisins and walnuts in a bowl. Add all other ingredients except lettuce and mix. Serve on lettuce leaves.

Carrot and Turnip Side Dish

From <http://fooddownunder.com>

Carrots, sliced
Turnips, diced

Celery, sliced
Garlic, chopped
Onion, chopped
Chicken stock

As a savoury side dish for baked fish or grilled chicken, pair sliced carrots with turnip cubes, sliced celery, chopped garlic and onion. Simmer the vegetables, covered, in chicken stock until they are tender. Uncover the pan and cook until the liquid is reduced to a glaze before serving.

Carrot and Turnip Gratin

From <http://fooddownunder.com>

¾ lb carrots, peeled and shredded
¾ lb turnips, peeled and shredded
½ cup thinly sliced scallion greens (not bulb)
2 Tbsp minced fresh parsley
4 Tbsp cornstarch
2 cups milk
½ cup heavy cream, half-and-half, or additional milk
1 large egg
salt & freshly ground black pepper
½ cup freshly grated Parmesan cheese
1 Tbsp cold unsalted butter, cut into pieces

Butter a shallow 1½ quart baking dish or a 10-inch round or oval gratin dish and set aside. In a large mixing bowl, toss together carrots, turnips, scallion greens, parsley and 3 tablespoons of cornstarch. Spread vegetable mixture in prepared pan, pressing and smoothing it into place. In a small saucepan, dissolve remaining cornstarch in ¼ cup of the milk. When completely dissolved, add cream and remaining milk. Bring to a boil over moderately high heat, whisking constantly. Reduce to moderate heat. In a medium mixing bowl, beat the egg with a fork and season with salt and pepper. Add egg to milk mixture in slow, steady stream until combined. Pour this hot custard over the vegetable mixture in the gratin dish. Sprinkle top evenly with Parmesan cheese. (Gratin can be prepared 24 hours ahead to this point and refrigerated.) Dot gratin with butter and bake in the middle of a preheated 375F oven for 45 minutes, or until it is bubbling through a golden crust. Let gratin stand 10 minutes before serving to crisp crust and allow custard to set.

Chard Tomato Pasta

1 bunch Chard, cleaned, stems removed, roughly chopped
olive oil
2 garlic cloves, peeled and chopped
4-5 medium sized ripe tomatoes, chopped
fresh pasta
splash of white wine or squeeze of lemon
salt and pepper

Bring one large pot of water to boil, then add a couple of teaspoons of salt. Add chard pieces to the water and cook until blanched, 2 minutes or so. Fish out the chard with tongs or strainer. Add pasta to water to cook if using dried pasta. Cook the garlic in the oil in a large saute pan for 1

minute over medium heat until softening a little. Add blanched chard & chopped tomatoes. Cook for 5-7 minutes. Cook up the pasta now if you're using fresh pasta. Add a little white wine and salt and pepper to taste.

Rainbow Chard with Pine Nuts and Feta

1 bunch rainbow chard
2 tbsp olive oil
¼ cup pine nuts
2 cloves minced garlic
salt and pepper
½ cup crumbled feta

Cut off the chard stalks near the base and discard. Cut large leaves in half lengthwise. Heat the oil in a large skillet over medium heat. Add the pine nuts and garlic and cook for 2 minutes. Stir in the chard, ½ tsp salt, and ¼ tsp pepper. Cook for 2 to 3 minutes. Transfer into a serving bowl and sprinkle with feta.

Chard and Smoked Salmon Frittata

1 diced onion
1 bunch chopped chard leaves
4 beaten eggs
¾ cup milk
½ cup cottage cheese
¾ cup shredded cheese
1 cup fresh bread crumbs
1 cup chopped smoked salmon.

Sautee the onion in olive oil, add the chard leaves and cook until wilted. In a large bowl, mix with the eggs, milk, cottage cheese, cheese, breadcrumbs, and salmon. Bake in a 9-inch pan at 350°F for 50 minutes or until set.

Chard Wraps

9-10 Chard leaves, at least 9 inches
1 lg. tomato, sliced and cut in half
1/2 c. Mozzarella cheese, grated
2 tbsp. olive oil
1 tbsp. onion flakes,
salt and pepper

Steam Swiss chard for a few minutes. Do not overcook. Open leaves and brush on olive oil lightly. Put tomato slice in center of leaf - top with pinch onion - salt and pepper and one tablespoon cheese. Then fold leaf around tomato - this will hold together well.

Put on grill until hot - can turn once. This can also be cooked in oven at 400°F for 10 minutes on a cookie sheet.

Fresh Corn Sautee

3 tbsp butter
1 cup green pepper, chopped
½ cup onion, chopped

Melt butter, sauté green pepper and onion for 2 minutes.

4 cups corn
¼ cup water
1 tbsp honey
1 tsp salt, pepper to taste
2 tbsp diced red pepper

Add and stir well. Cover and cook over medium heat for 10 to 12 minutes.

½ cup cheddar cheese
4 slices bacon, optional

Sprinkle over corn and serve.

Cucumber Salad

3 cups thinly sliced cucumbers
½ cup thinly sliced onion.

Place in a large bowl and sprinkle with 1 tsp salt. Let stand one hour, then drain. Dressing: ¾ cup plain yogurt, 1 tablespoon fresh mint or dill weed, chopped. Add to the cucumbers and onions.

Eggplant Parmesan

1 large eggplant, about 2 pounds,
¾ cup olive oil
2 cups canned tomato sauce
½ teaspoon dried basil
½ teaspoon garlic powder
¼ cup grated Parmesan cheese
8 ounces shredded Mozzarella cheese

Peel the eggplant and cut into ¼-inch slices. Fry on both sides in a skillet in hot oil until browned. Drain well on paper towels. Place a layer of eggplant slices in a shallow baking dish; cover with some tomato sauce, a sprinkling of basil and garlic powder, a little Parmesan cheese, and a little of Mozzarella cheese. Repeat layers until all ingredients are used, ending with Mozzarella cheese. Bake, uncovered, at 400°F for 15 to 20 minutes.

