

KENTUCKY WIC FARMERS' MARKET NUTRITION PROGRAM (FMNP) RECIPE BOOK

Recipes for Farmers' Market Fruits and Vegetables



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Revised March 2019

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A special thank you to the farmers, farmers markets and health department personnel that supplied recipes included in this cookbook.

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WIC FMNP Eligible Food List

Apples	Asparagus	Beans
Beets	Blackberries (thorn less & thorny)	Black Eyed Peas
Blueberries	Broccoli	Brussels Sprouts
Cabbage (red, green, Savoy, Chinese)	Carrots	Cauliflower
Cherries	Corn (sweet)	Crowder Peas
Cucumber	Edamame Soybeans	Eggplant
Grapes	Greens (collards, kale, mustard, spinach, Swiss chard, turnip)	Green Onions
Kohlrabi	Lettuce	Melons (muskmelon, honeydew, Cantaloupe)
Mushrooms	Okra	Onions
Parsnips	Papaws	Peaches
Pears	Peas (snow peas, sugar snap)	Peppers
Plums	Potatoes	Pumpkins
Radishes	Raspberries	Rhubarb
Strawberries	Summer squash (yellow, zucchini, patty pan)	Sweet potatoes
Turnips	Tomatoes	Watermelons
Winter Squash (acorn, butternut, spaghetti, kabocha)		

Substitutions & Equivalents

Ingredient	Quantity	Substitute
self-rising flour	1 cup	= 1 cup all-purpose flour, 1/2 tsp salt, and 1 tsp. baking powder
cornstarch	1 tablespoon	= 2 T. flour
baking powder	1 teaspoon	= 1/4 tsp. baking soda plus 1/2 tsp. cream of tartar
powdered sugar	1 cup	= 1 c. granulated sugar plus 1 tsp. cornstarch
brown sugar	1/2 cup	= 2 T. molasses in 1/2 cup granulated sugar
whole milk	1 cup	= 1/2 cup evaporated milk plus 1/2 cup water
cracker crumbs	3/4 cup	= 1 cup bread crumbs
chocolate	1 square (1 oz.)	= 3 or 4 T cocoa plus 1 T butter
fresh herbs	1 tablespoon	= 1 teaspoon dried herbs
dry mustard	1 teaspoon	= 1 T. prepared mustard
tomato juice	1 cup	= 1/2 c. tomato sauce plus 1/2 c. water

INTRODUCTION

Farm fresh foods taste good and they are better for you. Fresh fruits and vegetables contain more vitamins and minerals. The WIC Program and various Farmers' Markets across the state have worked to provide your family with some simple recipes and give you tips on how to select and store and prepare them. This can help you get the most out of your WIC Farmers' Market coupons.

It is important to eat a variety of colors every day. The more colors you eat, the more vitamins and minerals you get! The way to a healthy and happy family is to give them a variety of foods to choose from each day. Use these recipes to help you get more of the foods you need.

Try something new the next time you visit your local Farmers' Market. The market offers a variety of fruits and vegetables. Take your child and let them choose a fruit or vegetable. Children are more willing to try new foods if they select the food. Going to the Farmers' Market is also a great opportunity to learn more about where foods come from and how they are grown. It can be a great adventure for the whole family.

Fresh is Best

Appearance and texture are important when selecting fresh produce. High-quality, fresh vegetables are young and brightly colored. Vegetables are low in calories, fat and sodium. A diet rich in vegetables can help prevent obesity and chronic diseases such as diabetes, heart disease and cancer.

Nutrition Facts

Vegetables provide important vitamins and minerals such as:

- Vitamin A helps keep our skin and eyes healthy.
- Vitamin C helps keep our blood vessels healthy.
- B-vitamins that help us use energy from food, regulates our appetite and digestion.
- Iron, calcium and fiber.



HELPFUL KITCHEN TIPS

Equivalency Chart

Common Abbreviations

3 teaspoons = 1 tablespoon	t = teaspoon
4 tablespoons = 1/4 cup	tsp = teaspoon
5 tablespoons + 1 teaspoon = 1/3 cup	T = tablespoon
8 tablespoons = 1/2 cup	Tbsp = tablespoon
1 cup = 1/2 pint	c = cup
2 cups = 1 pint	oz = ounce
4 cups (2 pints) = 1 quart	pt = pint
4 quarts = 1 gallon	qt = quart
16 ounces = 1 pound	gal = gallon
Dash or pinch = less than 1/8 teaspoon	lb = pound
	# = pound

GLOSSARY OF COOKING TERMS

DRIZZLE: To sprinkle drops of liquid lightly over food in a casual manner.

DUST: To sprinkle food with dry ingredients. Use a strainer or a jar with a perforated cover, or try the good, old-fashioned way of shaking things together in a paper bag.

FILLET: As a verb, to remove the bones from meat or fish. A fillet (or filet) is the piece of flesh after it has been boned.

FLAKE: To break lightly into small pieces.

FOLD: To incorporate a delicate substance, such as whipped cream or beaten egg whites, into another substance without releasing air bubbles. Cut down through mixture with spoon, whisk, or fork; go across bottom of bowl, up and over, close to surface. The process is repeated, while slowly rotating the bowl, until the ingredients are thoroughly blended.

FRY: To cook in hot fat. To cook in a fat is called pan-frying or sautéing; to cook in a one-to-two inch layer of hot fat is called shallow-fat frying; to cook in a deep layer of hot fat is called deep-fat frying.

GARNISH: To decorate a dish both to enhance its appearance and to provide a flavorful foil. Parsley, lemon slices, raw vegetables, chopped chives, and other herbs are all forms of garnishes.

GLAZE: To cook with a thin sugar syrup cooked to crack stage; mixture may be thickened slightly.

GRATE: To rub on a grater that separates the food in various sizes of bits or shreds.

GRATIN: From the French word for "crust." Term used to describe any oven-baked dish--usually cooked in a shallow oval gratin dish--on which a golden brown crust of bread crumbs, cheese or creamy sauce is form.

GREASE: To lightly coat with oil, butter, margarine or non-stick spray so food does not stick when cooking or baking.

GRILL: To cook on a grill over intense heat.

GRIND: To process solids by hand or mechanically to reduce them to tiny particles.

JULIENNE: To cut vegetables, fruits, or cheeses into thin strips.

KNEAD: To work and press dough with the palms of the hands or mechanically, to develop the gluten in the flour.

LUKEWARM: Neither cool nor warm; approximately body temperature.

MARINATE: To flavor and moisturize pieces of meat, poultry, seafood or vegetable by soaking them in or brushing them with a liquid mixture of seasonings known as a marinade. Dry marinade mixtures composed of salt, pepper, herbs or spices may also be rubbed into meat, poultry or seafood.

MASH: To squash food with a fork, spoon or masher.

MINCE: To cut or chop food into extremely small pieces.

MIX: To combine ingredients usually by stirring.

PAN-BROIL: To cook uncovered in a hot fry pan, pouring off fat as it accumulates. **PAN-FRY:** To cook in small amounts of fat. **PARE:**

To remove the outermost skin of a fruit or vegetable.

PEEL: To remove the peels from vegetables or fruits.

PINCH: A pinch is the trifling amount you can hold between your thumb and forefinger. **PIT:** To remove pits from fruits.

LUMP: To soak dried fruits in liquid until they swell.

PREHEAT: To turn oven on ahead of time so that it is at the desired temperature when needed (usually takes about 5 to 10 minutes)

POACH: To cook very gently in hot liquid kept just below the boiling point.

PUREE: To mash foods until perfectly smooth by hand, by rubbing through a sieve or food mill, or by whirling in a blender or food processor.

REDUCE: To boil down to reduce the volume.

REFRESH: To run cold water over food that has been parboiled, to stop the cooking process quickly.

RENDER: To make solid fat into liquid by melting slowly.

ROAST: To cook by dry heat in an oven.

SAUTE: To cook and/or brown food in a small amount of hot fat.

SCALD: To bring to a temperature just below the boiling point.

SCALLOP: To bake a food, usually in a casserole, with sauce or other liquid. Crumbs often are sprinkled over.

SEAR: To brown very quickly by intense heat. This method increases shrinkage but develops flavor and improves appearance.

SHRED: To cut or tear in small, long, narrow pieces.

SIFT: To put one or more dry ingredients through a sieve or sifter.

SIMMER: To cook slowly in liquid over low heat at a temperature of about 180°. The surface of the liquid should be barely moving, broken from time to time by slowly rising bubbles.

SKIM: To remove impurities, whether scum or fat, from the surface of a liquid during cooking, thereby resulting in a clear, cleaner-tasting final produce.

STEAM: To cook in steam in a pressure cooker, deep well cooker, double boiler, or a steamer made by fitting a rack in a kettle with a tight cover. A small amount of boiling water is used, more water being added during steaming process, if necessary.

STEEP: To extract color, flavor, or other qualities from a substance by leaving it in water just below the boiling point.

STERILIZE: To destroy microorganisms by boiling, dry heat, or steam.

STEW: To simmer slowly in a small amount of liquid for a long time.

STIR: To mix ingredients with a circular motion until well blended or of uniform consistency.

STIR-FRY: To quickly cook small pieces of food over high heat while constantly stirring the food until it is crisply tender (usually done with a wok).

TOSS: To combine ingredients with a lifting motion.

WHIP: To beat rapidly to incorporate air and produce expansion, as in heavy cream or egg whites.

Other Helpful Hints:

- Always soften gelatin first in cold liquid, then dissolve in hot. Don't really boil it or you will reduce its jelling power.
- A brief blanching in boiling water often facilitates peeling: blanch tomatoes and almonds for 1 minute, fruits like peaches less than a minute – and skins will slip off easily.

- When substituting cornstarch for flour as a thickener, use only half as much.
- An egg that is really stale will float or tip upward in a bowl of water. When cracked open, if the white and yolk cling together, the egg is very fresh. The older it gets, the flatter the yolk becomes and the runnier the white.
- To measure flour, scoop the amount required into a metal measuring cup exactly that size and level off excess by sweeping a knife or spatula across the top.
- Egg yolks should always be “tempered” by mixing them with a little hot liquid before incorporating them into a hot sauce. Unless the sauce is bound by flour, don’t let it boil again after the egg yolks have been added or they will curdle.
- After cooking vegetables, pour any water and leftover vegetable pieces into a freezer container. When full, add tomato juice and seasoning to create a money-saving soup
- Instant potatoes help thicken soups and stews.
- A leaf of lettuce dropped in a pot of soup absorbs grease from the top. Remove the lettuce and serve.
- To cut down on odors when cooking cabbage or cauliflower, add a little vinegar to the water and don’t overcook.
- Perk up soggy lettuce by spritzing it with a mixture of lemon juice and cold water.
- Fresh vegetables require little seasoning or cooking. If the vegetable is old, dress it up with sauces or seasoning.
- Boil vegetables that grow above ground without a cover.
- Never soak vegetables after slicing; they will lose much of their nutritional value.
- When cooking greens, add a teaspoon of sugar to the water to help vegetables retain their fresh colors.
- A little vinegar or lemon juice added to potatoes before draining will make them extra white when mashed.
- To avoid toughened beans or corn, add salt midway through cooking.
- Never overcook foods that are to be frozen. Foods will finish cooking when reheated. Don’t refreeze cooked, thawed foods.
- When freezing foods, label each container with its contents and the date it was put into the freezer.

- Always use frozen, cooked foods within 1-2 months.
- To avoid teary eyes when cutting onions, cut them under cold running water or briefly place them in the freezer before cutting.
- Fresh lemon juice will remove onion scent from hands.
- To get the most juice out of fresh lemons, bring them to room temperature and roll them under your palm against the kitchen counter before cutting and squeezing.

Using Garlic

Garlic is used many times in recipes. Garlic, is a species in the onion genus, *Allium*. Its close relatives include the onion, shallot and chive

- Garlic is packed with B vitamins and other healthy immune boosting ingredients. Nutritionists often consider garlic a “super food” to be prescribed to patients with any number of different symptoms.
- Garlic can help prevent infections, colds and flu. It can help prevent colon, breast or prostate cancer. It can help reduce your cholesterol and reduce the chances of coronary disease.
- The herb is one of the common ingredients used to enhance the flavor of vegetable, meat and seafood preparations.
- Buy garlic that is firm and heavy to the touch with no soft spots. Store it in an airy place, not in the refrigerator. A clove of garlic is one section of the bulb.
- Several forms of garlic can be found, such as whole bulbs, dried, individual cloves, processed cloves, dry-powder, or paste.
- Always peel garlic unless otherwise directed. If you smash the unpeeled garlic clove lightly with the flat blade of a knife, you will find it easier to peel.
- Raw Garlic is particularly assertive and its taste lingers long. Use is sparingly.
- Chopped garlic cooked in hot fat will give a very pronounced garlicky flavor to a dish. Be careful not to brown or the flavor becomes bitter.
- Garlic cloves, whole or crashed, cooked moist for a long time in a soup or stew or braised dish impart a richness and

flavor to the sauce that never overwhelms.

- **Garlic Oil:** Garlic oil is used as a flavoring in salad dressings, in cooked vegetables as well as for frying.
- **Measuring Garlic:** 1 clove = 1 teaspoon chopped garlic = 1/2 teaspoon minced garlic = 1/8 teaspoon garlic powder = 1/2 teaspoon garlic flakes = 1/4 teaspoon granulated garlic = 1/2 teaspoon garlic juice.

Questions and Answers

Q: What is the difference between parchment paper and wax paper?

Parchment paper is grease and moisture resistant paper specially treated for oven use. It is very versatile. You can use it to line cake molds and baking sheets, to wrap fish and to cover countertops during messy tasks to make cleanup easy. If you are shifting or grating a small amount of an ingredient, you can simply let it fall onto the paper, then pick up the paper and pour it into a dish. Parchment paper can be purchased in rolls, sheets or pre-cut rounds to fit cake pans.

Wax paper has a thin coating of wax on each side, making it nonstick and moisture-resistant; it is a good, less expensive substitute for parchment paper for tasks such as covering countertops. Unlike parchment paper, however, it is not heat-resistant and therefore should not be used in the oven, as the wax could melt or even ignite.

Q: What is cheesecloth?

Cheesecloth is a loosely woven cotton cloth. It closely resembles "gauze" in look and consistency. There are at least seven different grades of cloth and the grade given depends on the number of threads per inch woven in each direction. Some are more closely woven than others.

Uses for Cheesecloth: Cheesecloth was formerly used for cheese. Cheese makers found that it helped protect the cheese and allow it to "breathe" as it aged to keep it mold free. Now it's used in so many other ways. Because it is light weight and very loosely woven, it is often used to strain liquids and capture solids.

Where to Find Cheesecloth: You can find cheesecloth in many of the grocery stores, kitchen supply stores, fabric stores, and drug stores. It is fairly inexpensive and it comes in a long, rolled-up bundle. You just use your scissors to cut off the size of fabric you need each time.

Can You Wash Cheesecloth? Yes. You can reuse it many times. Just make sure you wash it before each use. Rinse out any food or debris caught in the fabric and wash it in the washing machine with hot water and a cold rinse using bleach. Hang it up to air dry.

When is Lemon Juice used?

Lemons are rarely eaten raw but are used to flavor many sweet and savory dishes. They are used in sauces or as an accompaniment to fish and poultry. Sauces and foods containing lemon juice help in the digestion of fried foods. Lemons are also used in baked goods and desserts to provide a light, fresh flavor. They are also used as a garnish, in the form of a slice or wedge added to the plate. Lemon zest (the yellow part of the peel) is also often used to add flavor when cooking and baking.

Besides adding flavor, lemons are used for other purposes when preparing food. Their high content of vitamin C is the ascorbic acid needed to prevent the discoloring of the flesh of fruits and vegetables that oxidize quickly when exposed to the oxygen in the air. Lemon juice can be used to tenderize meat or it can be used as a substitution for vinegar in dressings. Lemon juice added to steamed vegetables will help them keep their bright colors and enhance their flavor. It can be added to beverages for a refreshing flavor.

Uses: When cooking with lemon juice, if possible, add it at the end of the cooking time or after the dish has been cooked to minimize or prevent the loss of vitamin C.

- When cooking fresh vegetables, squeeze lemon juice on them to keep their colors bright.
- Cut down on the amount of salt used on your food by adding lemon instead to enhance the flavor of the food.
- For fluffier rice, add lemon juice to the cooking water.
- Lemon juice can be used as a marinade to tenderize meat.
- Use lemon juice in place of vinegar in salad dressings.

Why is vinegar used in the kitchen?

- Freshen wilted vegetables by soaking them in cold water containing a spoonful or two of white distilled vinegar.
- When boiling or steaming cauliflower, beets or other vegetables, add a teaspoon or two of white distilled vinegar to the water to help them keep their color. This will also improve their taste, and reduce gassy elements. This also works when cooking beans and bean dishes.
- Remove kitchen odors that come from burnt pots or when cooking certain foods by boiling a small amount of water with 1/4 cup white distilled vinegar so that the steam circulates throughout the room.
- To keep eggs from cracking when boiling add a tablespoon or two of white distilled vinegar to water.
- Eliminate the greasy taste in food cooked in a deep fryer by adding a dash of white distilled vinegar.
- Make onion odors disappear from your hands by rubbing with white distilled vinegar.
- To rescue a recipe that tastes too sweet or too salty after you've mixed the ingredients, try adding a dash of white vinegar.
- A dollop of vinegar and tablespoon of salt added to the pot when hard-boiling eggs makes for easy removal of eggshells

After visiting your local farmers markets, try one of miscellaneous recipes with your fresh veggies:

Ingredients:

Vegetable Pizza



- 2 cans crescent rolls
- 1/2 cup mayonnaise
- 1 (8 oz.) package cream cheese, softened
- 1 (8 oz.) package Mozzarella cheese
- Diced green and red peppers
- Diced cauliflower

- Diced broccoli
- Diced onion
- Other diced vegetables of your choice

Directions: bake at 350 degrees until golden brown

1. Grease pizza pan
2. Spread out rolls, pinching seams together forming a round crust
3. Pierce with fork and Cool
4. Mix mayonnaise and cream cheese
5. Spread on baked crust.
6. Cover with cheese and top with vegetables
7. Bake for additional 5-10 minutes or until cheese is melted

Summer Vegetables



Ingredients:

- 1 teaspoon olive oil
- 1 teaspoon balsamic vinegar
- 1/8 teaspoon salt
- 1/8 teaspoon black pepper
- 1 medium zucchini, cut into 1/4-inch slices
- 1 medium yellow squash, cut into 1/4-inch slices
- Cooking spray
- 1 (12-inch) pizza crust
- 2 small tomatoes, cut into 1/8-inch slices
- 1/4 cup finely grated Romano cheese
- 2 tablespoon thinly sliced fresh basil
- 1/2 teaspoon finely chopped fresh oregano

Directions: Preheat oven to 350 degrees

1. Combine oil, vinegar, salt, pepper, zucchini and yellow squash slices in a large bowl, tossing gently to coat
2. Place squash mixture on a cookie sheet or grill rock with cooking spray and cook for 2 minutes on each side or until tender
3. Mix pizza crust according to instructions and place on a pizza pan
4. Arrange squash mixture over dough and add the tomatoes on top
5. Sprinkle cheese over top of tomatoes and bake until dough is done
6. Sprinkle with basil and oregano
7. Serve hot

Garden Fresh Vegetable Soup

Ingredients:

- 1 tablespoon butter
- 4 small white onions, peeled
- 3 tablespoons flour
- 2 1/2 cups chicken or vegetable broth
- 1 medium carrot, peeled and sliced diagonally 1/2 inch thick
- 1 1/2 teaspoon dried tarragon, crumbled
- 1 teaspoon lemon juice
- 1/4 teaspoon black pepper
- 1/2 cup broccoli florets
- 1/2 cup small mushrooms, quartered
- 1 small yellow squash, sliced 1/2 inch thick
- 1/2 cup plain yogurt

Directions:

1. In a large heavy saucepan, melt butter
2. Add onions and cook, turning frequently for about 8 to 10 minutes until browned.
3. Transfer to a plate lined with paper towels and set aside
4. Blend flour into the saucepan drippings and cook over moderate heat, stirring for 2 to 3 minutes.
5. Gradually whisk in broth and cook, stirring constantly until slightly thickened (about 3 minutes)
6. Add reserved onion and the carrot, tarragon, lemon juice and pepper. Bring to a boil
7. Adjust heat so mixture simmers gently and cover and cook for 8 to 10 minutes
8. Add broccoli, mushrooms and squash
9. Cover and cook about 5 minutes longer or until all vegetables are tender
10. Gradually whisk in the yogurt and heat for 1 to 2 minutes. **Do not boil.**



Roasted Baby Vegetables

Ingredients:

- 20 baby carrots, peeled, tops trimmed
- 8 ounces baby patty pan squash, halved
- 8 baby golden beets
- 8 baby turnips, peeled, halved
- 8 ounces baby zucchini, trimmed
- 3 tablespoon plus 1 teaspoon olive oil
- Salt and pepper to taste
- 2 tablespoons fresh Italian parsley

Directions: Preheat oven to 400 degrees

1. Combine carrots, squash, beets and turnips in a large bowl.
2. Toss with 3 tablespoons oil.
3. Spread out vegetables on large rimmed baking sheet.
4. Reserve bowl.
5. Sprinkle vegetables with salt and pepper.
6. Roast vegetables for 15 minutes.
7. Add zucchini to reserved bowl. Drizzle with 1 teaspoon oil, sprinkle with salt and pepper and toss to coat.
8. Add zucchini to vegetables.
9. Roast until all vegetables are tender, stirring occasionally (about 15 minutes).
10. Sprinkle with parsley.

Curry Dip for Fresh Veggies



Ingredients:

- 1 cup mayonnaise
- 3 tablespoons grated onion
- 3 tablespoons catsup
- 3 tablespoons honey
- 3 drops of Tabasco sauce
- 1 tablespoon curry powder
- 1 1/2 teaspoons dry mustard
- 1 (8 oz.) package cream cheese, softened

Directions:

1. Blend mayonnaise, onion, catsup, honey, Tabasco sauce, curry powder, dry mustard and cream cheese in a medium mixing bowl.
2. Blend until smooth
3. Pour into a serving dish
4. Cut up fresh vegetables of your choice into bite-size pieces and arrange around dip dish
5. Cover and refrigerate all until ready to serve

Fiesta Dip

Ingredients:

- 1/3 cup onion, diced
- 1 teaspoon olive oil
- 2 medium tomatoes, seeded and chopped
- 1 tablespoon canned, chopped green chilies
- 1 (10 ounce) package, chopped frozen spinach, thawed and drained

- 1 cup Quesco cheese, coarsely grated
- 1 (8 ounce) package cream cheese
- 1 (2.25 ounce) can sliced ripe olives, drained
- Blue and yellow corn tortilla chips

Directions: Preheat oven to 400 degrees

1. Cook onion in olive oil in medium skillet over medium-high heat for 5 minutes or until tender
2. Add tomato and chilies and cook 2 minutes
3. Transfer mixture to a large bowl and add spinach, cheeses and olives, stirring well
4. Spoon mixture into a buttered 2 quart baking dish
5. Bake, uncovered, for 30-35 minutes or until golden and bubbly.
6. Serve warm with tortilla chips

APPLES



Nutrition Facts: Apples provide bulk in the diet, which helps the body digest food. The apple is low in sodium and high in potassium, making it a great natural snack.

Selection: Look for firm, crisp, well-colored fruit. Avoid those with shriveled skins, bruises, worm holes and decayed spots. Always handle apples gently to avoid causing bruises, blemishes or other defects.

Storage: Use those with bruises or skin breaks as soon as possible. Apples that are slightly under-ripe should be stored in a cool place to ripen. Once ripe, apples will keep best stored in the refrigerator for a week or longer in the vegetable drawer or in a plastic bag.

Preparation: Raw apples will darken when the cut surface is exposed to the air. Protect cut or peeled apples from darkening by mixing with ascorbic acid or fruit juice, such as lemon or orange. Mix 1 teaspoon ascorbic acid with 3 tablespoons of water. Toss gently with apple slices. Apples may be preserved by several methods: freezing, drying or canning.

freezing them for year-round use:

Option 1: Wash the apples thoroughly. Then, freeze whole and unpeeled on a tray. Transfer to freezer bags once frozen.

Option 2: Peel, core and slice apples to desired size. Then, freeze on a tray, and transfer to freezer bags.

Option 3: Peel, core and slice apples to desired size. Then, sweeten with sugar and spices to use as pie filling. Freeze in pie plates. Then, transfer to freezer bags once frozen. To use: simply drop the frozen apples into a pie crust; cover them with dough and cook.

Tips:

1. Frozen apples can be used to make apple butter, apple sauce, pies, cakes, baked apples and other baked dishes.
2. Since freezing changes the texture of apples, they are not as well suited for eating raw.
3. Some spices lose their potency when frozen, so you may find that it works best to add your pie spices just prior to baking.
4. Freeze some apples whole and chop others to accommodate a variety of recipes.

Apple Betty



Ingredients:

- 4 cups sliced apples
- $\frac{1}{4}$ cup apple juice
- $\frac{3}{4}$ cup flour
- 1 cup sugar
- $\frac{1}{2}$ teaspoon cinnamon
- $\frac{1}{4}$ teaspoon nutmeg
- 2 tablespoons butter or margarine

Directions: Bake at 375 degrees for 45 minutes

1. Place sliced apples in a lightly greased pan.
2. Pour fruit juice over apples.
3. Mix flour, sugar, cinnamon and nutmeg in a mixing bowl. Cut in butter or margarine with two knives until mixture is crumbly.
4. Pour crumb mixture over apples.



Apple Salad

Ingredients:

- 2 cups diced apples (with peel)
- 1 cup diced celery
- 1/2 cup raisins
- 1/2 cup nuts
- 2 tablespoons salad dressing or mayonnaise (thinned with 1 tablespoon lemon or orange juice)

Directions:

Toss apples, celery, raisins and nuts with the dressing mixture. You can also add bananas.

Baking Apples



Directions: Preheat oven to 350 degrees

- Remove the core from four baking apples.
- Score around the perimeter of the apple in several locations to prevent the skin from rupturing during baking.
- Place the apples in a baking dish with the blossom side down.
- In the cavity of each cored apple place 1 tsp. of butter or margarine.
- Pour 1/2 tbsp. of sugar on top of the butter in the cavity of the apples.
- Bake for 50 to 60 minutes or until apples are tender when poked with a fork.
- In a small bowl combine 1/4 cup of brown sugar, 2 tsp. of flour, 1/4 tsp. of cinnamon, and 2 tsp. of water. Stir until well blended.
- Spoon mixture over the baked apples and place back in the oven for 10 to 15 minutes. Serve while still warm

Fried Apples Apples may be cut into rings, wedges, or slices for frying. They may also be peeled or unpeeled, depending on the recipe. Apples are generally fried in butter and either white sugar

or brown sugar, which helps them keep their shape. Some recipes will call for other ingredients, such as cinnamon, nutmeg, salt, egg, and water. Sausage and bacon grease are also used in place of butter in some recipes when frying apples.

- Peel four cooking apples Cut apples in half and then into quarters.
- Remove the cores from each of the quarter sections.
- Cut quartered sections into slices 3/8 to 1/2 inch thick.
- Place slices in water with lemon juice to prevent browning. Do not over soak slices.
- Drain the apples and pat dry with paper towels before adding to the skillet.
- Melt 2 tbsp. of butter or margarine in a large skillet until bubbling. Add apple slices.

Directions:

Cook apples over medium high heat for approximately 5 minutes or until tender crisp and beginning to brown. Turn several times to brown evenly

Add 4 tbsp. of brown sugar and continue to cook until sugar has melted and started to caramelize. Apple slices should be tender. Serve as a side dish while still warm.



Cooking Applesauce

Applesauce is a popular food that is simple to cook and made with few ingredients. The basic ingredients consist of cooking apples, sugar and water. Other ingredients, such as cinnamon, nutmeg, cloves, lemon juice and apple cider, can be added to enhance the flavor. The recipe below is for a simple applesauce, using basic ingredients.

Peel five to six medium cooking apples. Cut apples in half and then into quarters.

- Remove the core from the quartered sections.
- Cut quartered apples into thick slices. Place slices immediately in water with lemon juice

to prevent browning. Do not allow apples to soak for more than 15 minutes.

- Add 1/2 cup of cold water to a heavy 2-quart saucepan. Drain slices and add them to the saucepan.
- Bring apples and water to a boil over medium heat. Cover apples and reduce heat to low. For chunky sauce simmer apples for 8 to 10 minutes. For smoother applesauce, simmer for 12 to 15 minutes
- Add 1/2 cup of sugar during the last 2 or 3 minutes of cooking time.
- Stir sugar into the sauce and finish cooking to desired consistency.

The applesauce can be served warm or chilled. Before storing in the refrigerator, allow the applesauce to cool and then place in a sealed container.

Homemade Applesauce (another version)

Ingredients:

- 4 apples – peeled, cored and chopped
- 3/4 cup water
- 1/4 cup white sugar
- 1/2 teaspoon ground cinnamon

Directions:

In a saucepan, combine apples, water, sugar and cinnamon. Cover and cook over medium heat for 15 to 20 minutes or until apples are soft. Allow to cool, then mash with a fork or potato masher.



Apple Fritters

Ingredients:

- 1 cup flour
- 1 teaspoon baking powder
- 1/4 teaspoon cinnamon
- 2 eggs
- 1/2 cup milk
- 2 apples, chopped

Directions:

Mix dry ingredients. In separate bowl, beat eggs, stir in milk and apples. Combine with dry ingredients. Drop 1 tablespoon at a time into hot 375 degree. Fry until golden brown. Drain and serve sprinkled with confectioners'

sugar, sugar and cinnamon and/or maple syrup.

Applesauce on a Stick

Ingredients:

- 1/2 cup unsweetened pineapple juice
- 3 medium apples unpeeled, cored and cut up
- 1/4 teaspoon cinnamon – optional
- 1/2 cup raisins – optional
- 1 tablespoon sugar or to taste
- Popsicle sticks

Directions:

Process apples, juice, cinnamon and raisins in blender or food processor until smooth; add sugar to taste. It will taste less sweet when frozen. Spoon into 3-4 ounce paper, plastic cups or Popsicle molds. Place in freezer. When partially frozen, insert a stick in each cup and finish freezing. You can also add other fruits before you process this.

Nutrition Facts: Asparagus is a good source of

Asparagus



Vitamin A and folate.

Selection: Choose bright green stalks with tightly closed tips. The tenderest stalks are apple green in color with purple-tinged tips.

Storage: Fresh asparagus will keep 1 to 2 weeks in the refrigerator. Asparagus should be used within two or three days of purchase, preferably sooner. If you do need to keep it for a day or two, place the spears upright in a bowl (or even a small vase) of cold water. Alternatively, you can wrap the ends of the spears in a damp paper towel and refrigerate them.

Preparation: One pound of asparagus will yield 4 half-cup servings, about 6 spears per serving. Wash asparagus thoroughly in cool, running water. Eat asparagus raw or lightly boil, steam or stir-fry it. Try seasoning it with herbs, butter or Parmesan cheese.

To prepare asparagus, you will need to rinse the spears and break off the tough ends. After that, how you cook asparagus is up to you.

Purists enjoy their asparagus with nothing more than a drizzle of good-quality olive oil, but you can enjoy asparagus in many different dishes: in soups, salads, stir-fries, risottos, scrambled eggs, pasta, and many more dishes besides.

Basic Roasted Asparagus Recipe

Ingredients:

- 2 pounds asparagus, ends trimmed
- 1 tablespoon olive oil
- Salt and pepper to taste

Directions: Heat oven to 450 degrees

1. Arrange a rack in the upper third.
2. On a baking sheet, toss the asparagus with the olive oil until evenly coated. Arrange in a single layer and season with salt and pepper.
3. Roast for 5 minutes, shake the pan, and then roast until just tender when pierced with a knife, about 5 minutes more.

Cheesy Asparagus Casserole

Ingredients:

- 1 onion, chopped
- 2 tablespoons butter
- 1/2 pound Velveeta cheese, grated
- 1 (10.75-oz) can cream of mushroom soup
- 2/3 Cup milk
- 1/2 tsp pepper
- 1 pound cooked, sliced asparagus
- 3 cup cooked rice
- 1 cup crushed potato chips (optional)

Directions:

1. Sauté onion in butter until soft. Add Velveeta cheese, cream of mushroom soup, milk and pepper. Cook on low until creamy. Add asparagus and rice.
2. Transfer to a buttered 9-by-13-inch pan. Top with potato chips (optional). Bake at 350°F for 30 minutes or until very hot.

