

The
Middleborough
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Plant a Seed, Read
Cookbook





RECIPE



Title: Broccoli and Walnut Salad

From the Kitchen of: KellyAnn Bensman

Prep time:

Serves:

Ingredients:

4 cups fresh broccoli florets cut into small pieces

½ cup chopped walnuts

½ cup dried cranberries or raisins

Dressing:

½ cup mayonnaise (or half mayo and half Greek yogurt)

2 tablespoons honey or sugar

2 tablespoons apple cider vinegar

Pinch of salt and black pepper

Directions:

- Mix dressing ingredients and toss in broccoli, walnuts, cranberries/raisins and bacon bits to coat.
- Serve chilled.



RECIPE



Title: Blueberry Crumble Bars

From the Kitchen of: Liz Beaudoin

Cook time:

Ingredients:

Crust and Crumble Topping:

½ cup unsalted butter, melted

1 cup all-purpose flour

¾ cup old-fashioned oats

½ cup granulated sugar

¼ cup light brown sugar packed

Pinch of salt optional to taste

Blueberry Layer:

12 ounces 2 cups blueberries
(fresh or frozen, not thawed)

⅓ cup granulated sugar

2 tablespoons lemon juice

2 teaspoons cornstarch



RECIPE



Title: Blueberry Crumble Bars

Directions:

Make the crust and crumble topping.

- In a large, microwave-safe bowl, melt the butter, about 1 minute on high power.
- Add the flour, oats, sugars, optional salt, and stir to combine. Mixture will be dry and sandy with some larger, well-formed crumble pieces.
- Set 1 heaping cup mixture aside to be sprinkled on later as crumble topping.
- Transfer remaining mixture to prepared pan, and using a spatula or your fingers, hard-pack the mixture to create an even, smooth, flat crust; set aside.

Make the blueberry layer.

- In a large mixing bowl, add all the ingredients and toss to combine. If sugar hasn't dissolved fully, that's ok.
- Evenly distribute blueberry mixture over the crust.
- Evenly sprinkle with the reserved heaping 1 cup crumble topping mixture. Before sprinkling, I squeeze the mixture in my palm to encourage bigger crumble pieces to form.

Bake the bars.

- Bake for about 55 minutes, or until edges are set and center has just set. Crumble topping should appear set and very pale golden.
- Place pan on a wire rack and allow bars to cool for at least 30 min. before slicing and serving.

Note.

- Bars will keep airtight at room temperature for 1 week.



RECIPE



Title: Quiche

From the Kitchen of: Jr. Smith

Cook time:

Prep time:

Serves:

Ingredients:

1 pie crust

2 cups spinach leaves

4 oz. feta

Dressing:

1 cup cheddar cheese

9 eggs

1 tablespoon butter

Directions:

- Preheat oven to 350°F.
- Butter pie pan, then place pie crust in pan fork inside of crust. Bake crust for 10 minutes.
- After 10 minutes take crust out of oven and tear spinach leaves putting them in bottom of crust.
- Add feta over spinach then cheddar.
- Beat 9 eggs in a bowl and pour on top of cheddar.
- Cut butter into cubes and dot the top of pie.
- Bake for 20-30 minutes.



RECIPE



Title: Smooth Spaghetti Sauce

From the Kitchen of: Evie Ricci

Cook time: 2-4 hours

Ingredients:

Colander of fresh tomatoes,
washed and cored

2 green bell peppers, washed and
cored

1 large zucchini, washed and cut
into large chunks

1 container of mushrooms,
washed

12 oz. tomato paste

1 tbsp sugar

2 tbsps minced garlic

Italian seasoning, oregano, parsley
to taste

Dash of salt

Directions:

- Add all ingredients to crockpot, cook on low for 4 hours or high for 2 hours.
- Puree in blender until smooth.
- Place back in crockpot on low for 4 hours or high for 2 hours.
- Serve.