Fruit Crisp

1 ½ cups each of 4 fruits (Blueberries, strawberries, raspberries, blackberries, cherries, peaches).
¾ cup flour
¾ cup rolled oats

3 tbsp butter

2 tbsp olive oil

¾ cup brown sugar

1/3 cup chopped nuts (optional).

Mix fruit together and pour into a 10 inch greased pan. Mix other ingredients together, sprinkle over fruit mixture. Bake in preheated oven at 375°F for about 30 minutes.

Garlic Scape Ideas

From Via Lugene Bradley, from Honey Hill Farm (Livonia NY) Garlic Scape Recipes

Steam or blanch for 1-2 minutes and serve in dishes instead of asparagus.

Add to quiche or omelettes.

Stir fry with vegetables.

Add raw to salads.

Add to mayonnaise to add zip to sandwiches.

Eat as you would spring onions.

Garlic Scape Pesto

From maryjanesfarm.com/SimplyMJ

1 cup grated Parmesan cheese

3 Tbsp. fresh lime or lemon juice

1/4 lb. scapes

1/2 cup olive oil

Salt to taste

Puree scapes and olive oil in a food processor until smooth. Stir in Parmesan and lime or lemon juice and season to taste. Serve on bread, crackers or pasta.

Fried Garlic Scapes

From dakotagarlic.com

Cut scapes to green bean size and saute them in butter and salt for six to eight minutes. During the last minute of cooking add about 1 tsp. of balsamic vinegar.

Garlic Scape Dip or Dressing

Via Lugene Bradley, from Honey Hill Farm (Livonia NY) Garlic Scape Recipes

1 cup mayonnaise

1 cup sour cream

4 garlic scapes finely chopped

1½ tablespoons dill weed

2 tablespoons white vinegar

Mix all ingredients, thin to desired consistency with milk. Use on salad or as vegetable dip.

Garlic Scape and Spinach Frittata

Adapted from dakotagarlic.com

3 Tbsp. olive oil
10 eggs
1 cup (1/2 lb.) chopped raw spinach
1/2 c. grated Parmesan cheese
1 Tbsp. chopped parsley or basil
1/2 c. finely chopped garlic scapes
salt and pepper to taste

Preheat oven to 350°. In a large bowl mix all ingredients except oil and scapes. Heat oil in a 10-inch ovenproof skillet on the stove. Add the scapes and saute until tender on medium heat for about five minutes. Pour egg mixture in skillet with garlic and cook over low for three minutes. Place in oven and bake uncovered for 10 minutes or until top is set. Cut into wedges and serve.

Garlic Scape Soup

Serves 4

3 cups garlic spears, cut into 2-inch pieces
1 medium onion, chopped
1 tbsp olive oil
1/2 tsp dried thyme
3 cups chicken broth
1 cup cream
salt and pepper to taste

Sauté the garlic spears and the onion in the olive oil over medium heat until vegetables are soft. Add the thyme at the end. In food processor, purée carrots and add chicken stock as needed to make a smooth paste. In saucepan, heat the carrot mixture and add the remaining chicken broth. Bring to a simmer and add the cream. Adjust the seasoning.

Stir-fried Asian Greens

1 1/2 cups chicken broth
1 tbsp cooking sherry
1 tbsp soy sauce
1/4 tsp sugar
1/4 tsp salt
1 tbsp peanut or olive oil
3 scallions, cut into 1 inch lengths
1 tbsp minced garlic
1 tsp minced fresh ginger
1 lb broccoli raab or any Asian green cut into 3 inch pieces
1 tsp cornstarch mixed with 1 tbsp cold water

Combine broth, sherry, soy sauce, sugar, and salt in a small bowl. Set wok over high heat, add oil and swirl to coat. Add scallions, garlic, and ginger for 30 sec. Add broccoli raab, stir-fry for 2

minutes. Add the water cornstarch sauce to the bowl, bring to a boil, cover and simmer for 3 minutes. Add liquid mixture to the wok and stir-fry until the sauce thickens, serve hot.

Garden Spring Salad (Greens)

Serves 4

2 cups greens (arugala, komatsuna)
1 cup thinly sliced radishes
1 thinly sliced yellow bell pepper
4 thin asparagus, lightly steamed & sliced 2 in lengths
1 cucumber, very thinly sliced
4 cups garden greens (Lettuce, spinach)
vinaigrette

Mix the greens, radishes, bell pepper, asparagus, cucumber, and enough Vinaigrette to moisten. Line plates with the garden greens and top with the tossed veggie mixture serve more vinaigrette on the side.

Mixed Green Salad and Vinaigrette

Mizuna, lettuce, spinach, and/or arugula, washed & roughly chopped
1 garlic clove
1 tsp salt
3 Tbs red wine vinegar
1 tsp wet mustard
5 Tbs olive oil
Fresh black pepper

Press garlic into bottom of salad bowl. With fork, mix well with salt until it forms a paste. Mix in vinegar & mustard until salt is dissolved. Whisk in olive oil to make an emulsion. Add black pepper to taste. Toss with mixed greens.

Mixed Green Sautee

8 sliced tomatoes
2 cups sliced onion
1 red pepper, sliced
4 cloves minced garlic.
5 cups torn greens, such as beet, collard, mustard, turnip, tat soi, kale
1 cup vegetable broth.

Sautee first 4 ingredients with 1 tbsp olive oil. Stir with other ingredients, simmer until greens are tender, about 15 minutes. Garnish with parmesan cheese.

Harukei Turnips Ideas

Harukei turnips are best eaten raw, either sliced into a salad or eaten like an apple.

Sautéed Kale

1 bunch of kale, washed and chopped into bite-size pieces
1 yellow onion, sliced
1-2 cloves of garlic, minced or finely chopped
2-3 tablespoons of extra virgin olive oil
juice of 1/4 lemon
1/2 cup of vegetable broth or water
salt and pepper, to taste (optional)

Warm olive oil over medium heat in a large pot or pan. Add onions and cook for 3-5 minutes or until slightly translucent. Be sure to stir the onions around once in a while so that they don't burn. Add garlic and kale and mix them together with onions. Allow garlic, kale and onions to cook for one minute, then add vegetable broth and cover pot or pan for 4-6 minutes. Check kale from time to time starting at the 4 minute mark for tenderness. Once kale is tender, add sea salt and just a few drops of lemon juice. Stir and serve.

