

## SIDE DISHES

### Barbecued Potatoes

Serves: 3

4 medium round red potatoes                       $\frac{1}{4}$  cup water  
 $\frac{1}{2}$  cup chopped onion                                  3 tablespoons barbecue sauce

Cut potatoes into 1" chunks. Combine potatoes and water in a 2-quart casserole. Cover and microwave on high for 7 minutes, stirring after 3  $\frac{1}{2}$  minutes. Add onion, cover and microwave at high for 3 minutes or until vegetables are tender. Stir in barbecue sauce; cover and microwave on high for 2 minutes.

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### Fried Mashed Potato Balls

Recipe by: Cindy Klinar

3 tablespoons cornstarch                               $\frac{1}{4}$  cup water  
2 cups hot mashed potatoes                         $\frac{1}{4}$  teaspoon onion powder  
 $\frac{1}{4}$  teaspoon garlic powder                            1 teaspoon baking powder  
 $\frac{1}{4}$  teaspoon salt     $\frac{1}{8}$  teaspoon cayenne pepper

Dissolve cornstarch in (cold) water. Add remaining ingredients and mix well. Form into balls and fry in oil until brown. Drain on paper-towel lined colander.

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### Fruit-Filled Acorn Squash

Serves: 2

1 medium acorn squash (1 pound)                2 ounces dried apricot halves  
1 tablespoon raisins                                  2 tablespoons apricot preserves  
1 teaspoon water                                      dash salt  
1 tablespoon sliced almonds, toasted

Cut squash in half lengthwise; discard seeds and membrane. Place squash, cut side down, in a vegetable steamer; arrange apricots around squash. Place steamer over boiling water in a Dutch oven. Cover and steam 15 minutes or until squash is crisp-tender. Coarsely chop apricots. Combine chopped apricots, raisins, and next 3 ingredients. Spoon evenly into each squash half. Cover and steam 5 minutes or until squash is tender. Sprinkle with toasted almonds.

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**Herb-Roasted Potatoes Poupon**      Recipe by Ellen & Sam D'Fantis      Serves: 4  
1/3 cup Grey Poupon Dijon Mustard      2 tablespoons olive oil  
1 clove garlic, chopped      1/2 teaspoon Italian seasoning  
6 medium red skin potatoes, cut into chunks

Mix first 4 ingredients in a small bowl. Place potatoes in a lightly greased 13X9" baking pan or on shallow baking sheet; toss with mustard mixture. Bake at 425 for 35-40 minutes, or until potatoes are fork-tender, stirring occasionally.

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**Macedonian Beans**      Recipe by: Cindy Klinar      Serves: 4  
3 cans great northern beans      1 onion, chopped  
1 pepper, chopped      2 cloves garlic, minced  
2 ounces tomato suace      2 tablespoons oil  
mint, paprika, salt, & pepper to taste

Heat oil in pan and saute onion, pepper, and garlic. Season with paprika, pepper, and salt. Add 2 ounces (1/4 of a small can) of tomato sauce and heat through. Season with mint and parsley (fresh if available). Place beans in casserole. Add mixture from pan and mix. Bake in 325 degree oven for 20-30 minutes.

Note: hot pepper adds flavor!

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**Onion-Roasted Potatoes**      Recipe by Ellen & Sam D'Fantis      Serves: 4  
1 envelope Lipton onion soup mix      4 medium potatoes, cut in large chunks  
1/3 cup olive oil

Toss all ingredients until potatoes are evenly coated. Arrange potatoes in roasting pan. Bake, uncovered, at 450 degrees, stirring occasionally, 40 minutes or until tender and golden brown. Garnish with chopped parsley.

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**Savory Grits**      Serves: 4  
4 cups water      1 cup quick-cooking grits      1/2 cup minced green onion  
1/4 teaspoon salt      dash ground red pepper

Bring water to a boil in a medium saucepan; stir in remaining ingredients. Reduce heat and simmer, uncovered, 7 minutes or until thickened, stirring frequently.

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### Sweet Potatoes

Serves: 8

8 medium sweet potatoes	1 $\frac{1}{4}$ cups packed brown sugar	$\frac{1}{2}$ cup apple juice
$\frac{1}{2}$ cup water	$\frac{1}{2}$ cup raisins	$\frac{1}{4}$ cup margarine

Cook and peel potatoes; allow to cool. Slice and place in a greased 2  $\frac{1}{2}$ -quart baking dish. In a small saucepan, combine remaining ingredients; bring to a boil; stirring frequently. Pour over potatoes. Bake, uncovered, at 350 for 45 minutes, basting occasionally.