Sautéed Garlic Asparagus

Ingredients:

- 3 tablespoons butter or margarine
- 1 bunch fresh asparagus
- 3 cloves garlic, chopped

Directions:

Melt the butter or margarine in a large skillet over medium-high heat. Add the garlic and asparagus spears; cover and cook for 10 minutes, stirring occasionally, or until asparagus is tender. If you like your asparagus well done, reduce and cook an additional 10 minutes.



Asparagus Quiche

Ingredients:

- 9-inch pie shell
- 6 slices of bacon, cooked crisply
- 2 cups cooked asparagus cut into 1 inch pieces
- 1 cup Swiss cheese, shredded
- 1 cup low-fat milk
- 3 eggs, lightly beaten
- Dash of pepper
- 1/2 teaspoon salt

Directions: Bake 350 degrees for 30 minutes

Prick pie shell with fork and bake in preheated 450 degrees oven for 7 minutes. Cool. Layer crumbled bacon, asparagus and cheese in a pie shell. In a bowl, mix low fat milk, eggs and seasonings. Pour over cheese.

Microwave Fresh Asparagus Recipe



Ingredients:

- 1 pound fresh asparagus
- 1 teaspoon salt
- 1/2 teaspoon onion powder
- 1/2 teaspoon garlic powder
- 1 tablespoon lemon juice
- 1 tablespoon butter, cut into 8 pieces

The microwave makes fast and easy work of cooking asparagus. A bit of onion, garlic, lemon juice and butter enhance the natural flavor of asparagus.

Beans



Marinated Six Bean Salad

This salad is packed with fiber, is low in fat and can be made with stevia in place of the sugar in the dressing to make it more carb-friendly.

Ingredients:

- 1 can each of black, dark red kidney, light red kidney, navy and chick peas
- 1.5 cups of fresh washed green beans with ends snapped off, cut in half, then steamed until bright green
- 1 cup salad oil
- 1 1/3 cups apple cider vinegar
- 1 1/3 cups sugar or stevia if diabetic
- 1 medium sweet or red onion finely diced
- 1 sweet red pepper chopped
- 1 green bell pepper seeded and chopped
- 1/2 tsp Cumin
- 1/2 tsp turmeric
- 2 tsp sea salt
- 1 tsp black pepper

Directions:

1. Measure the oil, vinegar, sugar and spices into a sauce pan, cook over medium heat stirring constantly until sugar or stevia is completely dissolved, and remove from heat.
2. Open and drain canned beans, rinse in can and drain again.
3. Pour all beans and other vegetable ingredients into a large bowl with a secure cover.
4. Pour dressing over beans/vegetables, cover and chill overnight.

Green Beans



Nutrition Facts: Green beans are very low in fats and full of vitamins A and C.

Selection: Choose slender, firm, smooth, crisp beans with slightly velvety pods and a bright color. Beans should be free of blemishes and have small seeds.

Storage: Beans can be stored unwashed in plastic bags in the refrigerator crisper for 3 to 5 days. Wash just before preparation.

Freezing: Allow 2/3 to 1 pound fresh beans for 1 pint frozen. Wash thoroughly. Remove and discard end and strings. Cut or break beans into 1 or 2 inch pieces. Place beans in boiling water for 3 minutes. Plunge the heated beans into cold water. When cooked, remove beans and drain well. Pack beans into freezer bags or containers. Leave 1/2-inch headspace. Seal and place in the freezer. Use within 12 months.

Breaking Beans – Prepping them for

Cooking: The youngest green beans don't need much prep. They tend to be small and tender enough to eat as is.

You can trim the ends from older, tougher ones, and then cut them into bite-size pieces.

First, just slice off the ends. If your green beans have strings running along their sides, you can break off the tips and pull down along each side to remove them.

Then just cut the green beans into bite-size pieces. If you want to make them look nice, cut them at an angle.

Cleaning and Preparing Fresh Green

Beans: Wash fresh green beans thoroughly in clear, cool water. Lift beans from the wash water and leave garden debris behind. Rinse again.

Break off the end (the top and tail) as you wash them. Leave whole or cut into desired lengths. Beans can be cooked whole, cut crosswise, diagonally or French-cut. If you want sweet tasting, crisp fresh beans; cut them as little as possible. Cut older, more mature beans in the French style. Make sure all the pieces are similar in length so they cook evenly.

Cooking Fresh Green Beans:

Boiling, steaming or microwaving are popular ways to prepare fresh green beans. Stir-frying preserves the best qualities of the fresh green bean. Whatever cooking method you choose,

remember to cook fresh green beans as little as possible using the smallest amount of water as possible. The fewer beans in the pan, the quicker they cook and the better they taste.

Important to Remember: The beans will continue to cook after you remove them from the heat source. Either take them out just before they are cooked the way you like or plunge them in ice water immediately to stop the cooking process.

Definition of Blanching: This term means to plunge foods into boiling water for a few seconds or a few minutes, then remove and place in ice water. This process sets the color of vegetables. The green beans do not cook all the way through, so crisp texture is preserved.

Blanch Green Beans: In a large saucepan over medium-high heat, bring water to a gentle boil. Add trimmed green beans and cook, uncovered, 4 to 5 minutes or until crisp-tender (you may need to experiment with the degree of doneness you like). Immediately drain the green beans in a colander and plunge them into ice cold water to bring the temperature down. A rule of thumb is the beans should spend as much time in the cold water as in the hot. You can also use a steamer basket.

Definition of Steaming: The fresh green beans are cooked by the heat of steam from boiling water.

Steam Green Beans: To steam green beans, set a steamer basket with the green beans into a saucepan just large enough to hold it tightly covered. Add one-inch of water, bring to the boil, and cover the pan tightly. Regulate heat to moderate. Green beans will take only 3 to 5 minutes

How to Microwave Green Beans: Place prepared bean in a microwave-safe bowl. Add approximately 2 tablespoons water. Cover with plastic wrap, leaving a small corner open. NOTE: If you seal them completely, the plastic wrap will almost shrink-wrap itself to the beans. Microwave on high for approximately 3 to 4 minutes. It is more difficult to get green beans cooked to a precise and even level of doneness when microwaving.

Cooking Green Beans Ahead-of-Time: Green beans may be cooked several hours in advance. To keep their freshly-cooked taste, once cooked to your liking, dry them thoroughly in clean towels and then refrigerate

them in a covered bowl. Will keep for about 4 days, wrapped in plastic bag or wrap, refrigerated.

Freezing Green Beans: To freeze green beans, wash, and cut ends. Beans can be frozen directly, or blanched for 3 minutes then submerged in ice water before freezing.

Cooking fresh green beans is a time consuming process but well worth the investment.

Choosing Fresh Green Beans: String beans have to be both broken and the strings removed which is a bit of a tedious process.

Breaking and Snapping: Once you have some nice fresh beans you will want to wash them in some cold water and break off the ends, remove any bad spots and break them into pieces. They break up some when cooking so they don't have to be broken up too small. Put your snapped clean green beans in a nice big pot and cover with water.

Cooking and Seasoning: Put them on the stove and start cooking. Add salt, pepper, and a bit of chopped onion. Green beans take a lot of salt to taste good. So salt them generously. Unless you want vegetarian beans, add the bacon grease from about 6 strips of bacon to the pot of beans while they cook. Cooking the beans with a piece of ham works even better for seasoning green beans. Green beans take about two hours to cook so start early and give them plenty of time. Cook the beans uncovered on medium heat until very tender and add more salt and pepper according to taste. They cook up a bit and you will need to make sure they don't get dry by adding more water as needed.



Grandma's Green Bean Casserole

Ingredients:

- tablespoons butter
- 2 tablespoons all-purpose flour
- 1 teaspoon salt
- 1 teaspoon white sugar
- 1/4 cup onion, diced
- 1 cup sour cream
- 14 ounces of green beans

- 2 cups shredded cheddar cheese
- 1/2 cup crumbled buttery round cracker
- One tablespoon butter, melted

Directions: Preheat oven to 350 degrees

1. Melt 2 tablespoons butter in a large skillet over medium heat. Stir in flour until smooth, and cook for one minute. Stir in the salt, sugar, onion, and sour cream. Add green beans, and stir to coat.
2. Transfer the mixture to a 2 1/2 quart casserole dish. Spread shredded cheese over the top. In a small bowl, toss together cracker crumbs and remaining butter, and sprinkle over the cheese.
3. Bake for 30 minutes in the preheated oven or until the top is golden and cheese is bubbly.

Crumby Green Beans

Ingredients:

- Fresh Green Beans (whole or already trimmed)
- 1-2 Tablespoons Olive Oil
- 1/2 cup Bread crumbs
- 1/2 teaspoon Garlic Salt
- 1/4 cup Parmesan Cheese

Directions:

1. Boil a medium to large pot of water (small if you're only preparing green beans for 1 or 2)
2. Wash the green beans and trim the ends (if not already trimmed)
3. Once water is boiling, toss green beans in pot and boil (blanch) for about 4 minutes.
4. While beans are boiling, mix together all of the dry ingredients in a separate bowl.
5. Once the beans have turned bright green, drain them in a colander.
6. Pour or spray a small amount of olive oil on the beans
7. Sprinkle the crumb mixture over the beans and serve.

Roasted Green Beans

Ingredients:

- Fresh Green Beans (whole or already trimmed)
- 1 Tablespoon Olive Oil
- 1 teaspoon Coarse Salt or Garlic Salt
- 1/2 teaspoon Pepper

Directions: Preheat oven to 400 degrees

1. Wash, dry, and trim green beans.
2. Place green beans on a baking sheet.
3. Drizzle olive oil all over beans.
4. Sprinkle salt and pepper over beans.
5. Mix beans around to be sure all sides are coated.
6. Roast for 15 minutes, turn green beans over, and roast another 5-10 minutes. Beans should look shriveled and brown in spots.
7. Remove from oven and serve.



Crispy Baked Parmesan Green Bean Fries

Ingredients:

- 4 cups fresh green beans
- 1/4 cup Parmesan cheese, grated
- 1/2 teaspoon garlic powder
- 1/4 teaspoon Salt
- 1/8 teaspoon Pepper

Directions: Preheat oven to 425 degrees

1. Line a baking sheet with foil, and spray with non-stick cooking spray.
2. If using fresh green beans wash and snip off the ends.
3. Place green beans on prepared baking pan, making sure they are evenly spread out, and none are lying on top of each other, (this will ensure even crispiness!) Sprinkle seasonings and parmesan cheese evenly over green beans.
4. Place green beans in the pre-heated oven and bake for 10-15 minutes, or until golden brown and crispy! (To make them extra crispy, broil them for an extra 1-2 minutes before pulling them out of the oven)

Canning and preserving low-acid foods —

such as green beans — requires pressure canning to kill microorganisms that are harmful if not destroyed before ingesting the food. Pressure canning at 240 degrees kills the botulism bacteria. If this temperature isn't achieved and the bacteria aren't destroyed, one taste of this spoiled food can kill you. Simply boiling food on the stovetop will not kill any botulism and should not be considered a safety step.



Canned Fresh Green Beans

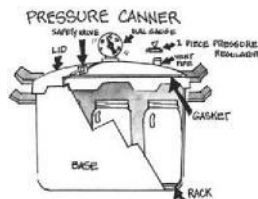
This is a great first recipe for the beginning pressure canner.

Ingredients:

- 4 pounds fresh green beans
- Boiling water
- Canning salt

Directions:

1. Prepare your canning jars and two-piece caps (lids and screw bands) according to the manufacturer's instructions. Keep the jars and lids hot.
2. In an 8-quart pot, bring 2 quarts of water to a boil. While water is boiling, clean and cut the beans. Remove any dirt and shake off the excess water. Trim off the ends of the beans and cut them into 2-inch pieces.
3. Tightly pack the cut beans into the prepared jars. Pour the boiling water over the beans, leaving 1-inch headspace. Add 1/2 teaspoon salt to each pint jar or 1 teaspoon salt to each quart jar. Release any air bubbles with a nonreactive utensil, adding more water as necessary to maintain the proper headspace. Wipe the jar rims; seal the jars with the two-piece caps, hand-tightening the bands.
4. Process the filled jars in a pressure canner at 10 pounds pressure for 20 minutes (pints) or 25 minutes (quarts). Allow the pressure to return to 0, wait an additional 10 minutes, and then carefully open the canner lid.
5. Remove the jars from the canner with a jar lifter. Place them on a clean kitchen towel away from drafts. After the jars cool completely, test the seals. If you find jars that haven't sealed, refrigerate them and use them within two weeks. Prior to eating or tasting, boil the food for 15 minutes.



Lima Beans



Nutrition Facts: Lima beans are a good source of fiber, B vitamins, magnesium, potassium and phytochemicals.

Selection: Fresh lima beans are usually sold in their pods, which should be plumb, firm and dark green. Choose full, firm green crisp pods free from blemishes. Three pounds of unshelled beans will yield 4 half-cup servings. Choose ones that are firm, dark green and glossy, and free of blemishes, wrinkling and yellowing. If they have been shelled, you should inspect them carefully since they are extremely perishable. Look for ones that have tender skins that are green or greenish-white in color and do not have any signs of mold or decay.

Storage: Fresh lima beans can be stored in plastic bags in the refrigerator for up to 1 week. Beans should be shelled just before use. Store dried lima beans in an airtight container in a cool, dry and dark place where they will keep for up to six months. If you purchase the beans at different times, store them separately since they may feature varying stages of dryness and therefore will require different cooking times. As cooked lima beans are very perishable, they will only keep fresh for one day even if placed in a covered container in the refrigerator.

Preparation: To shell the beans, use a paring knife to cut just under the inner seam along the length of the pod. Open the pod, remove the beans and discard the pods. You must shell the lima beans. The pods are bigger and tougher than pea pods, but they shell about the same way. **Do not eat the lima beans raw!!! Raw fresh lima beans are toxic. You do not want to eat them until they have boiled for 15 minutes.**

Before washing dried lima beans, spread them out on a light colored plate or cooking surface to check for and remove small stones, debris or damaged beans. After this process, place the beans in a strainer, rinsing them thoroughly under cool running water.

To shorten their cooking time and make them easier to digest, lima beans should be presoaked (presoaking has been found to reduce the raffinose-type oligosaccharides, sugars associated with causing flatulence.) There are two basic methods for presoaking. For each you should start by placing the beans in a saucepan and adding two to three cups of water per cup of beans.

The first method is to boil the beans for two minutes, take the pan off the heat, cover and allow to soak for two hours. The alternative method is to simply soak the beans in water for eight hours or overnight, placing the pan in the refrigerator so that the beans will not ferment. Before cooking the beans, regardless of method, drain the soaking liquid and rinse the beans with clean water.

Cook fresh lima beans in a saucepan with just enough water to cover the beans. Cook for 10 to 15 minutes or until tender. Onion and a small amount of minced garlic sautéed in olive oil may be added for extra flavoring.

To make succotash, cook the lima beans and add fresh or frozen corn; cook until tender.

Basic Cooking of Lima Beans

Ingredients:

- 1 pound fresh lima or butter beans
- 2 cups water
- 1/2 teaspoon salt

Directions:

To Shell and Clean: Break one tip, and "unzip" the string. Split the seam, preferably with a fingernail, and remove beans. Rinse in colander under cold running water.

To Simmer: Place beans, water, and salt in a medium saucepan; cover. Cook over medium heat 1 hour or until tender.



The Healthiest Way of Cooking Lima Beans

To cook lima beans, place them in a pot and add three cups of fresh water or broth for each cup of dried beans. The liquid should be about

one to two inches above the top of the beans. Bring the beans to a boil and then reduce to a simmer, partially covering the pot. Lima beans generally take about 45 minutes to become tender when cooking this way. Lima beans may produce a lot of foam during cooking. Simply skim any foam off during the first half hour or so of the simmering process. Because of the foam limas often produce, it is recommended to avoid cooking them in a pressure cooker.

Do not add any seasonings that are salty or acidic until after the beans have been cooked since adding them earlier will make the beans tough and greatly increase the cooking time.

While uncooked lima beans contain compounds that can inhibit a digestive enzyme and cause red blood cells to clump together, soaking and cooking the beans renders these compounds harmless. Therefore, it is important to always eat soaked and cooked beans and not to use them uncooked by, for example, grinding dried beans into flour.

Easy Lima Bean Recipe

Ingredients:

- Cooking Spray
- 1/2 medium onion, finely chopped
- 1 1/2 cups chicken broth
- 16 ounce lima beans

Directions:

Heat a large saucepan over medium heat, and spray with cooking spray. Sauté onions until soft. Pour in chicken broth, and bring to a boil. Add lima beans, and enough water just to cover. Bring to a boil, then reduce heat to low, cover, and simmer for 30 minutes, until beans are tender

LIMA BEAN CORN CASSEROLE

Ingredients:

- 16 ounces lima beans
- 1 can cream of mushroom soup
- 1/2 cup canned milk
- Small jar of pimentos
- 1 cup grated sharp cheddar cheese

Directions:

Cook lima beans until tender. In greased baking dish layer beans, soup and cheese. Bake until bubbling. You can also add Ritz crackers into the layers.



Crockpot Lima Bean Soup

Ingredients:

- 1 pound lima beans
- 1 large onion
- 1 large green pepper, chopped
- 1 teaspoon dry mustard
- 1 teaspoon salt
- 1 teaspoon black pepper
- 1/4-1/2 pound ham or 1/4-1/2 pound bacon, cut into bite-sized pieces
- 1 cup water
- 1 (10 1/4 ounce) can condensed tomato soup

Directions:

Place all ingredients in crockpot and stir well. Cook on low 7-10 hours (4 to 5 on high). Serve with wedges of cornbread.

Spanish Lima Beans

Ingredients:

- 1 tablespoon butter or margarine
- 1 tablespoon chopped onion
- 1/3 cup chopped green pepper
- 1 cup cooked or canned tomatoes
- 1 1/2 cups cooked lima beans
- 1/4 cup dry bread crumbs
- 1/4 teaspoon salt and pepper

Directions:

Brown the onion and green pepper in the margarine in a non-stick skillet over medium heat. Add the lima beans, cooked tomatoes, salt and pepper. Heat thoroughly. Pour into a serving dish and top with the bread crumbs.

Broccoli-Lima Bean Bake

Ingredients:

- 2 1/2 cups fresh lima beans
- 2 1/2 cups fresh broccoli
- 1 package dry onion soup mix
- 8 ounces reduced-fat sour cream
- 1 can (10 3/4 oz) cream of mushroom soup
- 1 can (4 ounce) sliced water chestnuts
- 3 cups crisp cereal (like Rice Krispies)
- 2 tablespoons margarine

Directions: Bake at 350 degrees for 30 minutes

1. Cook Lima beans and broccoli in separate pans in 1/2 cup of water for 15 minutes over medium heat. Drain.
2. Combine soup mix, sour cream, mushroom soup and water chestnuts.
3. Stir in limas and broccoli.
4. Place in greased 9" x 13" baking dish.
5. Melt margarine and stir in cereal and spread cereal mixture on top.



Beets



Nutrition Facts: All beets are good sources of fiber, folate, calcium and Vitamin C and they are low fat.

Selection: When selecting beets, choose those that are round, firm, rich in color and smooth over most of the surface. Wilted or decayed tops may indicate a lack of freshness. Two bunches of beets, or 6 to 8 individual beets, weigh approximately 2 pounds.

Storage: The roots of the beets can be stored in plastic bags for 1 to 2 weeks in the refrigerator. You can also refrigerate the greens in plastic bags and use them within 2 to 3 days. Cooked beets may be stored in the refrigerator for up to a week.

Preparation: Rinse beets under running water removing any visible traces of dirt. To keep the juices of the beets locked inside while cooking, leave the skin, tail and an inch of the stem attached. The skin will be easier to remove after the beet is cooked.

To bake: Scrub unpeeled beets and place in a baking pan with $\frac{1}{4}$ inch of water and cover. Bake at 375° F for about 40 minutes for a large beet.

To Steam: Scrub unpeeled beets and place in a steaming basket. Cover and steam for about 35 to 40 minutes for large beets, 20 to 25 minutes for smaller beets or until tender.

Beets are delicious cooked (it brings out their natural sweetness), but they're also splendid in their raw state, peeled, grated, and added to salads. There are three main ways to prepare beets (other than not cooking them at all): microwaving, cooking, and roasting.

To microwave: This is the easiest and quickest cooking method, providing that you don't object to microwaving. Rinse the beets and cut away all but an inch of the stalks. Place in a deep microwave-safe with an inch or so of water at the bottom. Microwave for 2 to 4 minutes per beet (2 minutes for small beets, 4 for medium-large) is a guideline, depending on your particular microwave unit. Best to start with less time and check for doneness). Don't use too much water, otherwise it will boil up and get all over your microwave. If the beets aren't done when you check them, turn them over and go for another minute per beet. They're done when you can just pierce them— try not to overcook!

To cook: It's best to use small or medium beets if you want to cook them conventionally, otherwise it takes forever. Rinse the beets and cut away all but an inch of the stalks. Combine in a large deep saucepan with water to cover; bring to a boil, then simmer until just tender. How long this will take varies greatly upon the size of the beets; start checking after about 20 minutes, but don't poke too many test holes into them, or they'll bleed like crazy! When done, drain.

To finish: Whether you've microwaved or cooked beets, once just tender, plunge into a bowl of ice water to stop the cooking process. Once the beets are cool enough to handle, peel them over the trash or compost container, then and dice or slice as desired. To prevent discoloration of your cutting board, you can cover it with a piece of wax paper.

Roasting beets: Roasted beets are delicious, but here's where you need to make a bit of a mess, since you need to peel and slice them while raw. To minimize the mess, peel over the trash or compost container, and slice them on

a cutting board covered with wax paper. Place the sliced raw beets (allow 1 medium beet per serving) in a foil-lined baking dish and drizzle with a bit of olive oil. Bake at 400 or 425 degrees F. for 20 to 30 minute or so, until tender to your liking. Stir once or twice during that time.



Simple ways to use beets:

When beets are at their most flavorful, usually in late summer, they need no embellishment. Just serve them plain, sliced and served on a plate, or in salad.

Dress warm sliced beets in just a little lemon juice and agave nectar.

Raw beets are wonderful grated and tossed into salads or combined with other grated roots.

Beets Stuffed with Vegetables & Rice

Ingredients:

- 6 large beets
- $\frac{1}{4}$ cup oil
- 12 green olives, chopped
- $\frac{3}{4}$ cup sour pickles, chopped
- 1 cup onion, chopped
- 2 Tablespoon lemon juice
- $\frac{1}{2}$ Teaspoon salt and pepper
- 1 cup rice, cooked
- $\frac{1}{3}$ cup parsley, chopped
- 6 slices lemon, peeled

Directions: Bake at 325 degrees for 35 minutes

Drop beets into boiling water; cook until tender. Drain and cool. Remove stems and roots from beets. Peel Beets. With a melon ball scoop, remove the beet flesh, leaving a $\frac{1}{2}$ " shell. Heat oil in a large skillet. Sauté olives, pickles and onions until the vegetables are soft.

Add lemon juice, salt and pepper. Remove mixture from heat; cool. Blend in the cooked rice and parsley. Stuff beets with this mixture and cover each with a slice of lemon.



Chilled Beet Soup

Ingredients:

- 1 1/2 cup sour cream
- 2 tablespoons lemon juice
- 1/2 small onion
- 1 cup cooked beets
- 1 cup crushed ice

Directions:

Place sour cream, lemon juice, onion and beets into a food processor or blender and puree until mixture is smooth.

Add ice or cold water, chill and serve with a dollop of sour cream on top.

Roasted Root Vegetables

Ingredients:

- 6 medium beets
- 2 large sweet potatoes
- 3 parsnips
- 2 tablespoons olive oil
- 1 teaspoon salt and pepper
- Dressing (recipe below)

Dressing

- 1/3 cup white vinegar
- 1/4 cup olive oil
- 2 tablespoons horseradish
- 1 tablespoon Dijon mustard
- 2 teaspoons honey
- 1/2 teaspoon salt



Stir dressing together and set aside.

Directions: Preheat oven to 400 degrees

1. Peel beets, sweet potatoes and parsnips. Cut into 1/2 inch thick cubes. Stir vegetables with olive oil and place in a single layer on a greased baking sheet.
2. Sprinkle with salt and pepper.
3. Bake at 400 degrees for 20 – 25 minutes or until tender. Cool. Arrange vegetables on a serving dish and drizzle with dressing.



Pickled Red Beet Eggs

Ingredients:

- 15 ounces of beets
- 1 onion, thinly sliced
- 12 hard cooked eggs, shelled and left whole
- 1/4 cup white sugar
- 1/2 cup vinegar

Directions:

Drain liquid from the beets into saucepan. Place beets, onions, and eggs into a large bowl or pitcher.

Pour sugar and vinegar into the saucepan with the beet liquid and bring the mixture to a boil. Reduce the heat to low, and let the mixture simmer 15 minutes.

Pour the beet juice mixture over the beets, eggs, and onions. Seal the bowl or pitcher and refrigerate. Refrigerate for at least one to 3 days; the longer they are allowed to sit the better they will taste.

Blueberries



Nutrition Facts:

Blueberries are rich in Vitamin C and contain calcium and iron.

Selection: Blueberries should be plump and firm and have a deep blue-black skin. They should also have a silvery sheen which is referred to as bloom. Select berries that are completely blue, with no tinge of red. That natural shimmery silver coating you see on blueberries is desirable as it is a natural protectant.

Blueberries must be ripe when purchased, as they do not continue to ripen after harvesting. Avoid soft, watery or moldy blueberries.

Stained or leaking containers are an indication of fruit past its prime.

Storage: Keep blueberries refrigerated and unwashed in a rigid container covered with clear wrap. They should last up to two weeks if they are freshly-picked. Water on fresh blueberries hastens deterioration, so do not wash before refrigerating. Blueberries are highly perishable so do try to use them as soon as possible.

Preparation: Berries can be served fresh or used in cooking. Cooking blueberries in batter may cause their color to turn greenish-blue, but change in color does not affect flavor.

To freeze: Blueberries are an excellent candidate for freezing. After thawing, they are only slightly less bright and juicy as in their original harvest state. Do not wash them before freezing as the water will cause the skins to become tough. Rinse after thawing.

To freeze for future cooking, place the berries in a rigid covered container with one inch of space for expansion. If you plan on serving them in the future in their thawed, uncooked state, pack them in syrup made of 4 cups water plus 3 cups sugar, seal and freeze. For crushed or pureed blueberries, add 1 to 1-1/2 cups sugar for each quart. Frozen blueberries will keep for a year at 0 degrees.

Blueberry Cake



Ingredients:

- 2 or 4 cups blueberries (see below*)
- 1 cup all-purpose flour
- 3/4 cup sugar
- 1/2 Teaspoon Cinnamon
- 1/2 cup mayonnaise

***4 cups of blueberries is very juicy**

***2 cups of blueberries is like a cookie bar**

Directions: Preheat oven to 375 degrees
Place blueberries in an 8" pan. In a medium bowl, mix the flour, sugar and cinnamon. Stir in the mayonnaise until it resembles coarse crumbs. Place on top of blueberries and bake for 35-40 minutes or until lightly browned.



Basic Muffin Recipe

Ingredients:

- 1 1/3 cups of all-purpose flour
- 3/4 cup dry oatmeal
- 1/3 cup sugar
- 2 teaspoons baking powder
- 1/4 teaspoon salt
- 1 egg
- 3/4 cup milk
- 1/4 cup cooking oil
- 3/4 cup fresh or frozen local blueberries or 3/4 cup fresh blackberries

Directions: Preheat oven to 400 degrees

Line muffin tins with paper liner cups. Combine dry ingredients in mixing bowl. Measure milk, crack egg into milk and mix it with a fork (in measuring cup, unless using farm eggs, then crack egg into small bowl first and if ok, then add to milk and mix). Make a well in the center of the dry ingredients and pour milk/egg mixture into well. Measure cooking oil and pour into well with egg/milk. Stir with a mixing spoon until just mixed (will be lumpy). Add blueberries or blackberries and stir just until mixed in. Fill each cut 2/3rd full. Bake for 20 minutes.



Blueberry Cream Cheese Pound Cake

Ingredients:

- 1 (8 ounce) package fat free cream cheese
- 1/2 cup canola oil
- 1 (18 ounce) package yellow butter cake mix
- 1 (5 ounce) package instant vanilla pudding mix
- 2 large egg whites
- 2 large eggs
- 2 teaspoons vanilla extract
- 2 cups fresh blueberries

Directions: Preheat oven to 325 degrees

1. Lightly spray Bundt pan with nonstick cooking spray and dust with flour.
2. Combine cream cheese and oil in a medium bowl; beat with mixer at high speed until smooth and creamy.
3. Add cake mix, pudding mix, egg whites, eggs and vanilla extract. Beat at medium speed until blended.
4. Fold in berries.
5. Spoon batter into prepared pan.
6. Bake 60 minutes or until wooden toothpick inserted in center comes out clean.
7. Cook cake in pan for 20 minutes.

Blueberry Treat**Ingredients:**

- 1 1/2 cup fresh blueberries
- 1 pint whipped cream
- 1 banana (medium or large)
- 1/4 cup chopped walnuts
- 1/2 cup shredded coconut
- Angel Food Cake

Directions:

Wash and drain the fresh blueberries. Cut banana into small cubes or very thin slices. Chop walnuts and remove the pieces from the dusty part. You will not be using the dusty parts. Whip the cream and blend in the blueberries, banana and walnut pieces. You may add 1/2 fresh raspberries to the mixture for variation.

Cut angel food cake into slices about 3 inches thick. When ready to serve, spread the mixture about 1 inch thick on the slices of cake. Sprinkle shredded coconut on top to taste.

Keep mixture chilled for a short time. If necessary, but do not put on cake in advance or the cake may become soggy.

Blueberry Crisp**Ingredients:**

- 4 cups fresh blueberries
- 3/4 cup packed brown sugar
- 1/2 cup flour
- 1/2 cup rolled oats
- 3/4 teaspoon cinnamon
- 3/4 teaspoon nutmeg
- 1/3 cup butter or margarine

Directions: Bake at 375 degrees for 30 minutes

Grease the bottom and sides of an 8 x 8 baking pan with nonstick cooking spray or butter. Rinse the blueberries and drain. Place

in the prepared pan. Mix the brown sugar, flour, oats, cinnamon and nutmeg in a bowl. Cut in the butter until crumbly. Sprinkle over the blueberries. Serve warm alone or topped with ice cream.

Blueberry Sauce**Ingredients:**

- 2 cups fresh blueberries
- 1/4 cup water
- 1 cup orange juice
- 3/4 cup white sugar
- 1/4 cup cold water
- 3 tablespoons corn starch
- 1/2 teaspoon almond extract
- 1/8 teaspoon ground cinnamon

Directions:

1. In a saucepan over medium heat, combine the blueberries, 1/4 cup of water, orange juice, and sugar. Stir gently, and bring to a boil.
2. In a cup or small bowl, mix together the cornstarch and 1/4 cup cold water. Gently stir the cornstarch mixture into the blueberries so as not to mash the berries. Simmer gently until thick enough to coat the back of a metal spoon, 3 to 4 minutes. Remove from heat and stir in the almond extract and cinnamon. You can thin sauce with water if it is too thick for your liking.

Broccoli



Nutrition Facts: Broccoli is a good source of Vitamin A, Vitamin C and phytochemicals.

Selection: Choose tender, young, dark green stalks with tightly closed buds. One-and-a-half pounds of broccoli equals 4 half-cup services. Broccoli is famously good for you. Learn how to

choose it, store it, and - most importantly - make the most of its distinctive strong flavor with this simple guide.

Choose broccoli heads with tight, green florets and firm stalks. The broccoli should feel heavy for its size. The cut ends of the stalks should be fresh and moist looking. Avoid broccoli with dried out or browning stem ends or yellowing florets. If bought very fresh (i.e. at a farmers market) broccoli will keep up to 10 days.

Storage: Store broccoli, unwashed, for no more than 3 to 5 days in a perforate plastic bag in the refrigerator. Wash broccoli just before using.

