

## Woodlawn Garden's Cooking Class #4

### Stone Fruit Salad

Recipe by Bryant Terry

½ lb. fresh cherries, pitted and halved  
3 nectarines, pitted and cut into eighths  
2 peaches, pitted and cut into eighths  
6 plums, pitted and cut into fourths  
1 tsp fresh lemon juice

In a large bowl, combine all the ingredients. Toss lightly, cover and refrigerate for one hour.

### Raw "Pasta"

2 zucchini  
1 carrot  
1/3 cup cherry tomatoes, halved  
1/3 cup pesto or creamy pinenut sauce.

With a peeler or vegetable spiralizer make very thin strips or noodle shapes out of the carrots and zucchini. Toss the "noodles" with sauce of choice. Add tomatoes and serve immediately.

### Baby Lettuces with Grilled Portabella Mushrooms (serves four)

Adapted from <http://blog.fatfreevegan.com/2006/09/salad-days.html>

4 large portabella mushroom, stemmed and marinated\*  
4 tsp. minced garlic  
1/3 cup balsamic vinegar  
baby lettuces  
chickpeas  
1 tbsp. chopped walnuts  
fatfree dressing

- 1) Combine the garlic with a couple of tablespoons balsamic vinegar and an equal amount of water. Slice the portabella into 1/2-inch-thick slices. Toss the balsamic mixture with the mushroom slices.
- 2) Place the mushrooms in a single layer on the grill, and cook until tender.
- 3) Fill a large bowl with baby lettuces. Top with portabella strips, chickpeas, and walnuts.
- 4) Lightly drizzle with dressing.

### **Basic Balsamic Vinaigrette**

1/4 cup balsamic vinegar  
2 teaspoons sweetener (brown sugar, honey, or agave nectar)  
1 tablespoon chopped garlic  
1/2 teaspoon salt  
1/2 teaspoon freshly ground black pepper  
3/4 cup olive oil

Combine all ingredients, except olive oil. (If using granular sugar, let it dissolve). Whisk in olive oil and toss with salad.

### **Grilled Portabella Mushroom Sandwiches**

Serves 4

- 4 portabella mushrooms, wiped clean with dry paper towel, stem removed and tossed in olive oil, garlic, salt and Italian herbs.

- Grill the mushrooms on medium-high, gill side up, for approximately eight minutes. Turn over and grill eight more minutes.

- 4 rolls or eight slices of your favorite sandwich bread, such as focaccia, ciabatta, sourdough, hoagie....

#### *Toppings & Condiments:*

Lettuce

Grilled onions

Roasted red pepper or artichoke lemon mayonnaise

Pesto

Olive tapenade

## **Triple-berry Buckle:**

### **Streusel**

3/4 cup whole-wheat pastry or spelt flour	1/3 cup coarsely chopped walnuts
1/3 cup sugar	1/2 tsp. baking powder
1/3 cup oats	1/4 tsp. salt
1 tsp. cinnamon	4 to 6 Tbs. canola oil

To make Streusel: Combine all dry ingredients. Stir in oil 1 Tbs. at a time until mixture looks crumbly.

### **Cake**

1 cup whole-wheat pastry or spelt flour	2 tsp. vanilla extract
1 cup all-purpose flour	1/2 tsp. salt
2 tsp. baking powder	2 cups fresh blueberries
3/4 cup liquid sweetener*	1/2 cup blackberries
1/3 cup canola oil	1/2 cup raspberries

\* (maple syrup, honey, agave nectar, or brown rice syrup. If using brown rice syrup, you must combine brown rice syrup with another sweetener, otherwise the cake will be too heavy.) If you only have granular sugar, you may substitute that, but add 1/4 cup water.

### **Directions:**

1. Preheat oven to 350F. Grease baking pan. A 9-inch springform pan works best.
2. Sift flours and baking powder into bowl. Whisk sweetener, oil, vanilla and salt in second bowl.
4. Stir liquid mixture into flour mixture. Fold in blueberries first and at the last minute fold in the remaining berries. (The other berries breakdown and can cause a grey colored batter if mixed in too early)
5. Spread batter in prepared pan. Sprinkle streusel over top. Bake approximately 35 minutes, or until toothpick inserted in center comes out clean. Cool 30 minutes on wire rack, unmold, and serve.

# Woodlawn Gardens Cooking Class #3:

## Asian Inspired Picnic

Peanut, mint, cilantro, chili and ginger are key flavors to Asian cooking. Tamari (or soy sauce) is the primary salt.

### Asparagus Soba Noodle Salad

Published by The Oregonian

Makes 4 to 6 side-dish or first-course servings

If you're looking to add some protein, try tossing in some cooked, shelled edamame.

- 2 tablespoons soy sauce
- 1 tablespoon granulated sugar
- 2 tablespoons unseasoned rice vinegar
- 2 teaspoons finely grated ginger (see note)
- 1 small clove garlic, grated (see note)
- 1/2 teaspoon crushed red pepper flakes
- 2 teaspoons dark sesame oil
- 2 tablespoons vegetable oil
- 12 ounces asparagus spears
- 6 ounces buckwheat soba noodles
- 2 small carrots, peeled and thinly sliced diagonally
- 4 green onions, chopped
- 1/2 cup toasted almonds, coarsely chopped
- 1/2 cup chopped fresh cilantro
- Freshly ground black pepper

1. Bring a large pot of water to a boil. Salt generously.

2. In a small bowl, combine soy sauce, sugar, rice vinegar, ginger, garlic and red pepper flakes. Gradually whisk in the sesame and vegetable oils and set aside.

3. Bend each asparagus until the tough ends snap off. Cut the asparagus spears diagonally into 2-inch lengths. Add the soba noodles to the pot of boiling water and cook for 2 minutes. Add the asparagus to the pot and continue to boil until the noodles are al dente, about 2 minutes more. Pour the noodles and asparagus into a colander and rinse them under cold running water until the noodles are cool to the touch.

4. Transfer noodles and asparagus to a large serving bowl, toss with the dressing, carrots, green onions, almonds and cilantro. Season with pepper and serve. Note: I use a Microplane to grate the ginger and garlic.

(PER SERVING: calories: 274 (31.3% from fat); protein: 8.7 grams; total fat: 9.6 grams; saturated fat: 1.3 grams; cholesterol: 0; sodium: 829 mg; carbohydrate: 43 grams; dietary fiber: 4 grams)

### Cold Soba Noodle Salad Option #2:

¼ cup honey

½ cup soy or tamari

4 tsp. sesame oil

1 pound soba noodles, cooked until tender and rinsed in COLD water

½ cup each (thinly sliced): scallion, bean sprouts, carrots, cucumber

1 cup lightly toasted and crushed almonds, peanuts or cashews

¼ cup fresh cilantro

2 TBSP black sesame seeds

In a small bowl, whisk together honey, soy sauce and sesame oil. To the noodles, add green onions, bean sprouts, carrots, cucumber, nuts, cilantro, sesame seeds, and the soy mixture and mix thoroughly.

## Spring Rolls

Warm water, for soaking rice paper wrappers  
1 package rice paper wrappers, see Cook's Note\*  
Rice or Soba noodles  
1/4 cup cilantro and or mint leaves  
2 cups julienned veggies of your choice:  
(such as red & yellow bell pepper, carrots, cucumber,  
avocado, bean sprouts, snow peas, marinated mushrooms)  
Kosher or sea salt and freshly ground black pepper  
2 tablespoons black sesame seeds  
*Other optional fillings: mangoes, marinated or baked tofu, peanuts*

In a large bowl filled with warm water, soak 1 rice paper wrapper for about 20 seconds or until soft. Lay wrapper out on a tea towel to absorb excess water. Transfer wrapper to a flat surface. About 1/3 from the bottom of the wrapper, create a 3-inch long row by placing some cilantro leaves followed by some noodles and veggies. Season, to taste, with salt and pepper. Sprinkle the top 1/3 of the rice wrapper with black sesame seeds. Carefully fold the bottom of the rice paper wrapper over the vegetables. Turn in the sides and continue rolling up from the bottom.

To serve, slice the roll in half on a bias. Serve with Peanut or Orange-Chili Dipping Sauce.