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### Tropical Sweet Potatoes

Serves: 8

4 large sweet potatoes	8 ounces crushed pineapple, undrained
6 tablespoons melted margarine, divided	$\frac{3}{4}$ teaspoon salt
pinch pepper	$\frac{1}{2}$ cup crushed saltines
2 tablespoons brown sugar	pinch ground cloves

In a large saucepan, cover sweet potatoes with water; bring to a boil. Reduce heat; cover and simmer 30 minutes or until tender. Drain and cool. Peel potatoes and place in a mixing bowl; mash. Add pineapple, 2 tablespoons margarine, salt, and pepper; mix well. Transfer to greased 2-quart baking dish. Combine saltines, brown sugar, cloves, and remaining butter; sprinkle over potatoes. Bake, uncovered, at 375 for 30 minutes.

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### Twice-Baked Sweet Potatoes with Raisins and Pineapple

Serves: 8

4 small sweet potatoes	$\frac{1}{2}$ cup golden raisins
2 tablespoons brown sugar	$\frac{1}{4}$ teaspoon cinnamon
8 ounces unsweetened crushed pineapple, drained	2 tablespoons chopped pecans

Place potatoes on a baking sheet. Bake at 400 degrees for 1 hour or until done. Let cool 15 minutes. Cut each potato in half lengthwise; carefully scoop pulp into a bowl; leaving shells intact. Mash pulp, stir in raisins, sugar, cinnamon, and pineapple. Scoop into shells; sprinkle with pecans. Bake at 400 degrees for 15 minutes or until thoroughly heated.

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## SOUPS & STEWS

### Basic Vegetable Stock

Serves: 10

14 cups water	1 cup coarsely chopped celery leaves
$\frac{1}{2}$ cup coarsely chopped fresh parsley	$\frac{1}{4}$ teaspoon black peppercorns
3 large carrots, quartered	3 large stalks celery, quartered
1 large parsnip, quartered	1 large onion, quartered
1 bay leaf	

Combine all ingredients in an 8-quart Dutch oven or stock pot; bring to a boil. Partially cover, reduce heat, and simmer 2 hours. Strain into a large bowl; discard solids. Cover and chill. Yield; 2  $\frac{1}{2}$  quarts.

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### Black Bean Soup

Serves: 3

3 cups dried black beans	10 cups water
1 teaspoon salt	1 cup chopped celery
1 cup chopped onion	1 cup sliced carrot
2 teaspoons dried basil	2 teaspoons dried oregano
1 teaspoon black pepper	$\frac{1}{2}$ teaspoon ground cumin
$\frac{1}{4}$ teaspoon ground red pepper	4 cloves garlic, minced
1 bay leaf	11 ounces vacuum-packed white corn
29 ounces canned whole tomatoes, undrained and chopped	
8 ounces no-salt-added tomato sauce	

Sort & wash beans; place in a large Dutch oven or stockpot. Add 10 cups water and salt and bring to a boil; cook 1 minute. Remove from heat; cover and let stand 1 hour (Do not drain beans). Add celery, onion, carrot, basil, oregano, black pepper, cumin, red pepper, garlic, and bay leaf. Bring to a boil; cover, reduce heat, and simmer 1  $\frac{1}{2}$  hours or until beans are tender. Add tomatoes, corn, and tomato sauce; stir well. Bring to a boil; reduce heat and simmer, uncovered, 30 minutes, Discard bay leaf.

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### Garlic Gazpacho

Serves: 6

1 cup coarsely chopped yellow pepper	1 cup coarsely chopped seeded peeled cucumber
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$\frac{1}{4}$ cup sherry vinegar	1 teaspoon olive oil
$\frac{1}{2}$ teaspoon salt	$\frac{1}{2}$ teaspoon black pepper
$\frac{1}{8}$ teaspoon ground red pepper	2 $\frac{1}{4}$ pounds plum tomatoes, halved
6 cloves garlic	4 ice cubes

Place all ingredients in food processor or blender and process until smooth. Pour into a large bowl, cover and chill.

