

2018

Mountain Fresh Farmers Market

Recipes



Mountain Fresh Farmers Market

Oakland, Maryland

www.MountainFresh.org

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Dear Friends,

First, *thank you for supporting the vendors* at our farmers market! I think it's a wonderful place to get an amazing variety of local products!

I hope you enjoy trying these recipes as much as I did! The recipes were adapted to use the *fresh ingredients* available at the market throughout the season.

Each week, we send a new recipe in an *email newsletter*, which also lists the availability of fresh products at the market. Then we compile all the newsletter recipes for the year into a booklet like this one.

If you're not on our market email list, you can sign up at our website at www.MountainFresh.org or contact us with the information listed below. Of course we won't share your email address with anyone.

Another way to access our newsletter is through our [Facebook page](#) — we post the newsletter link each week. Find us there:

@MountainFreshFarmersMarket

Please let us know if you find a typo or error in the booklet! You report it to Cheryl DeBerry at:

info@mountainfresh.org or 301-334-6968

Thanks,

Maria

Volunteer Newsletter Editor & Recipe Guru

Old-Fashioned Potato Candy

Ingredients:

1 small russet potato , peeled and chopped
6-7 cups powdered sugar
1 teaspoon vanilla extract
2/3 cup nut butter (peanut, almond, hazelnut, etc), cookie butter, or nutella

Directions:

In a small pot of boiling water, cook the potato until tender.

Drain and transfer to a bowl; mash until smooth and lump-free (a ricer is ideal for this!)

You'll need a 1/2 cup mashed.

Allow to cool slightly, but still warm.

In a extra large bowl, combine cooked potato and 2 cups of the powdered sugar until blended (at this point it will be very loose.)

Stir in the vanilla (or other flavored extract if you are using a different one)

Continue to add 1 cup of the powdered sugar at a time until the mixture forms a putty-like dough. (Use a stand or handheld electric mixer if stirring with a wooden spoon gets too difficult.)

Shape into a round.

Transfer the dough onto an 18 X 12 sheet of wax paper sprinkled with powdered sugar; sprinkle the top with a little powdered sugar.

Use a rolling pin to roll into a rectangular shape, about 1/4-inch thick; trim to form straight edges.

Spread an even layer of nut butter over the surface of the candy.

Slowly roll the candy from one long edge to another.

Wrap with the wax paper, cut in half. Place in a re-sealable plastic bag and chill until firm, (about an hour or overnight if desired.)

Slice rolled potato candy into 3/4-inch thick pieces and enjoy!

Note:

You can jazz this up for the holidays by adding a little food coloring to the potato mixture and/or mixing some candy bits into the peanut butter, or using crunchy rather than smooth. I added a little red food coloring and used peppermint extract rather than vanilla, then spread with almond butter and crushed peppermint chips before I rolled.

One-Pan Roasted Pork Loin with Bacon, Brussels Sprouts & Red Potatoes

Ingredients:

1 Tbs olive oil
 4 cloves garlic, crushed
 1/2 cup julienne-cut red onion
 1 1/2 lb Brussels sprouts, trimmed, then halved
 1 1/2 lb small red potatoes
 8 to 10 fresh whole sage leaves
 1 1/2 lb boneless pork loin
 4 slices thick-sliced bacon, cut into 1-inch pieces
 Salt and fresh ground black pepper to taste

Directions:

Heat oven to 450°F.

Lightly oil 16x11-inch roasting pan with 1 Tbs olive oil.

Arrange garlic, onion, Brussels sprouts, potatoes and sage leaves in pan.

Sprinkle with salt and pepper; toss.

Place pork loin over vegetables. Season with salt and pepper. Top vegetables and pork with bacon.

Roast 30 minutes (tossing sprouts and potatoes every 15 minutes so they roast evenly), or until meat thermometer inserted in center of thickest part of pork reads 145°F.