Preparation: Wash broccoli under cold running water. Trim the leaves and peel the stalk. Rinse broccoli just before using it. For most preparations you'll want to cut off the florets from the stem or stalk. Most people toss the stem, but if you take the time to cut off its tough exterior, you'll discover a crunchy, delicious, tender snack.

If you're serving the broccoli raw, you can crisp it by soaking it in cold water for about 10 minutes.

To steam: Place on a rack above boiling water and steam for 6 to 8 minutes. Drain and rinse with cold water.

To boil: Place in a saucepan with 1 inch of boiling water and $\frac{1}{2}$ teaspoon salt. Cook for 5 minutes, then cover and cook for 10 to 15 minutes more. Drain and rinse in cold water.

To microwave: Place broccoli in a microwave-safe dish. Add 1 inch of water and cover with a glass lid or plastic wrap. Microwave for 3 to 4 minutes or until crisp-tender. Remove and rinse with cold water.

Steaming Broccoli

Bring about $\frac{1}{4}$ inch of water to a boil in a large frying pan. Add about $\frac{1}{2}$ tsp. salt and broccoli florets. Cover and steam until as tender as you like (about 3 minutes for crisp-tender and up to 8 minutes for completely cooked, soft florets).

Other Tips

- Broccoli is best when quickly steamed or stir-fried. Overcooking enhances its strong flavor and aroma, dulls the color, and leaches out nutrients. It

should be cooked a minimum amount of time until tender, but still crisp.

- If you plan on using the stalks and florets in the same dish, begin cooking the stalks 1 to 2 minutes before adding the florets. The stalks take longer to cook.
- Most cooks prefer to peel away the tough exterior of larger stalks over 1 inch in diameter.
- To cook broccoli florets, trim them to uniform size to promote even cooking.
- Do not wash broccoli until just before you prepare it.
- Although raw broccoli is often served with dip, a quick blanching will both tenderize and reduce the strong flavor.
- About 7 minutes is optimum steaming time for broccoli. Remove the lid several times during steaming to release steam helps the broccoli retain its bright green color.



Broccoli Italian Style

Ingredients:

- 1 whole head of broccoli
- 1 quart water
- 1 tablespoon salt
- 3 tablespoons olive oil
- 1 teaspoon Garlic, minced
- Pepper
- 2 tablespoons Parmesan cheese, grated

Directions:

Separate the broccoli florets and trim the tough skin from the stalks. Put the broccoli leaves in boiling water with salt. A minute later, add the flowerets. Return to a boil.



Breaded Broccoli

Ingredients:

- 1 large head broccoli cut in spears
- 2 eggs beaten and seasoned

- 1 1/2 cut seasoned Italian bread crumbs
- Oil for frying

Directions:

Cook the broccoli in lightly salted water until done. Drain well. Dip into egg, then bread crumbs and fry in oil until golden brown. Drain. This can be made ahead of time and kept warm, uncovered in the oven.

Broccoli and Corn Bake



Ingredients:

- 2 cups cream style corn
- 1 1/4 cups cooked, chopped broccoli
- 1 egg
- 1/2 cup coarse crumbs
- 1/4 cup melted butter or margarine

Directions: Bake at 350 degrees for 40 minutes

Mix together in greased 1.5 quart casserole. Top with a mixture of 2 tablespoon cracker crumbs and melted butter or margarine.

Vegan Cream of Broccoli Soup



Ingredients:

- 2 bunches broccoli
- 1 tablespoon olive oil
- 1 onion, chopped
- 4 cups vegetable stock
- 1 potato, peeled, cut into 1 inch pieces
- Salt and black pepper

Directions:

1. Remove and discard tough lower stalk of each broccoli. Peel remaining stalk. Finely chop stalk and florets (you should have about 4 cups). Set aside.
2. Heat oil in a medium heavy pot over medium heat. Add onion and cook until soft and translucent, about 10 minutes. Add stock and potato and bring to a boil. Reduce heat and simmer until potato is almost tender, about 12 minutes. Stir in chopped florets. Simmer

until potato and broccoli are very tender, about 10 minutes. Remove soup from heat and puree in a blender until smooth. You can season to taste with salt and black pepper. Serve hot with crusty bread.



Broccoli Bread

Ingredients:

- 1 cup egg substitute
- 3/4 cup fat-free cottage cheese
- 1/2 cup fat-free sour cream
- 2 tablespoons butter, melted
- 3/4 teaspoon salt
- 1 1/2 cups finely chopped onion
- 1 (10-ounce) package chopped broccoli
- 1 (8 1/2-ounce) package corn muffin mix (i.e. Jiffy)
- Cooking spray

Directions: Preheat oven to 400 degrees

1. Combine first 5 ingredients in a large bowl. Stir in the onion, broccoli, and muffin mix; stir until well blended.
2. Pour into a 13 x 9-inch baking pan coated with cooking spray.
3. Bake at 400° for 27 minutes or until set.

Note: If you make this corn bread-type dish in a glass baking dish instead of a metal pan, decrease the oven temperature by 25 degrees.

Cabbage



Nutrition Facts: Cabbage is low in fat and calories and rich in Vitamin A.

Selection: Leaves should be crisp and free of insects and decay. Avoid burst heads. When selecting, choose only the heads that are

compact and firm. They should have fresh, crispy leaves that do not contain any markings or browning, which may be an indication of worm damage. The head should only contain a few loose outer leaves. The coloring of the leaves should reflect the variety you are purchasing. In general, the darker green the leaves the more flavor they have. The stem should be trimmed and look fresh, not dry and cracked. Avoid purchasing precut or shredded cabbage. Once the cabbage is cut it begins to lose its vitamin C content, even if it is tightly packaged or well wrapped.

Storage: Cover loosely and store in refrigerator for up to 2 weeks. Wash just before using. Store the cabbage uncut to prevent vitamin C loss. Place the uncut head in a perforated plastic bag and store up to two weeks in the refrigerator crisper drawer. If the cabbage is cut, wrap the remainder of the head tightly in plastic wrap but use within a couple of days.

Uses: It can be used cooked or raw in dishes from corned beef and cabbage, soups & stews, to cold dishes such as coleslaw. Another popular use of cabbage is to allow it to ferment to produce sauerkraut. Cabbage leaves are also used as a wrap for other foods.

For a different twist, try frying cabbage. Follow the same preparation instructions, and instead of boiling the cabbage and bacon in water, toss the mixture into a skillet with 1 to 2 tsp. (5 to 10 ml) of olive oil. Allow it to fry for approximately 3 to 4 minutes, stirring frequently. The result will be a crispy, flavorful side you can add to any meal.

If you require a bit more flavor, add a dash of salt to taste just before straining the cabbage. You can experiment with other seasonings such as pepper, garlic powder, dill, mustard seed, or any other spices you desire

Preparation: Even though the inside of cabbage is usually clean since the outer leaves protect it, you still may want to clean it. Remove the thick fibrous outer leaves and cut the cabbage into pieces and then wash under running water.

If you notice any signs of worms or insects, which sometimes appears in cabbage, soak the head in salt water or vinegar water for 15-20 minutes first. To preserve its vitamin C content, cut and wash the cabbage right before cooking or eating it. Since phytonutrients in

the cabbage react with carbon steel and turn the leaves black, use a stainless steel knife to cut.

To cut cabbage into smaller pieces, first quarter it and remove the core. Cabbage can be cut into slices of varying thickness, grated by hand or shredded in a food processor. Proper cabbage preparation and cooking methods can be essential when it comes to getting the most benefits. It's worth adding here that a little bit of bitterness in the taste of cabbage is not necessarily a bad thing when it comes to your health.

To steam: Place cabbage (shredded, wedges or whole leaves) into steamer basket. Cook for 12 to 15 minutes, until tender. To bring out natural flavor, add apples, pears, raisins, curry, caraway, dill or onions.



Ingredients:

Country Coleslaw

- 1 cup mayonnaise
- 3 tablespoons fresh lemon juice
- 2 tablespoons sugar
- 1 teaspoon salt
- 6 cups shredded cabbage (see Note)
- 1 cup (about 3) shredded carrots
- 1/2 cup chopped or thinly sliced green bell pepper

Directions:

In a large bowl, combine mayonnaise, lemon juice, sugar, and salt. Add cabbage, carrots, and green pepper; toss to coat well. Cover and chill until ready to serve.



Fried Cabbage

Ingredients:

- 1/4 pound bacon
- 1 head cabbage, coarsely chopped
- 1/4 cup (1/2 stick) butter
- 1 teaspoon salt
- 1/4 teaspoon black pepper

Directions:

1. In a large pot, cook bacon over medium-high heat until crisp. Remove bacon from pot and crumble; set aside.
2. Add remaining ingredients to pot. Reduce heat to low, cover, and cook 30 to 35 minutes, or until cabbage is tender, stirring frequently.
3. Sprinkle with crumbled bacon, toss, and serve.

**Boiled Cabbage****Ingredients:**

- 1 small to medium head cabbage, rinsed and cut into 6 wedges
- 1/2 teaspoon salt
- 3 to 4 tablespoons melted butter
- Salt and pepper to taste

Directions:

1. Add about 1/2 inch of water to a large skillet or Dutch oven; bring to a boil.
2. Add cabbage wedges and salt; simmer, covered, for 8 to 10 minutes.
3. Turn cabbage carefully and simmer about 8 minutes longer, or until boiled cabbage is tender.
4. Pour off water and return to low heat until moisture has evaporated. Add melted butter; coat boiled cabbage thoroughly.
5. Sprinkle boiled cabbage with salt and pepper - season to taste.

Crisp Tuna-Cabbage Salad**Ingredients:**

- One 5-ounce can tuna, drained
- 2 cups finely chopped green or red cabbage, from about 4 ounces or 1/4 of a small head of cabbage
- 1/4 cup minced chives, from about 1/4 ounce chives
- 1 tablespoon mayonnaise
- 3 tablespoons plain Greek yogurt

Directions: Shred the tuna with a fork and mix thoroughly with the cabbage. Stir in the chives, mayonnaise, and yogurt. Taste and add salt refrigerate for up to two days.

**Roasted Cabbage Slices****Ingredients:**

- 1 head of cabbage
- 3 tablespoons (or more) of oil-coconut oil
- Salt and Pepper to taste
- Optional: 1 teaspoon of favorite herbs like basil, caraway seeds, dill, etc.

Directions: Preheat oven to 400 degrees

1. Slice the cabbage starting at the top of the head so that the inner pieces for circles within the slices. Aim for 1/4-1/2 inch slices.
2. Oil a baking sheet with 1 tablespoon of the oil. Place the cabbage on the baking sheet and drizzle with the remaining oil. You may need to melt it if using solid oil like coconut oil or tallow.
3. Sprinkle with desired spices and place in the oven.
4. Roast for 35-40 minutes or until tender in the middle and sides are just starting to turn golden brown. Remove and serve.
5. Enjoy this plain or topped with an over-easy egg for breakfast.

Carrots

Nutrition Facts: Naturally sugary, delicious and crunchy, carrots are healthy additions that you can make to the vegetable list in your diet.

Selection: While buying, look for young, tender, bright-colored roots with firm consistency. Avoid soft, flabby roots, with cuts or mold. Avoid very large-sized roots as they are indication of over maturity; ensuing poor eating quality. Undue exposure of carrot to sun light would result in greenish discoloration near its top end because of chlorophyll photo-pigment deposition.

Although this may not effect on health badly, the condition may diminish its sweet taste. Avoid forking or twisting carrots as they may be the indication of either disease infestation or close crop cultivation.

Storage: Once at home, wash them thoroughly in cold water to remove dust, soil, or insecticide/fungicides. Generally, the top greens are severed from the root before storing in the vegetable compartment of the refrigerator where they keep well for 1-2 weeks.

Uses: Raw carrots can be eaten plain as a snack or an appetizer, and sliced, chopped, or grated to add to salads. Slice carrots into carrot sticks and dip in low-fat dressing or other low-fat dip. Carrots can be cooked using many different methods, such as boiling, steaming, roasting, or grilling, and can be eaten as a side dish on their own or cooked with other vegetables.

How to cook Carrots:

Ingredients:

- 1 1/2 to 2 pounds baby carrots
- 1 1/2 teaspoons salt
- 4 tablespoons butter
- 4 tablespoons honey
- 3 tablespoons packed brown sugar
- Juice of 1/2 lemon
- Freshly ground black pepper or chopped parsley, for garnish

Directions:

1. Rinse carrots under cold water and put in a medium saucepan. Cover with water and add salt. Bring to a boil. Reduce heat to medium-low, cover and continue cooking for about 15 minutes, or until tender. Drain and set aside.
2. In a sauté pan, melt butter over medium-low heat. Add honey and brown sugar and cook, stirring until sugar is dissolved. Add the lemon juice and gently stir in carrots, coating well. Continue heating, gently stirring until carrots are hot and glazed. Serve immediately garnished with freshly ground pepper or chopped parsley, if desired.

Carrot Cookies



Ingredients:

- 1 cup butter
- 3/4 cup sugar

Beat together with electric mixer in a medium bowl:

- 1/2 cup raw carrot
- 1 egg (beaten)
- 1/2 teaspoon vanilla

Add and mix well:

- 2 cups flour
- 2 teaspoons baking powder
- 1/2 teaspoon salt

Directions: Preheat oven to 375 degrees

1. Sift together into the bowl and stir together.
2. Drop by teaspoons on ungreased baking sheets.
3. Bake for 10 minutes.
4. Optional frosting: Mix 1 cup powdered sugar and the grated rind of 1 orange with enough orange juice to obtain spreading consistency.

Apple Glazed Carrots

Ingredients:

- 1/2 tablespoon fat free margarine
- 1 16 ounce small baby carrots
- 1 teaspoon honey
- 1 tablespoon green onion tops
- 1 cup unsweetened apple juice

Directions:

1. Melt margarine in large nonstick skillet over medium high heat.
2. Add carrots and sauté until carrots begin to brown slightly, about 8 minutes.
3. Add apple juice and honey and bring to a boil.
4. Reduce the heat and simmer until carrots are tender and liquid is reduced to glaze, stirring occasionally, about 15 minutes.
5. Transfer to serving bowl and cover with green onion tops and serve.



Roasted Carrot Hummus

This hearty, autumn-inspired hummus can revamp any mid-day meal routine. Enjoy with whole grain pita chips, bell pepper strips and celery and you're well on your way to a satisfying, nutrient-rich lunch.

Ingredients:

- 8 ounces carrots
- 1 teaspoon plus 2 tablespoons extra virgin olive oil, divided
- One 15-ounce can cannellini beans, drained and rinsed
- Juice of half a lemon (2 tablespoons)
- 1 tablespoon honey
- 1/2 teaspoon kosher salt
- 1/4 teaspoon ground cinnamon

Directions: Preheat oven to 400 degrees

1. Line a rimmed baking sheet with aluminum foil and set aside. (The aluminum foil makes for easy clean up!)
2. Peel the carrots and cut into 1/2-inch pieces. For thick carrots, cut lengthwise first. Place in a medium-size bowl with 1 teaspoon of the oil, and toss with a pinch of kosher salt and pepper until the carrots are well coated. Arrange the carrots on the baking sheet and bake until tender and lightly browned, about 25 minutes. Stir every 10 minutes to ensure even baking. Set aside to cool.
3. Place the carrots, beans, the remaining 2 tablespoons oil, lemon juice, honey, salt, and cinnamon in the bowl of a food processor and process until smooth and creamy. Season with additional salt to taste. Add 1 to 2 tablespoons of water if you prefer

Carrot Soup

Ingredients:

- 2 cups carrots, chopped
- 1/4 cup onion, chopped
- 1 tablespoon butter
- 1 (14.5 ounce) can chicken broth
- 1/4 teaspoon ground ginger
- 1/4 cup half and half
- 1/4 cup milk
- 1/4 cup cheddar cheese, shredded
- 1 dollop sour cream (optional)

Directions:

1. In a small pan, sauté carrots and onions in butter until crisp-tender.
2. Add the broth and ginger and bring to a boil.
3. Reduce heat and cover. Simmer for 10-15 minutes or until carrots are very tender, cool slightly.
4. Puree soup in a blender and return to pan.
5. Stir in half and half and milk and heat through. Do not boil.
6. Sprinkle with cheese.
7. Optional: add a dollop of sour cream to each serving.



Baked Carrot Fries

Ingredients:

- 2 pounds carrots
- 1 tablespoon olive oil
- Salt and pepper to taste

Directions: Preheat oven to 425 degrees

1. Peel and slice carrots into French fry shaped pieces. Toss carrots with olive oil, salt and pepper. Arrange carrots in a single layer on baking sheet.
2. Bake for 10 minutes then flip each carrot fry. Continue to bake until fully cooked and slightly crispy, about 10 minutes. Serve immediately with your favorite sauce.

CAULIFLOWER



Nutrition Facts: Cauliflower is very low in sodium and has no fat or cholesterol. A serving provides folate, fiber, potassium and Vitamin C.

Selection: Heads should be creamy white, firm and heavy. Look for tight, unblemished curd and fresh-looking leaves and stalk.

Storage: Cauliflower may be stored for up to one week in a plastic bag in the refrigerator. Keep it dry and do not wash it until

Roasting: Although not usually the first cooking method you think of for cauliflower but the results are quite delicious. The florets are cut into thick slices and tossed with extra-virgin olive oil and herbs. Wherever the flat surfaces come into contact with the hot roasting pan, a deep browning occurs that results in a sweet, nutty flavor.

The fall and winter months have a way of bringing out our cravings for comfort foods. Here's a delicious – and satisfying – alternative to high calorie mashed potatoes. In addition to being lower calorie, this dish is filled with fiber and nutritional value. Sweet potatoes are an unbeatable source of beta-carotene (a vitamin A and antioxidant) while cauliflower contains heart-healthy nutrients.

Cauliflower & Sweet Potato Mash



Ingredients:

- 1 head of cauliflower, trimmed and cut into florets
- 2 large sweet potatoes, peeled and cubed
- 2 garlic cloves, minced or crushed
- 1/3 cup reduced -sodium chicken broth, warmed
- 2 tablespoons reduced fat sour cream
- Salt & pepper to taste
- Chopped green onion for garnish

Directions:

1. Prepare the vegetables as indicated in the ingredient list
2. Steam the cauliflower and sweet potatoes together, until tender but not too soft, about 9 minutes
3. Transfer to a bowl and add broth (warm so as not to cool off the mash) and sour cream
4. Mash together to your desired consistency.
5. Add salt & pepper to taste
6. Garnish with a sprinkle of chopped green onion.



Cheddar Cauliflower Soup

Ingredients:

- 2 tablespoons extra-virgin olive oil
- 2 large leeks, white and light green parts only, thinly sliced and rinsed
- 4 cups chopped cauliflower florets (from 1 medium head)
- 2 1/2 cups low-fat milk, divided
- 2 cups water
- 1 bay leaf
- 1 teaspoon salt
- 1/2 teaspoon white or black pepper
- 3 tablespoons all-purpose flour
- 1 1/2 cups shredded sharp Cheddar cheese
- 1 tablespoon lemon juice

Directions:

1. Heat oil in a large saucepan over medium heat. Add leeks and cook, stirring, until very soft, about 5 minutes. Add cauliflower, 2 cups milk, water, bay leaf, salt and pepper. Bring to a boil over medium-high heat, stirring often. Reduce heat to a simmer, cover and cook, stirring occasionally, until the cauliflower is soft, about 8 minutes.
2. Meanwhile, whisk the remaining 1/2 cup milk and flour in a small bowl. When the cauliflower is soft, remove the bay leaf and stir in the milk mixture. Cook over medium-high heat, stirring, until the soup has thickened slightly, about 2 minutes more. Remove from the heat. Stir in cheese and lemon juice

Cauliflower Pizza Crust

Ingredients:

- 1 head cauliflower
- 1 large egg
- 1/2 cup Parmesan or Mozzarella cheese Grated or shredded
- 1 tsp Italian (or rosemary, basil, parsley) herb seasoning
- 1/8 teaspoon salt
- 1/4 teaspoon black pepper



Directions: Preheat oven to 375 degrees

1. Line a round pizza baking sheet with parchment paper.
2. Rinse cauliflower, remove the outer leaves and separate into florets with a paring knife. Place cauliflower florets in a food processor and process until "rice" texture. Some coarse chunks are fine.
3. Place on a prepared baking sheet and bake for 15 minutes
4. Remove cooked cauliflower from the oven and transfer to a bowl lined with double/triple layered cheesecloth.
5. Then squeeze the liquid out of the ball, cauliflower inside the cheesecloth, as hard as you can. Be patient and do this a few times until barely any liquid comes out.
6. Increase oven temperature to 450 degrees. Transfer cauliflower to a mixing bowl along with egg, cheese, herb seasoning, salt and pepper and mix to combine. Transfer cauliflower mixture onto the same baking sheet you used to roast the florets and flatten with your hands until thin pizza crust forms.
7. Bake for 15-20 minutes and remove from oven.
8. Top with your favorite toppings and bake again until cheese on top turns golden brown. Slice and enjoy.

Storage instructions: Refrigerate covered for up to 2 days. You can also freeze the crust tightly wrapped in plastic for 1 month.



Roasted Garlic & Parmesan Cauliflower

**Ingredients:**

- 1 large head of cauliflower, cut into florets
- 2 tablespoons extra virgin olive oil

- 7 medium garlic cloves, sliced (or to taste)
- 1/4 cup Parmesan cheese, finely shredded
- 1/2 teaspoon salt
- 1/2 teaspoon ground black pepper

Directions: Preheat oven to 400 degrees

1. Line large baking sheet with parchment paper.
2. In large mixing bowl, add all ingredients and stir gently with spatula to coat evenly.
3. Transfer in a single layer onto prepared baking sheet and roast for 20 minutes or until soft to a touch with a fork.
4. Broil on high for a few minutes until a bit charred. Service immediately while hot and crisp.

Storage Instructions: Refrigerate covered for up to 1 day. Cauliflower will be soft the next day but still taste delicious.



Fried Cauliflower **Ingredients:**

- 1 head cauliflower, broken into small florets
- 1 egg
- 2 teaspoons milk
- 1 cup cracker crumbs
- 4 cups oil for deep frying

Directions:

1. Place cauliflower into a pan of lightly salted boiling water. Cook for 5 to 8 minutes or until tender. Remove from heat, drain and cool.
2. Heat oil in a deep-fryer to 365 degrees. In a small bowl, whisk together the egg and milk with a fork. Place cracker crumbs in a shallow dish. Dip cauliflower in the egg mixture then roll in cracker crumbs.
3. Fry coated cauliflower in the hot oil until golden brown. Drain on paper towels.

Corn



Nutrition Facts: Corn is low in fat and a good source of fiber and B vitamins.

Selection: Look for ears with green shucks, moist stems and silk ends that are free of decay. Kernels should be small, tender, plum and milky when pierced and they should fill up all the spaces in the rows.

Storage: Keep unshucked fresh corn in the refrigerator until ready to use, wrapped in damp paper towels and placed in a plastic bag. Typical shelf life is 4 to 6 days.

Preparation: To steam, remove shucks and silks. Trim stem ends. Stand ears in a tall pot with 1 inch of water. Cover with a tight-fitting lid and steam the corn for 5 minutes.

Husking the Corn: For maximum freshness, husk the corn just before cooking. When ready to cook your corn on the cob, pull all the husks off of the corn and discard. Remove silk (the white hairy threads just under the husk) from the corn and discard. TIP: To help remove the silk, wet a paper towel and wipe down the corn. There are few things better than summer sweet corn. But there really is something special about corn on the cob served steaming hot and slathered in butter. Here are three ways to cook it perfectly every time. Remember, sweet corn waits for no one and it's best served the same day it's picked. With every subsequent day, the sugars in the kernels get starchier and that mouthwatering flavor starts to fade.

Boil It Up - Boiling is the classic way to prepare sweet corn. You can either use a wide, flat pan and lay the corn on its side, or use a taller stock pot to boil a big batch at once. Either way, fill the pan with enough water to cover the corn and bring it to a boil.

Shuck off the outer husk and silk from the corn. Dissolve a tablespoon of salt in the water and add the corn. If your corn is very fresh,

cook it for 3-5 minutes. For corn that's a few days old, go for 6-8 minutes.



Choose a pot large enough to hold the amount of corn you want to cook, with room for water to cover the corn. Cover pot and bring cold unsalted water just to a boil on high heat. Some people like to add a little sugar to the boiling water, but **never add salt** as it will only toughen the corn.

Add husked corn ears and bring the water back to a boil on high heat (covered or not). Since corn tends to float on top of the water, I cover the pot. This helps the water come back to a boil faster and helps the corn cook. It will take approximately 3 to 4 minutes to bring the water back to a boil. Once water comes back to a boil, immediately remove the corn ears from the water. **The corn is now cooked perfectly and NOT overcooked.**

Boiling time is a matter of taste; some people like to just boil them a minute or two to warm their corn on the cob, leaving the kernels crisp and fresh. Others like to let them boil 3 to 10 minutes for softer kernels. How long you cook your corn on the cob depends on your tastes. Remove the cooked corn ears from the hot water with tongs.

Serve with butter, salt, and pepper. Some people like to roll their hot corn on a stick of butter; others spread the butter with a knife.

Microwave Method - Use this microwave method if you are just cooking a few ears of corn for dinner and don't want to trouble with boiling a big pot of water. Leave the corn in their husks and microwave them two at a time on HIGH for 4-6 minutes, depending on the age of your corn. Let them cool enough to handle and then strip off the husks and silk. (As a bonus, we think shucking is easier after microwaving!)

On the Grill - Roasting on the grill gives the corn a smoky flavor. Peel back the husks, but leave them attached at the stem. Remove all the silk and then brush the corn with olive oil (butter can sometimes burn). Cover the corn

back up with the husks and secure them closed with a piece of string or aluminum foil.

Roast the ears of corn over a medium-hot grill, turning occasionally, until the outer husks are charred and toasted. This usually takes about 15 minutes. Let the corn cool enough to handle, then strip off the husks and eat.

Corn Fritters for Two



Ingredients:

- 1/3 cup fresh corn
- 1 egg, separated
- 1 Tablespoon flour
- 1 Tablespoon cornmeal
- Salt and pepper
- 1 Teaspoon milk
- 1 Teaspoon vegetables oil or enough to grease the skillet

Directions:

Place the corn in a small bowl and add the egg yolk, flour, meal, salt and pepper. Stir well and mix in the milk. Beat the egg white still and fold it in. Oil a small skillet or griddle and spoon in the batter in desired quantities. Brown on both sides over medium low heat.

Garlic Corn

Ingredients:

- 12 ears of corn, husked and cleaned
- 12 tablespoons butter, divided
- 1/4 cup garlic powder

Directions:

Preheat grill for medium heat or preheat your oven to 350° F. Place each ear of corn on a separate square of aluminum foil. Place 1 tablespoon of butter on each one and sprinkle with garlic powder. Wrap ears tightly with the foil. Place ears of corn on the grill or in the oven for 20 to 30 minutes, turning over occasionally.



Directions for Freezing Corn **Ingredients and Equipment**

Ingredients:

- Fresh corn on the cob - any quantity.
- 1 Large pot of boiling water
- Plenty of ice - about 1 tray per ear.
- Vacuum food sealer or "Ziploc" type freezer bags (the freezer bag version is heavier and protects better against freezer burn.
- 2 large bowls, one filled with cold water and ice.
- 1 sharp knife.
- 1 Large spoon.

Directions:

1. Start with fresh corn on the cob - as fresh as you can get. If there is a delay between harvesting and freezing, put it in the refrigerator or put ice on it. The sugars break down quickly at room temperature.
2. Get the largest pot you have (I use my canner) filled 3/4 full with hot water, put it on your largest burner (or straddle two burners) and get it heating to a full rolling boil..
3. Next, get a LARGE bowl filled with ice and cold water. You may need to buy a bag or two of ice if you are planning to do more than a dozen ears of corn.
4. Husk the corn and pick off as much of the silk as you can. A soft vegetable brush is the fastest and easiest way to get the remaining silk off - just don't be too rough with it.

All fruits and vegetables contain **enzymes** that, over time, break down the destroy nutrients and change the color, flavor, and texture of food during frozen storage. Corn requires a brief heat treatment, called **blanching, in boiling water or steam**, to destroy the enzymes before freezing. Blanching times generally vary from one to 10 minutes, depending on the vegetable. The duration should be just long enough to stop the action of the enzymes.

Begin counting the blanching time as soon as you place the corn in the boiling water, noting that the water ought to return to a boil in a minute or less. If it takes several minutes or more to return to a boil, you are using too small a pot or adding too much corn.

5. Cover the kettle and boil at a high temperature for the required length of time. You may use the same blanching water several times (up to 5). Be sure

to add more hot water from the tap from time to time to keep the water level at the required height.

Bag the corn

Ziploc bags work, but it is hard to get as much air out of the bags. Remove the air to prevent drying and freezer burn. Pop them into the freezer. Later, when you are ready to serve the corn, it just takes about 3 or 4 minutes in the microwave (from frozen) or in the top of a double boiler. It doesn't need to be "cooked", just heated up!

Freezing keeps corn safe to eat almost indefinitely, but the recommended maximum storage time of 12 months is best for taste and quality. The quality of the frozen corn is maintained best in a very cold freezer (deep freezer), and one that keeps them frozen completely with no thaw cycles. Excluding any air from inside the bags which leads to freezer burn, by using vacuum-sealed bags, is also important to maintaining quality



Corn Cakes

Ingredients:

- 1/2 cup all-purpose flour
- 1 cup yellow cornmeal
- 1 teaspoon baking powder
- 1/2 teaspoon salt
- 1/2 teaspoon baking soda
- 1 tablespoon sugar
- 1 1/4 cups buttermilk
- 1 egg
- 1/2 cup grated cheese
- 3/4 cup corn kernels
- 1 jalapeno pepper, seeded and finely diced

Directions:

Whisk together all dry ingredients, and then add buttermilk and egg. If batter is too thick, add a bit more buttermilk to desired consistency which should be about the thickness of pancake batter. Stir in cheese, corn kernels and jalapeno.

Cook on greased cast iron, turning once, until edges are crisp and golden brown. For small size corncakes, use 1 tablespoon batter. For larger corncakes, use 2 tablespoons or a 1 ounce scoop.

Easy Addicting Corn Recipe

Ingredients:

- 16 ounces of corn – cooked
- 2 Tablespoons of Butter
- 1/3 Cup of Parmesan Cheese
- 1/4 Teaspoon of Garlic Powder
- 1/2 Teaspoon of Pepper
- 1/2 Teaspoon of Paprika

Directions:

1. Over Medium Heat Melt Butter in a Medium Size Skillet.
2. Add corn
3. Cook for about 5 -7 minutes – stir every 2 minutes.
4. Add seasoning keep stirring till all corn is well coated.
5. Add cheese – stir for about 10 seconds



Sweet Corn Pudding

Ingredients:

- 4 cups fresh corn kernels
- 4 large eggs
- 1 cup whipping cream
- 1/2 cup whole milk
- 6 tablespoons sugar
- 1/4 cup butter, room temperature
- 2 tablespoons all-purpose flour
- 2 teaspoons baking powder
- 1 teaspoon salt

Directions: Preheat oven to 350 degrees

1. Butter 8x8x2 inch glass baking dish.
2. Blend all ingredients in processor until almost smooth.
3. Pour batter into prepared dish.
4. Bake pudding until brown and center is just set, about 45 minutes. Cool 10 minutes. Serve.



Easy Creamed Corn

Ingredients:

- 2 Tbsp. butter or margarine divided
- 3 cups whole kernel corn
- 1/3 cup sliced green onions
- 1/2 cup fat-free half and half
- 1 tsp. all-purpose flour

Directions:

1. Melt 1 tablespoon butter or margarine in 12-inch nonstick skillet over medium heat and cook corn, stirring frequently, until almost tender, about 3 minutes. Stir in green onion and cook 1 minute.
2. Combine half and half with flour in small cup. Stir into skillet and cook, stirring frequently, until slightly thickened, about 1 minute.
3. Stir in remaining 1 tablespoon of butter or margarine.

**Fried Corn****Ingredients:**

- 2 cups fresh corn kernels, about 6 ears
- 2 tablespoons butter, or use part bacon drippings
- 1/2 teaspoon salt
- 1/4 teaspoon freshly ground black pepper
- Sugar, optional

Directions:

1. In a heavy skillet, heat butter over medium-low heat until foamy.
2. Add the fresh corn kernels;
3. Cook for 15 minutes, stirring frequently.
4. Lower heat if necessary to keep butter from burning.
5. Sprinkle with the salt and pepper.
6. Taste and adjust seasoning, and add about 1 teaspoon of sugar if desired.