RECIPE



Title: Homemade Dill Pickles

From the Kitchen of: Ally Ricci

Ingredients:

2-3 pickling cucumbers, washed

1 tsp of minced garlic

Half of medium onion, cut into
wedges

½ tsp of black peppercorns

½ tsp of yellow mustard seeds

3-4 sprigs of fresh dill, washed

1 tsp of pickling salt

1 cup of water

1 cup of vinegar

Directions:

- Cut cucumbers into spears, coins, or both; place in mason jar with onion wedges and dill (you will want the cucumbers to be packed in tightly).
- Place water, vinegar, garlic, peppercorns, mustard seeds, and pickling salt into saucepan; bring to a boil.
- Cool liquid for a few minutes; pour into jar.
- Seal with lid. Place in fridge for 24 hours; serve.



RECIPE



Title: Mom's Caprese Salad

From the Kitchen of: Leo Cyr

Ingredients:

4 tomatoes

½ cup of balsamic vinegar

1 ball of mozzarella

1 tsp salt and pepper

½ cup of chopped basil

Directions:

- Slice tomatoes and cheese layer onto plate.
- Drizzle olive oil on tomatoes and cheese.
- Sprinkle basil on top of tomatoes and cheese.
- Drizzle balsamic vinegar over all ingredients.
- Sprinkle salt and pepper to taste.
- ENJOY!



RECIPE



Title: Raspberry Infused Mint Water

From the Kitchen of: Victoria

Cook time:

Prep time:

Serves:

Ingredients:

2 cups raspberries (or a few handfuls)

½ cup mint

1 gallon water

Directions:

- Combine all ingredients and chill for 30 minutes or enjoy right away.



RECIPE



Title: Strawberry-Watermelon Smoothie

From the Kitchen of: Schultz

Prep time:

Serves:

Ingredients:

¼ a watermelon

½ a lemon (scrape out inside)

1-2 cups strawberries to taste

Directions:

- Blend (add water if needed).
- Freeze (optional).
- Serve.



RECIPE



Title: Strawberry Sorbet

From the Kitchen of: Schultz Family

Prep time:

Ingredients:

4 cups strawberries (frozen)

$\frac{1}{4}$ - $\frac{1}{2}$ cups pure maple syrup

Bonus ingredient:

Throw in a handful or two of spinach!

I promise you can't taste it!

-Naomi

Directions:

Let sit for a few minutes so the strawberries thaw slightly and blend.
Enjoy!



RECIPE



Title: Open Faces

From the Kitchen of: Rachael Schallert

Cook time:

Ingredients:

Garden tomatoes

Basil, oregano, shredded mozzarella cheese

Garlic salt, Italian seasoning

Bread and 2 slices of cheese

Directions:

Broil for 5 minutes.



RECIPE



Title: Cucumber Salad

From the Kitchen of: Lucin

Prep time:

Serves:

Ingredients:

2 cucumbers peeled and diced	2 tbsp red vinegar
15 cherry tomatoes, halved	2 tbsp oregano
½ red onion, diced	½ cup crumbled feta cheese
Olive oil, ¼ cup	Salt and pepper (pinched)
Lemon juice, 1 ½ tbsp	1 can of black olives, sliced

Directions:

- In a large bowl, combine cucumbers, tomatoes, and onions.
- In a smaller bowl, mix the olive oil, lemon juice, red wine vinegar, and dried oregano. Pour over the vegetables and mix well. Season salad with salt and pepper.
- Sprinkle feta cheese and olives over the top of the salad and mix. Taste and adjust spices if needed. Refrigerate until ready to eat! Enjoy!



RECIPE



Title: Garden Rainbow Veggie Pizza

From the Kitchen of: Samantha Mello

Ingredients:

1 naan, pita, or flatbread

Carrot ribbons

Cream cheese or hummus (the
"garden" soil)

Broccoli florets

Cucumber slices

Snap peas

Cherry tomatoes (halved)

Fresh herbs (parsley, basil, or
chives)

Orange or yellow bell peppers

Directions:

- Spread cream cheese or hummus over the flatbread.
- Let your child "plant" the vegetables however they'd like.
- Make flowers with cucumber centers and pepper "petals."
- Create grass with chives or parsley.
- Slice and enjoy!



RECIPE



Title: Soup

From the Kitchen of: Kelsie Berry

Cook time:

Prep time:

Serves:

Ingredients:

1 can of tomato sauce

1 can of veggie broth

1 pinch of salt

Half a cup of heavy cream

Directions:

- Open tomato sauce and pour in sauce pan.
- Add veggie broth and salt to pan and bring to a boil.
- Lower heat to low.
- Add heavy cream.
- Turn off the heat and eat.
- Enjoy.