Remove from oven; place pork on cutting board. Cover loosely with foil; let stand 8 to 10 minutes. Return pan with vegetables to oven; roast 10 minutes longer.

Cut pork into 1/2-inch-thick slices. Serve with roasted vegetables.

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Easy Crock-Pot Sweet & Sour Kielbasa

Ingredients:

- 1 Lb kielbasa, cut into 1/2 inch pieces
- 1 bottle Heinz (or other brand) Chili sauce
- 1 can, with juice, pineapple chunks or tidbits

Directions:

Place all ingredients on the crock-pot.

Cook on low for 4-5 hours.

Serve hot over rice or noodles.

Sautéed Oyster Mushrooms

Ingredients:

- 1 Lb oyster mushrooms, cleaned and sliced length-wise (can use shiitake or baby bellas also. If using dried mushrooms, re-hydrate them first)
- 1/4 cup chopped green onions
- 3 Tbs unsalted butter
- 1 Tbs Worcestershire sauce
- 1 tsp minced garlic
- 2 Tbs Marsala wine (optional), can substitute beef broth

Directions:

Melt butter over low heat. Add mushrooms and stir.

Cover and let steam for about 2 minutes.

Uncover and add green onions, garlic, Worcestershire sauce and wine or broth. Stir thoroughly and cover again to cook green onion and garlic.

Uncover and let simmer until wine or broth is absorbed.

Serve over grilled meat or as a side dish.

Easy Stuffed Mushroom Caps

Ingredients:

- 1 Lb mushrooms, your choice (both shiitake and crimini work well)
- 2 cups herbed stuffing mix
- 1 stick butter, melted
- 1/2 cup grated Parmesan or Romano cheese, plus cheese for topping
- 2 Tbs lemon juice

Directions:

Preheat oven to 350°F.

Clean mushrooms: trim any soil from stems and cut off and save remaining stem portion.

Process stems in food processor (or just chop finely with a sharp knife.)

Add stuffing mix crumbs, lemon juice and cheese to processed stems.

Mix well.

Pour melted butter over mushroom mixture and mix again.

Stuff mixture into the mushroom caps and place on a greased baking sheet with filled side up.

Dust with additional cheese.

Place in the oven at 350°F for 10 minutes, then turn on broiler to crisp tops (2-3 minutes)

Place on a serving plate and serve warm.

Make plenty; these go fast.

Classic Butternut Squash Soup

Ingredients:

1 (2 1/2–Lb) butternut squash, peeled, seeded, and cut into 1-inch cubes
1 large (8-ounce) carrot, peeled and cut into 1-inch chunks
2 Tbs extra-virgin olive oil
7 Tbs unsalted butter, divided (see note)
1 large (8-ounce) yellow onion, thinly sliced
4 medium cloves garlic, thinly sliced
4 cups low-sodium chicken or vegetable stock, plus more as needed
2 sprigs fresh thyme
1 bay leaf
Kosher salt and freshly ground black pepper
3/4 cup heavy whipping cream
1/4 cup sour cream
Pinch ground cinnamon
Pinch nutmeg
20 fresh sage leaves to “frizzle” (optional; see note)

Directions:

Preheat oven to 425°F. Toss squash and carrot with olive oil and arrange on 2 rimmed baking sheets, being sure not to overcrowd the sheets. Roast until squash and carrot are very well browned on a couple of sides, about 40 minutes. Use a thin metal spatula to turn pieces 2 or 3 times during cooking. Set aside.

In a large saucepan, cook 2 Tbs butter over medium-high heat until just starting to brown. Add onion and garlic, lower heat to medium, and cook, stirring, until soft and lightly golden, about 10 minutes; lower heat as necessary to prevent burning.

Add squash and carrot to saucepan and remove from heat. Pour 1/2 cup stock into each baking sheet and scrape up any browned bits, then pour into saucepan. Add remaining stock, thyme sprigs, and bay leaf and return to medium-high heat. Bring to a simmer, then lower heat and simmer until vegetables are very soft, about 10 minutes. Discard thyme sprigs and bay leaf.