Corn Salsa**Ingredients:**

- 3 cups fresh corn kernels
- 3 cups chopped fresh tomatoes
- 1/2 cup chopped cilantro
- 2 seeded and chopped small jalapenos
- 3 Tablespoons fresh lime juice
- 3 Tablespoons cider vinegar
- Salt and pepper to taste

Directions:

Stir all ingredients together. Chill covered until ready to serve.

Corn on the Cob with Cheesy Butter**Ingredients:**

- 6 tablespoon(s) butter, room temperature
- 1 cup(s) finely shredded Monterey Jack cheese (2 ounces)
- 2 tablespoon(s) grated Parmesan
- Coarse salt and ground pepper
- 8 ear(s) corn, shucked, ends trimmed, cut into thirds

Directions:

1. In a small bowl, stir together butter and cheeses; season with salt and pepper.
2. Line a 4-ounce ramekin or custard cup with plastic wrap, leaving an overhang.
3. Pack in butter mixture; smooth top.
4. Cover with overhang, and refrigerate until firm, at least 1 hour and up to 1 week.

In a large pot of boiling salted water, cook corn until tender, 2 to 4 minutes; drain. Invert butter onto a small plate, and remove plastic. Serve corn with cheesy butter alongside for rolling.

Ingredients:

- 1(12 ounce) package of egg noodles

**Quick and Easy Goulash**

- 1 pound lean ground beef
- 1 (26 ounce) jar spaghetti sauce
- 1 (15 ounce) whole kernel corn
- 1 onion, chopped
- 1 cup shredded Cheddar Cheese

Directions:

1. Bring a large pot of lightly salted water to a boil. Add egg noodles and cook for 8 to 10 minutes or until tender; drain.

2. In a skillet over medium heat, brown the beef; drain.
3. Heat through over medium the beef, spaghetti sauce, corn, chopped onion and cheese.

Cherries



Nutrition Facts: Cherries are a great source of fiber, Vitamins A and C and potassium. Cherries also contain high amounts of phytochemicals which may help to prevent cancer. Cherries are naturally free of fat, cholesterol and sodium.

Selection: When picking cherries, select fruits that are firm, plump, and without blemishes. Cherries are among the fruits that don't ripen once they've been picked, so choose the darkest ones for the sweetest taste. Don't discount those bright red cherries, however: they make a wonderful tart addition to pies, jams and drinks.

Storage: Cherries bruise easily, so store them in a wide bowl to help distribute the weight of the fruit. Avoid shaking the bowl, and don't place anything on top of it. Cover the bowl loosely with a towel (to promote air circulation), and keep them in the refrigerator. Avoid storing cherries near strong-smelling foods as they tend to absorb odors. Store unwashed cherries in the refrigerator. Wash cherries just before using. It's best to just wash the amount you plan to use.

Preparation: Rinse cherries under cold water and drain. To pit cherries, cut them in half with a paring knife and pry the pit out with the tip of the knife, or use a cherry pitter utensil. One pound of cherries yields approximately 2 cups of pitted cherries. Sweet cherries can be added to salads, cakes cookies, ice cream or sauces. Use tart cherries for cobblers, pies or other desserts.

Pity Party

Pitting cherries can be a pain, but don't let that deter you from using this sweet fruit in cooking and baking.

If you need the whole cherry (and don't have a cherry pitter), toothpicks are great for gently digging into the cherry at the stem end and scooping out the pit. Use a chopstick or a straw to shove the pit through the cherry in the same manner as a cherry pitter.

If you don't need the whole cherry, simply cut around the stemmed cherry with a paring knife and twist the fruit off the pit as you would with larger stone fruits like peaches and plums. Don't be ashamed to wear a dish towel as a bib when you're pitting cherries as the juice can splatter and stain.

Freeze:

Frozen whole cherries are a terrific frozen treat on a hot summer day.

- Remove stems, wash and pat dry.
- Pit the cherries, if desired.
- Place on a cookie sheet and freeze until firm.
- Once frozen, cherries can be transferred to freezer containers or plastic freezer bags.

Cook:

If you choose to cook cherries to use in a sauce or topping, be sure to cook for just a few minutes so the fruit retains its texture and color. Cook about 3 minutes or until cherries are softened and thoroughly heated.

Cherry Bars Recipe



Ingredients:

- 4 cups fresh cherries, pitted
- 2 tsp. all-purpose flour

Crust

- $\frac{3}{4}$ cup unsalted butter, melted
- $\frac{1}{2}$ tsp. vanilla extract
- $\frac{2}{3}$ cup sugar
- 2 cups all-purpose flour
- $\frac{1}{8}$ tsp. salt

Filling

- 1 cup unsalted butter
- 3 eggs
- $\frac{2}{3}$ cup sugar
- $\frac{1}{8}$ tsp. salt
- $\frac{1}{2}$ cup all-purpose flour
- 1 tsp. vanilla extract
- 1 tsp. almond extract

Directions: Preheat oven to 375 degrees

1. Line a 13 x 9-inch baking dish with parchment paper.
2. Pit cherries and toss them with 2 tsp. flour.
3. With an electric mixer, combine melted butter, vanilla and sugar. Mix on medium speed until well blended and smooth.
4. Blend in flour and salt and stir.
5. Press dough evenly into bottom of prepared baking dish. Bake until crust is golden and slightly puffed, about 18 minutes.
6. When the crust is done, cool crust in pan.
7. Cut the butter into a few pieces and place in a saucepan over medium heat. Melt the butter completely stirring frequently with the spatula.
8. As the butter heats, it will begin to foam and then bubble. After several minutes, the milk solids will start to become brown on the bottom of the pan. Make sure that milk solids do not stick to the pan. Continue stirring until the butter is evenly browned, being careful not to burn. Remove from the heat and pour browned butter into a glass bowl to cool slightly.
9. Combine eggs, sugar and salt in a medium bowl and whisk all together.
10. Add extracts and blend in flour by $\frac{1}{3}$ at a time. Whisk all together until smooth.
11. Gradually blend in browned butter and whisk mixture until completely blended.
12. Arrange cherries over cooled crust.
13. Carefully pour filling evenly over fruit.
14. Bake for about 30 minutes, until filling is puffed and golden. A skewer inserted in the center should come out clean. Cool bars completely in pan on a wire rack.
15. Carefully lift parchment paper to remove cooled bars from pan and place them on a cutting board. Cut them into squares using a knife. Store bars in an airtight container up to one day at room temperature, then store any remaining in the refrigerator.



Fresh Cherry Cobbler

Ingredients:

- $\frac{1}{2}$ cup butter
- 1 cup all-purpose flour
- 1 cup white sugar
- 1 teaspoon baking powder
- 1 cup milk
- 2 cups pitted cherries
- $\frac{3}{4}$ cup white sugar
- 1 tablespoon all-purpose flour

Directions:

Preheat oven to 350 degrees

1. Place the butter in a 9x13 inch baking dish, and place in the oven to melt while the oven is preheating. Remove as soon as butter has melted, about 5 minutes.
2. In a medium bowl, stir together 1 cup of flour, 1 cup of sugar, and baking powder. Mix in the milk until well blended, and then pour the batter into the pan over the butter. Do not stir.
3. Rinse out the bowl from the batter, and dry. Place cherries into the bowl, and toss with the remaining $\frac{3}{4}$ cup of sugar and 1 tablespoon of flour. Distribute the cherry mixture evenly over the batter. Do not stir.
4. Bake for 50 to 60 minutes in the preheated oven, until golden brown. A toothpick inserted into the cobbler should come out clean.



Fresh Cherry Lemonade

Ingredients:

- 2 cups sweet cherries, pitted, plus whole cherries for garnish
- $\frac{1}{2}$ cup lemon juice
- $\frac{1}{3}$ cup sugar
- 2 $\frac{1}{2}$ cups cold water
- Lemon slices for garnish

Directions:

Combine cherries, lemon juice and sugar in a blender. Puree until smooth. Strain through a fine sieve into a pitcher. Stir in water. Serve over ice, garnished with lemon and cherries.

Make Ahead Tip: Cover and refrigerate for up to 2 days; stir before serving.

Cucumber



Selection: Choose firm, fully green cucumbers with no yellowing or soft spots. Slicing cucumbers, suitable for eating, are 6 to 9 inches long with small, white spines on the surface that rub off easily. Pickling cucumbers have small, black spines on the surface.

Storage: Store unwashed cucumbers in the refrigerator for up to a week. Sliced cucumbers should be tightly wrapped and refrigerated up to 3 days.

Preparation: Wash under cool, running water to remove visible dirt. Slice. You may want to remove the seeds in mature cucumbers lengthwise and scoop seeds from the center.

For pickling: Follow recipe instructions. Four pounds of cucumbers yield 5 to 6 pints of pickles.

Whole fresh cucumbers can be stored in the vegetable crisper drawer for at least a week and often much longer before they start to rot. Cut cucumber pieces should be stored wrapped in a moist paper towel inside an airtight plastic bag or container to prevent moisture loss. Eat cut cucumbers within 3 days of cutting.

Look for cucumbers that are firm and well-shaped with a dark green color. Cucumbers should be heavy for their size.

Avoid cucumbers that are soft and light for their size or have shriveled ends. Oddly shaped cucumbers could taste bitter.

Cucumbers are a common garden vegetable that require little maintenance. Once cut from their plant, they can be employed in a variety of ways. Some people choose to pickle and preserve the cucumbers either whole or in slices, while the vegetable is also used in salads, sandwiches and other simple recipes. Cucumbers can also be added in to sushi and are sometimes used as a palate-cleansing garnish with some foods. In any case, preparing cucumbers is an easy process.

Step 1

Scrub and rinse the cucumber in running water to remove chemicals, dirt and other sediments from the skin of the vegetable.

Step 2

Cut thin slices of a quarter-inch or less across the width of the cucumber. This is the preferred way to cut cucumber for salads or as a snack.

Step 3

Sprinkle a small amount of sea salt onto the slices and let sit for 30 minutes in a refrigerator. This enhances the flavor in the slices when eaten later.

Dilled Cucumber Salad

Ingredients:

- 2 peeled and seeded cucumbers, diagonally sliced
- 2 tablespoon sugar
- 1/4 cup apple cider vinegar
- Salt to taste
- 2 tablespoons fresh dill, chopped

Directions:

Place the cucumbers in a bowl. In a small bowl, stir the sugar, salt and vinegar together until sugar is dissolved. Toss with the cucumbers. Add the pepper and dill. Serve immediately or store covered in the refrigerator for up to 4 hours.



Best Ever Pasta Salad

Ingredients:

- 1 (16 ounce) package dry penne pasta
- 2 large cucumbers, peeled and cubed
- 2 tomatoes chopped
- 2 cups mayonnaise
- 1 (8 ounce) container sour cream

- 3 tablespoons dried dill weed
- 2 tablespoons lemon pepper

Directions:

1. Bring a large pot of lightly salted water to a boil. Add penne pasta and cook for 8 to 10 minutes or until done; drain.
2. Combine pasta, cucumbers, tomatoes, mayonnaise, sour cream, dill weed and lemon pepper. Serve as is or chill for 45 minutes.



Homemade Refrigerator Pickles

Ingredients:

- 1 cup distilled white vinegar
- 1 tablespoon salt
- 2 cups white sugar
- 6 cups sliced cucumbers
- 1 cup sliced onions
- 1 cup sliced green bell peppers

Directions:

1. In a medium saucepan over medium heat, bring vinegar, salt and sugar to a boil. Boil until the sugar has dissolved, about 10 minutes.
2. Place the cucumbers, onions and green bell peppers in a large bowl. Pour the vinegar mixture over the vegetables. Transfer to sterile containers and store in the refrigerator.

Cucumbers in Sour Cream



Ingredients:

- cucumbers, thinly sliced
- 1 (8 ounce) container sour cream
- 1/4 cup distilled white vinegar
- 1/3 cup white sugar
- Salt and black pepper to taste

Directions:

1. Place the cucumber slices in a container and cover with cold water. Refrigerate 4 hours to overnight.
2. Whisk the sour cream, vinegar, sugar, and salt in a mixing bowl until the

sugar has dissolved. Drain the cucumbers and squeeze out the excess water; add to the bowl and mix to coat with dressing.

Cucumber Lemonade



Ingredients:

- 1 cucumber, thinly sliced
- 1 (12 ounce) can frozen lemonade concentrate
- 1 (2 liter) of lemon-lime flavored carbonated beverage

Directions:

1. Place the cucumber slices into a large pitcher.
2. Pour the lemonade concentrate over the cucumber and let stand for 10 minutes.
3. Pour in the lemon-lime soda and pour into glasses to serve. Makes 2 quarts.

Refrigerator Dill Pickles



Ingredients:

- 3 1/2 cups water
- 1 1/4 cups white vinegar\1 tablespoon sea salt
- 4 cups cucumber spears
- 2 cloves garlic, whole
- 2 heads fresh dill

Directions:

1. Stir water, vinegar, sugar, and sea salt together in a saucepan over high heat. Bring to a boil; remove from heat and cool completely.
2. Combine cucumber spears, garlic cloves, and fresh dill in a large glass or plastic container. Pour cooled vinegar mixture over cucumber mixture. Seal container with lid and refrigerate for at least 3 days.

Eggplant



Nutrition Facts: Firm, heavy eggplant with smooth, shiny deep purple skin. Choose medium size, about 3 to 4 inches in diameter.

Storage: Store as soon as possible in the vegetable compartment of refrigerator. Use within one week of purchase.

Preparation: Eggplant is a versatile vegetable and can be baked, broiled, grilled, fried, stuffed or used in a variety of casseroles in combination with other vegetables. It works well with tomatoes, garlic, onions and cheese. One pound equals 3 cups diced. Eggplant should be peeled before preparation, unless it is very young and tender.

The Skin: That lovely purple skin, while attractive to look at, can be tough, so unless you plan to roast your eggplant whole, peeling the skin from the flesh is recommended.

Purging: By salting, or “purging” your eggplant you’ll remove the juices that make it bitter. You’ll also be slightly desiccating and compressing the flesh so that it will not soak up too much oil. To purge your eggplant, peel it, cut it into chunks or slices, salt liberally on all sides and place in a colander for an hour. The salt will draw out those bitter juices. Rinse the eggplant thoroughly in cold water and press dry between a clean cloth. Don’t be afraid to be firm- by using plenty of pressure you’ll be forcing out more liquid and compressing the flesh to a greater extent.

Note: you can speed the salting process by placing a plate on top of the salted eggplant while it’s in the colander and weighting it with something heavy. In effect, you’re creating an eggplant press that will squeeze the juice out faster.

Cooking Eggplant

You’ve purged, now you want to know how to cook your eggplant. There are a number of alternatives and all of them are simple and quick.

Step 1: Slice or chop the eggplant. Sprinkle evenly with salt. Transfer to a colander over a plate and set aside for 30 minutes to drain. This draws out the bitter juices.

Step 2: Place the colander over a large bowl or in a sink. Carefully rinse each piece of eggplant under cold water, making sure you remove all the salt. Drain.

Step 3: Transfer the rinsed eggplant pieces, a few at a time, to a clean work surface and pat dry with paper towel. Cook as desired.

Peel for the best texture



Peel the eggplant in stripes (unless you're using a tender-skinned variety) and then slice or cube it, depending on the recipe.

Because globe eggplant and other large varieties usually have tough skins, peeling it is a good idea, especially if you're serving it in chunks or slices.



Old Mississippi Eggplant French Fries

Ingredients:

- $\frac{3}{4}$ cup flour
- $\frac{3}{4}$ cup self-rising cornmeal
- 1 cup milk
- 2 eggs
- 2 medium eggplants peeled, sliced into $\frac{3}{4}$ -inch sticks, 4 inches long
- 3 teaspoons Hidden Valley® Original Ranch® Salad Dressing & Seasoning Mix
- Salt and pepper to taste

Directions:

1. Salt both sides of eggplant and place on paper towels to drain for 30 minutes. Rinse and pat dry.
2. In a medium bowl, mix milk and eggs until well blended. Combine flour, cornmeal, dressing mix and $\frac{1}{2}$ teaspoon salt in a wide, shallow bowl.
3. Heat oil on high heat. Dip eggplant sticks into egg mixture and then cornmeal mix.
4. Place in oil, flipping regularly, and fry 3 minutes or until golden brown. Drain on paper towels.

Fried Eggplant

- Wash the eggplants and slice them into $\frac{1}{2}$ -inch slices.
- Lay the eggplants on a platter lined with paper towels and sprinkle them with salt. Allow them to rest for about 15 minutes, until they've released their moisture. Pat the slices with paper towels, turn them over, and repeat on the other side
- Prepare a batter of a cup of flour, $\frac{1}{4}$ cup cornmeal, $\frac{1}{2}$ teaspoon salt and $\frac{1}{4}$ pepper. Mix the ingredients together in a shallow bowl. Double the ingredients for a larger amount of eggplant, and add more or fewer spices to taste.
- In a separate small bowl, whisk one or two eggs together. Add more eggs if you're frying a large amount of eggplant.
- Heat cooking oil in a large skillet or Dutch oven to 350°F (176.6°C). Use about $\frac{1}{4}$ " (.6cm) of oil, or enough to float the eggplant pieces in a skillet. Peanut oil, canola oil, or vegetable oil are good choices for deep frying. Do not use olive oil, as it cannot be heated to a high temperature.
- Working one slice at a time, dip the eggplant pieces in the egg, then coat them in the flour mixture. Tap the eggplant slices on the side of the flour bowl to remove excess flour.
- Make sure each piece is thoroughly coated in flour. For an extra-thick batter, coat each piece in egg and flour, then coat them a second time in egg and flour.
- Use tongs to place the battered eggplant slices into the hot frying oil. Don't overfill the pan. Fry one layer of eggplant slices at a time, and repeat with an additional batch if necessary.

- Let the eggplant slices cook until lightly brown on one side. Flip them and let the other side brown.
- Remove the fried eggplant slices with a slotted spatula to a paper towel lined plate to drain.
- Serve the fried eggplant immediately with the sauce of your choice.
- Fried eggplant gets soggy if it sits too long. It should be eaten right away, while it's still hot.

Try serving fried eggplant with marinara sauce.



Roasting: When whole roasting you need to prevent your eggplant falling apart so in this instance *don't* peel it. Instead, cut a number of slits in the skin; insert a clove of garlic into each, drizzle the skin with olive oil and bake on a roasting dish for 35 minutes at 180°C or until the eggplant has collapsed. Remove from the oven, peel and serve the flesh as you wish – whole-roasted eggplant is great cubed, mashed or pureed.

Grilling: Lightly brush slices of prepared eggplant with oil and grill under a medium flame for about 8 minutes each side.

To oven fry: Peel and cut into $\frac{3}{4}$ inch slices. Coat slices with seasoned flour or bread crumbs. Place in oven at 350°F for 20 minutes.

To broil: Cut into $\frac{3}{4}$ inch slices and brush with margarine. Broil or grill for about 5 minutes on each side until eggplant is tender and browned. Remove from heat and sprinkle with grated Parmesan cheese.

To pan fry: Wash and cut into cubes. Coat slices with seasoned flour or bread crumbs. Place slices in a non-stick skillet coated with vegetable spray. Cook on both sides.

Baked Eggplant Parmesan



Ingredients:

- 1 large or 2 medium eggplants, sliced into 1/2 inch thick rounds
- Olive Oil
- Salt and Pepper
- 3 cups marinara sauce
- 1/4 cup chopped fresh herbs (basil, oregano, parsley)
- 1 1/2 cups grated mozzarella cheese
- 1/2 cup basil
- 1/4 cup grated Parmesan cheese

Directions: Preheat oven to 450 degrees

1. Lightly brush the eggplant slices with olive oil and season with salt and pepper. Arrange on a baking sheet and roast in the oven until tender and lightly browned, about 15 minutes.
2. Spread about 1 cup marinara sauce on the bottom of a baking dish. Top with a single layer of the eggplant slices. Sprinkle with a couple tablespoons of basil and a layer of mozzarella cheese. Repeat layering and finish with Parmesan cheese. Reduce oven temperature to 350 degrees and bake for 30 minutes until cheese is browned and bubbly.

Basic Roasted Eggplant

Ingredients:

- 3 medium eggplants
- 3 tablespoons olive oil
- 1 tablespoon coarse salt
- 1/2 teaspoon ground pepper

Directions: Preheat oven to 475 degrees

1. Cut eggplant into 1-inch cubes; divide between two rimmed baking sheets.
2. Dividing evenly, drizzle with olive oil, coarse salt and ground pepper; toss to coat. Spread in a single layer; roast, turning once, until golden and tender, 25-30 minutes. Cool on sheets.

Greens



Nutrition

Facts: Greens are a source of Vitamins A and C. A half-cup serving contains 20 percent of calcium needed daily and greens are low in calories.

Selection: Look for bright green leaves that are fresh, young, moist and tender.

Storage: Store greens in the coldest part of the refrigerator for no more than 2 to 3 days.

Preparation: Wash greens well in luke-warm water. Remove roots, rough ribs and center stalks if they are large or fibrous.

To cook: Add washed greens to a medium-size saucepan with 1/4-inch water. Bring water to a boil. Cover and cook until tender. Leafy greens cook in 1 to 3 minutes. Crisp and tender greens may require 5 to 10 minutes. Seasonings and herbs will enhance the flavor without adding salt. Try allspice, lemon, onion, nutmeg or vinegar.

To freeze: Wash young, tender green leaves thoroughly and cut off woody stems. Blanch greens for 2 to 3 minutes, cool, drain and package. Leave 1/2-inch head-space, seal, label and freeze. Greens can be stored for up to 1 year.

Braising: It requires only a handful of ingredients to produce greens that are crisp or tender, depending on your preference, and loaded with flavor. Traditionally, that flavor came from a smoked ham hock added to the pot and cooked slowly along with the greens. Use a piece of smoked turkey instead for an equally tasty and pork-free dish.

Unlike meats, vegetables don't require browning before braising. Start by building your broth - the wonderfully rich and smoky juice that will develop as your greens cook. (Cornbread is a must for sopping up the pot liquor.) You can start with water or chicken stock — be sure to use a reduced sodium version to prevent greens from ending up too

salty. I like to toss in a chopped onion and a teaspoon or so of crushed red pepper flakes, but add whatever you like or have on hand (minced garlic, other herbs or spices). Stir in your greens, cover the pot and let them simmer until they're as crisp or tender as you like.

TIPS: Check your greens frequently, making sure your broth doesn't evaporate away. Add more water or stock as necessary.

Don't season your greens too heavily in the beginning. The flavor will intensify as the greens cook and heavy salting at the start will give you over-salted greens in the end.

Clean greens thoroughly. Rinse them well even if you buy the cut, pre-rinsed and bagged variety. If you're buying fresh, uncut greens, rinse them well under running water then let them sit for few minutes in bowl of cold water. Dirt or sand will sink to bottom. Drain greens on paper towels and pat dry.

For fresh greens, remove the woody stalks and tear them into smaller pieces or chop them with a sharp knife. A dull knife can bruise leafy greens, giving them a dark, oily appearance around the edges.



Simple and Fresh Collard Greens

Ingredients:

- 1 cup collard greens, chopped
- 1/2 garlic clove, minced (optional)
- Nonstick cooking spray or 1 teaspoon oil
- Salt and Pepper to taste

Directions:

1. Chop your greens into 1 inch strips that are no longer than 4 or 5 inches long (or you'll be getting a mouthful of stringy greens!).
2. Rinse your greens (This is an important step, the water that stays on helps these cook to perfection).
3. Heat your skillet to medium and spray or add oil, and garlic if wanted. Then just add your greens (these will shrink down a lot so you can do it in a small

pan) and stir just until all greens have just turned bright green, usually not more than 3 minutes.

4. Turn up to medium-hot and fry for 30 more seconds or until greens are just tender.
5. Toss with salt and pepper to taste.



Southern Style Collard Greens

Ingredients:

- 2 large bunches collards, roughly chopped and stems discarded
- 3 slices hickory smoked bacon
- 2-4 cups water
- 1 yellow onion, minced
- 1/3 cup dark brown sugar
- 2 cloves garlic, minced
- 1 1/2 tsp salt and black pepper to taste
- 2 tablespoons apple cider vinegar
- hot sauce to taste

Directions:

1. Fry the bacon in a large heavy-bottomed pot over medium heat until just done but not quite crispy yet. Add the onion and collards, and sauté in the hot grease until they wilt.
2. Pour the water in the pot --- it should just cover the collards. Add the brown sugar, minced garlic, apple cider vinegar, salt and a few dashes of hot sauce.
3. Bring to a boil then cover, reduce heat to low and simmer for 3 1/2 - 4 hours.
4. Season with additional salt, hot sauce and pepper

Beginner's Luck Green Smoothie

Ingredients:

- 2 cups fresh spinach
- 2 cups water
- 1 cup mango
- 1 cup pineapple
- 2 bananas

Use at least one frozen fruit to chill your smoothie.

Directions:

1. Tightly pack 2 cups of leafy greens in a measuring cup and then toss into blender.

2. Add Water and blend together until all leafy chunks are gone

Add mango, pineapple and bananas and blend until smooth.



Green Peppers



Nutrition Facts: Sweet peppers are low in calories, high in Vitamin C and a good source of Vitamin A. Red Peppers are higher in both vitamins C and A than green peppers.

Selection: When selecting, choose those with shiny, even colored skins that are not blemished or bruised. Avoid peppers with shriveled skins.

Storage: Store in the refrigerator for 3 to 5 days. Place them in the vegetable crisper or in plastic bags.

Preparation: To prepare peppers, wash carefully without bruising.

Uses: Sweet peppers are eaten raw or cooked and are good in salads, savory dishes, stuffed or eaten on their own.

At Their Best: A pepper has the strongest taste when considered mature, but not fully ripe. If the peppers are not harvested when mature but are allowed to ripen on the vine, their taste will become progressively mild and

sweet until they are fully ripened. Sweet peppers are available throughout the

Raw: Slice into rings or strips.

Grilled: Quarter peppers and remove the seeds. Brush with oil and place on a hot grill for 10 minutes.

Roasting: You can use a grill or broiler or hold peppers by tongs over an open flame. Turn the peppers as they cook until they are blackened all over. Place them in a plastic bag and close tightly to let them "sweat" for 15 minutes. Open the bag; cut a slice down one side of each pepper and remove the seeds, membrane and stems. Pull off the skin.

A sweet pepper is a mild to sweet flavored pepper that can be eaten raw or cooked. Some varieties have a sweet but bitter taste. The different varieties vary in size, shape, thickness and color. The most common color is green at maturity and red when allowed to fully ripen. Some other common maturity colors are ivory, yellow, orange, purple and brown but the majority turn red when allowed to ripen.

Freezing Sweet or Bell and Hot Peppers:

Peppers are one of those foods you can quickly freeze raw without blanching them first. Thawed, raw peppers still retain some crispness and can be used in cooked dishes or raw in uncooked dishes.

Bell or Sweet Peppers (Green, Red, Yellow, Orange, Purple)

- Select crisp, tender peppers.
- Wash.
- Cut out stems and cut peppers in half.
- Remove seeds and membrane -save time by using a melon baller or the tip of a spoon to scrape out seeds and membrane.
- Cut peppers into strips, dice or slice, depending on how you plan to use them.

Freeze peppers in a single layer on a cookie sheet with sides, about an hour or longer until frozen. This method is often referred to as "tray freezing."

Transfer to a "freezer" bag when frozen, excluding as much air as possible from the bag. The peppers will remain separated for ease of use in measuring out for recipes.

Pour out the amount of frozen peppers needed, reseal the bag and return to the freezer.

You can do many different things with peppers:

Stir-Frys: A hot wok or pan and just a little oil are all you need to stir-fry bell peppers. You want to work quickly so that the peppers retain their crispness but are still tender to bite. You can use bell peppers in any number of stir-fry recipes.

Salads: Any way you slice or dice them, bell peppers add a nice, sweet crunch to salads. Serve them thinly sliced or julienned or chop or dice them -- it's all dependent on the kind of salad.

Dips and Spreads: Dips and spreads are great to dip into and red bell peppers add a sweet depth of flavor that's hard to resist. You'll want to use marinated peppers from the jar or roast, broil or grill your own peppers and be sure to remove the skins.

Sandwiches: Bell peppers are great in sandwiches, subs and hero sandwiches. If you choose to grill or broil your peppers, you should cook them on all sides over high heat until the skins are charred. Then add them to a bowl, cover and let sit for 10 minutes. Peel the skins using paper towels and deseed the peppers. Now you're ready to use the peppers any way you want.

Pasta: Peppers add pops of color and sweet flavor to many pasta dishes. You can use jarred peppers, roasted peppers, grilled peppers or sautéed peppers.

Pizza: Peppers make a pretty topping on pizza not to mention a flavorful one. Add as many colors of peppers as you like -- all will look terrific. Slice the peppers into thin, long strips so they cook as fast as the pizza does.

Stuffed: Bell peppers were practically made for stuffing since they have such large cavities. Cut the peppers lengthwise or crosswise -- the latter gives you the option of using the cap as a decorative lid when serving. Stuff the peppers with cooked rice or grains, sautéed ground meat or a combination and bake.

Stuffed Green Peppers

Stuffed Green Peppers make a great make-ahead meal. **Ingredients:**



- 8 Green Peppers
- 2 pounds ground turkey or ground beef, your preference
- 2 cups wild rice, cooked per package directions
- 1 14.5 ounce can diced tomatoes
- 2 tablespoons tomato paste
- 2 tablespoons olive oil
- 1 onion, diced
- 1 red or yellow pepper, diced
- 1 egg
- 1 cup Parmesan cheese
- 1 clove garlic, minced

Directions: 350 degrees for 40 minutes

1. Remove tops and then the seeds of the pepper.
2. Place on a large baking pan.
3. Sauté onion and pepper in lightly oiled skillet until tender.
4. Set aside.
5. Brown meat and drain.
6. Add onion, pepper, cooked rice, diced tomatoes, tomato paste, egg, and garlic to meat; mixing well.
7. Spoon meat mixture into green pepper, remove from oven and sprinkle with grated Parmesan and mozzarella cheese.
8. Return to the oven for 5 minutes until the cheese has melted.
9. For those you plan to freeze, do not add the cheese at this point.
10. Remove from oven and allow to sit for five minutes prior to serving.
11. Allow to cool completely before wrapping in parchment paper and then foil for freezing.

To prepare from frozen, remove from the freezer and allow to thaw in the refrigerator. Cook at 350 degrees for 30 minutes, remove from the oven and top with cheeses. Return to the oven for 5 minutes until the cheese has melted. Allow to sit for five minutes prior to serving.

Easy Mexican Pasta Salad



Ingredients:

- 3 cups elbow macaroni, cooked, drained and cooled
- 1/2 cup Hellmann's or other Light Mayonnaise
- 1/2 cup Ragu® Old World Style® Pasta Sauce
- 1/2 cup sliced green onions
- 1/2 cup diced red bell pepper

Directions:

Combine Light Mayonnaise with Pasta Sauce in large bowl. Stir in remaining ingredients. Serve chilled or at room temperature.

Low Fat Stuffed Green Peppers

Ingredients:

- 6 medium green peppers
- 1/2 cup chopped onion
- 1/2 cup chopped celery
- 1 clove garlic
- 2 tablespoons oil
- 1 – 16 ounce can kidney beans
- 2 cups cooked rice, brown or white
- 1 tablespoon parsley (optional)
- 1/4 teaspoon black pepper
- 1/2 cup grated cheddar cheese

Directions: Bake at 350 degrees for 10-15 minutes

1. Remove top and seeds from green peppers.
2. Steam peppers until nearly tender, about 3-5 minutes.
3. To make filling, sauté onion, celery and garlic in oil.
4. Add beans, rice, parsley and pepper.
5. Place green peppers in a baking pan. Spoon 1/2 cup of hot filling into each pepper.
6. Top with grated cheese.

Tip: You can make this recipe ahead of time, cover and refrigerate until ready to bake; then bake at 350 degrees for 30 minutes.

Kohlrabi



Description: Kohlrabi consists of a long stalk and large leaves protruding from the base. This base, a root, tastes like radishes when raw and broccoli when cooked. Varieties include purple and pale green.