\*Cook's Note: Rice paper wrappers can be found in Asian markets and at gourmet stores. Soak and work with only 1 rice wrapper at a time because wrappers will stick together and won't be easy to work with if they absorb too much water. If not served right away, keep rolls tightly covered to prevent the rice wrappers from drying out.

## Orange-Chili Dipping Sauce:

1/2 cup freshly squeezed orange juice  
3 tablespoons sugar  
3 tablespoons soy sauce  
2 teaspoons lime juice, about 1/2 lime  
1 tablespoon sesame oil  
1 tablespoon balsamic vinegar  
1 teaspoon chili flakes  
1 teaspoon kosher salt

Whisk together all the ingredients in a mixing bowl. Allow the sauce to stand for 30 minutes so that the flavors can infuse. Serve at room temperature.

## Sesame Cucumber Salad

2 regular or English cucumbers  
2 tablespoons low sodium soy sauce  
1 tablespoon toasted sesame oil  
1 teaspoon toasted sesame seeds  
1/2 bunch fresh mint, leaves only  
Kosher or sea salt

Slice the cucumber into thin rounds. Put them into a bowl and toss them with the soy sauce, sesame oil, sesame seeds, mint leaves and salt, to taste.

## Asian Coleslaw

- 3 tablespoons rice wine vinegar
- 3 tablespoons vegetable oil
- 2 1/2 tablespoons creamy peanut butter
- 1 1/2 tablespoons soy sauce
- 1 1/2 tablespoons brown sugar
- 1 tablespoons minced fresh ginger root
- 3/4 tablespoons minced garlic
  
- 4 1/2 cups thinly sliced combination of green, napa and red cabbages
- 2 carrots, julienned
- 3 green onions, chopped
- 1/4 cup chopped fresh cilantro
- 1/4 cup chopped fresh mint

## Nori Rolls

6 cups water  
3 cups short-grain brown or white rice

Any combination of the following vegetables:

cucumber	asparagus
zucchini	scallions
green bell pepper	mushrooms
red bell pepper	sesame seeds
carrots	avocado
daikon radish	fresh spinach

2/3 cup rice wine vinegar  
6 Tbsp. brown sugar  
1 package pre-toasted nori sheets

Preparation: Bring the water to a boil. Add the rice, lower the heat, and simmer for 40 minutes, stirring occasionally. Seed and julienne the cucumber, and julienne the vegetables. Steam these vegetables, except avocado which should be raw, over boiling

water for 5 to 7 minutes. Let cool to room temperature.

Mix together the vinegar and brown sugar, and stir until the sugar is dissolved. When the rice is cooked, stir in the vinegar and brown sugar mixture, and cool to room temperature.

When the vegetables and rice are cool enough to handle, lay out the first nori sheet. Place a handful of rice in the center of the sheet, moisten your hands with water, and gently but firmly press the rice to the edges of the sheet so that there is a thin layer of rice in a line on the sheet. Spread a bit of wasabi paste on top of the rice, approximately 1 1/2" from one edge of the nori sheet. Lay vegetable strips parallel to the wasabi in a width of approximately 1" along the wasabi line.

Carefully wrap the closest edge over the vegetables, then roll the nori delicately but tightly. Seal by moistening the edge of the nori. Once the nori sheet is completely rolled, slice the roll into 6 pieces and arrange on a platter. Repeat with the remaining nori sheets.

Makes 6 rolls.

Top Tip #1: If your nori rolls won't stay rolled, try "sealing" the seam with a little brown rice syrup. To make rolling easier and prevent the nori sheets from tearing, use an inexpensive bamboo sushi mat--available in Japanese markets and many health food stores.

Top Tip #2: If you can't find pre-toasted nori sheets, toast your own by briefly passing the sheets over direct heat (such as a stove flame) to crisp them.

## Culinary Q & A:

What is the difference between kosher salt, sea salt, and table salt?

**A:** For the cook's purposes, the main difference between salts is in their texture. Table salt's fine granules dissolve quickly, making it the preferred salt of bakers. Sea salt and kosher salt possess larger, irregular grains that add a delightful crunch and hit of briny flavor when sprinkled on food at the last minute. Generally, savvy cooks prefer kosher salt when cooking, since its coarse texture is easier to take a pinch of when seasoning savory dishes.

Chemically there is little difference between kitchen salts. All are at least 97 1/2 percent sodium chloride. But there are significant differences in the provenance and processing of these salts.

Table salt is mined from underground salt deposits, and includes a small portion of calcium silicate, an anti-caking agent added to prevent clumping. It possesses very fine crystals and a sharp taste. Because of its fine grain a single teaspoon of table salt contains more salt than a tablespoon of kosher or sea salt.

Sea salt is harvested from evaporated seawater and receives little or no processing, leaving in tact the minerals from the water it came from. These minerals flavor and color the salt slightly. However, because these salts often come at a dear price, it is worth keeping in mind that they lose their unique flavor when cooked or dissolved.

Kosher salt takes its name from its use in the koshering process. It contains no preservatives and can be derived from either seawater or underground sources. Aside from being a great salt to keep within arm's reach when you are cooking, it is particularly useful in preserving, because its large crystals draw moisture out of meats and other foods more effectively than other salts.

—Food Network Kitchens

## **Lincoln Street Cooking Classes**

*Making the most of your CSA share*

### **White Beans and Chard**

1 bunch chard- stems removed and cut into ribbons  
1 can of white beans  
olive oil  
2 cloves garlic, minced  
½ large onion, chopped  
Lemon juice- 3-4 tablespoons  
Sea salt

In a large skillet over medium heat, coat beans in olive oil and let sit for a few minutes. Stir and let sit for a few more minutes. If beans stick too much to the skillet or create a crusty coating on the bottom, add a couple tablespoons of water or veggie broth to deglaze the pan.

Add onions and coat in oil. Add garlic and sauté for one or two minutes. Stir in chard and cook until it wilts and squeeze lemon juice onto the greens. Stir and salt to taste.

### **Roasted Tomato and Pepper Soup**

1 red pepper, seeded and quartered  
1 large onion, cut into wedges  
5-6 medium tomatoes (Romas work well), cut in half and cored  
2 garlic cloves  
vegetable stock  
¼ tsp paprika or chili powder  
olive oil  
sea salt

Preheat oven to 400 degrees. On a baking sheet, place garlic and toss to coat the onion and red pepper with sea salt and olive oil. On another baking sheet place the tomatoes, skin down and salt. Bake until the onions begin to caramelize and the tomatoes collapse- about 45 minutes.

Peel the garlic and place all the roasted vegetables and paprika in a blender. Blend and then add vegetable stock until desired consistency is reached. Adjust salt if necessary.



## **Cucumber Salad with Tahini Dressing**

2 cucumbers thinly sliced  
1 large carrot, diced

Dressing:

½ cup tahini  
1 TB miso  
1 clove garlic, minced  
2 TB lemon juice  
water

Combine all the sauce ingredients and mix well. Add water until desired consistency is reached. Add to cucumbers and carrot and stir to coat.

## **Arugula Pesto**

½ bunch arugula  
½ bunch basil  
walnuts, about ½ cup  
pine nuts, about 1.4 cup  
juice of 1-2 lemons  
olive oil, about 3 TBSP  
sea salt  
black pepper  
2 garlic cloves, peeled

Place garlic cloves in food processor. Add the arugula and basil and process. Add the nuts and lemon juice. Drizzle in olive oil. Salt and pepper to taste. Add water if thinner consistency is desired.

## **Squash and Carrot Pasta**

3 squashes- zucchini and summer  
1 large carrot  
½ an onion thinly sliced  
1 cup cherry tomatoes, sliced in half  
3 garlic cloves, minced  
½ box cooked fettucine (optional)  
Italian herbs or pesto

In a vegetable spiral cutter or using a peeler, make "noodles" out of carrot and squash. Heat skillet over medium-high, add olive oil and sauté onions. Add garlic. Add carrot, coat in oil and then add zucchini. Add herbs, if using. Next toss in the tomatoes, coat in oil. After a couple minutes begin pressing/smoothing the tomatoes into the skillet to

release juices. Let sit for a few minutes, add pesto, salt to taste and combine with cooked pasta if desired.