RECIPE



Title: Oatmeal

From the Kitchen of: Calder

Ingredients:

Water

Oatmeal

Maple syrup

Cinnamon

Frozen mangos

Directions:

- First, get a bowl then add the oatmeal and then water.
- Put it in the microwave.
- Stir it.
- Put maple syrup in it.
- Put cinnamon in.
- Add mangos and then mix it.



RECIPE



Title: Garden Tomato Cucumber Cottage Cheese Salad

From the Kitchen of: Arciella and Adeleen Penagos

Ingredients:

1 cup cherry tomatoes from your garden

¼ cup small garden onions

1 cup mini cucumbers
(greenhouse grown ones from
Trader Joe's if not from your
garden)

1 cup cottage cheese

Directions:

Dressing:

1 tbs white wine vinegar

3 tbs olive oil

Salt and pepper to taste

Fresh dill from garden

- Cut the tomatoes in half and slice the cucumbers and chop up onions and put in bowl.
- Mix the ingredients for the dressing, add the cottage cheese to the veggies and the dressing and enjoy!



RECIPE



Title: Beet Pickled Eggs

From the Kitchen of: Kate, Kassie and Ryan Gross

Cook time:
(inactive)

Prep time:

Serves:

Ingredients:

12 large eggs hard boiled and
peeled

5-6 beets

$\frac{3}{4}$ cup apple cider vinegar

1 tsp salt

Ground black pepper

1 cup sugar (ok to cut)

1 cup filtered water

2 bay leaves

1-3 sliced garlic cloves

12 whole cloves

1 small yellow or white onion
sliced

Directions:

- In the oven or on the grill use a foil pack to roast your washed and topped beets until soft about 20 minutes. Allow to cool. Reserve juice.
- Wear gloves and skin the beets then slice.
- In a sauce pan boil the vinegar, water, spices and sugar until dissolved then add the beets.
- This will make a purple colored brine.
- Remove the beets with a slotted spoon.
- In a glass container, such as a mason jar, layer the eggs, onions and beets.
- Add the brine to cover everything and allow to cool.
- Store in the fridge. Ready to eat after 24 hours. Keep for a week.
- Add to a salad!



RECIPE



Title: Teething Tea (Diluted)

From the Kitchen of: Maple Gillotti

Ingredients:

1 tsp garden fresh chamomile-
picked early morning when the
flowers are fully opened and the
petals are pointing downward

8 oz. hot water

Directions:

- Combine and steep covered for 10 minutes.
- Pair 4 oz. with dinner lukewarm or cold (Maple said ice cubes are preferred).
- Spice it Up: Add a touch of honey to further help with the inflammation (only for children greater than 1 year old).
- Save the rest!

Other variations:

- Freeze into popsicles.
- Combine with gelatin or agar agar for teething gummies (they melt instead of getting sticky!)

For younger children (<1 year old):

- Skip the honey!
 - Soak a cold washcloth into the tea solution and give to the child to chew on instead of as a tea solution.
 - Dilute solution further.
 - Check with your doctor.
-
- Do not steep more than 1 tsp per 8 oz.
 - Chamomile tea also helps with stomach discomfort.
 - Always check with your pediatrician and ensure no Asteraceae allergies.



RECIPE



Title: Waldorf Salad

Prep time:

Serves:

Ingredients:

3 cups chopped green cabbage

Canned pineapple chunks

1 apple chopped (around 2 cups)

½ cup chopped celery

15 grapes (cut in half)

¼ cup Thompson raisins

½ cup walnuts

6 tbsp. Hellman's light mayo



RECIPE



Title: Raspberry Garden Salad from the Garden

Ingredients:

Salad greens

Cherry tomatoes (sliced in half)

Cucumbers (diced)

Green peppers (sliced)

Sliced carrots (shredded)

Directions:

- Top the salad with fresh red raspberries!