Selection: Choose kohlrabi with fresh-looking leaves, bright, even color and no soft spots or cracks. Bulbs the size of a peach or smaller yield best texture and flavor.

Storage: Refrigerate in loosely sealed plastic bag for several days. If leaves show signs of decline, discard them before storing. Before eating, wash in cold water.

Preparation: Trim stalks and leaves. If eating raw, peel kohlrabi root to expose the white inner flesh, then cut as desired.

Cooked: If eating cooked, wait to peel until after cooking. Bake in a covered dish with a few tablespoons of liquid at 350 degrees for 50-60 minutes. Boil covered, 30-35 minutes.

Microwave whole trimmed kohlrabi in covered dish with a few tablespoons of liquid, 6-9 minutes.

Sauté shredded peeled kohlrabi; first sprinkle with salt and let sit 30 minutes, then squeeze water out.

Serving suggestions: Raw kohlrabi slices or sticks make a tasty snack. Add slices to salads or grate and marinate in salad dressing. Season cooked kohlrabi with butter, cream sauce, cheese sauce or fresh herbs.

Roasted Kohlrabi



Ingredients:

- pound kohlrabi (about 2 bulbs)
- 2 teaspoons olive oil
- Sea salt

Directions: Preheat oven to 375 degrees

1. While the oven heats, trim the kohlrabi, cut off any stray stems and vigorously peel the bulbs. The peel on kohlrabi is fairly tough and fibrous, so be sure to remove all of it to reveal the tender, creamy white flesh. Cut the peeled Kohlrabi into wedges or chunks; put them in a roasting pan or on a piece of aluminum foil. Drizzle with the olive oil and toss to coat the kohlrabi. Sprinkle with salt and put in oven.
2. Cook until kohlrabi is tender, with plenty of yumminess on the edges. About 30 minutes. Serve hot or cold.

Ingredients:

Kohlrabi Home Fries



- 2 pounds Kohlrabi
- 1 tablespoon rice flour, chickpea flour or semolina (more as needed)
- Salt to taste
- 4 tablespoons canola oil or grape seed oil
- Chili powder, ground cumin, curry powder or paprika to taste

Directions:

1. Peel the kohlrabi and cut into thick sticks, about 1/3 to 1/2 inch wide and about 2 inches long.
2. Heat the oil over medium-heat in a heavy skillet. Meanwhile place the flour in a large bowl, season with salt if desired and quickly toss the kohlrabi

sticks in the flour so that they are lightly coated.

3. When the oil is rippling, carefully add the kohlrabi to the pan in batches so that the pan isn't crowded. Cook on one side until browned, about 2-3 minutes. Then, using tongs, turn the pieces over to brown on the other side for another 2-3 minutes. The procedure should take only about 5 minutes if there is enough oil in the pan. Drain on paper towels, and then sprinkle right away with the seasoning of your choice. Service hot.

Lettuce



Nutrition Facts: Lettuce leaves are one of the very low calorie green-vegetables. Vitamins in lettuce are plentiful. It also contains good amounts of minerals like iron, calcium, magnesium, and potassium, which are very essential for body metabolism. Potassium is an important component of cell and body fluids that helps controlling heart rate and blood pressure.

Selection: choose leaves that feature crispy outlook, bright in color. Avoid sunken leaves with spots or discoloration.

Preparation: Remove any outer discolored leaves. Then trim off their bitter tips. Chop the remaining leaf to a desired size and discard the bottom stem/root portion. Wash leaves in clean running water and soak in salt water for about half an hour in order to remove sand and any parasite eggs and worms. Pat dry or use a salad spinner to remove the excess water.

Storage: Each variety of lettuce features a unique keeping quality; hence, different methods should be applied while storing. Romaine and loose leaf-lettuces should be washed, and any excess water removed before storing in the refrigerator. Butter-head need not be washed before storing. Pack them in a plastic bag or store in the refrigerator. Romaine will stay fresh for up to seven days

whereas, Butter-head and loose leaf-types for two to three days.

Uses: Raw, fresh-lettuce is commonly used in salads, burger, spring rolls and sandwiches. Lettuce is an excellent addition to your typical stir fry! Chop up the leaves and throw them in towards the end for a few minutes until the lettuce becomes slightly limp. Use large leaves of lettuce instead of a tortilla, and fill with your favorite ingredients! The lettuce provides a crisp, refreshing texture and works well with a variety of fillings. This is also a great sandwich alternative for anyone who is gluten intolerant!

Tangy Lettuce Slaw

Ingredients:

- 8 leaves of lettuce
- 2 tablespoons Dijon mustard
- 1 tablespoon lemon juice
- 1 tablespoon mayonnaise
- 1/8 teaspoons kosher salt
- 2 stalks celery
- 1 small cucumber

Directions:

In a large bowl, stir together Dijon mustard, lemon juice, mayonnaise and kosher salt. Thinly slice 2 stalks of celery, cucumber and 8 leaves of lettuce. Add to the bowl containing the vinaigrette and toss.

Sweet and Sour Lettuce Salad



Ingredients:

- 1 head lettuce
- 1 cup water
- 2 teaspoons salt
- 4 tablespoons sugar or sugar substitute
- 6 tablespoons vinegar

Directions:

1. Separate and wash lettuce leaves. Place in large bowl.
2. In a separate bowl, mix water, vinegar, sugar and salt. The mixture can be adjusted a bit according to your taste.
3. Pour over lettuce. Use your hands to mix the lettuce well with the liquid.
4. Let sit for 20-30 minutes at room temperature. Refrigerate

NOTE: The salad tastes best after a day of sitting in the refrigerator.

VARIATION: Liquid sugar substitute instead of sugar can be used in this recipe.



Braised Lettuce

Ingredients:

- 1 head of lettuce cut up in quarters
– washed
- 2 tablespoons olive oil
- 1/2 cup low sodium chicken broth
- 1 clove minced garlic
- Salt and pepper to taste

Directions:

1. Take your washed lettuce head and cut it up in quarters.
2. Heat olive oil and minced garlic in pan over medium heat. Add your quarters of lettuce, cut side down.
3. Sauté until the side is lightly brown. About 10 minutes. Turn then add your chicken broth and bring to a slight boil.
4. Turn down to low, cover and heat for 15 minutes.
5. Add salt and pepper to taste.

Melons



Cantaloupe: Will have a green to tan netted rind and a sweet, light orange colored flesh. They are high in Vitamin C and Vitamin A. They are also a good source of potassium and folic acid.

Honeydew Melon: This popular melon has a rind that is smooth and creamy white with a green cast. The pale green flesh has a sweet, juicy flavor and a crisp texture. It is a good source of Vitamin C.

Selection: Choose both cantaloupe and honeydew melons that have a slight give when squeezed and a sweet delicate scent. Keep under-ripe melons at room temperature for 2 to 3 days. Refrigerate cut melons in plastic bags for up to 1 week.

So how should I keep cut melons safe to eat?

Always wash melons and your other produce completely. This will help you remove any germs from the outside before you start cutting. Make sure that the knives and cutting boards you use are also clean. Always wash your hands before doing the cutting! Then place the cut melon in the refrigerator or an ice chest to keep it cold; this will prevent any germs that escaped the cleaning from growing too quickly.

When should I throw it out?

Keep cut melons *cold*. If melon pieces sit out at room temperature for longer than two hours, throw them out. If you have to wonder how long they've been out there, they've been out too long. Cantaloupes, watermelons and other melons are great, nutritious foods.

How do I choose a perfect cantaloupe?

Cantaloupes can be identified by the characteristic system of ridges that encompass the outside of the rind and look almost as if the fruit is covered in a net. Look for cantaloupes with prominent, cream-colored ridges and select those that are free of bruising. It is perfectly normal for one side to be lighter in color or to have smoother ridges where the cantaloupe has touched the ground as it grows in the field. The stem end of the cantaloupe should be smooth and well rounded. Another sure sign of a tasty, ripe melon is its sweet, musky aroma.

How should cantaloupes be stored at home?

Refrigerate ripe melons, but do not freeze. It is best not to cut a cantaloupe until you are ready to eat it. If you need to return cut melon to the refrigerator, do not remove the seeds from the remaining sections as they keep the flesh from drying out. Cut melon should be wrapped tightly in plastic wrap and put back in the refrigerator immediately.

How Do I Choose a Melon? Look for a melon that is heavy for its size (this means it's juicy). Make sure the melon has no scars or bruises, and look for a yellow-colored spot, which is where the melon sat on the ground as it ripened. If it doesn't have the spot, it was likely picked before it was ripe. Avoid melons that are piled on top of each other in bins, as this can crush and damage the fruit.

To tell if a cantaloupe is ripe, smell it at the stem end and see if it's sweet and musky. Another way is to press it on the end opposite the stem end and see if it gives a bit. If the color under the netted rind is green, it's not ripe.

When it comes to honeydew, there should be a sweet smell and the skin should have a yellow color to it, rather than beige or green.

The only way to tell if a watermelon is ripe is to thump it with a flat hand; the sound should be deep.

Instructions on cutting up a Cantaloupe or Honeydew

1. Wash the melon thoroughly to remove any dirt, grime or impurities that might be pushed into the fruit when you cut it.
2. Cut a small, flat slice off the bottom of the melon. This will create a flat point to set the melon on in order to keep the melon from rolling when you put it on the cutting board.
3. Set the melon on the cutting board and cut the melon completely in half with a large knife. Remove all seeds and strings and rewash the fruit, if desired.
4. Lay the melon halves cut-side down on the cutting board to keep them from rolling. Carefully remove all of the melon's peel, or outer skin, with the knife.
5. Divide your melon halves into two pieces each by cutting them down the center. Slice down the length of all pieces, dividing them again. Continue cutting alternately horizontally and vertically until the melons have been divided in to relatively small sections, then cut them horizontally to create chunks in your desired size.

How to cut up a watermelon

1. Place the watermelon on a cutting board with deep grooves to catch the juice, like this turkey carving board. Cut the watermelon in half with a big, heavy chef's knife. It should split easily. Turn one half face down and make sure it is firm and secure on the cutting board. Carefully shave off the rind, taking as little of the red flesh as possible.
2. You should be left with a watermelon cone. Lop off the last bit of rind on the end.
3. Now you have a block of watermelon you can carve up into slices, then into even cubes.
4. Toss all the cubes into a bowl, refrigerate, and enjoy!

Watermelon Pops

Ingredients:

- 4 cups seedless watermelon chunks, the smaller the better
- light corn syrup or granulated sugar
- 1/4 cup mini chocolate chips
- 1 pt. vanilla ice cream, white as you can get, and softened
- 3 cups honeydew melon

Directions:

1. Spread watermelon chunks in an even layer on a baking sheet. Freeze about 1 hour or until semi-frozen. Transfer to a blender and add either 2 Tablespoons syrup or 2 Tablespoons sugar, or both, to taste. Puree until a thick slush forms. Stir in chocolate chips.
2. Fill molds or cups halfway with slush. Insert a stick into the center of each, letting sticks extend 2 in. above top edge of molds. The slush will support the sticks without sinking, so you won't need the tops of molds.) Freeze molds 1 hour or until solid.
3. Carefully spoon ice cream (about 2 Tablespoons in each mold over watermelon layer, to simulate the rind. Freeze 1 hour or until hard.
4. Meanwhile, spread the honeydew chunks in an even layer on a baking sheet. Freeze about 1 hour or until semi-frozen. Transfer to a blender and add corn syrup or sugar, and puree until a thick slush forms. Fill molds to top with honeydew slush and Freeze 4 hours or until hard.
5. To serve: Let pops stand at room temperature for 3 minutes to soften slightly. Remove from molds. If pops don't release easily, dip molds briefly in warm, not hot, water.



Watermelon Pie

Ingredients:

- (3 ounce) package watermelon Jell-O
- 1/4 cup water
- 1 container frozen whipped topping, thawed
- 2 cups water melon
- 1 (9 inch) prepared graham cracker crust

Directions:

1. Mix together the watermelon gelatin and water.
2. Fold gelatin mixture into the dessert topping.
3. Add cut watermelon.
4. Pour mixture into graham cracker crust. Cool in refrigerator for about 3 hours.



Triple-Melon Fruit Salad Recipe

Ingredients:

- 3 pounds seedless watermelon, cut into 1-inch cubes (about 5 to 6 cups)
- 2 pounds cantaloupe, cut into 1-inch cubes (about 3 to 4 cups)
- 2 pounds honeydew melon, cut into 1-inch cubes (about 3 to 4 cups)
- 2 tablespoons coarsely chopped fresh mint leaves
- 1 tablespoon freshly squeezed lime juice, plus more as needed
- 1 tablespoon granulated sugar, plus more as needed
- Pinch salt

Directions:

Place all of the ingredients in a large bowl and gently mix to combine. Taste and add more lime juice or sugar as needed. Serve immediately or chill in the refrigerator for up to 4 hours before serving.

Three Melon Smoothies



Ingredients:

- 2 cups seedless watermelon, cubed
- 1 cup honeydew melon, cubed
- 1 cup cantaloupe melon, cubed
- 1/2 cup ice cubes
- 1/2 cup lemon-lime soda pop

Directions:

Place the watermelon, honeydew, cantaloupe, and ice in a blender. Pour in the lemon-lime soda and puree until smooth.

Mushrooms

**Nutrition Facts:**

Mushrooms contain a variety of nutrients, including a small amount of B Vitamins.

Selection: Look for mushrooms with firm dry caps. Caps can vary from light honey colored to dark brown. Some may have white spots or splits.

Storage: Refrigerate and use within 14 days. Avoid storing in an air-tight container, which will cause spoilage. Mushrooms take up strong odors, so store away from onions or garlic.

To Clean: Gently wipe with a damp cloth or soft brush or rinse with cold water and pat dry with paper towels. Avoid soaking in water. Handle with care as mushrooms will bruise easily.

Preparation: Shitake stems are tough and chewy even after cooking. Discard them and use only the caps.

Mushrooms can be prepared in many ways, including grilling, roasting, baking, frying or sautéing. Try different seasonings, such as soy sauce, olive oil, ginger, garlic and thyme. Four ounces of shitake caps are equal to 1 1/2 cups sliced or chopped.

To Sauté: Rinse and cut off the stems. Slice caps if preferred or leave whole. Cook 8 ounces of mushrooms in 1 tablespoon of oil or butter over medium heat until golden, about 3 to 4 minutes.

To Microwave: Place 8 ounces of thickly sliced caps in a microwaveable bowl. Cook for 2 to 3 minutes on high, stirring once.

To Roast: In a shallow baking dish, toss 8 ounces of mushrooms with 1 tablespoon of oil.

Roast at 450° F for about 20 minutes. Stir occasionally.

To Grill or Broil: Lightly brush caps with oil; season with salt and pepper. Grill 4 to 6 minutes on each side, brushing once.

Quick & Easy Deep Fried Mushrooms

**Ingredients:**

- 1 package of sliced or whole fresh mushrooms
- 1 cup self-rising flour
- 2 eggs, beaten
- Salt and pepper to taste
- Oil of your choice for deep frying

Directions:

1. Toss the flour in a Ziploc bag; add salt & pepper to suit your taste.
2. Beat 2 eggs in a bowl add 2 tablespoons of water.
3. Put about 6 mushrooms in the egg mixture. Then drop them in the bag of flour mixture.
4. Shake and coat the mushrooms in the flour mixture.

Use a frying pan to deep fry the mushrooms. Heat the oil till hot (drop in a pinch of flour, if it sizzles, the heat is hot enough). Then lay the mushrooms in hot grease and fry to desired golden brown. Put on paper towel to absorb grease.

Sautéed Mushrooms

**Ingredients:**

- 1 tablespoon butter or 1 tablespoon margarine
- 2 cloves garlic, minced
- 1 1/2 pound fresh mushrooms, sliced
- 1/4 cup soy sauce
- garlic powder and black pepper (to taste)

Directions:

1. Melt butter over medium heat in a large pan.
2. Add garlic and sauté for 2 minutes.
3. Add sliced mushrooms, stir to coat, and cook for about 5 minutes.
4. Drizzle soy sauce into the mushrooms.
5. Sprinkle with garlic powder and black pepper.
6. Continue cooking over medium heat for about 10 minutes or until desired doneness is achieved.

**Ingredients:**

- 1 to 2 pounds mushrooms, cut in halves
- Salt and pepper to taste
- 5 to 6 tablespoons butter
- About 4 tablespoons heavy cream

Directions: Preheat oven to 350 degrees

Spread the mushrooms in a long baking pan. Dust lightly with salt and pepper and dot with butter. Cover and bake for 25 minutes. Pour the cream into the pan and bring to a boil on top of the stove.

Mushrooms Au Gratin

A rich and delicious side dish casserole for mushroom lovers, made with fresh mushrooms, sour cream and cheese.

Ingredients:

- 16 ounces sliced mushrooms
- 2 tablespoons butter
- 1 egg yolk
- 1/3 cup sour cream
- 1/4 teaspoon salt
- 1/8 teaspoon pepper
- 3 tablespoons fresh chopped parsley
- 1/3 cup shredded Swiss or Monterey Jack cheese

Directions: Bake at 425 degrees for 10 minutes

Heat butter in a skillet over medium-low heat. When butter is foamy, add mushrooms and cook until lightly browned, stirring constantly.

Whisk together the sour cream, egg yolk, and salt and pepper; stir into the mushrooms. Heat while continuing to stir. Spoon mushroom mixture into a shallow baking dish; sprinkle with the chopped parsley and shredded cheese.

Easy Stuffed Mushrooms**Ingredients:**

- 8 ounces mushrooms
- 1/3 cup whipped cream cheese
- 1 tablespoon Parmesan cheese
- 1/4 teaspoon garlic salt
- 2 tablespoons chopped spinach
- 1 tablespoon breadcrumbs

Directions: Preheat oven to 350 degrees

1. Pop out the stem of the mushroom, leaving the cap. Reserve stems for another use or discard.
2. Brush off any dirt on the mushrooms with a damp paper towel.
3. Mix cream cheese, Parmesan cheese, salt and chopped spinach in a bowl.
4. Fill the opening in each mushroom with the cream cheese mixture.
5. Place mushrooms on a baking sheet coated with cooking spray.
6. Bake for about 15 minutes. Juices will begin to pool at the bottom of the mushrooms and the top will begin to lightly brown.
7. Remove from oven and serve hot.

**Rice with Mushrooms****Ingredients:**

- 1 1/4 cups water
- 2 tablespoons butter
- 1 chicken bouillon cube
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 3/4 cup uncooked rice
- Fresh mushrooms

Directions:

In a large saucepan, bring the water, butter, bouillon, salt and pepper to boil. Add rice and sliced mushrooms. Cover and cook 20 minutes. Fluff with fork.

Okra



Nutritional Facts: Okra is a good source of Vitamin C, folic acid and soluble fiber which helps to lower cholesterol, reducing the risk of heart disease.

Selection: Select pods that are crisp, tender and small, 2 to 4 inches long. Pods should be free from blemishes. Pods that have passed their prime will have a dull dry appearance, contain coarse fibers and taste stringy.

Storage: Refrigerate unwashed, dry okra pods in the vegetable crisper, loosely wrapped in perforated plastic bags. Okra will keep for only 2 to 3 days before it starts to deteriorate.

Preparation: Wash okra pods before cooking. Cut off stem end. Leave small pods whole. Cut large pods in 1/2 inch slices.

Okra exudes a unique juice that will thicken soups and stews. The taste compliments tomatoes, onions, corn and fish stock. It is mostly breaded and fried or used in gumbo.

Freezing: This is the best method for longterm storage. Okra must be blanched before freezing to hold the flavor and quality. It will hold in the freezer for one year.

How to Prepare Fresh Okra before Cooking

Ingredients:

- 1/2 cup vinegar
- 1 pound fresh okra
- 2 tablespoons oil (if freezing) or 8 cups boiling water

Directions:

1. Wash well handling gently
2. Trim stem end without cutting into pod.
Trim around top of stem attached to pod, removing a thin layer.
3. Remove fuzz under running water by rubbing pod gently with a nylon scourer. If okra is young there is no need to do this. Spread out and leave until dry.

4. Place in a bowl and pour on vinegar tossing gently so that vinegar coats okra.
5. Leave for 30 minutes.
6. Drain and rinse well.
7. Dry and use as directed in recipes.

To Freeze

In a deep pan heat oil and fry okra for 5 minutes, toss gently with a wooden spoon. Cool and put into freezer bags, expel air, seal and label. Pack into freezer.

OR

Prepare as above.

Bring a large pot of water to a boil.

Have a bowl of ice water ready.

Place prepared okra into a frying basket and lower into boiling water.

Boil for 3 minutes, timed from when the water returns to a boil.

Lift out and place in ice water for 3 minutes.

Drain well, put into freezer bags, and expel air, seal and label. Pack into freezer.

Okra and Tomato Soup



Cajun or Creole seasoning adds spice to this flavorful okra soup. Serve this soup with cornbread or muffins for lunch, or serve it along with a sandwich or hearty salad for a delicious family meal.

Ingredients:

- 1 tablespoon olive oil
- 1 tablespoon butter
- 4 green onions, with most of green, sliced
- 1 small clove garlic, minced
- 1 rib celery, sliced
- 2 cups chicken broth
- 1 can (14.5 ounce) diced tomatoes, undrained
- 8 to 10 ounces okra, about 3 to 4 cups sliced, fresh or frozen, thawed
- 1 cup corn kernels
- 1 teaspoon Cajun seasoning
- Salt and black pepper to taste

Directions:

In a medium saucepan, heat olive oil and butter over medium-low heat. Add onion, garlic, and celery; sauté, stirring, until celery is

tender. Add chicken broth, tomatoes, sliced okra, corn kernels, Cajun seasoning, and pepper. Bring to a boil. Reduce heat to medium-low, cover, and simmer for 20 to 30 minutes, or until okra is tender. Add salt to taste.



Fried Okra

Fried okra is one of the tastiest, most crave-able treats I know. Just coat okra with beaten egg and then seasoned corn meal, corn flour, or semolina. I like to fry the pods whole, but there's nothing wrong with cutting the okra into bite-size pieces first to fry up popcorn-like snacks.

Ingredients:

- 1 pound okra
- 2 eggs
- 1 1/2 cup corn meal, corn flour
- 1/2 tsp. salt, plus more for sprinkling
- 1/4 tsp. freshly ground black pepper
- 1/4 tsp. cayenne (optional)
- Vegetable or canola oil for frying

Directions:

1. Trim stem ends off okra. Cut pods into bite-size pieces, if you like. Set aside.
2. In a large bowl beat the eggs with 2 Tbsp. water. Set aside.
3. In a second large bowl, combine corn meal, salt, and peppers. Set aside.
4. In a large heavy pot, heat at least half an inch of oil to 350 - 375 degrees (measure with a thermometer, or test it by dipping a piece of bread or the handle of a wooden spoon into the oil - it should sizzle immediately and steadily, if it doesn't sizzle it's not high enough and if it bubbles up violently it is too hot).
5. While the oil heats, put the okra in the egg and toss to thoroughly and completely coat the pods. Lift okra out, letting excess egg drip off or simply drain in a colander.
6. Working in batches of 4 or 5 pods, use one hand to put okra in the corn meal and the other hand to toss it to coat it completely with the corn meal mixture. Put coated okra on a plate or baking sheet. Repeat with remaining okra.

7. Fry okra in batches - the pods shouldn't touch - until coating turns brown and crispy. Use tongs or a slotted spoon to transfer cooked okra to drain on a layer of paper towels. Repeat with remaining okra. Serve hot, sprinkled with additional salt, if you like.

Baked Polenta with Cheese and Okra



- 4 cups water, divided
- 6 small fresh okra pods
- 1 cup uncooked quick-cooking grits
- 1/2 teaspoon salt
- 2 large eggs, lightly beaten
- 1/4 cup butter or margarine, cut into pieces
- 1 (8-ounce) block sharp Cheddar cheese, cubed

Directions: Bake at 350 degrees for 55-60 minutes

1. Bring 2 cups water to a boil in a large saucepan over medium heat; add okra, and cook 10 minutes.
2. Remove okra with a slotted spoon, reserving liquid in pan; cool okra slightly, and chop.
3. Add remaining 2 cups water to reserved liquid; bring to a boil.
4. Gradually stir in grits and salt; return to a boil. Cover, reduce heat, and simmer 5 to 7 minutes. Gradually whisk about one-fourth of hot grits into eggs; add to remaining hot mixture, whisking constantly. Whisk in butter. Stir in okra and cheese.
5. Spoon into a lightly greased 11- x 7-inch baking dish.

Onions

Green Onions (Scallions)



Nutrition Facts: Contain many noteworthy flavonoid anti-oxidants, plant fiber, minerals, and vitamins that have proven health benefits. They contain vitamins A (which help protect from lung and oral cavity cancers), C and K. Vitamin K has a potential role in bone health by promoting bone formation and strengthening. Spring onions are plentiful in B-complex vitamins as well as some essential minerals such as copper, iron, manganese, and calcium. The leafy greens contain several vital vitamins such as pyridoxine, folic acid, niacin, riboflavin, and thiamin in healthy proportions.

Selection: Buy clean, uniform, firm, crispy stalk about pencil thin size featuring well-formed, green color tubules. Avoid over-mature, yellow leaves as they are more pungent and have a strong flavor like that of onions. Furthermore, avoid those with withered, yellow discolored, dry tops.

Preparation: Always use a sharp knife when cutting scallions to avoid bruising them. Cut off any dried-out ends from the dark green tops (usually the top 1/4 inch or so), trim the root ends, and rinse just before using. Wash the whole scallion in a bowl of cold water. Mop dry. Chop the leaves closely using paring knife in a way you desire like rings, sticks or diagonals.

Storage: Once at home, wash in cold water, gently pat them dry using moisture absorbent cloth and store inside the refrigerator placed in a perforated plastic bag set at high relative humidity. Well- preserved scallions should last for a week to 10 days.

Uses: Spring onions are used in recipes whenever you want subtle flavor of onions but at the same time want to avoid their strong pungent flavor. Besides, they add bright green color to the recipes.

Safety profile: Scallions handling may cause mild irritation to skin, mucus membranes, and eyes but to the very less extent than other allium members like onions.

CHEESE AND SCALLION ENCHILADAS

Ingredients:

- 8 corn tortillas
- 2 scallions
- 1/2 lb. Monterey Jack cheese, grated
- 3 tbsp. unsalted butter
- Guacamole Sauce (see following recipe)
- 4 heaping tbsp. sour cream
- 1 sm. ripe tomatoes, slivered, for garnish

Directions: Preheat oven to 425 degrees

1. Stack tortillas and wrap in foil. Heat in oven until warm and flexible, about 6-8 minutes.
2. Trim scallions and slice into thin rings.
3. In small saucepan, melt butter. Using pastry brush, brush 9 x 13 inch baking dish with melted butter. Brush 1 side of each tortilla with melted butter, reserving a tablespoonful. Divide cheese evenly down the center of each tortilla, sprinkle with scallions. Tightly roll tortillas and place them side by side in baking dish, folded side down. Gently press tortillas to help keep them from unfolding. Brush tops of tortillas with remaining butter and cover dish tightly with foil.
4. Bake 12-15 minutes.
5. Serve each enchilada with guacamole sauce and garnish each with a heaping spoonful of sour cream and tomato sliver. Serve immediately.

GUACAMOLE SAUCE:

Ingredients:

- 7 fresh tomatillos
- Clove garlic
- Peeled 1 scallion, trimmed
- 1/4 c. firmly packed fresh coriander (cilantro)
- 1 1/2 tsp. to 1 tbsp. diced, canned jalapeno peppers
- 1 lg. avocado (about 3/4 lb.) peeled & sliced
- 1 tbsp. fresh lemon juice
- 1 tbsp. vegetable oil
- Salt to taste

Directions:

If using fresh tomatillos, remove and discard skin. Cover with cold water in saucepan. Cover. Bring to boil, cook 1 minute. Drain. Place in ice water. Set aside. Or drain canned tomatillos, set aside. Chop garlic, scallions and coriander in food processor or blender. Add jalapenos, process until minced. Add tomatillos, process. Add avocado, combine well, adding lemon juice, oil and salt when smooth. Set aside at room temperature until ready to serve on enchiladas.

Onions



Selection and Storage: Raw onions are readily available during all the seasons. Depending on the variety, they can be sharp, spicy, tangy and pungent or mild and sweet.

While buying, look for fresh ones that are clean, well-shaped, have no opening at the neck and feature crispy, and dry outer skins. Avoid those that show sprouting or have signs of black mold (a kind of fungal attack) as they indicate that the stock is old. In addition, poor-quality bulbs often have soft spots, moisture at their neck, and dark patches, which may all be indications of decay.

At home, store them in cool dark place away from moisture and humid conditions where they keep fresh for several days. They can also keep well in the refrigerator; however, you should use them immediately once you remove from the refrigerator since they tend to spoil if they kept at room temperature for a while.

Preparation: Trim the ends using a sharp knife. Then peel the outer 2-3 layers of skin until you find fresh thick pinkish-white whorls. You can slice or cut them into fine cubes depending upon the recipe type.



Fried Onion Rings

Ingredients:

- 1 quart vegetable oil for frying
- 1 cup all-purpose flour
- 1 pinch salt
- 1 pinch ground black pepper
- 1 cup beer or 1 cup buttermilk with 1 egg, beaten
- 4 onions, peeled and sliced into rings

Directions:

1. In a large, deep skillet, heat oil to 365 degrees.
2. In a medium bowl, combine flour, beer, salt and pepper. Mix until smooth. Dredge onion slices in the batter until evenly coated. Deep fry in the hot oil until golden brown. Drain on paper towels.

Onion Dip from Scratch

**Ingredients:**

- 2 tablespoons olive oil
- 1 1/2 cups diced onions
- 1/4 teaspoons kosher salt
- 1 1/2 cups sour cream
- 3/4 cup mayonnaise
- 1/4 teaspoon garlic powder
- 1/4 teaspoon ground pepper

Directions:

In a sauté pan over medium heat add oil, heat and add onions and salt. Cook the onions until they are caramelized, about 20 minutes. Remove from heat and set aside to cool. Mix the rest of the ingredients and then add the cooled onions. Refrigerate and stir again before serving.



French Onion Soup

Ingredients:

- 2 1/2 pounds of yellow, white or red onions
- 1/3 cup (1/2 stick) unsalted butter
- Salt
- 4 cups beef or chicken stock
- Ground black pepper

- Fresh artisan-style bread, cut thick (optional)
- Parmesan cheese (optional)

Directions:

1. Cut each onion in half lengthwise, and then slice into half-moons. Slice these half-moons in half again.
2. Scrape all the cut onions into a bowl. Cut a stick of butter in half, and then into a couple of big pieces.
3. Place your skillet or saucepan over medium heat and add the butter. Let the butter melt.
4. After the butter melts and foams up, add the onions. Stir them to coat well with butter, and sprinkled them thoroughly with about a teaspoon of salt.
5. Turn the heat to medium low, and let the onions cook. Let them cook, stirring occasionally, for at least 45 minutes
6. As the onions reach a dark brown color pour in the broth and turn the heat up a little so the soup comes to a boil.
7. Simmer until the soup has reduced a bit and is shiny and glazed over the onions.

Paw paws



How does a fresh pawpaw taste? The taste of the pawpaw is difficult to describe. The pawpaw's soft custard-like flesh has a complex tropical fruit flavor, often described as a combination of mango, pineapple, and banana with notes of vanilla and spice. While there are many recipes for pawpaw cakes, cookies, pies and puddings, many pawpaw fans insist that the only way to eat a pawpaw is fresh & fully ripened - when the skin is nearly black and the flesh is soft & custardy. It's true that many of the key components of pawpaw flavor are highly volatile and can be lost during the cooking process.

Season: The season for paw paws is very short, lasting only for a few weeks in the late summer. Fresh paw paws cannot be stored for long periods, so we must enjoy them while they are in their brief season. Fully ripe paw

paws last only a few days at room temperature, but can be successfully kept for a week or more in the refrigerator. For maximum flavor, allow the fruit to finish ripening at room temperature for 2 to 3 days before using. Never eat the skin or seeds.

Preparation and serving method: Wash papaya fruit thoroughly in cold running water to remove dust and any pesticide residues. Skin is bitter in taste and inedible. Remove skin with "peeling knife," cut the fruit longitudinally into two equal halves. Gently remove seeds and thin slimy layer loosely adhering to the flesh. Cut the fruit longitudinally like melon or cut into small cubes.