### **Festive Rice**

1 cup cooked brown rice  
1 cup grated zucchini  
1 cup grated carrot  
½ onion, thinly sliced  
Italian herbs  
Fresh basil  
2 garlic cloves, minced

Saute onions until transparent. Add garlic and sauté for another minute. Add grated zucchini and let sit for one minute. Add zucchini, combine and let sit for a couple minutes. Add any dried herbs you are using. Add the brown rice and combine. If using fresh herbs, mix in now and salt to taste.

### **Sweet Potato Bisque**

Serves 4

2 sweet potatoes, halved  
2 limes  
1 medium onion, cut into wedges  
¾ can coconut milk  
Water  
Chili flakes or cayenne and/or ground cumin  
Sea salt

Drizzle oil over the sweet potato halves and onion wedges and roast in the oven at 400 for 15-30 minutes (depending on how deep the halves are. Begin checking after 15 minutes).

Once the potatoes have cooled, peel and chop into cubes. In batches, blend the potatoes and onion with enough water to puree each batch. Pour into a soup pot/ large sauce pan.

Add lime juice, chili flakes, salt, and more water & coconut milk until desired flavor and consistency has been reached. Heat and serve.

### **Coconut Braised Kale**

1 bunch of kale, stemmed and shredded  
¼ can coconut milk  
½ small onion, diced  
1 clove garlic, minced  
Chili flakes

Saute onions until translucent. Add garlic for one minute. Add chili flakes and kale, coat in oil and let kale wilt for a few minutes. Add coconut milk, cover and let simmer until kale is soft and most of the liquid has evaporated.

### **Raw Veggie Noodle Salad**

2 zucchini  
2 carrots  
1 cucumber  
½ bunch basil (or parsley or cilantro will work), chopped  
4 scallions or ¼ red onion, thinly sliced  
1 lemon, zest and juice  
Toasted sesame seeds, pumpkin seeds or nuts.  
olive oil  
Salt.

Peel zucchini and carrots into noodle shapes. Quarter the cucumber lengthwise and slice. Toss with lemon zest, juice, onion, oil, seeds and basil. Salt to taste.

### **Wheat Berry-Spinach Salad**

1 cup wheat berries, cooked  
2 bunches spinach (or arugula), trimmed and cleaned  
1 small jar sun dried tomatoes, chopped  
1 red onion, chopped  
½ bunch basil  
Zest of 1 orange, juice of half orange  
1 can of garbanzos/chickpeas  
Balsamic vinegar  
Olive oil  
Sea Salt

Combine all ingredients and let sit for at least 30 minutes for flavors to develop. Serve cold or at room temperature.

## HEALTHY COOKING COMBINATIONS

### BEANS

- Add to rice or pasta for complete protein
- Mash up for dip or bean burgers
- Add cheese packet from Mac & Cheese

### CANNED VEGGIES

- Add to anything!
- Mix them up and eat smaller portions, save some for later
- Mix them and add dressing for vegetable salad, or add to cold pasta salad

### CEREAL

- Add fruit
- Mix with granola
- Crumble on top of fruit or peanut butter for dessert bars

### CRACKERS

- Add crumbs to dip or meals

### FRUIT JUICE

- Use instead of sugar or water in recipes, for flavor

### MACARONI & CHEESE

- Use cheese powder and noodles separately – add noodles to Spaghetti-Os to make a bigger meal, use cheese for flavoring other foods
- Add veggies
- Add chili

### MILK

- Add to rice
- Add oil or butter for cream sauce with veggies or pasta

### PASTA

- Add veggies, beans, or tuna
- Add to soup
- Baked ziti

### PEANUT BUTTER

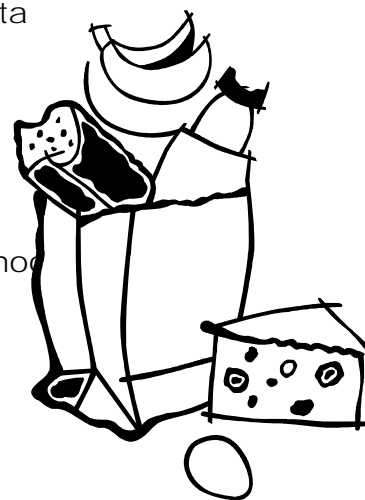
- Mix with soy sauce to make peanut sauce for rice or noodles
- Add to oatmeal
- Eat with granola
- Mix with cereal to make dessert bars

### RICE

- Add milk
- Rice pudding
- Add to soup or chili
- Add beans and/or veggies to get complete protein
- Rice, veggies, egg, soy sauce = fried rice

### TUNA

- Add to pasta



- o Use oil for other cooking

## Toasted Panzanella Salad

Serves 4, adapted from *Vegetarian Times*

1 small loaf French bread, 1 inch cubes	¼ cup basil, cut into thin ribbons
3 cloves garlic, minced	¼ cup olive oil
1 ½ lb. tomatoes, diced	2 TBSP red wine vinegar
1 med. cucumber, peeled, seeded & diced	2 tsp capers
1 small red onion, thinly sliced	1 tsp. sugar
¼ cup olives, chopped	½ tsp lemon zest
	salt and pepper to taste

- 1) Preheat oven to 350F. Spread bread cube on baking sheet and bake 15-20 minutes, until golden brown.
- 2) Add minced garlic and a pinch of salt to olive oil and let sit for one hour OR heat oil in small saucepan over medium-low heat and cook for 2 minutes.
- 3) Place all remaining ingredients in large serving bowl. Add olive oil mixture and toss to coat. Season to taste with salt and pepper and let stand for 20 minutes. Re-adjust seasons if necessary and serve.

## Cucumber-Tahini Salad

4 side servings

2 large cucumbers, seeded and thinly sliced	1 cup tahini
1 carrot, finely diced or shredded	2 TB miso
2 cloves garlic, minced	juice of one large lemon

- 1) Combine garlic, miso, tahini and lemon juice and combine well. A touch of water may be necessary to thin and smooth the mixture.
- 2) Add to carrots and cucumber until well coated.

## Wheat Berry Salad

Serves 6

1 cup wheat berries	1 bunch arugula or spinach
2 cups cooked chickpeas	5 oz goat cheese
2 small fennel bulbs	¼ cup toasted pistachios, chopped
½ cup golden raisins	4 TB balsamic vinegar
4 green onions	4 TB honey

- 1) Prepare wheat berries: Bring one cup water to boil in saucepan. Add wheat berries, reduce heat to low, and simmer partially covered until grains are soft- approximately one hour. (Add more water if necessary). Cool in pan and drain, if necessary.
- 2) Toss wheat berries, fennel, raisins, arugula and green onions.

3) Combine the vinegar and honey. Toss the salad with the dressing, salt to taste.

4) Sprinkle pistachios and crumbled goat cheese on top.

\*Other ingredients that may complement this salad well are dried cranberries and 2 TB orange juice (add to the dressing).

## **Basil Pesto**

Yields 1 ½ cups

4 cups fresh basil leaves  
½ cup Walnuts  
½ cup Pine nuts  
Zest of one lemon

Juice of two lemons  
Garlic cloves  
Salt and Pepper to taste

1) Place garlic cloves in food processor and pulse until minced. Add walnuts and pine nuts and process until finely chopped, but do not process so much that the consistency is oily.

2) Add basil, oil, lemon zest and juice and process until smooth.

3) For a thinner pesto, add olive oil until consistency desired is reached.

## **Summer Orzo Pesto Salad**

Serves 6

3 cups cooked orzo (about 1.5 cups dry)-  
for a gluten-free version use rice.  
4 zucchini, chopped  
1 cup diced tomatoes

1 yellow bell peppers, diced  
1 red yellow bell pepper, diced  
approx ¾ cup pesto  
Juice and zest of one lemon

Combine all ingredients in a large bowl. If pasta and pesto is not mixing well, drizzle in some olive oil to help the process.