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### **Greek Lentil Soup**

Recipe by: Angela Skinner

Serves: 8

2 cups dried lentils	4 cups cold water	1 cup chopped onion
1 clove garlic, chopped	4 cups vegetable broth	$\frac{1}{4}$ teaspoon black pepper
2 tablespoons vinegar	$\frac{1}{2}$ cup chopped celery	2 cans stewed tomatoes
1 bay leaf	1 cup chopped carrots	3 tablespoons parsley
$\frac{1}{2}$ teaspoon oregano		

Wash lentils and drain well. Combine lentils with all other ingredients except the vinegar. Bring to a boil. Lower heat and simmer for 2 hours, covered. Add vinegar and simmer for 30 minutes. Remove bay leaf and serve.

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### **Hearty Vegetable Soup**

Recipe by: Angela Skinner

Serves: 4

1 teaspoon oil	1 clove garlic, finely minced
$\frac{1}{2}$ medium onion, slivered	4 small redskin potatoes, cubed
1 $\frac{1}{2}$ cups carrots, cut in $\frac{1}{2}$ " pieces	$\frac{3}{4}$ cups fresh mushrooms, quartered
3 medium zucchini, cut in $\frac{1}{2}$ pieces	3 stalks celery, cut in $\frac{1}{2}$ pieces
16 ounce can diced tomatoes	2-16 ounce cans vegetable broth
1 large bay leaf	$\frac{1}{2}$ teaspoon thyme, crushed
$\frac{1}{4}$ teaspoon freshly ground black pepper	

Heat oil in large heavy saucepan over medium heat. Add onion and garlic, saute until brown. Be careful not to burn garlic. Add vegetables, broth, bay leaf, thyme, and pepper. Cover and simmer 45 minutes or until vegetables are tender.

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### **Lenten Vegetable Soup**

Recipe by: Ellen & Sam D'Fantis

Serves: 2

1 medium onion, chopped	4 potatoes, cubed
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3 carrots, sliced	$\frac{1}{2}$ stalk celery (with leaves), chopped
$\frac{1}{2}$ green pepper, chopped	$\frac{1}{2}$ head cabbage, chopped
2 tablespoons fresh parsley, chopped	1 can green beans, drained
2 bay leaves	1 small can v-8 vegetable juice
salt & pepper to taste	

Use 5-quart soup pot, lightly coated in vegetable oil to saute onions until slightly wilted. Add all vegetables to pot and cover with water (1" from top of pot). Add V-8 juice, bay leaves, and salt & pepper. Simmer over med-low heat until veggies are tender (about 60 minutes).

### **Macedonian Bean Soup**

Recipe by: Cindy Klinar

Serves: 4

1 pound great northern beans, washed	1 large onion, chopped
2 long peppers	1 stalk celery, chopped
2 cloves garlic, chopped	1 cup chopped leeks, optional
2 ounces tomato sauce	2 tablespoons flour
2 tablespoons oil	1 package chopped spinach, optional

Prepare beans; Method 1: soak beans overnight and rinse through. Method 2: Place washed beans in pot with 2 inches of water. Boil and drain after 5 minutes. Fill pot with water after placing prepared beans in bottoms. Add  $\frac{1}{2}$  of chopped onion, whole peppers, chopped celery, and garlic. Cook for 30 minutes. Fry the other half of the onion and leek in oil. Season with paprika, salt, and pepper. Add flour and btown. Stir in tomato sauce and  $\frac{3}{4}$  cups of cold water to make the mixture soupy. Add to pot at the half-hour mark. Spinach may also be added at this time. Cook soup for 3 hours (or 1  $\frac{1}{2}$  hours if you soaked the beans), adding hot water as needed. Remove the peppers, chop up and return to soup. Season with parsley and mint if desired.

### **Mediterranean Stew**

Recipe by: Barb VanDusen

Serves; 6

1 medium butternut squash, peeled & cubed	
2 cups unpeeled eggplant, cut in 1" cubes	
2 cups sliced zucchini	1 can chickpeas, rinsed & drained
10-oz package frozen cut okra	8 ounce can tomato sauce
1 cup chopped onion	1 medium tomato, chopped
1 medium carrot, thinly sliced	$\frac{1}{2}$ cup reduced sodium vegetable broth

1/3 cup raisins  
1/2 teaspoon ground cumin  
1/4 teaspoon ground red pepper  
1/4 teaspoon paprika  
6 cups hot cooked couscous

1 clove garlic, minced  
1/2 teaspoon ground turmeric  
1/4 teaspoon ground cinnamon

Combine all ingredients except couscous and parsley in a slow cooker; mix well. Cover and cook on low 8-9 hours or until vegetables are crisp-tender. Serve over couscous. Garnish with parsley, if desired.

Notes: rice may be substituted for couscous.