Kale Soup

12 links spicy pork sausage, sliced
1 tablespoon vegetable oil
3/4 cup diced onion
1 1/4 teaspoons minced garlic
2 tablespoons chicken broth
4 cups water
2 potatoes, halved and sliced
2 cups sliced kale
1/3 cup heavy cream

Preheat oven to 300°F. Place sausage links on a baking sheet and bake 25 minutes, or until cooked through. Slice into 1/2 inch slices. Heat oil in a large saucepan over medium heat. Saute onions until translucent; add garlic and cook 1 minute. Stir in broth, water and potatoes; simmer 15 minutes. Reduce heat to low and add sausage, kale and cream; simmer until heated through and serve.

Kale and Potato Soup with Sausage

1 tablespoon cooking oil
1 pound turkey or chicken sausage
1 onion, chopped
4 cloves garlic, cut into thin slices
1 quart water
2 cups low sodium chicken broth
1 1/2 tsp salt
1 1/2 pounds boiling potatoes, peeled and cut into 1/4 inch slices
1 pinch dried red pepper flakes
1 lb kale stems removed, leaves shredded, stems removed
1/4 tsp fresh ground black pepper.

In a large pot, heat the oil over moderately low heat. Add the sausage and cook, turning, until browned, about 10 minutes. Remove the sausage from the pot and, when it is cool enough to handle, cut it into slices. Pour off all but 1 tablespoon fat from the pan. Add the onion and cook, stirring occasionally, until it is translucent, about 5 minutes. Add the garlic to the pan and cook, stirring, for 1 minute longer. Add the water, broth, and salt and bring the soup to a boil. Add the sausage, potatoes, and red-pepper flakes and bring back to a simmer. Cook, partially covered, for 2 minutes. Add the kale and bring the soup back to a simmer. Cook, partially covered, until the potatoes and kale are tender, about 6 minutes longer. Add the black pepper.

Kohlrabi with Peas and Potato

½ cup chopped onion
1 clove minced garlic
½ tsp dry mustard
½ tsp ground cumin
½ tsp ground turmeric
½ tsp ground coriander
1 cup kohlrabi peeled and chopped
1 cup potatoes, peeled and chopped
1 cup chopped tomatoes
½ cup water
¾ tsp salt
½ tsp sugar
finely chopped kohlrabi leaves
½ cup peas

Sautee onion and garlic for 3 to 4 minutes in 1 tbsp oil. Add mustard cumin, turmeric, and coriander for 30 seconds. Add kohlrabi bulbs and potatoes. Add tomatoes, water, salt and sugar, bring to a boil and simmer for 15 minutes. Add kohlrabi leaves and simmer for 8 to 10 minutes more. Add peas, cook until done. Serve over rice.

Kohlrabi, Carrot & Parmesan Gratin

Serves 4

3 medium bulbs Kohlrabi, washed and peeled
3 medium carrots, thinly sliced
1/2 cup low-salt canned chicken stock
1 clove garlic, finely minced
2 Tbs. extra virgin olive oil
salt and freshly ground black pepper to taste
1 cup fresh multigrain bread crumbs
1/3 cup freshly grated Parmesan.

Heat the oven to 400°F. Peel each Kohlrabi bulb and cut in half. Cut the halves into 2 or 3 wedges each. Place wedges, cut side up, in an 8x8 baking dish. Pour the stock into the dish. Season with salt and pepper. Cover the pan with foil and bake for 30 min. Mix together the garlic, olive oil, bread crumbs and cheese. Uncover and sprinkle the dish with the bread crumb mixture. Continue baking uncovered until the vegetables are tender and the cheese is browned, another 10 minutes.

Komatsuna Ideas

Komatsuna (Japanese mustard spinach) steams up nicely and with the Chinese Cabbage can be very good in a quick stir-fry.

Sautéed Komatsuna with Basil

Serves 4

2 tsp olive oil
4 cloves garlic, thinly sliced
1/3 cup pine nuts
10 ounces komatsuna leaves
½ tsp salt & ¼ tsp pepper
2 cups basil leaves

Heat the oil in a large skillet over medium-low heat. Add garlic and cook for 2 minutes. Add the pine nuts and cook until lightly golden, about 3 minutes. Increase heat to medium and add the spinach, salt, pepper, and 2 tablespoons of water. Cover and cook, tossing occasionally with tongs, until spinach wilts, about 4 minutes. Remove from heat. Add the basil and toss until it wilts, about 1 minute. Serve immediately.

Spicy Leeks and Tomatoes with Couscous

Serves 4 – 6 Modified from the Epicurious Spicy Rice and Kale Recipe

1 ½ lb leeks, trimmed
2 tablespoons olive oil
3 teaspoons fresh lemon juice
1 ¼ lb canned chopped tomatoes, with juice
1 garlic clove, finely chopped
2 teaspoons each of paprika and cumin
A little salt
6 oz couscous
1-2 teaspoons olive oil
1 tablespoon chopped fresh parsley
4 oz. Kale (1/2 large bunch) stems removed, coarsely chopped
2 1/4 cups canned chicken (or veggie) broth
1 cup white rice
1 (10oz.) can diced tomatoes well drained
2 1/2 tbsp Creole or Cajun seasoning (vary amt. to taste).

Bring broth and seasoning to boil in large saucepan. Stir in rice and kale and bring to boil again. Add tomatoes. Cover and cook on low heat until rice is tenders and liquid is absorbed (20-30 min).

Wok Sautéed Mizuna with Minced Chicken

1 large egg white lightly beaten
1/2 tsp tamari or soy sauce
2 cloves garlic, minced

1 lb boneless, skinless chicken breast, minced.

Mix these ingredients, coat the chicken evenly, marinate and refrigerate for 1 hour.