Additional optional ingredient- cup of cooked white beans

## **White Bean Puree**

About 2 cups

1 can white beans, such as butter or great  
northern  
¼ cup chopped green onions  
2 TB tahini  
2 TB lemon juice

1 garlic clove, minced  
½ tsp dried oregano, or 1 ½ tsp fresh  
¼ tsp ground cumin or chili powder  
salt and pepper to taste

Combine all ingredients in a food processor and process until smooth. Will keep up to three days in fridge.

## **Tomato Coulis**

2 cups

3 lbs tomatoes (I used Roma, but Pear  
Tomatoes are also recommended)  
1 TB olive oil

2 large garlic cloves, minced  
3 tsp dried oregano  
Salt to taste

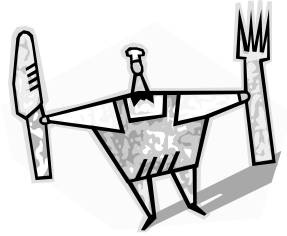
1) Bring a large pot of water to boil. Add the tomatoes for approximately two minutes- remove them when the skins begin to pull apart from the flesh.

1) Place the tomatoes in a bowl of cold water. Once they cool peel off the skins and cut out the stems. Squeeze to remove the pockets of seeds.

2) Heat a large skillet and add olive and garlic. Add oregano and tomatoes and cook over med-high heat, stirring frequently, for 5 minutes. Salt and continue to cook until almost all the liquid has reduced. Can be stored in a jar in refrigerator for several days.



Interfaith Food & Farms Partnership Good Cookin' Classes



**\*LENTIL LOAF\***

2 cups dried lentils	1 bell pepper
4 cups water	1 cup cremini or white mushrooms- chopped
1TB extra virgin olive oil	1 TB dried basil
1 onion - diced	1 TB dried Italian herb mix
2 cloves garlic - minced or pressed	1/4 cup soy sauce
2 celery ribs chopped	2 cups rolled oats
2 carrots - chopped	
Sea salt to taste	

1) In a lidded saucepan heat the lentils and water over medium heat for ten minutes, then reduce to low, cover, and simmer for 20 - 25 minutes. The lentils should absorb most of the water. Stir occasionally.

2) While the lentils are cooking, heat the olive oil over medium heat. Sauté the mushrooms for about 10 minutes.

3) Preheat the oven to 350F and grease a 9 x 9 pan.

4) Add the onion and sauté until soft. Add the celery, carrot, bell pepper, and garlic. Cook for 3 - 4 minutes. The carrot should be beginning to soften. Stir in the herbs and soy sauce.

5) Stir the lentils into the vegetables with a fork, as you want the lentils to be somewhat mashed. (Or try to mash the lentils with a spoon or masher before adding.)

6) Stir in the oats. Salt to taste. Press into the pan and bake 20 - 25 minutes and firmly set.

7) Let the casserole stand for 5 - 10 minutes before serving.

### **\*PASTA E FAGIOLI (PASTA & BEANS)\***

4 TB olive oil	1/4 tsp dried oregano, crumbled
2 garlic cloves, minced	1 15 oz can white beans,
2 cups plum tomatoes, chopped	-----rinsed & drained
2 TB minced fresh parsley	Salt and pepper
1/2 tsp dried basil, crumbled	8 ounces cooked elbow macaroni

- 1) Heat 3 tablespoons oil in heavy large skillet over medium heat. Add garlic and sauté until brown, about 2 minutes.
- 2) Stir in tomatoes and cook 5 minutes.
- 3) Add parsley, basil and oregano and simmer until tomatoes soften, stirring occasionally and breaking up tomatoes with back of spoon, about 15 minutes.
- 4) Add beans and cook until heated through, about 5 minutes. Season with salt and pepper.
- 5) Place pasta in bowl. Toss with remaining 1 tablespoon oil. Pour sauce over and toss thoroughly.

### **\*AGUA FRESCA\***

2 cups cold water

1 cup ice

2 cups fruit (cut into 1-inch pieces unless otherwise specified)

1/4 cup sugar, or to taste

1 tablespoon fresh lime juice, or to taste

In a blender combine all ingredients and blend on high speed until completely smooth. Pour cooler through a fine sieve into a glass pitcher. Chill cooler and stir before serving. Makes about 5 cups.

## \*ROASTED GARLIC TOMATO PASTA SAUCE\*

1 large onion, chopped	1/4 teaspoon crushed red pepper
3 tablespoons extra-virgin olive oil	1/4 teaspoon Italian seasoning
1 tablespoon minced garlic	1/4 teaspoon dried basil leaves
1/4 cup tomato paste	2 (28-ounce) cans whole Italian plum tomatoes, with their juices
1 1/2 teaspoons salt	3 whole heads roasted garlic, cloves removed from peel <i>(instructions included)</i>
1 teaspoon balsamic vinegar	
1/2 teaspoon hot sauce	

1) In a large saucepan saute the onion in the olive oil over medium-high heat until soft and lightly golden, 4 to 6 minutes. Add the minced garlic and cook, stirring, for 1 minute.

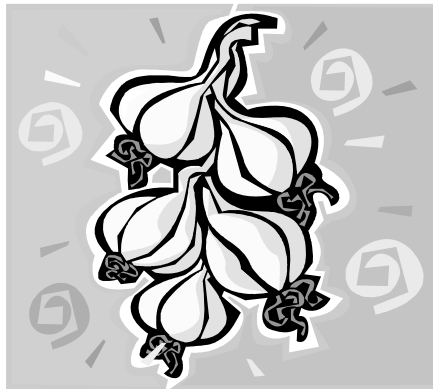
2) Add the tomato paste, salt, balsamic vinegar, hot sauce, crushed red pepper, Italian seasoning, and basil, and cook for 1 minute.

3) Add the tomatoes, crushing with your hands as you place them in the pan, and their juices. Stir to combine well and bring to a boil. Reduce the heat to a slow simmer and cook for 20 minutes, stirring occasionally.

4) Add the roasted garlic cloves and stir to combine. Continue to simmer for 30 to 45 minutes longer, or until the flavors have come together. Serve over pasta of choice.

## HOW TO ROAST GARLIC:

- 1) Preheat the oven to 400°F.
- 2) Peel away the outer layers of the garlic bulb skin, leaving the skins of the individual cloves intact. Using a knife, cut off  $\frac{1}{4}$  inch of the top of cloves, exposing the individual cloves of garlic.
- 3) Place the garlic heads in a baking pan; Drizzle a couple teaspoons of olive oil over each head, using your fingers to make sure the garlic head is well coated. Cover with aluminum foil.
- 4) Bake at 400°F for 30-35 minutes, or until the cloves feel soft when pressed.
- 5) Allow the garlic to cool enough so you can touch it without burning yourself. Use a small small knife cut the skin slightly around each clove. Use a cocktail fork or your fingers to pull or squeeze the roasted garlic cloves out of their skins,



## **Woodlawn Cooking Demonstration #2: Spicing up the goodies from your garden Mexican style!**

### **Mexican Quinoa Salad**

Serves 6-8

1 cup dry quinoa	½ cup cilantro, chopped
½ cup chopped scallions	3 TB olive oil
½ cup black beans	3 TB lime juice
1 med cucumber, seeded and chopped	½ tsp cumin
2 ripe Hass avocados, chopped	¼ tsp cayenne powder
½ cup corn kernels	salt, to taste
½ cup chopped tomatoes	

1) Prepare 1 cup dry quinoa by soaking and rinsing thoroughly in a strainer to remove the bitter residue known as saponin. Place in a saucepan with just under 2 cups water and a pinch of salt and simmer. The water should evaporate and the grain should be fluffy after about 12-16 minutes. Remove the quinoa and rinse under cool water to prevent it from further cooking.

2) Add the olive oil and 2 TB of lime juice so that the flavors will soak into the grain.

3) Add the remaining ingredients and gently combine. Let the salad sit for at least a half hour so that the flavors can set in.

Carrots and peppers also taste great in this recipe, so use what you have on hand or is in season. Make a more impressive presentation by slicing the avocados, fan the slices on top of the salad with a few tomato pieces and sprinkle with cilantro.