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### Mexican Gazpacho

Serves: 5

1 1/4 cups chopped peeled cucumber, divided  
2 tablespoons chopped onion  
1 tablespoon white vinegar  
1/4 teaspoon salt  
1/4-1/2 teaspoon hot sauce  
14 1/2 ounces no-salt-added whole tomatoes

1/2 cup chopped green pepper  
1 tablespoon seeded jalapeno  
1/2 teaspoon sugar  
1/4 teaspoon dried oregano  
1 clove garlic, halved  
3/4 cup water

Place 1 cup cucumber and next 10 ingredients in a food processor and process until mixture is pureed,. Pour into a bowl; stir in water. Cover and chill. Serve with 1 tablespoon remaining cucumber.

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### Split Pea Soup

Recipe by: Cindy Klinar

3 cups dry split peas  
2 teaspoons salt  
1 cup minced celery  
2 cups chopped carrots  
1/2 teaspoon dry mustard  
1 cup chopped tomato

5-8 cups water  
2 tablespoons oil  
2 cloves garlic, minced  
1/4 cup dry red wine (or red wine vinegar)  
1/4 teaspoon thyme  
1/2 cup chopped parsley

1 bay leaf  
1 cup minced onion  
1 small potato, thinly sliced  
3 tablespoons vinegar

Place peas, water, bay leaf, and salt in a pot, simmer covered 3-4 hours, then remove bay leaf. Saute onion, celery, garlic, potato, and carrots in oil. Add water to steam, then add to soup. 15 minutes before serving, add in wine or vinegar, mustard, and

thyme. If you used wine, add vinegar, tomatoes, and parsley just before serving (otherwise, omit vinegar).

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### **Two-Tomato Soup with Barley**

Serves: 4

2 teaspoons olive oil	2 cups sliced mushrooms
$\frac{1}{2}$ cup chopped onion	3 cups water
2 tablespoons diced sun-dried tomato, packed without oil	
1 teaspoon brown sugar	$\frac{1}{4}$ teaspoon salt
$\frac{1}{4}$ teaspoon hot sauce	$\frac{1}{8}$ teaspoon ground allspice
$\frac{1}{8}$ teaspoon pepper	14 $\frac{1}{2}$ oz can whole tomatoes, undrained, chopped
$\frac{1}{3}$ cup uncooked quick-cooking barley	

Heat oil in a large saucepan over medium-high heat. Add mushrooms and onion and saute 4 minutes or until tender. Add water and next 7 ingredients; bring to a boil. Cover, reduce heat, and simmer 10 minutes. Add barley; cover and cook 10 minutes or until barley is tender.

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## **VEGETABLES**

### **Artichokes Stuffed in the Yemenite Style**

Serves: 6

10 ounces artichokes (6 med)	1 lemon, halved
3 $\frac{1}{2}$ tablespoons lemon juice	$\frac{1}{4}$ cup vegetable stock or water
1 tablespoon olive oil	1 cup minced onion
1 clove garlic, minced	3 cups chopped zucchini
1 cup chopped tomato	$\frac{1}{2}$ cup chopped fresh parsley
2 tablespoons chopped red bell pepper	1 tablespoon balsamic vinegar
$\frac{1}{2}$ teaspoon salt	$\frac{1}{2}$ teaspoon pepper

Wash artichokes by plunging them up and down in cold water. Cut off stem end of each artichoke; trim away about one-fourth of each leaf (tip). Rub the top of each artichoke and trimmed edges of leaves with cut lemon to prevent discoloration. Arrange the artichokes, stem ends down, in a large Dutch oven; cover with water, and add the lemon juice. Bring to a boil, cover, reduce heat, and simmer for 30 minutes or until a leaf near the center of each artichoke pulls out easily. Drain and set aside. Combine vegetable stock and oil in a nonstick skillet; place over medium heat until hot.

Add onion and garlic; saute 3 minutes. Add zucchini, tomato, parsley, and bell pepper; cook 13 minutes or until tender, stirring occasionally. Remove from heat; stir in salt and pepper. Scrape out fuzzy thistle center (choke) from each artichoke with a spoon and discard. Spoon  $\frac{1}{2}$  cup vegetable mixture into center of each artichoke and serve immediately.