2 tsp canola or peanut oil
1/3 cup minced carrot
1/3 cup minced onion
1/4 cup minced water chestnuts
1 tsp soy sauce
1/2 tsp chili paste
1 tbsp lime juice
1 pound mizuna, ends trimmed
1/4 cup minced scallions to garnish

Heat 1 tsp of the canola or peanut oil in a wok or sauté pan over high heat. Sauté the minced chicken for about 4 to 6 minutes, stirring constantly until the chicken is cooked through and appears opaque. Remove the chicken from the pan and reserve. Add the remaining 1 tsp of oil and sauté the carrot, onion, and water chestnuts for 1 minute, stirring constantly. Add the tamari, chili paste, lime juice, and mizuna leaves. Cook until the mizuna has wilted slightly, stirring often. Return the cooked chicken to the pan, and mix well. Garnish with the scallions.

Peach Crisp

6 cups peaches, peeled and sliced
1 tbsp lemon juice
1/4 cup honey,
1 cup all purpose flour,
1 cup rolled oats
1/3 cup firmly packed brown sugar
1/2 tsp cinnamon
1/4 tsp nutmeg
1/2 cup softened butter.

Place peaches in a 9 inch square pan. Sprinkle with lemon juice and then drizzle with honey. In medium bowl, mix together remaining ingredients using a pastry blender or fork. Sprinkle mixture evenly over peaches. Bake in preheated 375°F oven for 35-40 minutes or until top is golden brown.

Bell Pepper Soup

8 cups water
3/4 cup Basmati brown rice
1 1/2 cups diced yellow onions
1 1/2 cups diced red or green peppers
2 1/2 cups chopped red or green peppers
2 cups chopped celery
3/4 cup diced carrots,
6 garlic cloves; minced
2 tsp. crushed oregano leaves
1/2 tsp. ground celery seed

12 oz tomato paste
2 1/2 tsp. mild chili powder
3 tbsp. tamari soy sauce.

In a 5-6 quart pot bring to boil water, rice onion, & diced bell pepper. Reduce heat, cover, and simmer for about 25 minutes, or until rice is tender. Add celery, chopped bell pepper, carrots, garlic, oregano, basil, celery seed and tomato paste. Continue simmering for 20-30 minutes, until all veggies are tender and rice is fully cooked. Combine mixture with chili powder, tamari and salt to taste. Simmer for 5 minutes, letting flavors blend together.

Grilled Potato Salad

1/4 cup white wine vinegar
3 tablespoons fresh rosemary
3/4 cup extra virgin olive oil
1 pound small potatoes, sliced in half
3 tablespoons olive oil
Salt and freshly ground pepper
1/2 pound green beans
1 large red onion, finely sliced

Place the vinegar and rosemary in a blender and blend until smooth. Slowly add the olive oil until emulsified and season with salt and pepper to taste. Strain into a bowl. Preheat grill. Toss potatoes in a large bowl with olive oil and season with salt and pepper to taste. Grill skin side down until golden, turn over and continue grilling until just cooked through. Place in a large bowl and immediately toss with 1/4 cup of the vinaigrette. Meanwhile, bring a large pot of salted water to a boil and add the green beans. Cook for 2 minutes, and immediately plunge into a bowl of ice water. Drain. Add the green beans and red onion to the potatoes and drizzle with the remaining vinaigrette. Season with salt and pepper to taste.

Pumpkin Soup

2/3 pounds sugar pumpkin, peeled, seeded and cubed
2 carrots, coarsely chopped
2 onions, cut into wedges
2 1/2 tablespoons vegetable oil
1 large potato, sliced
1 quart water
3 cubes chicken bouillon, crumbled
1 cup heavy cream
1 1/4 tablespoons ground nutmeg
1 teaspoon ground black pepper
salt to taste

Preheat oven to 425°F. Place pumpkin, carrots and onions in a baking dish or roasting pan. Drizzle with vegetable oil. Bake in preheated oven 40 minutes, until soft but not blackened. In a large pot over medium heat, bring water and bouillon to a boil. Cook potato in simmering water until soft, about 20 minutes. Combine potato and water with roasted vegetables and puree in a blender or food processor until smooth. Return to pot over low heat, and stir in cream, nutmeg, pepper and salt. Heat gently; serve.

Roasted Potatoes

1 whole butternut squash cut up into pieces, seeds removed
1 handful fresh rosemary
whole zest of 2 oranges
1/2 cup extra virgin olive oil

Preheat oven to 375°F. Place cut squash in a roasting dish, place infused rosemary orange oil over them. Season with salt and pepper. Place in oven. Bake about 30 minutes.

Potato Soup

1 tablespoon butter
3 large leeks, finely chopped, white parts only
4 medium potatoes, peeled and diced (about 3 cups diced)
salt to taste
1 cup milk
1 egg yolk
1 tablespoon butter

Melt 2 tablespoons of butter in a large skillet; sauté chopped leeks until very lightly browned. Put leeks in a large saucepan with diced potatoes; add just enough water to cover. Cover and cook on medium-low until potatoes and leeks are done. Put vegetable mixture with liquid through food mill or blend in batches. Stir in milk and add more water until desired consistency is reached. Bring potato soup to the boiling point; remove from heat. In medium bowl, beat egg yolk. Add about 1/2 cup of potato soup mixture to the egg yolk, stirring constantly. Return mixture to potato soup in pot and mix to blend well. Taste and adjust seasoning. Ladle potato soup into a serving bowl. Stir in 1 tablespoon of butter.

This recipe is especially fun with blue or red potatoes; I made lavender colored mashed potatoes that tasted great!

Radish Salad

8 large sliced radishes
8 sliced green onions
lettuce
1 tbsp dill seeds
1/2 cup olive oil
1/4 cup lemon juice
1 tsp sugar
1 tsp mustard
pepper to taste.

Combine radish, onion, and dill, set aside. Combine remaining ingredients, pour over radish mixture. Cover and chill 2 to 4 hours, remove 30 minutes before serving, stir. Add 6 oz shredded Swiss cheese on top.