## Salsas aren't just for tomatoes and onions- Get creative!

### Peach Blueberry Salsa

4 cups

2 medium white peaches, peeled and diced	2 tsp lime juice
1/3 cup blueberries, halved	3 tsp minced fresh sage
2 green onions, minced	optional: 1 tsp minced ginger, 1 small clove garlic, minced
1 tbsp olive oil	salt, to taste
1 tsp balsamic vinegar	

Gently combine the peaches, blueberries and green onions in medium bowl. In a separate bowl whisk together oil, vinegar, lime juice, garlic, sage. Pour over the peach mixture and toss to combine. Let sit for one hour at room temperature before serving. Can be stored in refrigerator for one night.

### Tangy Tomatillo Salad

6 servings

Combine the following ingredients:

12 tomatoes, seeded, chopped	1/3 cup olive oil
12 tomatillos, husked, and chopped	1/3 cup lime juice
2 cans chickpeas, drained	sea salt, to taste
1 bunch of cilantro, chopped	1/2 tsp cumin

### Cilantro Pesto

1 cup

1 bunch cilantro	3 tbsp lemon juice
1/2 cup raw almonds (or walnuts)	3/4 cup olive oil
2 cloves garlic	salt, to taste

Place garlic in food processor until well-chopped. Add the remaining ingredients until and blend until smooth.

## Strawberry Spinach Salad

Serves 6-8

### Salad:

2 bunches spinach or arugula  
1 small red onion, very thinly sliced  
¼ cup sliced almonds or other chopped nut

### Dressing:

1 cup olive oil	1/2 tsp white sugar
½ pint fresh strawberries, halved	½ tsp poppy seeds
2 TBSP balsamic vinegar	salt and pepper to taste
1 TBSP shredded basil	

- 1) Combine strawberries, olive oil, balsamic and sugar in a blender.
- 2) Transfer to a small bowl and stir in basil, poppy seeds, salt and pepper.
- 3) Pour over salad and toss to combine well.

## Grilled Veggie-Black Bean Burritos

8-10 servings

Black bean spread

Grilled veggies: peppers, onions, zucchini (whatever you like)

Optional Additions: cheese, sour cream, guacamole, salsa

8-10 Burrito sized tortillas

### Black Bean Spread (2 cups):

2 cups black beans	½ tsp oregano
1 small red onion, finely chopped	¼ tsp cayenne
3 tbsp cilantro	2 tsp lime juice
1 garlic clove	salt, to taste
1 tsp cumin	

Place all ingredients in food processor and blend until smooth.

### Grilled Veggies:

Slice veggies of choice and toss with olive oil and favorite herbs and spices (such as basil, cumin, cayenne, coriander, oregano). Grill over med-high for about 5 minutes.

### To compose burritos:

Heat grill to medium high and place a cast-iron skillet (or fajita pan) on grill. Place tortilla on flat surface. Spoon about ¼ cup bean spread onto tortilla slightly off center.

Top with veggies and cheese. Fold up the bottom end, begin to roll, fold sides in and continue to roll closed. Cook on skillet for about 3 minutes on each side.

Top with salsa, guacamole, sour cream.

Other option: Make quesadillas and place directly on grill.



# Microwave Baked Potato



PREP TIME **1 Minute**

COOK TIME **11 Min**

READY IN **12 Min**

## INGREDIENTS

- 1 large russet potato
- 1 tablespoon butter or margarine
- 3 tablespoons shredded Cheddar cheese
- salt and pepper to taste
- 3 teaspoons sour cream

## DIRECTIONS

1. Scrub the potato, and prick several time with the tines of a fork. Place on a plate.
2. Cook on full power in the microwave for 5 minutes. Turn over, and continue to cook for 5 more minutes. When the potato is soft, remove from the microwave, and cut in half lengthwise. Season with salt and pepper, and mash up the inside a little using a fork. Top the open sides with butter and 2 tablespoons of cheese. Return to the microwave, and cook for about 1 minute to melt the cheese.
3. Top with remaining cheese and sour cream, and serve.

## Microwave Baked Potato

### DETAILED NUTRITION

<b>Serving Size</b>	1/1 of a recipe
<b>Servings Per Recipe</b>	1
<hr/>	
Amount Per Serving	
<b>Calories</b>	525
<b>Calories from Fat</b>	205

	<b>% Daily Value *</b>
<b>Total Fat</b> 22.8g	35 %
<b>Saturated Fat</b> 14.3g	72 %
<b>Cholesterol</b> 64mg	21 %
<b>Sodium</b> 693mg	28 %
<b>** Potassium</b> 1662mg	47 %
<b>Total Carbohydrates</b> 67.3g	22 %
<b>Dietary Fiber</b> 8.9g	35 %
<b>Protein</b> 14.2g	28 %
<b>** Sugars</b> 3.5g	
<b>** Vitamin A</b>	16 %
<b>** Vitamin C</b>	101 %
<b>** Calcium</b>	31 %
<b>** Iron</b>	39 %
<b>** Thiamin</b>	34 %
<b>** Niacin</b>	57 %
<b>** Vitamin B6</b>	42 %
<b>** Magnesium</b>	33 %
<b>** Folate</b>	61 %

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\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

\*\* Nutrient information is not available for all ingredients. Amount is based on available nutrient data.

(-) Information is not currently available for this nutrient. If you are following a medically restrictive diet, please consult your doctor or registered dietitian before preparing this recipe for personal consumption.

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Please read about our [nutritional information](#)

# Microwave Heating Guide

Because plastics serve so many purposes in the kitchen, many consumers get confused about which ones are right for microwave use. For example, can I reheat my spaghetti in a plastic takeout container? What about the butter tub I washed out last week?

When food is properly packaged and stored, plastics and the microwave work together to help you produce healthy, delicious meals in minutes. To clear up the confusion, this guide offers tips on microwave cooking with plastics:



## **Follow the Directions**

Most pre-packaged foods come with cooking instructions. Be sure to read and follow these directions carefully. Many packaging labels will tell you to either remove or cut slits in plastic wrap covering food trays. If there are no instructions, discard the packaging and use a plastic container that is labeled for use in the microwave. A large variety of plastics are specially designed with flexibility and heat resistance for use with the microwave oven.

## **Size Matters**

Cut food into uniform pieces and spread evenly around a microwaveable plastic dish. During heating, rotate and turn pieces as needed. If foods are different sizes, arrange them so thick parts face the perimeter. Outer areas will cook faster than those in the center.

## **That's a Wrap**

Plastic wrap helps trap heat and moisture so that food cooks evenly and thoroughly. It also prevents messy splattering. But plastic wrap can warp or even melt if used improperly and allowed to come into contact with extremely hot foods. Remember that it should cover the dish without touching the food.

## **Not All Packaging Is Created Equal**

Don't use packaging containers for cooking unless the package tells you to. Many plastic containers in which foods are sold, such as those used for butter and cottage cheese, are designed for cold storage and are not intended for cooking or reheating. When in doubt, use a plastic container labeled for use in the microwave.

## **Only Use Packaging Trays Once**

Most plastic trays provided with prepackaged meals are intended for one-time use.

## Divide and Conquer

Proper storage of leftovers and other previously cooked items is imperative for food safety. Foods should be contained and stored in a refrigerator or freezer within two hours after cooking. Divide leftovers into several shallow plastic dishes so they will cool to a safe temperature quickly. Use refrigerated foods within the time period indicated on the [cold storage chart](#).

[http://www.plasticsinfo.org/s\\_plasticsinfo/sec\\_level4\\_alt.asp?CID=576&DID=2123](http://www.plasticsinfo.org/s_plasticsinfo/sec_level4_alt.asp?CID=576&DID=2123)

Strong spices can leave a strong odor. To get odors out of your microwave, try mixing 1/2 cup lemon juice with 1 to 2 cups of water, cover and heat on high for approximately 5 minutes. Allow the mixture to cool before removing.

# Microwave Cooking: The Basics

Everyone knows that microwave ovens are fast and easy to use. But did you know that it's important to consider the shape of your microwavable container or that salt can cause food to dry out? Read on for more tips and ideas that can help you make the most of your microwave.