Here are some serving tips:

- Ripe papaya fruit is usually eaten raw with a twist of lemon drops.
- Fresh papaya cubes are a great addition to fruit salads.
- Papaya juice with ice cubes is a popular drink.
- Its cubes are used in ice creams, shakes, sorbets, salsa, etc.
- Ripe fruit also goes well with chicken and seafood savory dishes.
- Unripe green papaya can be used as a vegetable, either cooked, usually in stews, stir-fry, curries, and soups.



Papaya Surprise Smoothie

Ingredients:

- 1 papaya – peeled, seeded and diced
- 1 banana, peeled and sliced
- 1/2 cup sliced fresh strawberries
- 1/3 cup milk
- 1/4 cup sugar
- 15 ice cubes

Directions:

1. In a blender, blend the papaya, banana, strawberries, milk, sugar, and ice cubes until smooth.

Pawpaw Pudding**Ingredients:**

- 2 cups sugar
- 1 /2 cups flour
- 1 teaspoon baking powder
- One half teaspoon cinnamon
- 3 eggs
- 2 cups pawpaw pulp
- 1/2 cups of milk
- 1/2 cup melted butter
- Dash salt (optional)

Directions: Preheat oven to 350 degrees

Grease 13x9x2-inch glass baking dish. In a large mixing bowl whisk together dry ingredients. In the center of this, mix the eggs. Whisk until fully mixed. Put in all other ingredients and mix well. Bake 50 minutes. When cooled cut in squares and serve with whipped cream.

Peaches



Nutrition Facts: Peaches contain many nutrients but are most important for fiber and Vitamin A.

Selection: The many varieties come with yellow or white flesh. Look for fairly firm to slightly soft fruit with yellow or cream-colored skin. Avoid peaches that are green, shriveled or bruised. It's important to pay attention to color -- not the red blush, which is meaningless, but the background color, particularly around the stem. If you see some green, it means the fruit is not yet ripe. Leave it at room temperature for a day or two, though, and it will ripen just fine (don't refrigerate a peach until it is fully ripe). Also pay attention to the quality of the background color. Most peaches are creamy yellow; look for ones that glow an orange or gold, they'll be

the sweetest and best-flavored.

Storage: Some peaches may need to be stored at room temperature to ripen. Fragrance is an indication of ripeness. Store ripe peaches in the refrigerator for up to 5 days. Handle gently. Peaches will continue to ripen after they've been harvested if you leave them at room temperature. They should never be refrigerated until they are fully ripe. Chilling them before that will result in fruit that is mealy and flavorless.

Preparation: one pound of fresh peaches will equal about 3 to 4 medium-sized peaches, 2 cups sliced or 1 /2 cups pulp or puree. Wash, peel and cut in half to remove pit. To peel, dip in boiling water for 30 seconds. Cool quickly in cold water and remove peel with a knife. Peaches will darken when exposed to air. To avoid this, dip peaches in lemon juice or ascorbic acid mixture for fruit. Peaches are used for appetizers, garnishes, salads, desserts, baked products, jellies, preserves and are most delicious eaten fresh.

Peaches need to be peeled before cooking to avoid having stray bits floating loose in the dish. To peel a peach, cut a shallow X in the blossom end and place the fruit in boiling water until you can see the peel start to lift away where it's been cut. Depending on the ripeness of the peach, this can take anywhere from five seconds to a minute. Retrieve the peach with a slotted spoon and place it immediately in an ice-water bath to stop the cooking. The peel should just slip off; if it doesn't, return the fruit the boiling water briefly.

How to Slice Peaches

1. Start With Fresh, Ripe Peaches
2. Peel the Peaches, If You Like
3. Cut Peach Towards Pit
4. Remove the Slice
5. Cut Peach In Half
6. Twist the Peach Halves
7. Pit the Peach
8. Slice!

Peachy Dump Cake



It is almost like a peach cobbler and goes very well with a scoop of vanilla ice cream or homemade whipped topping.

Ingredients:

- When using fresh peaches, a little sugar and water needs to be added use 3 peaches
- 1 yellow cake mix
- 1 stick butter

Directions:

1. Grease bottom of a 9×13 pan.
2. Pour in yellow cake mix (dry).
3. Pour peaches over cake mix.
4. Melt butter and pour over the top of the peaches and cake mix.
5. Bake in a pre-heated 350° for 40 minutes or until bubbly.

Peach Green Tea Recipe



Ingredients:

- 2 whole fresh peaches
- 1 family size bag green tea, or 6 single ones
- filtered water
- 1/2 – 3/4 cups sugar or enough stevia to sweeten

Directions:

1. Boil water for tea on stove in a small saucepan. When water comes to a boil add tea bags and remove pan from heat. Let steep for about 15 minutes.
2. Cut peaches in chunks and add to blender. Add 1 or 2 cups of the green tea concentrate. Blend on high for 1 – 2 minutes.
3. Strain peach and tea mixture through a fine mesh strainer into a 2 quart pitcher. Add stevia or sugar and mix well. Add enough water to fill pitcher.
4. Serve over ice.

Easy Peach Frozen Yogurt



Ingredients:

- 1 1/2 pounds ripe peaches
- 1/2 cup water
- 3/4 cup sugar
- 1 cup plain whole-milk yogurt
- a few drops of freshly squeezed lemon juice

Directions:

Peel the peaches, slice them in half and remove the pits. Cut peaches into chunks and cook them in water in a medium nonreactive saucepan over medium heat, covered, stirring occasionally, until soft and cooked through, about ten minutes. Remove from heat. Stir in sugar and chill in the refrigerator.

When peaches are cool, puree them in a food processor or blender with the yogurt until almost smooth but slightly chunky. Mix in a few drops of lemon juice. Freeze the mixture in your ice cream maker according to the manufacturer's instructions.

Summer Peach Salsa



Ingredients:

- 1 1/2 cups diced firm ripe peaches
- 3/4 cup diced cherry tomatoes
- 1 fresh jalapeño, finely chopped
- 3 tablespoons chopped fresh basil
- 2 tablespoons finely chopped red onion
- 1 tablespoon lime juice
- 1/2 teaspoon brown sugar
- 1/4 teaspoon salt

Directions:

Combine peaches, tomatoes, jalapeño, basil, onion, lime juice, brown sugar and salt in a medium bowl.

Make Ahead Tip: Prepare up to 2 hours ahead.

Easy Peach Cobbler

Ingredients:

- 1/2 cup unsalted butter, melted
- 1 cup all-purpose flour
- 2 cups sugar
- 3 teaspoons baking powder
- Pinch salt
- 1 cup milk
- 4 cups peeled, pitted and thinly sliced fresh peaches (5 to 6 medium peaches)
- 1 tablespoon fresh lemon juice
- Several dashes ground cinnamon or ground nutmeg (optional)

Directions: Preheat oven to 375 degrees

1. Pour the melted butter into a 13 by 9 by 2-inch baking dish.
2. In a medium bowl, combine the flour, 1 cup sugar, the baking powder, and the salt and mix well. Stir in the milk, mixing until just combined. Pour this batter over the butter but do not stir them together.
3. In a small saucepan, combine the peaches, lemon juice, and remaining cup of sugar and bring to a boil over high heat, stirring constantly. Pour the peaches over the batter but do not stir them together. Sprinkle with cinnamon or nutmeg if desired.
4. Bake in the preheated oven for 40 to 45 minutes or until the top is golden-brown. Serve warm or cold.



Grilled Fresh Peaches

Ingredients:

- 3 large ripe peaches, stone removed, halved
- 1 teaspoon light brown sugar
- 1 teaspoon melted butter
- Small pinch of nutmeg
- Pinch of salt
- Freshly ground black pepper to taste, optional (omit if making for a dessert)

Directions:

In a small bowl mix the sugar, butter, nutmeg, salt, and black pepper.

Carefully brush the grates of a hot grill with an oiled paper towel. Place the peach halves on the grill cut side down. Grill for 2 minutes and turn. Immediately spoon and spread a little of the sugar mixtures over the hot peach halves.

Cook for another 2-3 minutes, remove and serve hot, room temp, or cold.

Supplies You Will Need to Freeze Peaches

- pot of boiling water
- large slotted spoon
- large bowl of ice water
- large mixing bowl
- sharp paring knife
- cutting board
- plastic freezer bags
- vacuum sealer and bags (optional)

How to Select Peaches for Freezing

Select freestone peaches for freezing, as the pit (stone) easily separates from the peach, making preparation of the peaches for freezing much quicker and easier. Select peaches that have a sweet fragrance and will yield to gentle pressure (but are not bruised or overly soft). If the peaches are slightly under-ripened (which is rarely the case with farm-fresh peaches), place them in a brown paper bag at room temperature for a day or two.

How to Prepare the Peaches for Freezing

Now that you have selected your peaches, you will need to prepare them for freezing. Blanching peaches involves briefly dipping the peaches in boiling water, then "shocking" them in ice water to stop the cooking process. Blanching makes removal of peach skins easy and helps the peaches to retain their quality while frozen.

1. First, rinse the peaches in cool water.
2. Next, place the peaches (about 6 peaches at a time) in the pot of boiling water for approximately 40 seconds. Remove the peaches with a slotted spoon and immediately put them in the bowl of ice water. Repeat the process until you have blanched all the peaches.
3. The next step in preparing the peaches for freezing is to remove the skins. Take each peach and make a small cut in the skin with the paring knife. Gently slide the skin off of the peach. Discard the peach skins.
4. To remove the peach pits (stones), place the peaches on a cutting board and cut down the center to the pit, all the way around the fruit. Separate the peach halves from the pit. Discard the peach pits. The peaches can be left as halves, sliced into smaller cubes or quarters, mashed with a potato masher or pureed in processor.

5. Place the peaches in a large bowl.

How to Freeze Peaches

Now that the peaches have been prepared they will need to be mixed in a solution of sugar and ascorbic acid. This is how to keep the fruit from browning and will help to retain the flavor of the peaches. There are three basic methods of freezing peaches...

Method #1 - Freezing Peaches in Sugar

In a bowl, for every eight cups of peaches, combine 1-1/3 cup of sugar with 1/2 teaspoon of ascorbic acid or "Fruit Fresh" (available in grocery stores and wherever canning supplies are sold) and 1/2 cup of cold water. Mix gently with the peaches.

Method #2 - Freezing Peaches in Water or Juice

For every eight cups of peaches, combine four cups of water, apple or white grape juice with 1/2 teaspoon of ascorbic acid. Mix gently with the peaches.

Packing the Peaches for Freezing

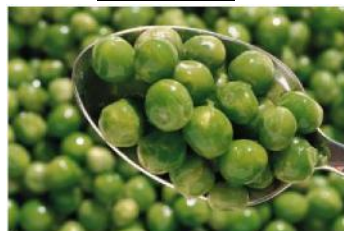
After you have mixed the peaches with sugar solution, gently scoop the prepared peaches into plastic freezer bags. Squeeze out all the excess air while sealing the bags. Alternatively, a vacuum food sealer may be used but this is optional.

How to Use Frozen Peaches

Peaches can be stored in the freezer for 10-12 months. Defrost frozen peaches in the refrigerator overnight before using. The texture of thawed peaches will be softer than that of fresh peaches.



Peas



Nutrition Facts: Green peas are a good source of fiber and low in fat.

Selection: Fresh pea pods should be moist and bright green that contain a good number of seeds that are small in size and they should feel slightly fuzzy to the touch. Avoid peas that are flat, dark green, wilted, gray-flecked or scarred. One bushel of green peas in the pod will yield 12 to 15 pints of frozen, shelled peas. Fresh peas may be found in the markets in the spring, but may be hard to find because they do not retain their freshness for very long.

Storage: The sooner fresh peas are eaten after picking, the sweeter the taste. Peas can be refrigerated for up to two days. Store unwashed peas in a vegetable crisper or a plastic bag. For long-term storage, freezing is recommended. To store, place them in a container that is not airtight or place them in a perforated plastic bag. They can be refrigerated for 3 or 4 days. The longer they are refrigerated the less sweet they will be. Do not leave peas out at room temperature. Place whole or split dried peas in an airtight, glass container and store in a cool, dry dark place.

Preparation: Fresh peas can be eaten raw, steamed, boiled or cooked in the microwave. To cook peas, remove from the pod; steam or cook in boiling water for 4 to 10 minutes. Fresh peas of all sorts need a little preparation before you use them. Peas can be eaten raw or cooked, which sweetens them slightly. Peas are eaten on their own as a vegetable dish or added to other vegetables, salads, stir-fries, savory dishes, soups, and stews. Peas can be used as a substitution in most recipes that call for green beans.

To shell fresh pod peas, break open the pods by pressing on one end — the pod should pop open at the seam. Then run your thumb down the opening to release the peas. One

pound of peas in the pod yields approximately 1 cup of shelled peas.

To trim edible-pod peas, such as sugar snap and snow, cut or snap off ends and pull up sharply to remove any string on the pea. Discard ends and strings.

To blanch fresh peas (either shelled or whole edible-pod types), if the recipe calls for it, bring water to a boil in a large pan, then add peas. Cook just until they start to turn a brighter green, 15 to 30 seconds, and then drain immediately. Rinse well under cold running water until cool, and then drain again.

Other information on Peas

The fresh pea is a small, round green vegetable, which is grown in a pod and is generally harvested in the early summer. The fresh pea is grown to be removed from the pod and eaten raw or cooked. Field peas, unlike fresh peas, are grown to be dried and then split or used whole for use in purées, soups and food dishes requiring thickening. Pod peas, such as the snow or sugar snap pea are grown to be eaten with both the pod and the pea together, either raw as a fresh pea or cooked.

How to Freeze Field Peas: To freeze, wash shelled peas and blanch in boiling water to cover for 2 minutes; cool immediately in ice water and drain well. Package in air-tight containers, leaving 1/2-inch headspace, or in zip-top plastic freezer bags, removing as much air as possible. Seal, and freeze up to 6 months. Don't thaw frozen peas before cooking. Fresh or frozen field peas can easily be substituted in recipes calling for rinsed and drained canned peas. Simply use 2 cups cooked and drained peas for 1 (15-oz.) can.



Parmesan Peas

Ingredients:

- 16 ounce peas
- 1/2 cup grated Parmesan
- 2 TBS fresh lemon juice
- 2 TBS olive oil
- 1/2 tsp kosher salt
- 1/4 tsp black pepper

Directions: Cook the frozen peas according to package directions, and then mix the rest of

the ingredients: parmesan, lemon juice, olive oil, salt and pepper. Serve immediately.

Simple Peas and Onions Recipe



Ingredients:

- 1 pound shelled peas, fresh or frozen
- 1/2 onion, chopped fine
- 3 tablespoons butter
- 1/2 cup chicken stock (use gluten-free stock for gluten-free version, and vegetable stock or just plain water for vegetarian version)
- Black pepper and Salt
- Pinch of sugar (optional)

Directions:

1. Heat 2 tablespoons of butter in a sauté pan over medium-high heat. When the butter foam recedes, add the chopped onions. Sauté the onions for a few minutes until they just begin to brown.
2. Add the peas and the chicken stock and bring to a rolling boil. Taste for salt and add if needed (you might not need to add salt if your stock is already pretty salty.) If you want, add a pinch of sugar to highlight the sweetness of the already sweet peas.
3. Stir the peas and onions often – you want the stock to reduce by about half without overcooking the peas. When the stock has reduced, turn off the heat and add the remaining butter and some black pepper. Serve at once.

Pea Salad Deviled Eggs

- Slice 12 hard-cooked eggs in half lengthwise
- Remove yolks reserving egg whites
- Mash together yolks, 1/2 cup blanched fresh sweet peas, coarsely chopped, 4 cooked bacon slices, finely chopped, 1/4 cup mayonnaise, 2 tablespoons minced red onion, 2 tablespoons sour cream, 1 tablespoon chopped fresh mint, 1/4 tsp salt and 1/8 tsp pepper.
- Spoon into egg white halves
- Serve immediately or chill up to 1 hour.

Slow Cooker Split Pea Soup Recipe



Enjoy this great-tasting split pea soup with freshly baked cornbread or crusty bread.

Ingredients:

- 1 (16 oz.) pkg. dried green split peas, rinsed
- 1 meaty hambone, 2 ham hocks, or 2 cups diced ham
- 3 carrots, peeled and sliced
- 1/2 cup chopped onion
- 2 ribs of celery plus leaves, chopped
- 1 or 2 cloves of garlic, minced
- 1/4 cup fresh parsley, chopped, or 2 teaspoons dried parsley flakes
- 1 tbsp. seasoned salt (or to taste)
- 1/2 tsp. fresh pepper
- 1 1/2 quarts hot water

Directions:

Layer ingredients in slow cooker in the order given; pour in water. Do not stir ingredients. Cover and cook on HIGH 4 to 5 hours or on low 8 to 10 hours until peas are very soft and ham falls off bone. Remove bones and bay leaf. Mash peas to thicken more, if desired. Serve garnished with croutons. Freezes well.



Macaroni Peas

Ingredients:

- 1 pound shelled small peas, fresh or frozen
- 10 ounces pasta, in a small shape (like macaroni)
- 3 Tablespoons butter
- 1 garlic clove, chopped
- 1/4 cup parmesan, coarsely grated

Directions:

1. Put on a large pot of salted water on to boil. Then put the peas in a separate saucepan and add water to just cover. Bring to a boil and cook until just tender -- a couple of minutes. Drain

the peas -- but reserve their cooking water.

2. Add the pasta to the pot of boiling water and cook until al dente. Meanwhile, melt the butter in a small pan over low heat; add the garlic and cook gently for several minutes. Remove from the heat.
3. Put half the cooked peas in a blender with 6 tablespoons of their cooking water, the butter and garlic, and the grated cheese. Puree until smooth, adding more cooking water if necessary. Combine with the remaining (whole) peas and season liberally with salt and pepper.
4. Drain the pasta and toss with the hot pea sauce. Serve with more grated cheese and salt and pepper to taste.

Pears



Selection and Storage:

Choose fresh, bright, firm textured fruits with rich flavor. Avoid fruits with pressure marks over their surface as they indicate underlying mottled pulp. Some fruits, especially the Asian varieties, have rusted colored speckles on their outer surface, which is otherwise an acceptable characteristic. Keep unripe pears in a basket with separate chambers at room temperature or wrap in paper to ripen. Once their surface yields to gentle pressure, they are ripe and ready to be eaten. To get the maximum nutrient benefits eat them while they are fresh. Otherwise, keep them in the refrigerator where they will remain fresh for a few days.

Preparation and Serving tips: Wash them in clean running cold water before use to remove any surface dust and pesticide/fungicide residues.

Trim both ends using paring knife and cut into two equal halves. Take out centrally placed small seeds. Slice the fruit into desirable cubes or pieces.

As in apple, sliced fruit pieces turn brown on exposure to air due to conversion of iron from ferrous oxide to ferric oxide. If you have to serve them sliced, rinse slices in water added with few drops of fresh lemon.

Since several of the vitamins and minerals are concentrated in significant quantities just underneath the skin, pears should be eaten as a whole along with its skin to get maximum benefits.

Here are some serving tips:

- Eat pear fruits as they are without any additions to get maximum health benefits.
- Pear is also used in the preparation of fruit juice, jam, pie, and fruit salad.
- Add as a juice mix with other fruits like pineapple, peaches, grapes, etc.
- Dried pieces added in the preparations of baby food.



Oven Pear Pancake

Ingredients:

- 2 pears
- 1/2 cup sugar
- 1/4 cup all-purpose flour
- 3 eggs
- 1 cup whole milk
- 2 teaspoons vanilla
- 1 tablespoon unsalted butter, melted
- Salt
- 1/2 teaspoon ground cinnamon
- 2 tablespoons sugar

Directions: Heat oven to 400 degrees

1. Lightly coat a 9-inch pie plate with vegetable cooking spray. Peel, core, and cut into eighths and arrange them in the pie plate.
2. Combine 1/2 cup minus 2 tablespoons sugar, flour, eggs, whole milk, vanilla, unsalted butter, and a pinch of salt in a blender. Pulse until smooth, about 30 seconds.
3. Pour over the pears. Place in the oven and bake until springy to the touch, 25 to 30 minutes. Remove from oven. Sprinkle the pancake with ground cinnamon and the 2 tablespoons sugar. Broil until browned, about 1 minute. Serve warm.



Golden Pear Bites

Ingredients:

- 3 pears unripe
- Non-stick cooking spray
- Cinnamon and/or nutmeg (optional)

Directions: Preheat oven to 400 degrees

Slice pears into chunks and place on rimmed baking sheet. Dust with cinnamon or nutmeg (optional). Cook for 20 minutes and check to see if softened to your liking. The roasting may take 40 minutes depending on the ripeness of the pears.

Serve warm, cold or room temperature. These will keep in your fridge for a week.

Easy Pear Preserves

Ingredients:

- 8 cups chopped pears
- 1 lemon, sliced
- 5 cups sugar
- 1 teaspoon ginger
- 1/2 cup water

Directions:

1. Wash, core, pare, chop and measure pears.
2. Place in large heavy kettle.
3. Add lemon, sugar, ginger and water.
4. Bring to a boil
5. Cook for about 1 1/2 hours or until thick
6. Pour boiling preserves into hot pint jars.
7. Seal at once.



Quick and Easy Pear Crisp

Ingredients:

- 5-6 pears sliced (you can leave peel on)
- 1/2 cup sugar
- 1/2 teaspoon cinnamon
- 1/4 cup flour (or corn starch) for filling
- 1 cup flour for topping
- 1 cup brown sugar
- 1 cup oats
- 1/2 cup butter, softened

Directions: Preheat oven to 400 degrees

1. it with the dry ingredients to make small clumps.
2. Sprinkle with crumble topping. Bake 30-34 minutes or until the topping is golden brown and the pears are bubbling.
3. Serve warm with ice cream.

Baked Pear Recipe**Ingredients:**

- 2 pears
- 2 cups apple juice
- 1 shake cinnamon
- 6 cloves

Directions:

1. Pre-heat oven to 400 degrees.
2. Slice bottom of pears so they can sit upright and place in small oven safe dish.
3. Sprinkle cinnamon in apple juice and pour over pears
4. Add cloves and place in oven.
5. Cook for 1 hours (basting every 15 minutes in their juice).

**Easy Pear Cobbler****Recipe****Ingredients:**

- 2 cups sliced fresh pears
- 1 cup white sugar
- 50 grams butter or margarine
- 3/4 cup plain flour
- 2 tsp baking powder
- 1 tsp cinnamon
- 1/4 tsp salt
- 3/4 cup milk
- 1 egg

Directions: preheat oven to 180 degrees

1. In a small casserole or oven dish, put the butter in and place in the oven.
2. Peel/slice your pears and set aside in bowl with half the sugar (1/2 cup).
3. Combine dry ingredients, and then add milk and egg with a whisk to make a batter.

4. When the butter has melted in your casserole dish, pour in the batter. **DO NOT MIX.**
5. On top of the batter mix, add the pears. Put in oven for one hour. **Notes:**

Serve with ice cream or toffee topping. If you don't have or like pears, substitute with peaches, apples or even cherries.

**Plums****Selection and**

storage: Plums are available year round, but they are at their best between May until September. Look for fresh fruits featuring rich color and may still have a slight whitish "bloom," indicating that they have not been over handled. Avoid those ones with excessively soft, or with cuts or bruises. Ripen fruits yield to gentle pressure and feature a sweet aroma. Slightly hard mature plums can be kept at room temperature until they ripen. Ripe ones can be placed in the refrigerator but should be brought to room temperature before being eaten in order to enjoy their rich flavor. Dry plums called "*prunes*," can be stored at room temperature for few days.

Preparation and serving method: Wash plums in cold running water just before using. Fresh ripe plums should be enjoyed as a whole along with skin. Incise lengthwise deeply until the hard seed felt and then remove the seed. Skin may be peeled off using paring knife as in apples. However, its peel not only provides good fiber content but also contains some health benefiting anti-oxidant pigments. Therefore, just wash the fruit and enjoy without discarding the skin. They can also be baked or stewed.

Here are some serving tips:

- Plum sections are a great addition to salads.
- The fruits are being used in the preparation of pie, desserts, jams and jellies.
- They can also be used in a variety of recipes and are usually baked or poached.
- Dried plums in general known as prunes are added to muffins, cakes, ice-creams, etc., as in other dry fruits like raisins, apricots and figs.

Plum good Upside Down Cake

Ingredients:

- 1/3 cup butter
- 1/2 cup packed brown sugar
- 2 pounds, fresh plums, pitted and halved
- 2 eggs
- 1/2 cup sugar
- 1 cup all-purpose flour
- 1 teaspoon baking powder
- 1/4 teaspoon salt
- 1/3 cup hot water
- 1/2 teaspoon lemon extract
- Whipped cream

Directions:

1. Melt butter in 10- inch cast - iron or oven proof skillet.
2. Sprinkle brown sugar over butter.
3. Arrange plum halves, cut side down, in a single layer over sugar and set aside
4. In a mixing bowl, beat eggs until thick and lemon-colored, gradually beat in sugar.
5. Combine flour, baking powder and salt and add to egg mixture and mix well.
6. Blend water and lemon extract, beat into batter.
7. Pour over plums.
8. Bake at 350 degrees for 40-45 minutes or until cake tests done.
9. Immediately invert onto a serving plate.
10. Serve warm with whipped cream.



Plum Cornbread

Ingredients:

- 4 to 6 black plums (if they are large, use 4, if they are small use 6), sliced
- 3 tablespoons sugar

Cornbread:

- 1/2 stick melted butter, plus extra for baking pan
- 3/4 cup all-purpose flour
- 1 cup yellow cornmeal
- 2 teaspoons baking powder
- 3 tablespoons sugar
- 1/2 teaspoon kosher salt
- 1 cup milk
- 3 tablespoons honey
- 1 teaspoon vanilla extract
- 2 eggs
- 1 pint vanilla ice cream, for serving

Directions: Preheat oven to 350 degrees

1. Combine the plums and sugar and let sit at room temperature for at least 30 minutes.
2. Butter an 8 by 8-inch square baking pan.
3. In a large mixing bowl, combine all of the dry ingredients. In another mixing bowl, combine all the wet ingredients and whisk to thoroughly combine. Make a well in the dry ingredients and pour the wet ingredients into the well. Mix gently to combine. When the mixture has just come together, transfer it to the prepared baking pan. Sprinkle the plums in an even layer over the top of the batter. Bake in the preheated oven for 25 to 30 minutes. Remove from the oven and let cool before cutting. Serve topped with vanilla ice cream.

Potatoes



Nutrition Facts: Potatoes are a good source of Vitamins B and C, potassium and complex carbohydrates.

Selection: Green potatoes and those containing sprouts can be bad for you. Select firm, unbruised potatoes. For scalloped potatoes or salads, boiled red or new potatoes are best. For baking, frying and mashing, choose drier varieties.

Preparation: Scrub potatoes and peel if desired. Cook peeled potatoes right away, since soaking potatoes in water for more than a few minutes causes vitamin loss. If you cannot cook the potatoes at once, sprinkle them with lemon juice to prevent darkening.

To Boil: Put potatoes in a saucepan and cover with water. Bring to a boil. Cover the saucepan and cook potatoes over medium heat for 30 minutes.

To Bake: Scrub potatoes, leaving skin on. Pierce the skin with a fork. Bake at 400° F for 45 minutes to 1 hour.

To Microwave: Scrub potatoes, leaving skin on. Pierce with a fork. Microwave for 4 to 6 minutes for each potato, turning halfway through cooking time. Let stand for 5 minutes.

Freezing Potatoes:

- Cut each potato into small pieces.
- Boil a pan of water and add the potato for about 3 or 4 minutes. Add some salt if you like. Don't let the potato become mushy and lose flavor.
- Cool the potato quickly by spooning the pieces into a pan of iced water, or alternatively run under a cold water tap. Leave in the iced water for as long as you boiled them - about 4 minutes.
- Take the potato out of the water and allow to dry for a few minutes on a plate, work surface, tea towel or paper towel.
- Pop the potato pieces into a freezer bag. Push the air out of the bag and roll it up to seal. If you like, stick a note on with the date. The potato should keep for many months.

Mashed Potatoes

Potatoes Mashed: When your potatoes are thoroughly boiled, drain dry, pick out every speck, etc., and while hot rub them through a colander into a clean pan, to a pound of potatoes put about half an ounce of butter, and a tablespoonful of milk; do not make them too moist; mix them well together.

Potato Balls: Mix mashed potatoes with the yolk of an egg, roll them into balls, flour them, or egg and breadcrumb them, and fry them in vegetable oil, or brown them in a Dutch oven.



Parmesan Roasted Potatoes **Ingredients:**

- 2 pounds medium red potatoes, cut into 1-inch pieces
- 1 cup grated Parmesan (4 ounces)
- 1/4 cup olive oil
- Salt and black pepper

Directions: Preheat oven to 400 degrees

In a large roasting pan, toss the potatoes, Parmesan, oil, 1 teaspoon salt and 1/4 teaspoon pepper. Roast, stirring once, until golden brown and crisp, 45 to 50 minutes.



Twice Baked Potatoes

Ingredients:

- 4 large russet potatoes, about a pound each
- Olive oil
- 1/2 cup sour cream
- 1/2 cup milk
- 2 tablespoons butter, softened
- 1 Tablespoon cream

Cheddar and bacon version

- cup grated cheddar cheese
- 4 strips bacon
- 1/4 cup chopped green onion

Blue cheese and chives version

- cup crumbled blue cheese
- 1/4 cup chopped fresh chives
- 1/2 teaspoon salt

Directions: Preheat oven to 400 degrees

1. Scrub the potatoes clean under running water. Poke each potato in several places with the tines of a fork so that when the potatoes are cooking they don't explode. Rub the potatoes all over with a little olive oil. Place directly on the middle or top rack of the oven. Cook for 1 hour and 15 minutes, or until the potatoes are cooked through. They should give a little when pressed. (If short on time you can bake the potatoes in the microwave, 10 minutes on high heat for 2 potatoes, 15 minutes for 4 potatoes. The skins of microwave baked potatoes aren't nearly as crispy, so you may want to rub a little olive oil on them and finish them in a conventional oven at 400 degrees for 10 minutes.)
2. If you are including bacon as one of your mix-ins, while the potatoes are cooking, cook the bacon strips in a frying pan on medium low heat for 10 to 15 minutes, or until crisp. Drain on paper towels. Let cool. Crumble.

3. Allow the potatoes to cool to touch. Slice the top third lengthwise off the potato. Use a spoon to scoop out the insides, forming a potato "canoe", leaving about 1/4 inch of potato on the skin. (Alternatively you can slice the potatoes in half, lengthwise. In this case you may want to bake an extra potato so that you will have more potato filling to mound into the potato boats.)



4. Place the scooped out potato insides, sour cream, milk, cream, and butter into a large bowl. Mash with a potato masher. If you want a creamy texture, beat with an electric beater until desired consistency. Note, do not over-beat potatoes, they can turn glue-y.
5. Mix in the extras with the potatoes. Reserve some of the extras to sprinkle on the tops of the potatoes. Spoon fillings into the potato shells. Sprinkle with extra toppings.
6. Heat oven to 350°F. Place potatoes on a roasting pan and bake 15 to 20 minutes until heated through.

Baked Potato Spears

Ingredients:

- 3 large baking potatoes
- 1/4 cup salad dressing
- Onion salt
- Pepper

Directions: 375 degrees and bake 50 minutes

Scrub the potatoes and cut them lengthwise into thick slices, then cut the slices into thick strips. Brush the strips with the salad dressing. Place on a greased 15 1/2 x 10 1/2-inch jelly roll pan and season to taste with the onion salt and pepper. .



Cheddar Baked Potato Slices

Ingredients:

- 1 can cream of mushroom soup
- 1/2 teaspoon paprika
- 1/2 teaspoon pepper
- 4 medium baking potatoes, cut into 1/4" inch slices
- 1 cup shredded cheddar cheese

Directions: Bake at 400 degrees for 45 minutes

In small bowl, combine soup, paprika and pepper. In greased 2 quart oblong baking dish, arrange potatoes in overlapping rows. Sprinkle with cheese, spoon soup mixture over the cheese. Cover with foil.

Fried Potatoes

Cold Potatoes Fried: Put a bit of clean dripping or vegetable oil into a frying pan; when it is melted slice in your potatoes with a little pepper and salt, put them on the fire, keep stirring them until they are browned.