Radish Salad with Lemon Dressing

5 radishes
1 large head lettuce
3 tbsp lemon juice
1 tbsp minced shallot
2 tsp sugar
pepper to taste
½ cup olive oil

Slice radishes, rip lettuce into bite-sized pieces, combine in salad bowl. Whisk lemon juice, shallot, sugar, pepper and salt, and olive oil. Mix dressing into lettuce and radishes.

Ratatouille

1 medium eggplant, cut in 1" cubes
1 medium onion, chopped
1 large tomato, cut in ½" pieces (or 14 oz canned diced tomatoes)
1 small zucchini, chopped in ½" pieces
4 garlic cloves, sliced thinly
1 tablespoon balsamic vinegar
Salt and pepper to taste.

Optional Ingredients:

½ cup black olives, pits removed and halved
8 ounces fresh mushrooms, quartered
½ red or green pepper, chopped
Parmesan cheese (fresh if available).

Preheat oven to 400°F. Place 1 tablespoon water in a large skillet and bring to boil over medium heat. Add the eggplant and onion and sauté, stirring occasionally, for 4 minutes or until beginning to soften. Meanwhile, clean and cut the remaining (including optional if using) vegetables. Add as ready, stirring occasionally. Simmer for 10 – 15 minutes, stirring occasionally. Remove from heat and season with salt and pepper to taste. Add balsamic vinegar, stirring to distribute. Transfer to a baking dish lightly sprayed with cooking spray. Bake 25 minutes. If desired, after baking 20 minutes, remove dish from oven and top with Parmesan. Return to oven for final 5 minutes. Serve immediately.

Rhubarb Pie

6-7 stalks rhubarb, peeled and cut into 1/2 inch thick slices [about 5 cups]
1/2 tsp fresh squeezed lemon juice
1 tsp grated lemon rind
1 ½ cups sugar
1/3 cup flour
pinch salt
2 tablespoons butter, cut into pieces
1 egg yolk
1 tsp cold water
2 prepared 9 inch piecrusts.

Preheat oven to 400°F. Place rhubarb, lemon juice and rind in medium nonreactive bowl. In another bowl, combine sugar, flour and salt. Add to rhubarb and mix well. Use one crust to line bottom of ungreased 9 inch pie plate. Prick bottom with fork. Add the rhubarb mixture. Dot with butter. Place the second pie crust on top of the pie. Flute the edges to seal. Combine egg yolk with cold water. Brush mixture over top crust. Prick the top crust with fork to create vents. Bake 20 minutes. Reduce heat to 350°F and bake an additional 20 minutes or until the crust is golden brown. Cool slightly and serve.

Garlic with Spinach

From Peacework / GVOCSA [probably from the FoodBook]

2 Tbs. olive oil
10 cloves garlic, pureed
1 Tbs. Butter
1 1/2 lbs. spinach, trimmed
juice of 1/2 lemon
salt & pepper to taste

Puree garlic and olive oil in food processor or with a hand blender. Heat garlic oil mixture in a large skillet over low heat; add spinach and cook until just wilted, about 5 minutes. Remove from heat, sprinkle with salt, pepper and lemon juice; toss well.

Spinach and Black Bean Pasta

1 c chopped broccoli
1 c diced tomatoes
1 lb rotini
1 1/2 cups vegetable broth
2 1/2 cups chopped spinach
1/2 cup chopped red onion
1 chopped garlic clove
1/2 tsp cayenne pepper,
1 15 oz can of black beans, drained and rinsed,
2 oz Parmesan cheese, grated.

Bring a large pot of water to a boil. Add rotini, cook for 8 to 10 minutes, drain. In a large saucepan over medium heat, bring the vegetable broth to a boil. Reduce heat, and mix in spinach, onion, garlic, cayenne pepper, salt, and pepper. Stir in the black beans and broccoli. Continue to cook and stir 5 to 10 minutes. Stir the tomatoes into the saucepan, and continue cooking 10 minutes, or until all vegetables are tender. Serve over the cooked pasta. Garnish with Parmesan cheese.

Spinach, Pasta and White Beans

1 lb pasta
5 cloves minced garlic
3 cups diced onions
3 tbsp olive oil
large bunch spinach (or any other leafy green)

28 oz undrained diced tomatoes
2 16 oz cans cooked white beans
juice of one lemon
Parmesan cheese

Cook pasta. Sauté onions and garlic until translucent. Wash and coarsely shred greens, stir into onions and garlic until reduced to half the original size. Add tomatoes and juice from the tomato can and beans, bring mixture to a simmer. Add lemon juice just before serving. Ladle onto pasta, top with parmesan cheese.

Stuffed Pattypan Squash

4 pattypan squash
1 tablespoon butter
1 large shallot, minced
2 cloves garlic, minced
1 egg
1 1/2 tablespoon flour,
2 ounces feta, crumbled
paprika

Preheat oven to 350. Lightly grease an ovenproof dish. With a small knife, cut a thin slice from the stem (narrower) end of each squash, then a circle from the blossom (wider) end. With grapefruit knife, scoop out the center (save it for the filling) leaving a thin wall.

In a small skillet, melt the butter. Add the pattypan scoopings, shallot and garlic and sauté until soft. In a small bowl, beat the egg lightly. Stir in the flour, feta and cooked zucchini. Stuff the pattypan. Sprinkle with paprika. Bake for 30 - 45 minutes.

Sautéed Spaghetti Squash

1 spaghetti squash, halved lengthwise and seeded
2 tablespoons vegetable oil
1 onion, chopped
1 clove garlic, minced
1 1/2 cups chopped tomatoes
3/4 cup crumbled feta cheese
3 tablespoons sliced black olives
2 tablespoons chopped fresh basil.

Preheat oven to 350°F. Lightly grease a baking sheet. Place spaghetti squash cut sides down on the prepared baking sheet, and bake 30 minutes in the preheated oven. Remove squash from oven, and set aside to cool enough to be easily handled. Meanwhile, heat oil in a skillet over medium heat. Sauté onion in oil until tender. Add garlic, and sauté for 2 to 3 minutes. Stir in the tomatoes, and cook only until tomatoes are warm. Use a large spoon to scoop the stringy pulp from the squash, and place in a medium bowl. Toss with the sautéed vegetables, feta cheese, olives, and basil. Serve warm.