- Arrange evenly sized pieces of food in a circle for more even cooking, or if food happens to be different sizes, place thicker pieces toward the outer edges and smaller pieces toward the center.
- When cooking foods that have a skin or some other type of shell or coating, pierce the outer layer. This will help to keep food from exploding as a result of steam that can build up from the inside.
- Choose a microwave container slightly larger than the dish required for cooking the recipe in a conventional oven. Make sure your container is labeled for microwave use.
- Using containers that are round or oval in shape can help to heat food more evenly. With square or rectangular shaped containers, the corners tend to receive more energy, which can cause food to overcook in these areas.
- Many recipes and packaging labels provide a cooking time that is expressed as a range (e.g., cook 3-5 min. on High) rather than an exact time period. To avoid overcooking, it's a good idea to check the food at the lower end of the suggested range (in this case, 3 minutes). You can always decide to cook it longer.
- If your microwave does not have a turntable, stop and rotate the food at regular intervals to promote even cooking. Use an oven mitt and be careful not to burn yourself while rotating the dish.

- When using the microwave to partially cook or defrost your food, transfer food directly from the microwave to your oven, stove or grill. Do not keep partially cooked foods in storage for later use.
- When deciding whether a lid is necessary, remember this rule: If it's covered in the oven, it's covered in the microwave.
- In addition, covering food with lids or plastic wrap can help foods retain moisture and cook more evenly. Remember to allow a small gap between the food and the lid or wrap, and leave one corner open to allow steam to escape.
- After cooking, lift container lids and wraps carefully and facing away from you, so that hot steam is released safely. Be careful not to burn yourself.
- Salt on the surface of food tends to attract microwaves, which can dry out the outer layer. If salt is desired, sprinkle it on the food after removal from the microwave.
- To clean stuck-on foods and grease from inside your microwave oven, heat two tablespoons of lemon juice in one cup of water on high for 2-3 minutes until boiling. Do not open the door for five minutes after heating as the vapors from the liquid will help lift tough grit and grime from microwave surfaces.
- Similarly, heating lemon juice in the microwave can help get rid of tough odors. Mix ½ cup lemon juice with 1 to 2 cups of water, cover and heat on high for approximately 5 minutes. Allow the mixture cool before removing. For really stubborn odors, repeat as necessary. You can also do this with a whole lemon. Just squeeze the juice into the water, then cut up the rind and add it as well.

[http://www.plasticsinfo.org/s\\_plasticsinfo/sec\\_level4\\_alt.asp?CID=576&DID=2297](http://www.plasticsinfo.org/s_plasticsinfo/sec_level4_alt.asp?CID=576&DID=2297)

## Food-Specific Microwave Cooking Tips

[Beverages](#)

[Condiments](#)

[Desserts](#)

[Herbs](#)

[Fruits](#)

[Meats and Fish](#)

[Snacks](#)

[Veggies](#)



Note: Temperature settings between microwave ovens may vary. Therefore, the time periods suggested for cooking or heating as listed below are approximate. For best results, check your user's manual for recommendations from the manufacturer.

### Beverages

- Thaw frozen juices by removing the metal lid, placing the packaging cylinder in a microwavable container and heating for approximately 30 seconds.

- Keep morning coffee, tea or hot chocolate fresh by covering leftovers with plastic wrap and placing in the fridge. Reheat one mug at a time for 1-2 minutes on high power. Prior to microwaving, peel loosen plastic wrap to allow steam to escape.

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## Condiments

- Soften a chilled or frozen stick of butter by reducing power to 50% and heating for approximately 40 seconds.
- When heating cream or sour cream, lower the power to 50-75% to help avoid curdling.
- Soften hard-packed brown sugar by placing in a microwavable container with a slice of apple or a slice of fresh bread and cover loosely with plastic wrap. Heat on high for approximately 30 seconds.
- Make breadcrumbs by cutting bread slices into cubes and microwaving on high until hard. Crush cubes in a resealable plastic bag for a quick cleanup.
- To renew hardened honey, check to see that it is contained in a microwavable jar and that the cap or lid has been removed. Cover the opening with plastic wrap, leaving a small gap for steam to escape, and microwave for approximately 1 minute. If you are uncertain as to whether the packaging container is appropriate for microwave use, transfer pieces of the hardened honey to a container that you know is appropriate for the microwave oven.

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## Desserts

- Melt chocolate squares by heating at full power for approximately 45 seconds per ounce of chocolate.
- Soften rock-hard ice cream by heating at 30% power for approximately 20 seconds.
- Toast coconut by spreading into a thin layer and heating on high power for approximately 2-3 minutes. Stop and stir after 1 ½ - 2 minutes.
- To dry lemon and orange peel, place grated rind in small microwavable container and heat on high power for approximately 30 to 60 seconds.

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## Fruits

- Microwave lemons and other citrus fruits for approximately 20 seconds to help get more juice when squeezed. Just before cutting the fruit, roll it against a countertop or cutting board surface, applying pressure with the palm of your hand, until softened.
- To plump dried raisins and other dried fruits, measure one cup of dried fruit and sprinkle with two tablespoons of water. Cover loosely with plastic wrap and heat on high approximately 30 seconds.

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## Herbs

- Dry herbs in the microwave by spreading into a single layer between paper towels and heating at full power for approximately 2-3 minutes. After the first minute, begin checking herbs at 30-second intervals. When herbs are dry, crumble and store in airtight containers. Heating times will vary for different herbs.
- To help maximize flavor, try adding herbs after food has been cooked or heated in the microwave.

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## Meats and Fish

- Separate cold or frozen meats by microwaving at the defrost setting for approximately 30 seconds to 1 minute.
- Drain fat from hamburgers by microwaving in a plastic colander placed on top of a dish or bowl.

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## Snacks

- Crisp stale chips, cookies or crackers by microwaving them at full power for approximately 10 seconds.
- Blanch nuts by placing them in boiling water and heating on high up to one minute. Remove skins by rubbing between paper towels.
- Roast nuts by spreading evenly in a single layer and cooking on high for approximately 2 ½ – 3 minutes.

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## Veggies

- Veggies can be steamed in the microwave in just a few minutes with no added fat. Simply chop vegetables as desired, place in a microwavable container with 1 to 2 Tbsp. of water and cover loosely with plastic wrap. Cook on high until soft.
- To make mashed potatoes in the microwave, cut potatoes into small pieces and place in a microwavable container with 1 to 2 Tbsp. water. Cover container with plastic wrap, turning back one corner to allow steam to escape, and microwave on high until soft. Mash and season with milk and herbs.
- When baking a potato in the microwave, be sure to pierce the skin to release steam.
- When peeling garlic or onions, snip off the ends and microwave for approximately 10 to 15 seconds to make the job easier.
- Make great corn on the cob by rinsing ears in cold water with the husks on. Heat in the microwave on high for up to six minutes for two ears and up to eight minutes for four.

[http://www.plasticsinfo.org/s\\_plasticsinfo/sec\\_level4\\_alt.asp?CID=576&DID=2298](http://www.plasticsinfo.org/s_plasticsinfo/sec_level4_alt.asp?CID=576&DID=2298)

# Nuking Your Food's Nutritional Value

by Emily Main

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## about EMILY MAIN

Emily Main is *The Green Guide's* Senior Editor.

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## A reader writes *The Green Guide*:

I am interested in knowing more about what happens to food when it is heated and or cooked in the microwave. I would like to know both sides of the argument as I have been told both that it has a negative effect on one's health and that there is no scientific basis to that contention.

## *The Green Guide* responds:



Microwaves heat food by heating the water within the food you're cooking. The electronically generated microwaves are absorbed by the food's water molecules, and heating the food's water heats the rest of the food indirectly. You shouldn't be concerned about being exposed to dangerous radiation, ala nuclear radiation, because the microwaves come from electromagnetic energy, not radioactive sources.

There are quite a few Internet sites devoted to the health hazards of microwaving food, ranging from claims that microwaves cause loss of vitamins and other vital nutrients to claims that microwaving food alters the chemical makeup of food such that carcinogenic compounds are formed as a result. There have been no studies verifying the truth of these claims. Scientists at the U.S. Department of Energy and those at Health Canada (the equivalent to the U.S. FDA) attest that microwaving food has no different effect on the food's chemical makeup than any other method of heating, such as boiling or baking, and that heating food in any manner is going to cause some loss of nutritional value. Health Canada officials actually state that microwaves, due to the shorter cooking times, allow food to retain more nutrients than other methods of cooking. Nevertheless, if you want to preserve as much nutrition as possible, don't heat your food, unless, of course, you're dealing with meat products.