RECIPE



Title: Greek Green Beans (Fasolakia)

Serves:

Ingredients:

⅓ cup extra-virgin olive oil

1 tbsp tomato paste

1 lb. fresh green beans

1 medium potato, peeled and cut into chunks, optional)

1 medium onion, chopped

2 to 4 cloves garlic, minced

Fresh parsley, chopped

2 tomatoes, diced (or 15oz can diced tomatoes)

Salt, black pepper, and a pinch of salt

Directions:

- Heat the olive oil in a medium pot over medium heat. Soften the onion and garlic.
- Add the potato chunks and green beans, stirring gently for a few minutes so they absorb the olive oil.
- Stir in the tomatoes, tomato paste, herbs, salt, pepper and sugar.
- Cover with a lid and simmer on low for 40 to 45 minutes until the beans and potatoes are soft and the liquid reduces into a thick oil-and-tomato sauce.



RECIPE



Title: Creamy Roasted Tomato Soup

Cook time:

Ingredients:

A lot of ripe tomatoes, cut into large chunks

1 onion, cut into 6ths

1 bell pepper, cut into large chunks

1 garlic bulb, the top sliced off for roasting

1 fresh sprig rosemary

A few fresh sprigs thyme

Olive oil

Salt

Black pepper

¼ cup fresh basil

¼ – ½ cup heavy cream

Directions:

- Preheat the oven to 350°F
- Arrange the tomatoes, bell pepper, onion, and garlic bulb on one or two large rimmed baking sheets.
- Cover generously with olive oil, salt, and pepper. Wedge in the rosemary and thyme sprigs.
- Bake uncovered for 1 hour.
- Let cool. Squish out the roasted garlic cloves. Remove as many leaves from the rosemary and thyme. Add everything to a large pot. Add the fresh basil.
- Use an immersion blender to blend everything until smooth. Add in the heavy cream and stir.



RECIPE



Title: Stuffed Pepper Soup

From the Kitchen of: Paij Paradis

Cook time:

Ingredients:

1 box beef broth	3 diced bell peppers (I use stoplight peppers--red, yellow, and green)
1 beef bullion cube	
2 cups water	1 large diced onion
Italian seasoning, Garlic salt	1 can Rotel with green chilies
Salt and pepper	1-2 tbs minced garlic
1-1 ½ lbs ground beef	1 12 oz bag of Italian cheese blend

Directions:

Rice

- Brown beef in dutch oven.
- Season with salt, pepper and Italian seasoning.
- Drain grease and remove beef from pan.
- Using the same pan, put in your diced veggies and cook until soft and onions are translucent.
- Add 1 can of Rotel. Add in beef broth and water.
- Season with beef bullion, Italian seasoning, garlic salt, and pepper.
- Add back the browned beef. Season to taste.
- Stir and bring to a low boil. Let simmer for 20-30 minutes.
- Serve over rice. Top with cheese blend.
- Note: You can add red pepper flakes to add some heat!



RECIPE



Title: Gluten Free "Pizza" Crust

From the Kitchen of: Paij Paradis

Cook time:

Prep time:

Serves:

Ingredients:

1 large can of chicken (or 2 small cans)

Red pepper flake (optional)

2 eggs

Corn meal

½ cup shredded parmesan cheese

Pizza Options:

Bacon & Ranch Style

Chicken Parm Style

½ cup grated parm. cheese

Classic pepperoni

Garlic salt, pepper, Italian seasoning

So many options!

Directions:

- In a bowl, mix drained cans of chicken, 2 eggs, cheeses and seasonings. Mix well.
- Line 9x13 baking sheet with parchment paper.
- Sprinkle some corn meal on the bottom for a crunch.
- Spread mixture onto parchment paper over corn meal as thin as you can. Think thin crust pizza.
- Cook at 400° for 15-20 minutes until edges are golden.
- Add toppings.
- Bake an additional 5-10 minutes until cheese is melted.



RECIPE



Title: Baked Tomatoes

From the Kitchen of: Bernadette

Ingredients:

Fresh garden tomatoes

Grated cheese

Italian breadcrumbs

Oil

Water

Directions:

- Slice tomatoes (thickness to your liking- not too thin).
- Oil the bottom of a cookie sheet.
- Put slices in a single layer on the cookie sheet.
- Mix grated cheese with Italian breadcrumbs and sprinkle on top of tomato slices.
- Add water gently over the slices- do not wash breadcrumbs off. (sprinkle using spoon)
- Sprinkle a little oil across the slices.
- Bake at 350° until bubbling.