Sweet Potatoes



Orange-fleshed sweet potatoes may be one of nature's unsurpassed sources of beta-carotene. Several recent studies have shown the superior ability of sweet potatoes to raise our blood levels of vitamin A. This benefit may be particularly true for children

Selection and storage: Although sweet potato leaves are being eaten in some parts of the world, the root that is the toast of sweet potato lovers. Buy fresh tubers with intact smooth skin and firm to woody consistency. Avoid soft, flabby, or wilted roots. As in potatoes, sprouting would make them lose flavor and less desirable. Wash them in clean

running water to remove sand and soil. They should be stored in a cool, dark, and well-ventilated place.

Preparation and serving methods: To prepare, wash the root in cold water. It can be eaten raw with skin. However, for baking preparations, its skin may be peeled off before or after cooked.

Here are some serving tips:

- Fresh sweet potatoes can be eaten raw.
- Baking in water with a pinch of salt would give rich taste to them. Peel the skin before eating.
- Camote, sweet potato known in the Latin world, is used extensively in the Mexican cuisine.
- *Camote cue*, where in the tuber deep-fried and caramelized with brown sugar, is a popular street food in the Philippines.
- Its sweet flesh is used in soups, curries, stews, and in confectionary to make cakes, pies...etc.
- The tuber also used to prepare different kinds of baby foods.
- Sweet potato chips are enjoyed as favorite snacks.



Classic Sweet Potato Pie

Pumpkin just doesn't appeal to everyone, so that's where this alternative traditional holiday treat can come in handy. It uses the same homey spices as the Thanksgiving classic, but with sweet potatoes instead of pumpkin for a dense filling and creamy texture.

Ingredients:

- 1 pie crust

Filling:

- 2 large sweet potatoes
- 1/3 cup granulated sugar
- 1/3 cup firmly packed light brown sugar
- 2 large eggs
- 1 large egg yolk
- 1 cup light cream or half and half
- 1 teaspoon vanilla extract
- 1 teaspoon fresh lemon juice
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon ground nutmeg
- Scant 1/2 teaspoon salt

Directions: Preheat oven to 400 degrees.

1. Put sweet potatoes on a large baking sheet. Pierce them deeply with a paring knife several times. Bake until tender throughout (check with a paring knife), about 1 hour. Set aside to cool. When cool enough to handle, scoop out the flesh into a food processor and process until smooth. Dump the puree into a medium-sized bowl.
2. Return 1 1/2 cups of the puree to the food processor. Don't worry if you come up a little short. If you have extra, save it for another use.
3. Add sugars, eggs, and egg yolk to the food processor and process with the sweet potato puree until smooth.
4. Add the cream, vanilla, lemon juice, cinnamon, nutmeg, and salt and process again until smooth. Carefully pour the filling into the cooled pie shell.
5. Place pie in the center oven rack and bake at 350 degrees for 30 minutes, then rotate the pie 180 degrees, so that the part that faced the back of the oven now faces forward. Continue to bake until the center is set and the edge has risen slightly, 15 to 20 minutes.
6. Transfer the pie to a wire rack and let cool. Serve barely warm or at room temperature. Or cover with loosely tented aluminum foil, refrigerate, and serve cold.

Sweet Potato Mac 'n Cheese



Ingredients:

- 8 ounces dry Whole Wheat Pasta, cook according to package directions
- Olive Oil
- 3 ounces grated Cheddar Cheese
- 3 ounces shredded Mozzarella Cheese
- 3 ounces grated Parmesan Cheese
- 1/2 cup roasted Sweet Potato (about 1 large sweet potato, cut into 2" pieces)
- 1 Pear, cut into pieces
- 1/2 cup fat free Sour Cream
- A few pinches Pumpkin Pie Spice
- A few pinches ground Cinnamon
- Garlic Salt to taste
- Ground Black Pepper
- Grated Parmesan Cheese for serving

Directions:

1. Cook pasta. Drain and set aside. Pre heat oven to a low broil. Combine cheddar cheese, sweet potato, sour cream and spices and blend in a food processor until well combined. Heat a nonstick, oven safe pan over medium high heat with a splash of olive oil. Add pasta to a pan and toss with oil. Add sweet potato mixture to the pasta. Combine well. Heat for a few minutes until the cheese melts. Season with garlic salt and pepper to taste.
2. Top pasta with mozzarella and broil for about 5 minutes until mozzarella cheese is melted and slightly brown on top.
3. Serve with parmesan cheese and a dollop of sour cream.

Sweet Potato Cake**Ingredients:****Cake:**

- 2 cups sugar
- 2 cups all-purpose flour
- 2 teaspoons baking soda
- 2 medium eggs, beaten
- 1 (20 ounce) can crushed pineapple
- 1 teaspoon vanilla
- 1/2 cup chopped walnuts

Icing:

- 1 (8 ounce) package cream cheese
- 1/2 cup (1 stick) butter, softened
- 1/2 teaspoon vanilla
- 1 3/4 cups powdered sugar
- 1/2 cup walnut halves

Directions:**Cake:**

1. Mix together sugar, flour and baking soda
2. Add eggs, pineapple, vanilla and walnuts
3. Mix together.
4. Pour into a greased and floured 9 x 12-inch pan
5. Bake at 350 degrees for 40

minutes **Icing:**

1. Mix together cream cheese, butter vanilla and powdered sugar until smooth and creamy
2. Frost cake, garnish with walnut halves

Sweet Potato Muffins**Ingredients:**

- 4 tablespoons butter
- 1/2 cup sugar
- 1 egg
- 2/3 cup cooked sweet potatoes, mashed
- 3/4 cup all-purpose flour
- 2 teaspoons baking powder
- 1/2 teaspoon salt
- 1/2 teaspoon cinnamon
- 1/4 teaspoon nutmeg
- 1/2 cup milk
- 4 tablespoons pecans or walnuts, chopped
- 4 tablespoons raisins, chopped
- Cinnamon/sugar mix, optional for topping

Directions: Preheat oven to 400 degrees

1. Grease muffin tins.
2. Cream butter and sugar.
3. Beat in egg and mashed sweet potatoes.
4. Sift flour with baking powder, salt, cinnamon and nutmeg.
5. Add dry ingredients alternately by hand with milk.
6. Add nuts and raisins.
7. Mix until just blended.
8. Spoon into greased muffin tins, filling each completely full.
9. Sprinkle muffins with a little cinnamon/sugar mix, if desired.
10. Bake for 25 minutes.

**Radishes**

Radishes come in different forms; varying in size, color and crop duration. They can be broadly categorized into four main types depending up on the crop season-summer, fall, winter, and spring; while growers classify them by their shapes, colors, and sizes, white colored with round or elongated roots.

Look for roots that feature fresh, stout and firm in texture. Their top greens also should be fresh, and feature crispy green without any yellow, shriveled leaves. Avoid roots that have cracks or cuts on their surface. Look carefully for the change in their texture and color. Yellowness indicated the stock is old. If the

root yields to pressure and soft, the interior likely be pithy instead of crispy.

Once at home, remove the top greens as they rob nutrients of the roots. Then wash thoroughly in clean water to get off surface dust and soil. Store them in a zip pouch or plastic bag in the refrigerator where they remain fresh for up to a week.

Preparation and serving methods: Both root and top greens are used for cooking. Peeling may be avoided as the anti-oxidant allyl-isothiocyanates, which gives a peppery pungent flavor to radish, are thickly concentrated in the peel. Just wash the root thoroughly, trim the tip ends, and if you have to peel, then gently pare away superficial thin layer only.

Here are some serving tips:

- Radishes are eaten raw either as a whole or as slaw or in salads with carrots, beets, cucumber, lettuce, etc.
- In French breakfast, radishes are served with sweet-butter and salt.
- The roots are mixed with other vegetables in the preparation of steamed, stir fried or sautéed recipes in many regions.
- In North India and Pakistan, the root is grated and mixed with spice and seasonings and stuffed inside bread to prepare "mooli parantha."
- Pickled daikon (kimchi) is a traditional Korean specialty.
- Radish pods (*moongrein* India) are eaten raw in salads or in stir-fries in many parts of Asia.
- Its top greens are oftentimes mixed with other greens like spinach, turnip-greens, etc.

Radish Butter

Ingredients:

- 1/2 cup (1 stick) butter, softened to room temperature
- 1/2 cup sliced radishes
- 1 teaspoon fresh lemon juice

Directions:

In a food processor, cream the butter. Add radishes and lemon juice. Pulse just enough to finely chop the radishes. Transfer to a bowl. Serve with pumpernickel or similar dark bread. Best fresh. If made ahead, stir well before serving.

Pink Radish Spread

Ingredients:

- 1 tablespoon butter
- 1 1/2 cup diced onion
- 4 cups sliced radishes
- 1/2 cup mayonnaise
- 1/2 cup plain yogurt
- 1 tablespoon fresh lemon juice

Directions:

1. Melt the butter in a sauté pan.
2. Sauté onion and radishes until both are translucent and wilted (4 to 6 minutes).
3. Transfer the vegetables to a food processor or blender and blend until smooth.
4. Cool to room temperature and add mayonnaise, yogurt and lemon juice.
5. Mix well
6. Allow the spread to sit for 30 minutes before serving.

Serve with raw vegetables or spread on crackers.

Creamy Radish Slaw

Ingredients:

- 4 cups radishes, shredded
- 2 cups yellow peppers, chopped
- 1 1/2 cups carrots, shredded
- 1/2 cup mayonnaise
- 1 tablespoon fresh dill, chopped
- 2 tablespoons white vinegar
- 2 teaspoons sugar
- 1 teaspoon dry mustard
- Salt and pepper to taste

Directions:

Combine radishes, peppers and carrots in a large bowl. In a separate bowl, combine mayonnaise, dill, vinegar, sugar, mustard, salt and pepper. Whip with a whisk until smooth. Drizzle over vegetables. Toss well to mix. Serve immediately.

Raspberries and Blackberries



Varieties: The raspberry is a small round delightful fruit. Raspberries are available in red, black, yellow and purple.

Nutrition Facts: Raspberries provide fiber and are a good source of potassium and Vitamin C. The sweet ripened berry is tasty without added sugar and combines well with other fruits.

Selection and Storage: Look for plump fruit that is uniform in color and appears fresh. Berries should be free of stems or leaves. Avoid fruit that is moldy, crushed or bruised or that has moisture leaks staining the carton.

Raspberries are very perishable and should not be exposed to the sun or warm temperatures for a long period of time. It is best to eat them the same day that they are purchased or picked. They can be stored in the refrigerator for one or two days. To store, place unwashed berries in a single layer, on a tray or platter that is lined with paper towels and store uncovered in the refrigerator. Sprinkling with a little sugar will also help preserve them longer. Whole raspberries freeze well and can be frozen up to a year.

Preparation: Raspberries are very fragile and must be handled with care to avoid bruising. Bruising will deteriorate the quality of the berry. Raspberries are generally fairly clean and do not need to be washed. If they must be washed, do not wash until just before they are to be used. Expose them to water for as little time as possible to prevent them from absorbing too much water and becoming mushy. Remove any stems and drain on a single layer of paper towels. Serve berries over cereal with milk or use in recipes for salads, pies, breads and desserts.

Preserving: Berries may be preserved by canning or freezing for making jellies or jam.

Uses: Fresh raspberries are delicious eaten on their own, over ice cream, mixed with yogurt or just topped with a little sugar and cream. They can be used in many of the same ways in which strawberries are used. Many recipes can have raspberries substituted for strawberries. Raspberries are used in salads, puddings, cakes, tarts, and other desserts. They are added as a topping on cereal, waffles, and pancakes. Raspberries are used to flavor vinegar, and are also used to flavor, wine, champagne, liqueurs, and spirits. They can also be cooked and made into jellies and jams.

Raspberry Jam

Ingredients:

- 4 cups
mashed



- raspberries
- 4 cups sugar

Directions:

1. Use a very large pot
2. When the jam reaches a full rolling boil it will double in volume.
3. Heat mashed berries until they reach a full rolling boil.
4. Boil 2 minutes.
5. Add sugar.
6. Stir well.
7. Bring to a boil, stirring constantly, boil for 2 minutes.
8. Remove from heat.
9. Beat with rotary beater for 4 minutes
10. Pour in sterilized jars and seal.



Ruby Red Layered Salad

Ingredients:

- 1 package raspberry flavored Jell-O
- 10 ounces of raspberries
- 1 pint sour cream
- 1 package cherry flavored Jell-O
- 1 (8 ounce) can crushed pineapple, drained
- 1 can (16 ounce) can whole cranberry sauce

Directions:

1. Dissolve raspberry gelatin in 1 cup hot water. Add raspberries and stir until well mixed. Pour into a glass bowl. Refrigerate until almost firm, about 30 to 60 minutes.
2. Spread sour cream over firm gelatin. Refrigerate.
3. Dissolve cherry gelatin in 1 cup hot water. Stir in crushed pineapple and cranberry sauce. Chill until partially set, about 20 to 40 minutes.

4. Spoon cherry gelatin mixture over sour cream layer. Chill until firm, another hour or two.

Freezing Raspberries



With Sugar

Place in plastic freezer bags--add sugar to suit your taste (we use about $\frac{1}{4}$ to $\frac{1}{2}$ cup of sugar to every 2 cups (2 half-pints) of berries). Be sure to note the quantity of berries & sugar used on the package to avoid "guesswork" when you use the raspberries later. Tie & put the bags into the freezer immediately. It is not necessary to dry out the berries if you have washed them.

Without Sugar

Place on a cookie sheet one layer at a time in the freezer. After they are frozen (usually the next day) scoop up the berries and place in a freezer bag. If you have washed the raspberries let them dry before putting in the freezer. The main idea behind using a cookie sheet is to allow the berries to freeze individually and not clump together in one big frozen ball that is difficult to use. Avoid leaving the raspberries uncovered for more than a few days to prevent freezer burn. These berries can then be removed individually for cereal or shortcake during the winter! Try thawing them out half way (don't cook them) in the microwave before you use--- this will take some experimentation with settings & time to get just right. If you take them out of the freezer and allow them to thaw slowly, they will usually be soft, mushy, and not very attractive (but taste OK). Frozen raspberries can also be plopped directly into your cereal and milk and will thaw rapidly since they are hollow in the center.

Raspberry Popsicles

Ingredients:

- 2 (6 ounce) containers fresh raspberries
- $\frac{1}{3}$ cup granulated white sugar
- 1 Tablespoon freshly squeezed lemon juice
- $\frac{1}{3}$ cup water

Directions:

1. In a food processor, puree all ingredients until smooth. Set a fine-mesh strainer over a medium bowl; strain- pressing on the solids to allow the liquid to come through into the bowl. Pour the liquid puree into a pitcher or a large measuring cup with a pouring spout. Pour the raspberry liquid into Popsicle molds. Cover and insert the sticks.
2. Freeze until firm.
3. When you're ready to eat one, run the bottoms of the molds under warm water for 20 to 30 seconds to loosen the popsicle from the mold. Remove it from the mold and eat immediately!



Blackberries

Don't wash the berries until you are ready to use them or freeze them. Washing makes them more prone to spoiling.

Pour them out into shallow pans and remove any mushed, soft or rotting berries, Put a couple of days supply into the fridge, wash off the others, drain them and freeze them up! Blackberries are less perishable than blueberries or strawberries, but refrigerate them as soon as possible after picking. Even under ideal conditions blackberries will only keep for a week in a refrigerator, so for best flavor and texture, use them as soon as possible after purchase.

Freezing Blackberries

1. Pour your blackberries into a colander and rinse in cool water. Shake out as much water as possible.
2. Remove any stems, leaves or damaged berries. Also remove any under or over-ripe berries.
3. Spread the blackberries out on a cookie sheet in a single layer. Then, stick the tray in the freezer.
4. Once the berries are frozen, transfer them to a freezer bag or another freezer-safe container of your choosing. Return them to the freezer.

To avoid freezer burn, try to use the blackberries within six months.

Homemade Blackberry Sauce

Ingredients

- 1 1/2 cups fresh blackberries, washed
- 1/2 cup water
- 3 tablespoons sugar
- 1 teaspoon fresh lemon juice

Directions:

1. Cook the blackberries, 1/4 cup water, sugar, and lemon juice on medium high for 5 minutes, stirring occasionally.
2. Transfer the berry mixture to a blender or food processor and puree the fruit for 30 seconds in two 15 second intervals.
3. If the sauce is completely pulverized and pasty thick, add the remaining 1/4 cup of water. Blend again for 15 seconds. The sauce will be fluid.
4. Transfer the sauce to a serving dish. Store any remaining sauce in the refrigerator for up to 2 weeks.

Baked Oatmeal with Blackberries



Ingredients:

- 3 c. Quaker rolled oats (quick cooking works fine)
- 1/2 c. brown sugar (unpacked)
- 2 tsp baking powder
- 1 tsp cinnamon
- 1/2 tsp salt
- 1 egg
- 1 c. skim milk
- 1/4 c canola oil
- 1 tsp vanilla extract
- 2 c. blackberries, fresh

Directions: Preheat oven to 350 degrees

Combine all dry ingredients. Add wet ingredients to dry ingredients. Combine. Bake for 30-40 minutes or until center is set.

Blackberry Cobbler



Ingredients:

- 4 tablespoons butter
- 3/4 cup all-purpose flour
- 3/4 cup sugar
- 1 teaspoon baking powder
- 1/4 teaspoon salt
- 3/4 cup milk
- Two cups of sliced fresh or whole blackberries
- 1 tablespoon sugar

Directions: Preheat oven to 350 degrees

1. Adjust oven rack to upper-middle position.
2. Put butter in an 8-inch square or 9-inch round pan; set in oven to melt. When butter has melted, remove pan from oven.
3. Whisk flour, 3/4 cup of sugar, baking powder and salt in small bowl. Add milk; whisk to form a smooth batter. Pour batter into pan, and then scatter fruit over batter. Sprinkle with remaining 1 Tb. of sugar.
4. Bake until batter browns and fruit bubbles, 50 to 60 minutes. Serve warm or at room temperature with a dollop of whipped cream or a small scoop of vanilla ice cream, if



Raspberry

Smoothie

Ingredients:

- 1 small banana
- 1/2 cup blackberries
- 1 cup fresh raspberries
- 1 (6 ounce) container vanilla yogurt
- 4 ice cubes

Directions:

Blend strawberries, raspberries, milk, yogurt, honey, and vanilla extract in a blender until smooth.

Rhubarb



Nutrition Facts: Rhubarb is classified as a vegetable, so it is definitely a good snack idea! Rhubarb is very acidic and is most often eaten with added sugar to offset the tartness. It is 95 percent water and contains potassium, a small amount of Vitamin C and fiber.

Selection: Choose crisp, medium-sized, firm stalks. The deeper the red, the more flavorful the stalks will be. Warning: **ONLY THE STALKS ARE EDIBLE. THE LEAVES OF THE PLANT ARE POISONOUS.** Whatever their color, the stalks should be heavy and crisp with taut, shiny skin. Watch out for rubbery, fibrous, dry stalks. Wash the stalks well and trim off the dry ends and leaves, and store in loose plastic in the crisper drawer.

Storage: Freshly harvested stalks can be kept in the refrigerator unwashed and wrapped tightly in plastic for up to three weeks. Rhubarb wilts quite quickly - store it in the fridge and eat within a couple of days. Keep the leaves on until you're ready to eat it, as they'll help keep it fresh.

Preparation: Wash well, trim the ends and use in your favorite recipe. Because of its tartness, it is most often teamed up with strawberries and baked into pies and tarts. It is also used in jam and other desserts. Rhubarb leaves contain both oxalic acid and a more potent, unidentified toxin, so trimming and discarding them is essential. While it's tempting to peel the fibrous skin as you chop the stalks, try to resist it--the skin holds lots of color and flavor.

When cooking fresh rhubarb, always use a non-reactive pan, such as stainless steel, for cooking this high acid plant.

Cooking Rhubarb

Wash the rhubarb under cool, running water and pat dry with paper towels. Use a sharp knife to cut off the rhubarb's leaves and trim each root end. Discard the leaves. They should not be eaten.

Cut a small slit under the outer edge of the rhubarb skin at one of the stalk ends. Grasp the edge of the slit and pull down, peeling a strip of stringy fibers off of the surface of the rhubarb. Repeat with the rest of the rhubarb stalks and discard the removed fibers.

Mix equal parts water and sweetener in a saucepan. Combine about one-quarter cup of water and one-quarter cup of your desired sweetener to cook 3 cups of chopped rhubarb. Use white sugar, brown sugar, honey, maple syrup, fruit juice or a combination of these as the sweetener. Boil the mixture, stirring until the sweetener is dissolved.

Remove a Stir in the chopped rhubarb. Return to a boil, and then lower the heat and simmer, uncovered, for 10 to 15 minutes. Use a fork to test that the rhubarb is tender but still retains some firmness.

Remove a spoonful of the stewed rhubarb, allow it to cool slightly and taste. Add up to 2 tablespoons of additional sweetener, if needed, allowing the mixture to return to a boil each time. Stir frequently. Remove from heat. Serve warm or cold.

Rhubarb Pie

**Ingredients:**

- 4 cups chopped rhubarb
- 1 1/3 cups white sugar
- 6 tablespoons all-purpose flour
- 1 tablespoon butter
- 1 9-inch double pie crust

Directions: Preheat oven to 450 degrees

Combine sugar and flour. Sprinkle 1/4 of it over pastry in pie plate. Heap rhubarb over this mixture. Sprinkle with remaining sugar and flour. Dot with small pieces of butter. Cover with top crust. Place pie on lowest rack in oven. Bake for 15 minutes. Reduce oven temperature to 350° F and continue baking for 40 to 45 minutes. Serve warm or cold.

Iced Rhubarb Tea



Ingredients:

- 4 cups water
- 4 cups diced rhubarb
- 1 lemon (the juice)
- 3/4 cup sugar

Directions:

In a large heavy saucepan combine the water and the rhubarb. Bring to a boil and then let simmer until tender about 20 minutes. Strain, and add the juice of one lemon and the sugar (more or less, to taste). Cool well, and serve over ice in tall glasses.

Rhubarb Bars

Ingredients:

Crust

- 1 1/2 cups all-purpose flour
- 1/4 cup sugar
- 1/2 cup (1 stick) cold butter or margarine, cut into pieces

Combine flour and sugar in bowl. Cut in butter until it resembles coarse meal. Lightly spray 13 x 9-inch baking pan with cooking spray. Press mixture into pan and bake at 350 degrees for 15 minutes or until lightly browned.

Filling

- 1/3 cup all-purpose flour
- 1 1/2 cup sugar
- 1 1/2 cup milk
- 3 large eggs
- 5 cups rhubarb, sliced into 1/2 – inch pieces

Combine flour and sugar in large bowl. Add milk and eggs, stirring until well blended. Fold in rhubarb. Pour over crust and bake at 350 degrees for 40 minutes or until set. Remove from oven and cool completely at room temperature.

Topping

- 1/2 cup sugar
- 1 (8-ounce) package cream cheese, room temperature
- 1/2 teaspoon vanilla extract
- 1 cup whipped topping

Combine sugar, cream cheese and vanilla in bowl. Beat with mixer set at medium speed

until smooth. Gently fold in whipped topping. Spread evenly over top of rhubarb. Chill at least one hour before serving. Refrigerate leftovers.



Rhubarb Custard Pie

Ingredients:

- 2 cups sugar
- 1/4 cup flour
- 3/4 teaspoon nutmeg
- 3 eggs, beaten
- 3 tablespoon milk
- 4 cups rhubarb, finely diced
- 1/4 cup (1/2 stick) butter, cut into pieces
- 2 (9-inch) pie crust, unbaked

Directions: Bake at 400 degrees for 50-60 minutes

1. Mix sugar, flour and nutmeg.
2. Add eggs and milk, blend well.
3. Stir in rhubarb.
4. Place one pie crust in deep pie dish. Prick crust with fork.
5. Pour rhubarb mixture into pie shell.
6. Dot rhubarb generously with butter.
7. Cut remaining pie crust into strips. Make lattice top on pie with strips.
8. Let cool before cutting.

Strawberries



Season: May through June

Nutrition Facts: Strawberries are low in calories and high in nutrients. Strawberries are a great source of Vitamin C. They also contain Vitamin A, iron and folic acid. Folic acid is especially important for childbearing women.

Selection: Choose fully ripened, bright and red berries. Strawberries do not ripen after they have been picked. Berries should be plump and have a natural shine and bright green, fresh-looking caps. Use strawberries as

soon after picking as possible for the best flavor and highest nutritional value.

Storage: Store strawberries in the refrigerator, covered, unwashed and with the cap on. Do not crowd. If you have the space, gently spread the berries on a cookie sheet and cover with plastic wrap. Use berries within two to three days. Strawberries are best eaten the day they are purchased. If storing strawberries, first sort through them and discard any soft, bruised, damaged, or overripe berries. Without washing, replace the strawberries back in their original container or place on a paper towel covered plate or pan and cover lightly with plastic wrap. The strawberries should be lightly covered to prevent their scent from penetrating other foods when stored in the refrigerator. The berries can be stored in the refrigerator for two or three days. Do not remove the hulls until berries are going to be used. Strawberries are highly perishable so they should not be exposed to the sun or warm temperatures for any extended period of time. If the strawberries are not going to be used within 2 or 3 days, they can be frozen to prevent them from spoiling.

How to Store Strawberries: Pick through the berries and discard damaged or moldy ones. Wrap the container of remaining unwashed berries (moisture speeds decay) loosely in a plastic bag or paper towel and store in the refrigerator for up to 3 days.

How to Prepare Strawberries: Wash the berries and trim the caps just before using.



Uses: Ripe strawberries are often eaten raw as whole, sliced or crushed berries. When sugar is added to strawberries, their natural juices are drawn out and crushed berries will produce a sauce that can be eaten as is or poured over shortcake or ice cream. Strawberries are used as an ingredient in many salads, pies, cakes, sorbets, and other desserts. A popular dessert is strawberries dipped in chocolate. Strawberries mixed in a blender with ice cream, yogurt, milk or other

fruits make delicious and healthy shakes. They can also be cooked and made into jellies and jams. It is also one of the most popular flavorings in candies and other sweet products. Dried strawberries, which make sweet, chewy treats, are also quite common and are often added to snack mixes.

Cleaning Strawberries:

- Do not clean strawberries until you are ready to use them. When ready to clean them, the strawberries should be exposed to as little water as possible. Do not wash the strawberries if it is not necessary because they are porous and will soak up water quickly.
- Remove the strawberries from the refrigerator at least an hour before they are going to be consumed. They are most flavorful at room temperature.
- Before cleaning the strawberries, go through them and discard any that are damaged, bruised or spoiled.
- To clean strawberries, gently wipe off each berry with a wet paper towel.
- If it is necessary to wash the strawberries, place them in a colander and gently rinse them under cool water before removing the stems. If the stem is removed the water will have a greater effect on the texture and flavor of the strawberries.
- After washing, immediately pat the strawberries dry with a paper towel.
- If any of the berries have small blemish spots, remove that area with a paring knife.

Removing Stem and Hull:

Strawberries can be served with the stem remaining or the stem can be removed, both are acceptable depending on how they will be used. When serving strawberries individually, the stem serves as a handle. The stems must be removed when making sauces or when used as an ingredient in desserts and other dishes.

To remove the stem, hold the strawberry between your thumb and forefinger. Take hold of the stem between your thumb and forefinger of the opposite hand. Twist hands in opposite directions to loosen the stem and hull (core) of the strawberry and then pull them out.

Another option, which works fairly well, is simply cutting the stem and hull out with a paring knife or small utility knife.

Halving, Slicing, and Chopping

Strawberries:

Strawberries are often eaten whole and do not require any further preparation but many recipes call for them to be cut up in some manner or require them to be mashed.

Halving Strawberries:

Clean the strawberries and remove the stems and cores. Place the whole strawberry on a cutting board with the stem side down on the board. Starting at the pointed end, cut down through the strawberry to slice in half.

If quarters are called for, cut halves in half again to form quartered pieces.

Slicing Strawberries:

Clean the strawberries and remove the stems and cores as shown above.

Place the whole strawberry on a cutting board with the stem side down on the board. Start cutting slices from one side of the strawberry and continue cutting slices of desired thickness.

Chopping Strawberries:

Cut strawberries in halves.

Place the strawberry halves on a cutting board with the cut side down on the board and slice lengthwise into 4 pieces. If the strawberries are large, cut the halves into 6 or more pieces, depending on the size of the berry.

After slicing the strawberries into pieces, cut them crosswise into small chopped pieces.

Mashing Strawberries:

Some recipes, such as strawberry sauces, syrups and jams, call for the strawberries to be mashed or crushed. The strawberries can be mashed by hand or with a food processor.

Cut strawberries in halves and then cut in half again to form quartered pieces. Place quartered pieces in a bowl. Use a potato masher to mash the strawberries. The strawberries will be hard to mash when first starting.

As the berries are mashed and some of their juices are released, they will begin to soften and will mash easier.

Continue to mash the strawberries until they are the desired consistency.

Freezing Strawberries:

Strawberries can be frozen so they can be stored for a longer period of time. Freeze strawberries whole, sliced, or crushed and sweetened or unsweetened. Freezing strawberries will affect their texture but they will still be great for many uses, such as making jams, in pies, desserts, and as a sauce to top ice cream, cakes, waffles and pancakes.

There are several methods that can be used for freezing strawberries. Determining which method to use will depend on end use and personal preference. All methods are fairly simple. Before using any of the methods, there are some tips listed below that may help provide better quality frozen strawberries.

- Be sure to use only good quality strawberries. They should be fully ripe but still firm. Discard any bruised or spoiled berries.
- Clean the strawberries and do not hull until after cleaning. Do not allow strawberries to soak in water to avoid having them taken on excess moisture. If dry pack freezing, be sure strawberries are completely dry before freezing.
- Place the strawberries on a baking sheet, not touching one another and freeze until solid and then transfer them to containers for up to six months.
- Be sure to use airtight freezer safe containers. If using freezer bags, be sure to remove as much air from the bag as possible before sealing.
- Allow enough headspace in the freezing containers or bags before sealing to allow for expansion when the strawberries freeze. Allow approximately 1/2 inch for pint size containers and 3/4 to 1 inch for quart size containers.
- Place the strawberries in the coldest part of the freezer so that they will freeze as quickly as possible. Store berries for up to 1 year.

Selecting a Freezer Container:

Before starting the freezing process you should consider what type of freezer container will be best for the method you are using. The container must be freezer proof so that it will not crack or break when the content freezes. It must also have an airtight seal to prevent moisture loss and leakage, and to keep strawberries from absorbing unwanted odors. When freezing strawberries, there are two types of packaging that can be used, rigid containers or sealable bags.



Strawberry Oatmeal Breakfast Smoothie

Ingredients:

- 1 cup soy milk
- 1/2 cup rolled oats
- 1 banana, broken into chunks
- 14 frozen strawberries
- 1/2 teaspoon vanilla extract
- 1 1/2 teaspoons white sugar

Directions:

In a blender, combine soy milk, oats, banana and strawberries. Add vanilla and sugar if desired. Blend until smooth. Pour into glasses and serve.



Strawberry Pie

Ingredients:

- 1 (9-inch) frozen ready-to-bake deep-dish pie shell, thawed
- 1 (4-serving) package strawberry-flavored gelatin
- 1/2 cup sugar
- 3 tablespoons cornstarch
- 3/4 cup ginger ale
- 1 quart fresh strawberries, and cut in half

Directions:

1. Bake pie shell according to package directions; set aside to cool.
2. In a medium saucepan, combine remaining ingredients, except strawberries, over medium heat. Cook 5 to 7 minutes or until gelatin has dissolved and mixture is clear, stirring occasionally.
3. Remove from heat and let cool about 5 minutes. Stir in strawberries then pour into baked pie shell.
4. Chill at least 4 hours, or until set. Serve, or cover and keep chilled until ready to serve.

Before serving, top each slice with a dollop of whipped topping and/or a whole strawberry.



Strawberry Angel Food Dessert

Ingredients:

- 1 (10 inch) angel food cake
- 2 (8 ounce) packages cream cheese, softened
- 1 cup white sugar
- 1 (8 ounce) container whipped topping (thawed)
- 1 quart fresh strawberries
- 1 (18 ounce) jar strawberry glaze

Directions:

1. Crumble the cake into a 9x13 inch dish.
2. Beat the cream cheese and sugar in a medium bowl until light and fluffy. Fold in whipped topping. Mash the cake down with your hands and spread the cream cheese mixture over the cake.
3. In a bowl, combine strawberries and glaze until strawberries are evenly coated. Spread over cream cheese layer. Chill until serving.