The health concerns you should consider when microwaving food deal mostly with food safety and packaging. Both agencies recommend against heating meat products in the microwave simply because microwaves may heat them unevenly, creating the risk of exposure to harmful bacteria. In terms of packaging, you should avoid using plastics and plastic wraps in the microwave. While a "microwave-safe" or "microwavable" label on plastic containers only means that they shouldn't melt, crack or fall apart when used in the microwave, the label is no guarantee that containers don't leach chemicals into foods when heated. Also, you may want to avoid eating microwaved popcorn, as a study published last year revealed that the interior linings of microwave-popcorn bags are coated with Teflon, a chemical considered a "likely carcinogen" by the Environmental Protection Agency.

<http://www.thegreenguide.com/doc/ask/microwaves>

## MICROWAVE OMELETTES

3 eggs

1 tbsp. butter or cooking spray

Choice of filling (cheese, onions, peppers, olives, etc.)

Salt and pepper

Whisk 3 eggs together. Meanwhile, melt 1 tablespoon butter in a 9-inch glass pie dish in the microwave for 45 seconds (or spray with cooking spray). Pour eggs in dish, cover with plastic wrap and microwave 1 1/2 minutes. Then turn over by flipping into the other pie plate. Place filling of your choice on half of omelet; fold and microwave for 1 1/2 minutes.

**For successful cooking of eggs in your microwave, keep these few points in mind:**

- EGGS MICRO-COOKED IN THEIR SHELLS WILL EXPLODE!
- Omelets, scrambled eggs and poached eggs micro-cook well on full power (high).
- Even out of the shell eggs may explode in the microwave because rapid heating causes a buildup of steam. Always use a wooden pick or tip of a knife to break the yolk membrane of an unbeaten egg before micro-cooking to allow the steam to escape.
- Covering cooking containers with a lid, plastic wrap or wax paper encourages more even cooking and - if you forgot to prick the yolks - helps to confine the explosion!

# Curried Rice (Microwave)

Serves 4

Recipe designed for preparation in microwave oven.

## Ingredients

2 tbsp peanut oil  
2 onions, finely chopped  
1 cup basmati rice  
2 small bay leaves  
2 whole cloves  
Seeds from 4 cardamom pods  
2-3 tbsp mild curry powder  
1 tsp salt  
2 1/2 cups boiling water or vegetable stock

## Directions

Put the oil in a 10-cup dish. Heat, uncovered, on Full for 1 minute. Mix in the onions. Cook, uncovered, on Full for 5 minutes. Stir in all the remaining ingredients. Cover with plastic wrap and slit it twice to allow steam to escape. Cook on Full for 15 minutes, turning the dish four times. Allow to stand for 2 minutes. Fork round lightly and serve.

## COOKING SESSION #1: RECIPES FOR 4-6 servings

### SEASONAL VEGETABLE & BEAN SOUP:

#### *Fresh Ingredients\*:*

1 small onion, chopped	1-2 zucchini, chopped
2 celery stalks, chopped	1-2 garlic cloves, finely chopped
2 carrots, chopped	1/2 cup loosely packed parsley, chopped
1 cup potato, diced	

*\*Vegetable combinations are up to you! Use what's in season, such as butternut squash in the fall and winter, green beans and spinach in the spring and pepper and yellow squash in the summer.*

#### *Canned Ingredients:*

1 can beans (such as Cannellini, Garbanzo (Chickpea), Black Beans, Pinto, Lentil)  
1 large can of diced tomatoes (or 2 cups fresh diced tomato)

#### *Other Ingredients:*

Extra virgin olive oil or vegetable oil  
1 bouillon cube  
Salt and freshly ground black pepper  
Italian herbs-basil, rosemary, oregano (fresh or dried) to taste  
4-5 cups water

#### *Optional ingredients:*

1/2 cup of cooked rice or pasta (elbow macaroni or corkscrews work best)

#### *Instructions for SOUP:*

- 1) Heat a large soup pot and add approximately 2 TB of vegetable oil.
- 2) Sauté onion for approximately 2 minutes, ensuring that the pieces are coated in oil.
- 3) Begin adding the remaining ingredients in the following order, first coating each one in oil before adding the next: Potato, Carrot, Celery, Zucchini.
- 4) If using dried Italian herbs, mix into vegetables now. (If using fresh herbs, wait)
- 5) Crush bouillon cube into the bottom of the pot.
- 6) Add diced tomatoes, water and beans and bring to a light boil.
- 7) Reduce to a simmer and add fresh parsley and any additional fresh herbs.
- 8) Salt to taste and simmer for approximately 15 minutes. (If adding pasta or rice, do so now.)

## SALAD, VINAIGRETTE AND CROUTONS

### *Ingredients for CROUTONS:*

$\frac{1}{2}$  -1 loaf of crusty bread (stale bread works well), cut into small cubes  
1-2 tsp sea salt  
3 TB dried herbs or spices  
 $\frac{1}{4}$  cup olive oil

### *Instructions for CROUTONS:*

- 1) Preheat oven to 300 degrees
- 2) Combine the sea salt, dried herbs and olive oil in a large bowl.
- 3) Add the bread cubes and toss to coat in olive oil mixture.
- 4) Spread out on cookie sheet and bake for approximately 30 minutes or until golden and crunchy

### *Ingredients for ORANGE VINAIGRETTE:*

$\frac{1}{4}$ cup white wine vinegar	1 tsp. sugar
$\frac{1}{4}$ cup vegetable oil	$\frac{1}{2}$ tsp. paprika (or chili powder or poppy seeds)
juice of 1 large or 2 small oranges	$\frac{1}{2}$ tsp. salt
1 tsp. orange zest	
1 Tbs. chopped fresh parsley	

### *Instructions for ORANGE VINAIGRETTE:*

- 1) In small bowl, whisk together all ingredients except oil until well blended.
- 2) Gradually whisk in oil until well blended.
- 3) Toss with salad ingredients of choice

### *Ingredients for SALAD:*

5 cups of greens- (spinach, arugula, mixes)

### *Make your own combinations from the following ingredients:*

$\frac{3}{4}$ cup sliced veggies such as carrots, cucumbers, onions, celery	$\frac{1}{3}$ cup nuts: Pecans, walnuts, almonds
1 Pear or apple, sliced	$\frac{1}{3}$ cup sunflower or pumpkin seeds
$\frac{1}{2}$ cup dried cranberries or raisins	$\frac{1}{3}$ cup berries

- 1) Toss ingredients of choice with greens and coat with vinaigrette. Add croutons on top.

## VEGGIES & TOFU with RICE (Served with Peanut Sauce)

### *Ingredients for marinated TOFU:*

1 block of firm tofu  
Juice of two naval oranges,  
 $\frac{1}{4}$  cup soy (or tamari) sauce  
\*Optional: 2 cloves minced garlic, chili flakes or powder, grated fresh ginger, honey, Dijon mustard.