RECIPE



Title: Eggplant Parmesan

From the Kitchen of: Eliana

Cook time:

Serves:

Ingredients:

- | | |
|---|---|
| 1 large eggplant | > 1 ⅓ package mozzarella cheese,
shredded, divided |
| 1-2 beaten eggs | |
| 1-2 cups Italian seasoned bread
crumbs | ½ tsp dried basil |
| 1 jar spaghetti sauce, divided | ½ cup grated parmesan cheese,
divided |

Directions:

- Preheat oven to 350°F.
- Dip eggplant slices in egg, then in breadcrumbs.
- Place in single layer on baking sheet and bake in preheated oven for 5 minutes on each side.
- In white Corning ware (or 9x13 baking dish) spread spaghetti sauce to cover the bottom.
- Place layer of eggplant slices in the sauce.
- Sprinkle with mozzarella and parmesan cheese.
- Repeat the layer of sauce and eggplant, ending with cheese. Sprinkle basil on top.
- Bake for 35 minutes, or until golden brown.



RECIPE



Title: Blueberry Buckle

From the Kitchen of: Sebastian Glaspey

Cook time:

Prep time:

Serves:

Ingredients:

For cake:

2 c flour

$\frac{3}{4}$ c sugar

2 $\frac{1}{2}$ tsp baking powder

$\frac{3}{4}$ tsp salt

$\frac{1}{4}$ c shortening

$\frac{3}{4}$ c milk

1 egg

2 c blueberries

For topping:

$\frac{1}{2}$ c sugar

$\frac{1}{3}$ c flour

$\frac{1}{2}$ tsp cinnamon

$\frac{1}{4}$ c butter, softened

Directions:

- Preheat oven to 375°. Grease a 9x9 glass or metal baking pan.
- In a large bowl, mix all ingredients except blueberries until blended, before beating fast for 30 seconds.
- Gently stir in blueberries.
- Pour into baking pan.
- In a separate bowl, mix together ingredients for the topping with a pastry cutter, 2 knives, or a fork, until the mixture resembles fine crumbs.
- Sprinkle evenly over batter.
- Bake for 50 minutes or until a toothpick comes out clean.
- Serve hot or cold.



RECIPE



Title: Ratatouille

Cook time:

Prep time:

Serves:

Ingredients:

1 medium zucchini
1 medium yellow summer squash
2 medium Chinese or Japanese
eggplant
2 medium Roma tomatoes
1 small yellow onion
1 small bell pepper
3 cloves garlic

½ small bunch fresh thyme
½ small bunch fresh basil
4 tbsp olive oil, divided
1 ¼ tsp kosher salt, divided
¼ tsp freshly ground black pepper
1 cup tomato puree
1 tsp red wine vinegar



RECIPE



Title: Ratatouille

Directions:

- Arrange a rack in the middle of the oven and heat to 375°F.
- Trim and cut the following crosswise into 1/16 inch thick rounds: summer squash, zucchini, eggplants, and medium tomatoes.
- Dice the onion. Trim and dice the pepper. Mince 3 garlic cloves. Pick the leaves from the thyme until you have 4 tsps. Pick the leaves from the fresh basil and finely chop.
- Heat 2 tbsp. of the olive oil in a 10-inch oven-safe or cast iron skillet over medium heat until shimmering. Add the onion, bell pepper, 1 tsp of the kosher salt, and ¼ tsp black pepper. Cook, stirring occasionally until the flavors meld and the sauce is slightly thickened, about 10 minutes.
- Add the garlic, 2 tsps of the thyme, and basil, and cook until fragrant, about 30 seconds. Add tomato puree and stir to combine. Bring to a simmer. Reduce the heat to maintain a gentle simmer, stirring occasionally, until the sauce is slightly thickened, about 10 minutes.
- Remove the skillet from the heat. Add red wine vinegar and stir to combine. Spread the sauce into an even layer.
- Arrange the zucchini, squash, eggplant, and tomatoes on top of the sauce in a concentric circle: start at the outer edge of the skillet and work inward, alternating the vegetables and overlapping the slices so that just a little bit of each slice is visible.
- Drizzle the remaining 2 tbsp of olive oil over the vegetables. Sprinkle the remaining 2 tsps thyme and ¼ tsp kosher salt over the top.
- Cover with a tight-fitting lid or aluminum foil. Bake until the vegetables are softened and have released their liquid, 45–50 minutes. Uncover and let sit for 5 minutes before serving. Garnish with basil leaves.