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### Broccoli with Dijon Vinaigrette

Serves: 8

2 pounds fresh broccoli	4 teaspoons olive oil
$\frac{1}{4}$ cup finely chopped green onion	$\frac{1}{2}$ teaspoon dried tarragon
$\frac{1}{2}$ teaspoon dry mustard	3 cloves garlic, minced
2 tablespoons red wine vinegar	2 tablespoons water
1 tablespoon Dijon mustard	$\frac{1}{4}$ teaspoon pepper
$\frac{1}{8}$ teaspoon salt	

Steam the broccoli spears, covered, 6 minutes or until crisp-tender. Drain, place in a serving bowl. Heat olive oil in a small saucepan over medium heat. Add green onions and next 3 ingredients and saute for 3 minutes. Remove from heat and add vinegar and next 4 ingredients, stirring with a wire whisk until blended. Drizzle over broccoli, tossing gently to coat.

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### Broccoli with Orange Sauce

Serves: 4

2 oranges	8 cups broccoli florets	1 tablespoon margarine
2 teaspoons minced garlic	$\frac{1}{4}$ teaspoon salt	$\frac{1}{8}$ teaspoon pepper

Grate 2 tablespoons rind and squeeze  $\frac{1}{2}$  cup of juice from oranges; set aside. Steam broccoli, covered, 10 minutes or until crisp-tender. Melt margarine in a small skillet over medium heat. Add garlic and saute 1 minute. Add orange rind, juice, salt, and pepper; bring to a boil. Reduce heat and simmer, uncovered, for 2 minutes. Pour over broccoli and toss well.

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### Garlic-Marinated Carrots

Serves: 5

2 tablespoons white wine vinegar	1 tablespoon olive oil
$\frac{1}{4}$ teaspoon salt	$\frac{1}{4}$ teaspoon pepper
5 cups coarsely shredded carrot	4 cloves garlic, crushed or thin sliced

1 bay leaf

Combine first 4 ingredients in a large bowl; stir well with a wire whisk. Add remaining ingredients; toss well to coat. Cover and chill at least 8 hours. Discard bay leaf.

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### Honey-Glazed Acorn Squash

Serves: 4

2 medium acorn squash (each 1 pound)       $\frac{1}{4}$  cup honey  
1 tablespoon lemon juice                       $\frac{1}{4}$  teaspoon ground cardamom

Cut each squash in half lengthwise and discard seeds and membrane. Combine remaining ingredients and spoon into shells. Place in an 11X7X2" baking dish. Cover dish, and bake at 350 for 1 hour and 10 minutes, basting occasionally. Uncover and bake an additional 5 minutes or until the squash is tender.

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### Refried Beans

Serves: 10

1 pound dried pinto or black beans      5 cups water  
 $\frac{3}{4}$  cup chopped onion                      2 cloves garlic, chopped  
1 tablespoon chili powder                1 tablespoon ground cumin  
 $\frac{1}{2}$  teaspoon pepper                          $\frac{1}{4}$  teaspoon salt

Sort and wash beans; place in a large Dutch oven. cover with water to 2 inches above beans and bring to a boil; cook 2 minutes. Remove from heat; cover and let stand 1 hour. Drain beans and return to pan. Add 5 cups water, onion, and garlic; bring to a boil. Cover, reduce heat, and simmer 2 hours or until tender. Drain beans in a colander over a bowl, reserving  $1\frac{1}{2}$  cups liquid. Combine reserved liquid, chili powder, cumin, pepper, and salt in pan. Add half of beans and mash. Stir in remaining beans cook over medium-low heat 5 minutes or until thickened, stirring occasionally.

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### Roasted Pepper

Serves: 6

3 medium red bell peppers                3 medium yellow bell peppers  
2 tablespoons balsamic vinegar       $\frac{1}{4}$  teaspoon salt

Cut peppers in half lengthwise and discard seeds and membranes. Place pepper halves, skin side up, on a foil-lined baking sheet, and flatten with palm of hand. Broil

for 2 minutes or until blackened and charred. Place the peppers in a ziplock bag and seal; let stand for 15 minutes. Peel and discard skins. Cut into strips. Combine peppers, vinegar, and salt into a bowl and toss well.

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### **Roasted Summer Squash**

Serves: 4

2 cup thinly sliced yellow squash

$\frac{1}{2}$  teaspoon vegetable oil

$\frac{1}{4}$  teaspoon paprika

$\frac{1}{8}$  teaspoon salt

$\frac{1}{8}$  teaspoon garlic powder

$\frac{1}{8}$  teaspoon ground red pepper

vegetable cooking spray

Combine first 6 ingredients in a large ziplock bag; seal and shake to coat squash. Place squash on a baking sheet coated with cooking spray. Bake at 450 degrees for 20 minutes, turning after 10.