$\frac{1}{4}$  cup vegetable or sesame oil  
1-2 TB oil for frying

### *VEGETABLE Ingredients: (Choose your favorite seasonal veggies- these are just suggestions.)*

1 head of Broccoli, cut into small florets  
2 carrots, thickly sliced  
1/2 head of cabbage, sliced  
1 yellow onion, sliced or chopped

1 bell pepper, sliced  
3 cloves garlic, slivered  
1 TB vegetable oil  
Sea salt to taste

### *RICE ingredients:*

2.5 cups rice  
5 cups water

1/2 tsp salt  
Optional: 2 slices of fresh ginger

### *Instructions for TOFU:*

- 1) Remove tofu from package and slice it down the middle horizontally.
- 2) Press the tofu by placing the slices on a paper towel on a plate or flat surface. Place a something flat, such as a platter or baking dish, on top of the tofu and weight it down with something like a skillet or more plates. Set aside for approximately 20-30 minutes.
- 3) In a small bowl, combine the orange juice, soy (or tamari) sauce and then whisk in the oil. Add any additional optional ingredients at this time.
- 4) Once tofu is has been pressed, drain, cut into cubes or slices and place in a casserole dish. Pour the marinade over the tofu and let sit for 1 hour minimum. Halfway through flip the cubes or slices.
- 5) Ten minutes later prepare rice by placing the water, salt, rice and optional ginger in a medium saucepan. Bring to a boil and simmer until water has been absorbed- approximately 35 minutes.
- 6) Heat large skillet and add olive oil and fry the tofu skillets until golden on side and then flip.
- 7) Fry the second side. Pour any remaining marinade onto the tofu while frying. Remove tofu from skillet and set aside once marinade has soaked into the tofu or has evaporated and the tofu is golden.
- 8) Add more olive oil to the skillet and sauté onions for 2 minutes, ensuring they are coated in olive oil before adding remaining ingredients. Add vegetables in the

- following order, coating each one in oil before adding the next: carrot, broccoli, cabbage. Add salt and sauté until veggies are cooked thoroughly, but still crisp.
- 9) Add the tofu back into the skillet with the veggies and combine.
  - 10) Serve on top of rice. Top with peanut sauce (recipe below)

*Ingredients for PEANUT SAUCE:*

1/2 cup crunchy peanut butter	1-2 cloves garlic
2 TB cup tamari or soy sauce	1/2 cup warm water
1 tsp white sugar (or honey)	

Optional: chili flakes or powder, green onion, cilantro, diced chili peppers, 2 tsp white vinegar, curry powder.

*Instructions for PEANUT SAUCE:*

- 1) In a small saucepan, combine peanut butter and warm water well. (Peanut butters vary and sometimes more water is necessary.)
- 2) Mix in remaining ingredients and heat on low until sauce is hot. Serve on top of veggies and tofu.

Alternative uses: Add more water and use as a salad dressing or marinade!

## BONUS RECIPES!

TRY THESE OTHER MARINADES ON TOFU AND VEGGIES:

### LEMON ROSEMARY:

2 good handfuls fresh rosemary, pounded  
6 cloves garlic, crushed  
1/3 cup olive oil  
3 lemons, halved, juiced and skin squashed  
Freshly ground black pepper

### HERB AND GARLIC:

1/2 cup olive oil  
1/2 cup lemon or lime juice  
1/4 cup water  
1/4 cup Dijon mustard  
2 tablespoons maple syrup  
2 tablespoons minced garlic  
2 tablespoons chopped fresh basil leaves  
1/2 teaspoon salt  
1/2 teaspoon freshly ground black pepper

Whisk together all ingredients in a small bowl. The marinade can be prepared in advance and held covered in the refrigerator for up to 7 days.

### MARINATED MUSHROOMS

By Emeril Lagasse

2 tablespoons lemon juice	Black pepper
1/4 cup olive oil	1 pound small button mushrooms, washed right before you use them
1 1/2 teaspoons Dijon mustard	12 cherry tomatoes, halved
1/2 teaspoon honey	1 cup grated carrots
1/4 teaspoon salt	2 tablespoons chopped chives
1/4 teaspoon crushed red pepper	

- 1) In a medium bowl, combine the lemon juice, olive oil, Dijon, honey, salt, crushed red pepper, and pepper. Add the mushrooms and toss to coat.
- 2) Allow to marinate for 4 to 8 hours, stirring occasionally. When ready to serve, add the tomatoes, carrots, and fresh chopped chives to the mushrooms.
- 3) Adjust the seasonings with salt and pepper and place in a serving dish.



## GRILLED MARINATED ZUCCHINI AND SUMMER SQUASH

From Everyday Italian

2 tablespoons white wine vinegar	1/3 cup extra-virgin olive oil
2 tablespoons fresh lemon juice	1 pound zucchini (about 3 large) & 1 pound yellow crookneck squash (about 3 large), trimmed and sliced diagonally about 1/4-inch thick.
1 tablespoon minced garlic	
2 teaspoons chopped fresh thyme leaves	
Salt and freshly ground black pepper	

- 1) Whisk the vinegar, lemon juice, garlic, and thyme in a large bowl to blend. Season with salt and pepper. Gradually whisk in the oil.
- 2) Spoon 3 tablespoons of the marinade into a small bowl. Cover and set aside.
- 3) Add the zucchini and yellow squash to the remaining marinade in the large bowl and toss to coat.
- 4) Transfer the mixture to a 13 by 9 by 2-inch glass baking dish. Cover and marinate at room temperature at least 3 hours or cover and refrigerate up to 1 day.
- 5) Prepare the barbecue for medium-high heat. Grill the vegetables until they are crisp-tender and brown, turning occasionally, about 8 minutes. Transfer the vegetables to a platter. Drizzle with the reserved marinade and serve hot or at room temperature.

### MORE SALAD DRESSINGS:

#### Honey Dijon Vinaigrette:

2 tablespoons honey	1/2 cup vegetable oil
2 tablespoons Dijon mustard	1/4 teaspoon salt
2 tablespoons rice wine vinegar	Freshly ground black pepper

- 1) In a large salad bowl, toss together salad ingredients of choice.
- 2) To make the dressing, in a small bowl or measuring cup, whisk together the honey, mustard and vinegar. Slowly add the oil in a steady stream, and whisk until all the oil is added and the mixture is emulsified. Add the salt and whisk together. Adjust seasoning to taste.
- 3) Toss the salad with the dressing, to taste, adding about 1 tablespoon at a time. Sprinkle with pepper, and serve immediately.

### STRAWBERRY BALSAMIC VINAIGRETTE

By Rachael Ray

2 teaspoons strawberry jam	Salt and pepper, to taste
1 tablespoon balsamic vinegar	1 pint strawberries, sliced
3 tablespoons extra-virgin olive oil	

Place jam in a medium bowl and whisk in vinegar then extra-virgin olive oil. Season the dressing with salt and pepper. Add the strawberries and 4 cups of salad greens of choice to bowl and toss to coat evenly in dressing.

## PUREED PEANUT BUTTER AND VEGETABLE SOUP

1 cup onion, diced	1/4 teaspoon cayenne
1 teaspoon garlic, minced	1/4 teaspoons ground black pepper
1 tablespoon vegetable oil	1/4 teaspoon salt, or to taste
1 stalk celery, diced	3/4 cup smooth peanut butter, organic, no sugar preferably
4 carrots, diced	1/2 cup tahini
2 cups potatoes, peeled and diced	Parsley, for garnish, minced
2 leeks, white part only, washed well and diced	Scallions, for garnish, chopped
4 cups vegetable broth	

- 1) In a large saucepan, sauté the onion and garlic in the oil, stirring until onions are transparent.
- 2) Add the celery, carrots, potatoes, leeks and broth.
- 3) Bring the soup to a boil, reduce the heat, cover the pan, and simmer the soup until the vegetables are tender, about 15 minutes.
- 4) Stir in the cayenne, black pepper, salt, peanut butter and tahini. Transfer the soup to a blender and puree it. Garnish and serve.

## SPRING GREEN AND VEGETABLE SOUP

2 quarts vegetable stock	Pinch sugar
1/4 cup flour	salt and white pepper to taste
3 medium leeks, sliced crosswise, white part only	Small head romaine, inner leaves, shredded
Small bunch of celery, sliced crosswise, inner stems only	3 slices white bread, 1/4 inch diced
1 cup fresh green peas	Butter or vegetable oil, for frying

- 1) Stir about a cup of stock into the flour to make a smooth paste. Bring the remaining stock to a boil, whisk in the flour paste, and continue stirring until the soup thickens.
- 2) Add the leeks, celery and peas with the sugar, salt and pepper. Cover the soup and simmer until the vegetables are tender, 15 to 20 minutes. Five minutes before the end of cooking, stir in the lettuce.
- 3) Croutons: Trim the crust from the bread and cut it into 1/4 inch dice. Heat enough butter or oil in a frying pan so that the croutons will float. Fry the croutons over medium heat until they are evenly browned on all sides. Remove them with a slotted spoon and drain them on paper towels. To serve, taste the soup and adjust the seasoning. Spoon it into bowls and serve the croutons separately.