Roasted Butternut Squash

1 pound potatoes
1 handful fresh thyme
1 Teaspoon salt
1 Teaspoon black pepper

Place potatoes in a roasting dish. Drizzle with olive oil, fresh thyme, salt and pepper. Place in oven with squash. Bake about 30 minutes.

Citrus Baked Squash

1 butternut squash
½ cup orange juice
½ cup water.

Peel the squash and slice it crosswise, arrange the slices in a baking dish in a single layer with no overlap. Pour orange juice and water mixture over the slices until it covers them halfway. Cover with foil and bake at 350°F for 45 minutes, or until they are soft in the middle. While baking, make sure that the liquid does not dry out, add more if necessary. Serve the slices with extra orange sauce.

Preparing Squash

To bake: Using a whole (1 to 1 1/2 pound) winter squash, pierce the rind with a fork and bake in a 350°F oven 45 minutes. Test for doneness by piercing with a fork.

To microwave: Place halves or quarters, cut side down, in a shallow dish; add 1/4 cup water. Cover tightly and microwave on high 6 minutes per pound.

Squash with Rosemary, Sage, and Cider

2 medium squash
3 tablespoons unsalted butter
1/4 cup fresh sage leaves, very coarsely chopped
1 tablespoon fresh rosemary leaves, coarsely chopped
1 1/2 cups fresh unfiltered apple cider
1 cup water
2 teaspoons sherry vinegar
1 teaspoon salt
freshly ground black pepper to taste.

Peel squash with a vegetable peeler, cut it lengthwise in half, and scrape out the seeds with a spoon. Cut each piece lengthwise in half again, then crosswise into 1/2-inch-thick slices. Melt the butter in a large frying pan over low heat. Add the sage and rosemary and cook, stirring until the butter just begins to turn golden brown, approximately 3 minutes. Do not brown the herbs. Add the squash to the frying pan, then the apple cider, water, sherry vinegar, and salt. Cook, stirring occasionally, over medium heat at an even boil until the cider has boiled down to a glaze and the squash is tender, approximately 20 to 30 minutes. Remove from heat.

Summer Squash with Lemon and Parmesan

1 ½ lbs summer squash and zucchini
2 tbsp extra virgin olive oil
2 tbsp fresh lemon juice
¾ cup Parmesan
salt and pepper

Cut the squash and zucchini into long thin strips using a vegetable peeler, discarding the seeds near the middle. Place in a large bowl. Add the oil, lemon juice, Parmesan, ½ tsp salt, ½ tsp pepper, and toss gently to combine. Serve immediately at room temperature

Stir-Frying Tips

Add first- potatoes, sweet potatoes, winter squash, onions, carrots, eggplant, celery, leeks, broccoli, and asparagus.

Add second- cabbage, green beans, cauliflower, broccoli, mushrooms, peppers, summer squash, and zucchini.

Add third- greens (kale, swiss chard, spinach, endive, escarole, bok choy) green peas, snow peas, tomatoes, tofu, bean sprouts, and scallions.

Tat Soi Ideas

Tat Soi steams up nicely and with the Chinese Cabbage can be very good in a quick stir-fry.

Tat Soi, Egg, and Bacon Salad

1 to 3 bunches of tat-soi
3 hard-boiled eggs, sliced thinly
4 to 6 slices of crisp bacon
French or your favorite dressing
½ red onion or ½ bunch green onions, minced
½ cup mushrooms, sliced

Wash and spin dry spinach, Place in a large serving bowl. Add other ingredients, except dressing. Toss gently. Add dressing to bowl of salad just before serving, or to individual servings.

Basil Tomato Beans

1 pound green beans
1 tbsp olive oil
¼ cup minced onion
1 clove minced garlic
2 tbsp minced fresh basil
1 cup chopped tomatoes
salt and pepper to taste

Cut green beans into 1 inch pieces, cook in a small amount of water for 5 to 10 minutes. Sauté the garlic and onions in the olive oil, then add cooked beans, basil, and add salt and pepper to taste. Top with parmesan cheese.

Heirloom Tomato Salad

8 to 10 small tomatoes, a variety of colors if possible
2 cloves garlic, finely minced
1/4 cup diced sweet onion or purple onion
1 tablespoon fresh chopped parsley
1 tablespoon fresh chopped basil, or 1 teaspoon dried leaf basil
2 tablespoons red wine vinegar
3 tablespoons extra virgin olive oil
1/2 to 1 teaspoon salt, or to taste
1/4 teaspoon fresh ground black pepper.

Cut cores from the tomatoes; slice each tomato into 8 to 10 wedges. Combine with remaining ingredients in a large bowl; toss to blend well. Cover and refrigerate for at least 1 hour before serving. Serve on salad greens, if desired.

Tomato and Zucchini Salad

1 large tomato, diced
1 small zucchini, diced in small pieces
1 broccoli head, just the greens, in small pieces
2 - 4 green onions, chopped
3 fresh basil leaves, chopped
2 tablespoons fat-free Italian salad dressing
2 tablespoons grated feta or mozzarella cheese,
pepper to taste.

Mix all ingredients together, serve chilled.

Chunky Chicken and Rice Soup with Turnips

Makes 10 servings (serving size: 1 cup) From <http://fooddownunder.com>

8 cups water
3 lb chicken
1 tsp vegetable oil
2 cups chopped leek (about 2 large)
1/2 tsp dried basil
1/2 tsp dried thyme
1/2 dried oregano
3 cups coarsely chopped peeled turnips (about 1 lb)
1/2 cup uncooked long-grain or basmati rice
2 cups 2% low-fat milk
1 tsp salt
3/4 cup shredded low-fat cheddar – extra sharp (3 ounces)

Combine water and chicken in a large Dutch oven; bring to a boil. Reduce heat to medium and cook, uncovered, one hour. Remove from heat. Remove chicken from cooking liquid (broth); place chicken in a bowl and chill for 15 minutes. Remove skin from chicken, and remove meat from bones, discarding skin and bones. Chop chicken into bite-size pieces; cover and chill. Strain broth through a sieve into a large bowl; discard solids. Skim fat from surface; discard. Reserve 6 cups broth. Heat the oil in the pan over medium high heat. Add the leek, basil, thyme, and oregano; sauté 5 minutes or until leek is browned. Add reserved broth, scraping pan to loosen browned bits. Stir in the turnips and rice; bring to a boil. Reduce heat and simmer for 30 minutes or until turnips are tender. Partially mash turnips with a potato masher. Add chicken, milk, and salt, and cook 5 minutes or until thoroughly heated. Remove from heat and add cheese, stirring until melted.