Recipe Credit: "thekitchn"



RECIPE



Title: Banana Bread

From the Kitchen of: Heather B.

Cook time:

Ingredients:

2 to 3 bananas

1/3 cup melted butter

1 tsp baking soda

1 egg

2 tsp vanilla

1 1/2 cups flour

Directions:

- Cook at 350°F for 1 hour.



RECIPE



Title: Soy Curls, Lentils, and Vegetable Soup

From the Kitchen of: Seb Gordon

Cook time:

Prep time:

Serves:

Ingredients:

Vegetable broth

Celery

Soy curls

Onions

Lentils

Garlic

Carrots

Directions:

- Put dehydrated $\frac{1}{2}$ cup soy curls in a bowl of room temperature water.
- Leave for 10 minutes and dry with a paper towel afterwards.
- Bring 4 cups of vegetable broth to a boil.
- Add the chosen amount of vegetables and lentils while continuously stirring.
- Saute the soy curls until slightly crisp and brown.
- Add soy curls and optional seasoning to the vegetables, lentils, and vegetable broth.
- Pour into a serving bowl. Let cool for 10 minutes and enjoy!

Notes: Can be seasoned with optional seasoning(s) such as thyme, basil, and bay leaves. Can add other desired vegetables and/or Textured Vegetable Protein (TVP) not noted in the ingredients section.



RECIPE



Title: Blueberry Cheesecake

From the Kitchen of: Melynda Hernandez

Cook time:

Ingredients:

Crust:	Blueberry Sauce:	Cheesecake Filling:
2 cups graham cracker	2 cups fresh blueberries	24 oz. cream cheese,
crumbs (about 14 full sheets)	$\frac{1}{3}$ cup sugar	softened
$\frac{1}{3}$ cup sugar	1 tablespoon lemon juice	1 cup sugar
$\frac{1}{2}$ cup melted butter	1 teaspoon lemon zest	1 cup sour cream
Pinch of salt	(optional)	1 teaspoon vanilla
	2 teaspoons cornstarch	3 large eggs
	2 teaspoons water	2 tablespoons heavy cream
		(optional but makes it extra silky)

Directions:

Mix crust ingredients together and press into the bottom and about 1 inch up the sides of a 9-inch springform pan.

Bake at 325°F (163°C) for 10 minutes, then let cool.

For sauce:

- Combine blueberries, sugar, and lemon juice.
- Simmer about 5 minutes until berries begin to burst.
- Stir together cornstarch and water.
- Add and cook another minute until thick.
- Cool completely.

For cheesecake:

- Beat cream cheese until completely smooth.
- Mix in sugar. Mix in sour cream and vanilla.
- Add eggs one at a time, mixing on LOW just until combined.
- Fold in heavy cream.

Assemble: Pour half the cheesecake batter into the crust. Spoon about half the blueberry sauce over it. Swirl gently with a butter knife. Repeat with remaining batter and swirl a little more sauce on top. Don't over swirl--you want distinct ribbons.



RECIPE



Title: Blueberry Cheesecake

From the Kitchen of: Melynda Hernandez

Directions continued:

Bake

Water bath to prevent cracks:

How to do it:

- Wrap the outside of your springform pan with 2-3 layers of heavy-duty aluminum foil, making sure the foil comes well up the sides. This helps keep water from leaking into the crust.
- Put the wrapped springform pan into a larger roasting pan.
- Pour the cheesecake filling into the crust.
- Place the roasting pan in the oven.
- Carefully pour hot water into the roasting pan until it comes about 1 inch up the sides of the springform pan (or about halfway up the sides if your roasting pan isn't very deep).

Bake at 325°F for 65-75 minutes.

The center should still jiggle about 2-3 inches across.

Turn the oven off.

Crack the oven door and leave the cheesecake inside for 1 hour.

Then refrigerate overnight.