Strawberry Pretzel Salad

Ingredients:

- 2 cups crushed pretzels
- 3/4 cup butter, melted
- 3 tablespoons white sugar
- 1 (8ounce) package cream cheese, softened
- 1 cup white sugar
- 1 (8 ounce) carton whipped topping, thawed
- 2 (3 ounce) packages strawberry gelatin
- 2 cups boiling water
- 10 ounces of frozen or fresh strawberries

Directions: Preheat oven to 400 degrees

1. Stir together crushed pretzels, melted butter and 3 tablespoons white sugar; mix well and press mixture into bottom of 9x13-inch baking dish.
2. Bake 8-10 minutes, until set; set aside to cool.
3. In a large mixing bowl cream together cream cheese and white sugar.
4. Fold in whipped topping.
5. Spread mixture onto cooled crust.
6. Dissolve gelatin in boiling water.
7. Stir in frozen strawberries and allow to sit briefly.
8. When mixture is about the consistency of egg whites, pour and spread over cream cheese layer.
9. Refrigerate until set.

**Strawberry Cheesecake Salad****Ingredients:**

- 12 ounce whipped topping
- 1 small package cheesecake pudding powder
- 3 (6 ounce) strawberry yogurt
- 1 pound fresh strawberries
- 3 bananas sliced (add right before serving)
- Miniature marshmallows (optional)

Directions:

1. Thaw whipped topping. In a large bowl mix yogurt, pudding and whipped topping together. Put in fridge and allow to sit up for about an hour.
2. Wash and slice strawberries. Add strawberries, marshmallows and bananas right before serving. Keep refrigerated.

Squash

Summer Squash



Nutrition Facts: Squash contains Vitamins A and C and is naturally free of fat, cholesterol and sodium.

Selection: Popular summer squashes include yellow, zucchini and patty pan. Summer squash should be purchased when small and tender; both skin and seeds are eaten. The peel holds many of the nutrients so do not peel. It should be harvested at 6 to 8 inches in length. Patty pan squash are ready when they are 3 to 4 inches or less in diameter.

Storage: Place unwashed in plastic bags in the crisper drawer. Use within two to three days.

Preparation: Summer squash is a mild-flavored vegetable and combines well with herbs and seasonings. Cook summer squash as a vegetable or use in stews, casseroles and main dishes. Summer squash can be grilled, steamed, boiled, sautéed, fried or used in stir fry recipes.

Freezing: Select small squash with small seeds and tender rind. Wash and cut into 1/2 inch slices, heat in boiling water for 3 minutes and then cool promptly in cold water and drain. Pack in containers leaving 1/2-inch headspace. Seal and freeze.

**Oven Baked Zucchini Chips****Ingredients:**

- 1 (large) zucchini, cut into 1/8¹¹ - 1/4¹¹ slices
- 1/3 cup whole grain breadcrumbs
- 1/4 cup finely grated parmesan cheese, reduced fat
- 1/4 teaspoon black pepper
- Salt and pepper to taste
- 1/8 teaspoon garlic powder
- 3 tablespoons low-fat milk

Directions: Preheat oven to 425 degrees

1. Combine breadcrumbs, parmesan cheese, pepper, salt and garlic powder. Dip zucchini slices in milk and then in bread crumbs to coat both sides.
2. Arrange on cookie sheet sprayed with non-stick spray.
3. Bake 15 minutes, turn and continue baking approximately 10-15 minutes.

Egg Noodle Casserole



Ingredients:

- 1 (12 ounce) package uncooked egg noodles
- 3 tablespoons vegetable oil
- 2 cloves garlic, minced
- 4 cups shredded zucchini
- 1/2 cup milk
- 4 ounces cream cheese, cubed
- 1/2 cup chopped fresh basil
- Salt and pepper to taste

Directions:

Bring a large pot of lightly salted water to a boil. Add egg noodles and cook for 8 to 10 minutes or until tender; drain. Heat the oil in a skillet over medium heat. Stir in garlic and cook 2 minutes. Mix in zucchini and cook 10 minutes, until some of the mixture has evaporated. Pour the milk into the skillet and stir in cream cheese until melted. Mix in basil. Season with salt and pepper and sprinkle with Parmesan cheese. Serve over the cooked pasta.



Squash Bread

Ingredients:

- 3 eggs, beaten
- 2 cups white sugar
- 1 cup vegetable oil
- 2 teaspoon vanilla extract
- 3 cups all-purpose flour
- 3 teaspoons baking powder
- 2 teaspoons ground cinnamon
- 2 teaspoons shredded summer squash

Directions: Preheat oven to 325 degrees

Grease a 9 x 13 inch baking dish. In a large bowl, use an electric mixer to beat the eggs until fluffy. Beat in the sugar, oil and vanilla. Gradually mix in the flour, baking powder, cinnamon and nutmeg. Fold in the squash. Transfer to the prepared baking dish. Bake 45 minutes in the preheated oven, until a knife inserted in the center comes out clean.



Summer Squash Croquettes

Ingredients:

- 4 2/3 cups coarsely chopped yellow squash (about 1 1/4 pounds)
- 1/2 cup chopped green onions
- 1 cup crushed saltine crackers (about 30 crackers)
- 1/2 teaspoon salt
- 1/2 teaspoon sugar
- 2 large eggs
- 1/4 cup yellow cornmeal
- Cooking spray
- 1 tablespoon canola oil, divided
- Sliced green onions (optional)

Directions:

1. Steam squash and 1/2 cup onions, covered, 15 minutes or until tender. Drain well. Mash mixture with a fork. Stir in crackers and next 3 ingredients (through eggs). Cover and chill for 3 hours; drain well in a fine mesh strainer.
2. Place cornmeal in a shallow dish. Divide squash mixture into 12 equal portions, shaping each portion into a 1/2-inch-thick patty. Lightly coat each patty with cooking spray.
3. Heat 1 teaspoon canola oil in a large nonstick skillet coated with cooking spray over medium-high heat. Place 4 patties in pan; cook 1 1/2 minutes on each side or until golden. Remove patties from pan. Repeat procedure 2 times with remaining 2 teaspoons oil and 8 patties. Garnish with onions, if desired. Serve immediately



Zucchini Bread

Ingredients:

- 3 cups all-purpose flour
- 1 teas salt
- 1 teas baking soda
- 3 teas ground cinnamon

- 3 eggs
- 1 cup vegetable oil
- 2 1/4 cups sugar
- 3 teas vanilla extract
- 2 cups grated zucchini
- 1 cup chopped walnuts (optional)

skillet, add the veggies, seasonings, and the entire jar of spaghetti sauce. Simmer for

Directions: Preheat oven to 325 degrees

1. Grease and flour two 8 x 4 inch pans. Sift flour, salt, baking powder, soda, and cinnamon together in a bowl.
2. Beat eggs, oil, vanilla, and sugar together in a large bowl. Add sifted ingredients to the creamed mixture, and beat well. Stir in zucchini and nuts until well combined. Pour batter into prepared pans.
3. Bake for 40 to 60 minutes. Cool in pan on rack for 20 minutes. Remove bread from pan and completely cool.

Low Carb Lasagna



Ingredients:

For the Noodles:

6 large Zucchini, cut lengthwise into 1/8 inch strips (you could also use a large eggplant or no-boil lasagna noodles)

For the Meat Sauce:

- 1.25 pound lean ground turkey meat
- 1 large onion, diced
- 2 cups fresh or frozen broccoli
- 2 cups fresh or frozen cauliflower
- 2 cups fresh or frozen chopped spinach
- 1 25 oz. jar of spaghetti sauce
- 1 Tablespoon garlic powder
- 1 pinch salt and pepper to taste
- 2 Tablespoons Italian seasoning (optional)

For the Cheese Layer:

- 1 – 16 ounce container light cottage cheese
- 1/2 cup grated parmesan cheese
- 3/4 cup shredded mozzarella cheese

Directions:

For the noodle layer: Preheat oven to 425 degrees. Spray a cookie sheet with non-stick cooking spray; arrange zucchini slices and season with salt and pepper. Bake zucchini slices for 5 minutes on each side, and then remove from oven. Set zucchini slices aside and lower oven temperature to 375 degrees. **For the meat sauce layer:** In a large nonstick skillet, cook meat until it's browned. To the

about 10 minutes, (or until veggies are de-thawed/begin to soften), stirring occasionally.

For the cheesy layer: Mix the cottage cheese and parmesan cheese together.

Put it all together: Spray a 9×13 baking dish with non-stick cooking spray. Begin by spreading 1/3 of the meat sauce in the bottom of the pan. Follow meat sauce with a layer of zucchini slices, followed by a layer of cottage cheese. Repeat the layers until casserole dish is full.

Finish it off: Sprinkle the mozzarella evenly over the top. Cover with foil and bake at 375 degrees for 1 hour. Remove foil and bake or broil another 5-10 minutes until cheese is browned.



Nutrition Facts: Winter squash, which includes acorn squash, butternut squash, pumpkin and other varieties, are low in fat and

sodium. It is an excellent source of Vitamin A and fiber.

Selection: Winter squash should be heavy for its size with a hard, tough rind that is free of blemishes or soft spots.

Storage: Store it in a cool, dry place and use it within 1 month.

Preparation: If your hands are not very strong, or you don't have a sharp paring knife or serrated peeler, you can microwave the squash before you begin peeling to make the process easier. Pierce the squash a few times with a fork, then microwave for 2 minutes. This will soften the skin connection and make the

Winter Squash

peeling go faster.

Slice off the stem and bottom ends of the squash, so that both ends are flat.

Slice the squash in half, just where the thinner end begins to widen around the middle.

Turn each half so that a flat end rests against the cutting board. Use a sharp serrated peeler or paring knife to peel off the skin in downward strokes.

You will notice light green lines emerging beneath the skin as you peel. You want to make sure to peel all of those green lines away from the squash—they can be tough and fibrous. The squash isn't completely peeled till all of those green lines have disappeared and the orange flesh remains.

Once both halves of the squash are peeled, slice the fatter half lengthwise. Scoop out the seeds with a metal spoon. Reserve those seeds... they are absolutely delicious when roasted!

Now you have three sections of peeled squash, which you can slice or dice depending on your preference.

Steam: Wash, peel and remove seeds. Then cut squash into 2-inch cubes or quarter, leaving rind on (it will remove easily after cooking). Bring 1-inch of water to a boil in a saucepan and place squash on a rack or basket in the pan. Do not immerse it in water. Cover the pan tightly and steam the squash 30 to 40 minutes or until tender.



Winter Squash Rolls

Ingredients:

- 1 ½ cups cubed winter squash
- 1 cup scalded milk
- 2 (.25 ounce) packages active dry yeast
- ½ cup warm water
- 6 cups all-purpose flour
- ½ cup white sugar
- 2 teaspoons salt
- ½ cup shortening

Directions: Preheat oven to 400 degrees for 10-15 minutes

1. In a small saucepan, cover squash cubes with water. Bring to a boil and cook until tender, about 15 minutes. Drain, cool and mash.
2. In a small bowl, dissolve yeast in warm water. In a large bowl, combine 5 cups flour, sugar and salt. Stir in the yeast mixture, shortening, squash and milk. Mix well. Stir in the remaining flour, 1/2 cup at a time, beating well after each addition. When the dough has pulled together, turn it out onto a lightly floured surface and knead until smooth and supple, about 8 minutes.

Lightly oil a large bowl, place the dough in the bowl and turn to coat with oil. Cover with a damp cloth and let rise in a warm place until doubled in volume, about 1 hour.

3. Divide the dough into twelve equal pieces and form into rounds. Place the rounds in a lightly greased 13x9 inch baking pan. Cover with a damp cloth and let rise until doubled in volume, about 30 minutes.



Butternut Squash Fries

Ingredients:

- 1 (2 pound) butternut squash, halved and seeded
- Salt to taste

Directions: Preheat oven to 425 degrees

1. Use a sharp knife to carefully cut away the peel from the squash. Cut the squash into sticks like French fries. Arrange squash pieces on a baking sheet and season with salt.
2. Bake for 20 minutes in the preheated oven, turning the fries over halfway through baking. Fries are done when they are starting to brown on the edges and become crispy.

Spaghetti Squash with Tomatoes



Ingredients:

- 1 cooked spaghetti squash halved, seeds removed
- 1 medium onion, chopped (1/2 cup)
- 1 green pepper chopped (1/2 cup)
- 1 large garlic clove chopped
- 2 tablespoons olive oil
- 4 tomatoes chopped (4 cups)
- ¼ teaspoon dried oregano
- ¼ teaspoon dried basil
- Salt and pepper
- 2 tablespoons butter
- ¼ cup grated parmesan cheese

Directions:

Cook squash til done using any method you prefer – bake, boil, steam or microwave. When squash is nearly done, sauté onion,

green pepper and garlic in olive oil over medium heat until tender. Stir in tomatoes, salt, pepper, oregano and basil. Simmer together about 5 minutes more. When squash is done, shred with fork, keeping it inside the shell. Toss with butter. Spoon mixture on top of shredded squash, top with parmesan.



Squash Pie

Ingredients:

- 1 9-inch single pie crust
- 1 cup white sugar
- 1/8 teas ground cinnamon
- 1/8 teas ground nutmeg
- 1 pinch salt
- 1 tablespoon butter melted
- 1/2 teas ground ginger
- 2 cups hot milk
- 2 pounds butternut squash
- 3 eggs

Directions: Preheat oven to 425 degrees 1. In a small saucepan, cover squash cubes with water. Bring to a boil and cook until tender, about 15 minutes. Drain, cool and mash. Measure out 2 cups of mashed squash and refrigerate remaining leftover amount.
1. Mix sugar, salt, and spices. Blend in milk, squash, eggs, and butter or margarine. Pour filling into unbaked pie shell. Bake for 40 minutes.

How to Roast Butternut Squash Seeds

1. A 3 pound squash will produce about 1/3 cup of cleaned seeds.
2. Preheat oven to 325 degrees F. Place seeds and pulp into a mixing bowl.
3. Cover the seeds with water. Use your fingers to separate seeds from the fibrous butternut squash threads. It is easiest to do this underwater.
4. Drain the seeds in a colander. Pick through the seeds and discard the loose orange squash threads.
5. Bring 1 quart of water and 1 tsp of salt to a boil. Add the seeds (up to 2 cups of seeds per quart of water) and boil for 10 minutes.
6. Drain the seeds in a colander and pat dry with a paper towel or towel. A few seeds will stick to the towel as you dry, just use your fingers to brush them back into the colander. Pour the seeds into a mixing bowl and toss them with

a little olive oil or melted butter. I use about 1 tsp of olive oil or 2 tsp of melted butter per 1 cup of seeds.

7. Spread the seeds out in a single layer onto a baking sheet. Season with salt and any other seasonings you like. Smoked paprika, cinnamon-sugar, nutmeg, chili powder, or cayenne (spicy!) will all work well.
8. Toast the seeds in the oven for about 20 minutes, watching carefully to make sure they don't burn. They won't change color much (if they turn too brown they'll be over-done), so the best way to check for doneness is to taste them. Once you hear a few seeds "pop" like popcorn in the oven, that's the perfect time to take them out. Don't let them stay in much longer after that first "pop," or you risk burning them.
9. The seeds should end up crispy and delicious, with a flavor similar to fresh popcorn. Delish!



Baked Butternut-Squash and Apples



Ingredients:

- 2 pounds of butternut squash
- 2 apples
- Slice and layer in casserole (9 x 12)

Directions: Bake 50-60 minutes at 350° F covered with foil.

1. Stir together
2. 1/2 cup brown sugar
3. 1/4 cup butter, melted
4. 1 Tablespoon flour
5. 1 teaspoon salt
6. 1/2 teaspoon nutmeg
7. Pour over squash and apples



Simple Roasted Butternut Squash

Ingredients:

- 1 butternut squash, peeled, seeded and cut into 1-inch cubes
- 2 tablespoons olive oil
- 2 cloves garlic, minced
- Salt and pepper to taste

Directions: Preheat oven to 400 degrees.

1. Toss butternut squash with olive oil and garlic in a large bowl. Season with salt and black pepper. Arrange coated squash on a baking sheet.
2. Roast in the preheated oven until squash is tender and lightly browned, 25 to 30 minutes.

Making Pumpkin Puree with Microwave

This procedure applies to all winter squash and has given better results than using an oven. Split the pumpkin, remove seeds, turn it cut side down on a platter or plate with water in it and microwave on high. The amount of time varies with the thickness of the squash wall but usually at least 30 minutes. Remove from microwave and let cool. Scrap out of shell. Puree in a blender or food processor. For future use freeze the amount needed for a recipe.

Savory Pumpkin Puree: Add butter, salt, and pepper to taste to the pumpkin puree. Add brown sugar for a sweeter side dish. Makes a great menu substitution for mashed potatoes.

Pumpkin Pie Puree: Add cinnamon, nutmeg, cloves, and brown sugar to the pumpkin puree.

Choose smaller pumpkins weighing 2 to 4 pounds for eating purposes. Overly-large pumpkins tend to be dry and stringy.

New Life for Your Pumpkins!

It doesn't take much magic to turn your holiday pumpkins into delicious post-Halloween treats. Consider some of the following ideas to put your jack-o-lanterns to good use. And good use again!

Don't believe the old wives' tale that if you swallow a pumpkin seed, you'll grow a pumpkin in your belly! Temp the fates, if you will, by scooping out the seeds from your jack-o-lantern and prepping them for a post-Halloween midday snack!

Use any seasonings that sound good to flavor your seeds. The seasonings in this pumpkin seed recipe provide a bit of a zing!



Cajun roasted pumpkin seeds

Ingredients:

- 2 cups raw pumpkin seeds, rinsed and dried
- 2 teaspoons butter, melted
- 1/2 teaspoon garlic powder
- 1/2 teaspoon seasoning salt
- 1/2 teaspoon Cajun seasoning
- Dash of cayenne pepper

Directions: Preheat the oven to 300 degrees.

1. In a medium bowl, toss the pumpkin seeds with the butter and seasonings.
2. Spread pumpkin seeds evenly in a single layer on a baking sheet. Bake for about 45 minutes, stirring occasionally, until golden brown.

More ways to eat pumpkin seeds:

- Make pesto with the roasted and shelled pumpkin seeds. Make your pesto as you normally would, but substitute the pumpkin seeds for the nuts.
- Toss them in salads.
- Use them as a topping for pizza.
- Mix them into pancake batter.
- Add them to a granola recipe.
- Garnish pasta dishes with them (think Pad Thai or pasta with a light oil and garlic sauce).

How to Roast Pumpkin Seeds

- Rinse pumpkin seeds under cold water and pick out the pulp and strings. (This is easiest just after you've removed the seeds from the pumpkin, before the pulp has dried.)

- Place the pumpkin seeds in a single layer on an oiled baking sheet, stirring to coat. If you prefer, omit the oil and coat with non-stick cooking spray.
- Sprinkle with salt and bake at 325 degrees F until toasted, about 25 minutes, checking and stirring after 10 minutes.
- Let cool and store in an air-tight container.



Toasted Pumpkin Seed with Sugar and Spice

Ingredients:

- 1 cup raw pumpkin seeds, rinsed and dried
- 6 tablespoons white sugar, divided
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{2}$ teaspoons pumpkin pie spice
- 1 tablespoon vegetable oil

Directions: Preheat oven to 250 degrees

1. Spread pumpkin seeds in a single layer on a baking sheet. Toast for 45 minutes, stirring occasionally, until dry and toasted. Larger seeds may take longer.
2. In a large bowl, stir together 2 tablespoons of white sugar, salt, and pumpkin pie spice. Set aside. Heat the oil in a large skillet over medium-high heat. Add the pumpkin seeds and sprinkle the remaining sugar over them. Stir with a wooden spoon until the sugar melts, about 45 seconds. Pour seeds into the bowl with the spiced sugar and stir until coated. Allow to cool before serving. Store in an airtight container at room temperature.



Spiced Pumpkin Seeds

Ingredients:

- 1 $\frac{1}{2}$ tablespoons margarine, melted
- $\frac{1}{2}$ teaspoons salt

- $\frac{1}{8}$ teaspoon garlic salt
- 2 teaspoon Worcestershire sauce
- 2 cups raw whole pumpkin seeds

Directions: Preheat oven to 275 degrees for 1 hour, stirring occasionally 1.

Combine the margarine, salt, garlic salt, Worcestershire sauce and pumpkin seeds. Mix thoroughly and place in shallow baking dish.

Cooking with field pumpkins

Keep in mind that if you're going to cook with your regular field pumpkin jack-o-lantern, it needs to be fresh and not the one that has been sitting on your stoop for a few weeks or even days! Wait to carve your pumpkin until the day of Halloween (or whatever day trick-or-treating falls on). Keep the carved pieces in a plastic bag in the refrigerator until ready to use.

When trick-or-treating wraps up, grab your carved pumpkin, give it a good wash (it should already be cleaned of its flesh and seeds) and cut it into pieces. Follow the cooking directions below, although you'll need to bake it for about two hours.

Sugar pumpkin

If you want to make double duty use of your sugar pumpkins, keep them for indoor decorations without carving them. Gather them up in groups for a nice fall display and use them once the party is over!



Pumpkin Puree

One (4 pound) sugar pumpkin makes about $1\frac{1}{2}$ cups of pumpkin puree.

Step one: Preheat your oven to 350 degrees. Once your Halloween festivities are over, grab your pumpkin and give it a good wash. Cut it in half and scrape out its flesh and seeds. Wash and dry the seeds and turn them into tasty treats.

Step two:

After your pumpkin has been halved and scraped clean, cut the halves in two and place the pieces on a baking sheet, cut sides down. Bake for about 35-45 minutes until the pumpkin is tender and golden. Note: If you're

using a jack-o-lantern pumpkin, bake for about two hours.

Step three:

Carefully peel the skin off your pumpkin. Add the fleshy pieces to a food processor (if you don't have one, use a potato masher) and blend until smooth. Add a bit of water, a little at a time, if your pumpkin is too dry. If it's too wet, try to strain it to remove some of the liquid. The pumpkin puree can be used immediately or stored in freezer bags for six to eight months.

Use those guts

The guts are the stringy pieces that surround the seeds of your pumpkin, and they can be one of the most difficult parts to use. Use these icky innards to make some pumpkin stock.

Separate the seeds from the guts, and set them aside for a tasty snack later. Place your guts in a pot filled with water and boil. You can add other unwanted vegetable pieces, such as celery tips or carrot tops, to add more flavors. Boil for about 30 minutes, or until the water begins to change color. Strain your stock, reserving the broth and setting your guts and vegetable pieces aside to be composted.

Pumpkin stock is perfect for adding flavor to soups or casseroles, and you can freeze any extra for later use.

Get pumpkin pretty

Pumpkins are rich in zinc and vitamins A, C and E, which makes pumpkin purée healthy for your body if you eat it *and* healthy to apply to the skin. That's why one of the prettiest uses for the pumpkin is for a face mask.

Start with about five teaspoons of pumpkin purée; add three teaspoons of brown sugar – which will naturally exfoliate your skin – and a tiny splash of milk.

Mix it all together, and apply to your face in circular motions, avoiding the eye area. Relax for up to 20 minutes and allow all that pumpkin goodness to seep into your skin. Bonus: it smells yummy, too!

Make a post-Halloween treat

The trick-or-treaters have left the building, but the candy doesn't have to. Pumpkin candy is a Mexican tradition, but when you discover just how tasty they are, you'll likely make it one of yours, too.



- Start with a whole pumpkin, and cut it in half. After you've removed the guts and seeds, cut the pumpkin into smaller chunks, and carefully remove the skin with a sharp vegetable peeler.
- Once the skin has been removed, cut your pumpkin into bite-sized pieces, and place the pieces into a saucepan. Add just enough water to cover them, cover the pot and bring to a boil.
- After the pumpkin begins to soften, stir in one cup of brown sugar and desired spices. We suggest a little cinnamon, ginger, nutmeg and cloves. Cover with lid and continue to boil until the sugar forms syrup.
- Allow the candies to sit in the syrup overnight to soak in the sugary flavor, and then place on a wire rack to dry. Sprinkle with additional sugar if desired.

Have pumpkin butter with breakfast

Fruit butters are delectable additions to a fall breakfast, and pumpkin butter is one of the easiest to make. Simply place two cups of your pumpkin purée into a saucepan with a cup of brown sugar and a cup of water or apple cider. From there you can add whatever spices you choose as familiar pumpkin pie spices such as cinnamon, nutmeg, cloves and ginger, along with a pinch of salt.

Stir all the ingredients together, and bring to a boil. Turn down the heat, and allow the mixture to simmer for about 25 minutes. Once your pumpkin butter has cooled, store it in a glass jar in the refrigerator, and use it for breakfast on toast or biscuits. It makes a great topping for pancakes and oatmeal, too.

Tomatoes



Nutrition Facts: Tomatoes are rich in nutrients that promote good health, including fiber and vitamins C and A.

Selection: Choose firm, well-shaped tomatoes that are fragrant and rich in color. Tomatoes should be free from blemishes, heavy for their size and give slightly to pressure. Three to four medium tomatoes weigh about 1 pound. One pound of tomatoes yields about 2½ cups of chopped tomatoes or 3 cups of wedges or sliced tomatoes.

Storage: Store ripe tomatoes at room temperature and use them within three days. Keep them out of direct sunlight. Place green tomatoes in a paper bag to ripen them.

Preparation: Wash fresh tomatoes in cool running water.

To Peel: Place tomatoes in boiling water for about 30 seconds, then transfer them to cold water. Skins will slip off.

To seed: Scrape seeds away from the flesh with a pointed utensil.

To slice: Slice lengthwise to retain the juice. A serrated knife works best.

To broil: Cut tomatoes in half cross-wide. Dot them with margarine and sprinkle with an herb mixture or a little parmesan cheese and breadcrumbs sprinkled on top. Broil tomatoes until tender and topping is lightly browned.

Roast them. Halve some tomatoes crosswise; brush them with a small amount of olive oil and a little balsamic vinegar. Set the tomatoes on a baking sheet and roast at 400 degrees for 30 minutes. Or try slow-roasting them at a lower temperature for longer - 300 degrees for two hours. Roasting tomatoes concentrates their flavor. Enjoy your roasted tomatoes as a side dish or puree them for soups and sauces.

Sauté: Cherry tomatoes are great for this. Mix the sautéed tomatoes with your favorite pasta; or spoon them on top of chicken or fish.

Stuffed: Halve the tomatoes crosswise, scoop out the pulp and fill them with your choice of rice, chopped vegetables, polenta, mushrooms—whatever takes your fancy. Bake the tomatoes at 375 degrees for about 15-20 minutes.

Place **sliced** tomatoes on top of a pizza.

Make a tomato **salad** by slicing, chopping or cutting your tomatoes into wedges, and drizzling them with a little oil and balsamic vinegar. Mozzarella cheese is a great partner for sliced tomatoes. Add torn basil leaves and a light vinaigrette dressing to complete this classic salad.



Baked Green Tomatoes

Ingredients:

- 15 large green tomatoes
- Salt and pepper
- 2 cups brown sugar
- 3 cups coarse Ritz cracker crumbs
- 2 sticks butter

Directions: Bake at 350° F until tender but still firm

Cut tomatoes in half and arrange in an oiled shallow casserole. Season with salt and pepper and sprinkle each with a tablespoon of sugar. Cover with crumbs and dot with butter. Note: ½ inch slices may be baked in this same manner.



Tomato Pancakes

Ingredients:

- 4 eggs, lightly beaten
- 1 can diced tomatoes with liquid
- 40 single saltines, crushed
- Onion can be added (optional)
- Butter for frying
-

Directions:

Combine the beaten eggs, tomatoes and their liquid crackers and salt. Shape into 4-inch pancakes and fry in a small amount of butter over medium heat about 2 minutes on each side.

Noodles with Fresh Tomatoes

Ingredients:

- $\frac{3}{4}$ pound thin noodles
- 2 tablespoon olive oil
- 2 tablespoon butter
- 2 tablespoon scallions, chopped
- 1 tomato, diced
- Salt and pepper to taste

Directions:

Dice the fresh tomato. Should have $\frac{1}{4}$ cup or more. Bring a large pot of water to a rapid boil and add salt. Drop in the noodles, keeping water boiling rapidly. Cook 2-3 minutes or until tender. Do not overcook. Drain well and set aside. Using same large pot, place the olive oil, margarine and scallions over medium heat. Cook only until wilted; add tomatoes and cook about 40 seconds. Salt and pepper the mixture to taste. Add the drained noodles and blend well. Serve immediately.



Make Tomato Sauce with Fresh Tomatoes

Makes about 8 pints

Ingredients:

- 15 pounds ripe tomatoes
- $\frac{1}{4}$ to $\frac{1}{2}$ cup lemon juice or red wine vinegar
- 2 teaspoons salt (optional)

Equipment:

- 6 $\frac{1}{2}$ -quart or larger stock pot
- Mixing bowls
- Slotted spoon
- Knife and cutting board
- Food processor or blender
- Jars for canning or containers for freezing

Directions:

- 1. Peel the tomatoes:** Bring a large stock pot of water to a boil over high heat. Fill a mixing bowl with ice and water and set this next to the stove. Core out the stems from the tomatoes and slice a shallow "X" in the bottom.

Working in batches, drop several tomatoes into the boiling water. Cook until you see the skin starting to wrinkle and split, 45 to 60 seconds, then lift the tomatoes out with the slotted spoon and plunge them into the ice water. Continue with the rest of the tomatoes, transferring the cooled tomatoes from the ice water to another mixing bowl as they cool. When finished, use your hands or a paring knife to strip the skins from the tomatoes.

2. Roughly chop the tomatoes:

Working in batches, pulse the tomatoes in the food processor. Pulse a few times for chunkier sauce or process until smooth for a pureed sauce. Transfer each batch into the stock pot. Alternatively, chop the tomatoes by hand. For a very chunky sauce, skip this step entirely and let the tomatoes break down into large pieces as they cook.

3. Simmer the tomatoes:

Bring the tomato sauce to a simmer over medium heat. Continue simmering for 30 to 90 minutes, stirring occasionally, until the sauce reaches the taste and consistency that you like.

4. Stir in the lemon juice and salt:

When finished cooking, stir in the lemon juice or vinegar and salt. A quarter cup is necessary to ensure a safe level of acidity for canning. Add more lemon juice or vinegar to taste.

5. Preserving Option 1 — Freeze your sauce:

Let the sauce cool and then transfer it into freezer containers or freezer bags. Sauce can be kept frozen for at least three months before starting to develop freezer burn.

6. Preserving Option 2 — can your sauce:

Transfer the hot sauce into sterilized canning jars. Top with new, sterilized lids, and screw on the rings until finger tight. Process in a pot of boiling water for 30 minutes. Let cool completely on the counter — if any lids do not seal completely (the lids will invert and form a vacuum seal), refrigerate that sauce and use it within a week or freeze it for up to three months. Canned tomato sauce can be stored in the pantry for at least a year.

Herbs

- WIC FMNP Eligible Cooking Herbs must be fresh cut, not dried or in the pot growing.
- Fresh herbs taste better than dried herbs.
- When substituting fresh herbs for dried herbs in recipes, 1 teaspoon dried herb is equal to 1 tablespoon fresh herb.
- Fresh herbs can be purchased at your local Farmers' Market or grocery store.
- You can also grow fresh herbs yourself.
- Adding dried herbs to recipes at the beginning of cooking will promote the best flavor.
- Fresh herbs should be added at the end of cooking.
- If using fresh herbs, remember that cooking them for a long period of time can destroy the flavor and color.

Freezing Tips

- Freezing herbs can help to make them available for cooking whenever you may need them.
- Basil, dill, chives, mint, oregano, sage, thyme and tarragon are all herbs that freeze well.
- How do you freeze herbs:
 - Wash the herb in cool water
 - Pat dry with a paper towel
 - Remove stems on leafy herbs
 - Chop herbs
 - Place in freezer safe plastic bag
 - Seal tightly and freeze

Approved WIC FMNP Eligible Cooking Herbs are including but not limited to:

Basil	Borage	Chives
Cilantro	Dill	Epazote
Fennel	Garlic	Marjoram
Mint	Oregano	Parsley
Rosemary	Sage	Savory
Shiso	Sorrel	Tarragon