TIPS: May be frozen up to 2 months. Pour into an airtight container, leaving enough room for expansion (usually an inch or two at the top). To reheat, thaw completely in the refrigerator; then place contents in a saucepan over low heat, adding some liquid if necessary.

Description: “Broth made from a whole chicken with skin; chilled and skimmed.”

NOTES: Partially mashing the tender turnips gives the soup a homey stew-like quality. The vegetable imparts an earthy sweetness to the soup that contrasts with the sharp cheese, although you can use potatoes instead of turnips, if you prefer.

Crunchy Lima Beans with Turnips

3 oz turnips, sliced ¼ inch thick
3 oz lima beans, cooked
2 Tbsp chives, minced
1 tsp curry
1 tsp soy sauce
½ tsp salt
2 Tbsp soy sauce
1½ oz walnuts, chopped
3 oz soybean sprouts

Preheat oven to 375°F. Lightly grease 4x8 baking pan with soy oil. Steam turnips. Combine lima beans, chives, curry, soy sauce, salt and soy oil in a blender with 2 ounces water. Purée until smooth. Combine all ingredients together and mix well. Transfer to baking pan and cook for 15 minutes.

Creamy Turnip, Rutabaga and Potato Soup

Makes 2 quarts

Vegetable cooking spray
1 cup finely chopped onion
½ cup chopped celery
3 cups chopped peeled turnip (1 pound)
3 cups chopped peeled rutabaga (1 pound)

2½ cups chopped peeled red potato (1 pound)
31½ oz low-salt chicken broth (3 cans)
1 tsp salt & 1/8 tsp pepper
1/8 tsp ground nutmeg
½ cup non-fat sour cream

Coat a large Dutch oven with cooking spray, and place over medium heat until hot. Add onion and celery; sauté 4 minutes or until tender. Add turnip, rutabaga, potato, and chicken broth; stir well. Bring to a boil; cover, reduce heat, and simmer 40 minutes or until the vegetables are tender. Place half of turnip mixture in a blender, and process until smooth. Pour into a bowl, and repeat procedure with remaining turnip mixture. Return purée to pan, and add salt, pepper and nutmeg. Cook over low heat until thoroughly heated. Ladle into individual soup bowls; top with sour cream.

Julienned Turnips in Warm Vinaigrette

3 turnips peeled and julienned
3 tbsp lime juice
1 tbsp raspberry vinegar
1 tsp olive oil
½ tsp honey
½ tsp ground coriander
1/8 tsp salt & freshly ground black pepper
1 zucchini julienned
¼ cup sliced radishes

Combine lime juice, raspberry vinegar, olive oil, honey, ground coriander, salt, pepper, heat over low heat. Pour 1 inch of water into a large saucepan, put a vegetable steamer in the saucepan and bring water to boil. Steam turnips for 1 minute; add zucchini and radish, steam for 1 minute more. Bring vinaigrette to a boil; pour over vegetables in a serving dish.

Autumn Vegetable Salad

1/2 lb butternut squash, peeled and cut into 1/2 inch cubes
4 fresh sage leaves, finely chopped
1/2 cup extra virgin olive oil
1/4 cup Jerusalem artichoke, scrubbed and sliced into 1/8 inch disks
2 parsnips, scrubbed and sliced into 1/4 inch disks
1 teaspoon ground cumin
1 leek, white part only, cut into 3 inch julienne
1/2 celery root, peeled and cut into julienne
1/2 cup kohlrabi, sliced
1/4 lb mizuna
2 tablespoons sherry wine vinegar
kosher salt, fresh ground black pepper, to taste
2 tablespoons pumpkin seed or vegetable oil

Preheat the oven to 475 F. Place the butternut cubes and chopped sage on a cookie sheet, drizzle with 1 tablespoon of the olive oil and roast until light golden brown, 8 to 10 minutes. Set aside in a large salad bowl to cool. Place the Jerusalem artichokes on the same cookie sheet and toss

with 1 tablespoon of the olive oil. Roast in the oven for 6 to 7 minutes. Remove and set aside with the squash. Place the parsnips and the mushrooms on the cookie sheet and toss with the cumin and more tablespoon of the olive oil. Roast for 6 to 7 minutes, then set aside with the other vegetables. Bring 6 cups of water to a boil and set up an ice bath near the stove. Plunge the leeks into the boiling water and cook until tender 2 to 3 minutes. Remove the leeks from the boiling water and submerge them in the ice bath until cool. Remove the leeks from the ice bath, pat dry with paper towels and set aside. Add the leeks, celery root and mizuna to the salad bowl. Add the remaining olive oil, the sherry vinegar, salt and pepper and toss gently to coat well. Divide the mixture evenly among four chilled dinner plates, mounding it like a haystack. Place 3 tablespoons grated Montasio cheese in a mound on a plate. Place under the broiler until the cheese is melted and begins to brown. Carefully remove the cheese with a spatula and shape as desired.

Grilled Vegetables Napoleon

2 sliced whole bell peppers
1 red onion, sliced, 1 zucchini, sliced
1 eggplant, sliced
1 summer squash, sliced
3/4 Cups olive oil
2 Tablespoons harvest eating house seasoning
1 handful fresh mozzarella cheese, sliced
3 Pieces portobello mushroom

Place all veggies in a bowl with olive oil, salt, pepper and seasoning mix. Grill veggies on grill pan or on gas or charcoal grill until nice grill marks appear. Layer grilled veggies with cheese in a stack and stick a toothpick in it. Place in 350°F oven to roast for 3 minutes.