Before serving, top with:

Remaining blueberry sauce, fresh blueberries, homemade whipped cream (using your heavy cream!), lemon zest

Tips for the creamiest cheesecake:

- Let all refrigerated ingredients come to room temperature first.
- Don't overmix after adding the eggs, which can introduce too much air.
- A water bath gives the smoothest texture and helps prevent cracks.
- Chilling overnight makes a noticeable difference in flavor and texture.



RECIPE



Title: Three Pea Stir-Fry

From the Kitchen of: Ben Luce

Serves:

Ingredients:

1 large clove garlic, minced

1 ½ cup snow peas, cut in 1-inch pieces

1 tablespoon ginger root, minced

1 cup peas

⅛ – ¼ teaspoon crushed hot chilies

1 teaspoon soy sauce

1 ½ cup sugar snap peas, cut in 1-inch pieces

1 teaspoon sesame seed oil

Directions:

- Heat 1 teaspoon oil in large frypan over moderately high heat until hot but not smoking. Add ginger root and crushed hot chilies and stir-fry until fragrant, about 1 minute.
- Add sugar snap peas and snow peas and cook until crisp-tender, about 3 minutes.
- Add the peas and stir-fry until hot, about 2 minutes. Remove from heat.
- Stir in soy sauce and sesame seed oil. Sprinkle with toasted sesame seeds and salt to taste. Serve immediately.

Recipe Credit: "Simply in Season" by Mary Lind and Cathleen Wert



RECIPE



Title: Squared Asparagus

From the Kitchen of: Ben Luce

Serves:

Ingredients:

2 tablespoons butter

2 tablespoons brown sugar

2 pounds asparagus, cut in 2-inch pieces

¼ cup chicken or vegetable broth

Directions:

- Melt butter and brown sugar together in large frypan over medium high heat until dissolved.
- Add sauce to asparagus and saute 2 minutes.
- Stir in broth, bring to boil, cover, and simmer until just tender, 6-8 minutes. Remove asparagus to a warm dish. Return liquid to a boil and simmer uncovered until sauce is reduced by half, about 5 minutes. Pour over asparagus, sprinkle with 1-2 tablespoons toasted sesame seeds (optional) and serve.

Recipe Credit: "Simply in Season" by Mary Lind and Cathleen Wert



RECIPE



Title: Meatloaf

From the Kitchen of: Priscilla Derrick (my mother's recipe)

Cook time:

Ingredients:

1 ½ pound ground beef

¼ cup chopped onion

1 cup milk or tomato sauce

1 tsp salt

¾ cup Quaker Oats

¼ teaspoon pepper

1 egg, beaten

Directions:

- Mix all ingredients together except beef.
- Combine mixture and beef.
- Put in ungreased loaf pan.
- Bake 1 hour 350°.
- Let stand 5 minutes before serving.



RECIPE



Title: Italian Sausage Soup

From the Kitchen of: Priscilla Derrick

Cook time:

Serves:

Ingredients:

1 lb Italian sausage – casings removed

½ tsp basil

8 oz fresh mushrooms – sliced

½ tsp seasoned salt

1 clove garlic – minced

¼ tsp pepper

1 lb can tomatoes

8 oz rotini pasta

1 small onion – sliced

1 bay leaf

8 oz tomato sauce

4 cups chicken broth

Directions:

- Brown sausage (crumbled), add mushrooms and garlic. Cook until onions are lightly browned.
- Add broth, tomatoes, tomato sauce and seasonings. Add rotini and simmer until done.
- Remove bay leaf.
- Can be frozen without rotini.



RECIPE



Title: Chocolate Cookies

From the Kitchen of: Elena Halabi

Cook time:

Prep time:

Serves:

Ingredients:

2 ¼ cup flour

1 ¼ butter

1 tsp baking soda

2 eggs

1 tsp salt

1 tsp vanilla

3 ¼ cup sugar

½ cup chocolate

3 ¼ cup brown sugar

Directions:

- Mix flour, baking soda, and salt together in a bowl.
- Mix sugar, brown sugar, and butter together in a bowl.
- Add 2 eggs to this bowl and add 1 tsp vanilla.
- Now combine the dry ingredients until well blended.
- Now add half a cup of chocolate and blend.
- Put in fridge for 20 minutes.
- Preheat oven to 350°F, then butter a pan.
- Make balls out of the cookie dough and place on pan and bake until golden brown, and let them cool.