Vegetable Pasta

1/2 cup ricotta cheese
1/2 cup milk
1/3 cup parmesan cheese
1 clove minced garlic
2 tbsp fresh basil (2 tsp dried)
2 tbsp fresh parsley (2 tsp dried)
1/2 tsp salt.

Stir together.

12 oz spaghetti. Cook according to package directions.

2 cups brocolli florets
2 cups sliced zucchini
1 cup green beans
1 cup peas
1/4 cup chopped green onions

Stir in broccoli 6 minutes before pasta is done, boil 3 minutes. Stir in zucchini and beans, boil 2 minutes. Stir in peas and green onions, boil 1 minute. Remove from heat. Drain and return to pot.

2 tbsp butter

Toss with pasta and vegetables until melted. Add ricotta cheese mixture, toss gently. Serve sprinkled with parmesan cheese and ground pepper. Garnish with tomato slices.

Roasted Vegetables

Vegetables cut into bite sized pieces such as carrots, eggplant, summer squash, potatoes, red or green peppers, onions, or mushrooms.

Seasoning: 1 tbsp olive oil, 1 tsp chili pepper, ½ tsp salt, ¼ tsp dried thyme, 1/8 tsp pepper.

Toss vegetables with seasoning, bake vegetables in a thin layer on a baking sheet in a preheated oven at 425°F for 20 minutes.

Divide the mixture evenly among four chilled dinner plates, mounding it like a haystack. Place 3 tablespoons grated Montasio cheese in a mound on a plate. Place under the broiler until the cheese is melted and begins to brown. Carefully remove the cheese with a spatula and shape as desired.

Baked Zucchini and Rice

1/2 cup Rice, cooked

2 pounds Zucchini

1 tablespoon Salt

1/4 cup Olive Oil

1 small Onion, minced

2 Eggs, beaten

2/3 cup Swiss Cheese, grated

1/3 cup Parsley, chopped

1 teaspoon Thyme

Salt and Pepper to taste

2 tablespoons Fresh Bread Crumbs

Cook the rice in plenty of boiling water until it is soft but not mushy. Drain and reserve. Trim the zucchini and shred it. Place in a colander and sprinkle with salt. Mix well and place over a bowl or in the sink. Let stand for 15-30 minutes. Drain well. Preheat the oven to 350. Heat 3 Tbsp of the olive oil in a large frying pan. Cook the onion and zucchini over low heat, stirring frequently for 5-10 minutes, or until the mixture turns golden. Turn the zucchini and rice into a large bowl. Add the eggs, cheese, parsley, and thyme. Season to taste. Mix well. Turn the mixture into a greased 8x10" baking dish and smooth out the top. Sprinkle with the bread crumbs. Drizzle with the remaining olive oil. Bake for about 25 minutes or until top is golden and firm.

Zucchini and Squash Pasta

4 tablespoons extra-virgin olive oil,

1 pound sausage, optional
1 pound zucchini, cut into half-moons
1 pound summer squash, cut into half-moons
1 onion, thinly sliced
1/4 cup diced red pepper
1/4 cup chopped fresh basil leaves, plus sprigs, for garnish
Salt and pepper
1 pound pasta, any type

In a large stockpot over high heat, bring 4 quarts of salted water to a boil. Add 2 tablespoons olive oil. In a large saute pan over medium high heat, add remaining 2 tablespoons olive oil and sausage. Cook until sausage is browned, about 6 minutes. Add zucchini, squash, onions, red pepper and 1/4 cup chopped basil and cook for 4 to 5 minutes, or until the squash has begun to caramelize. Season with salt and pepper. Add pasta to the boiling water and cook until just al dente, about 1 minute. Drain reserving 1/2 cup pasta water. Pour cooked pasta and 1/2 cup pasta water into the sausage sauce. Garnish with basil sprigs.

Zucchini and Tomato Saute

2 tbs extra virgin olive oil
1/2 cup white onion, minced
2 garlic cloves, minced
2 cups local zucchini, diced
1 cup local tomato, diced
2 tbs fresh basil, minced
kosher salt to taste
black pepper to taste
2 tbs Parmigiano Reggiano cheese, grated

In a stainless skillet over medium heat add oil, onion and garlic, saute for 1 minute.

Add zucchini and tomato, continue cooking for about 20-25 minutes give or take.

Be sure to season with salt and pepper. Add basil towards the end and the cheese at the end.

Zucchini Baked Ziti

3 large zucchini
1/2 cup olive oil
1 lb ziti pasta or penne
1 onion, chopped
2 cloves garlic, chopped
2 (28 ounce) cans tomatoes (if whole, slice before cooking)
1/4 cup basil leaves, in strips
1/4 cup chopped parsley
pepper and salt
4 tablespoons butter
1 1/2 cups shredded mozzarella cheese
1 1/2 cups grated parmesan cheese

Boil water and cook the ziti according to package directions. While it is cooking, follow next steps. When it is done, drain and set aside in large bowl. Slice the zucchini. In a skillet, heat 1/4 cup olive oil and fry the zucchini until browned on both sides. Take them out of the pan and drain on paper towels. In a saucepan, heat the remaining 1/4 cup oil. Add the onion and cook until translucent. Add the garlic and cook for 2 minutes. Add the tomatoes, basil, parsley, salt and pepper. Simmer uncovered for 20 minutes. Preheat oven to 350°F. Pour into large bowl with the drained ziti. Rub two shallow baking pans with olive oil. In the first pan, put 1/4 of the ziti, then 1/4 of the zucchini. Dot with butter, add 1/4 of the mozzarella and then 1/4 of the Parmesan. Repeat the layers in that pan. Repeat above steps for second pan. Bake pans in a 350°F oven for 30 minutes until the top is browned.

Visual Glossary



Mizuna



Tat soi



Komatsuna



Broccoli Raab (Rabe) / Rapini



Chinese cabbage



Simpson lettuce



Red Sails Lettuce