Using a blender or immersion blender, blend soup until completely smooth. Season with salt and pepper. Return soup to saucepan and thin, if necessary, with additional stock until desired consistency is reached. Keep warm.

Meanwhile, using a handheld mixer, beat cream and sour cream with nutmeg, cinnamon, and a pinch of salt, until stiff. Set aside.

Note: If making frizzled sage leaves, melt remaining 5 Tbs butter in a small skillet over medium-high heat, swirling gently, until foamy and just beginning to brown. Add sage leaves, swirling to submerge, and cook until frizzled, about 15 seconds. Using a slotted spoon, transfer sage to a paper towel to drain. Sprinkle very lightly with salt.

Ladle soup into bowls, spoon dollops of spiced whipped cream onto each one, and top with frizzled sage, if using. Serve right away. Makes about 2 quarts, serving about 6.

Fresh Roasted Asparagus with Hollandaise

Asparagus:

1 Lb medium asparagus
1 Tbs extra-virgin olive oil
1/4 tsp kosher salt
Freshly ground black pepper

Sauce:

1 large egg yolk
1 1/2 tsp freshly squeezed lemon juice
Pinch cayenne pepper
4 Tbs unsalted butter (1/2 stick)
1/2 tsp kosher salt

Directions:

Preheat oven to 450°F.

Trim the woody ends from the asparagus. Spread the spears in a single layer in a shallow roasting pan or baking sheet, drizzle with olive oil, sprinkle with salt, and roll to coat thoroughly. Roast the asparagus until lightly browned and tender, about 10 minutes, giving the pan a good shake about halfway through.

Meanwhile, put the egg yolk, lemon juice, and cayenne in a blender. Pulse a couple times to combine.

Put the butter in a small microwave proof bowl, cover, and heat in a microwave until just melted. With the blender running, gradually add the melted butter into the egg to make a smooth frothy sauce. If the sauce is really thick blend in a tsp of lukewarm water to loosen it up. Season with the salt and serve immediately or keep warm in a small heat-proof bowl set over hot (but not simmering) water until ready to serve.

Spread the roasted asparagus on a serving platter. Grind a generous amount of pepper over the top.

(This recipe can be easily doubled. If you double the recipe, be sure to place the stems on the baking sheet so that the tips are pointed toward the center, and the bottoms are pointed out, toward the edges of the pan. Since the tips are thinner than the stems, they tend to cook faster. However, when roasting, items at the edges of the pan cook more quickly than those in the center. Taking the time to place them this way helps the asparagus cook evenly.)

Note: According to the CDC, "The inside of eggs that appear normal can contain a germ called Salmonella that can make you sick, especially if you eat raw or lightly cooked eggs. Eggs are safe when you cook and handle them properly...Make sure that foods that contain raw or lightly cooked eggs, such as hollandaise sauce, Caesar salad dressing, and tiramisu, are made only with pasteurized eggs." For more information, visit the CDC website: <https://www.cdc.gov/features/salmonellaeggs/index.html>

Fresh Rhubarb Ice Cream Topping

Ingredients:

1/3 cup sugar
1/4 cup water
2-1/4 cups sliced fresh rhubarb
1 tsp grated lemon peel
1/8 tsp ground nutmeg

Directions:

In a small saucepan, bring sugar and water to a boil. Add rhubarb; cook and stir for 5-10 minutes or until rhubarb is tender and mixture is slightly thickened.

Remove from the heat; stir in lemon peel and nutmeg.

Serve warm or chilled over pound cake or ice cream. Refrigerate leftovers.

Yield: 1-1/4 cups.

Savory Rhubarb Chutney (as a Meat Accompaniment)

Ingredients:

3/4 cup sugar
1/3 cup cider vinegar
1 Tbs peeled, minced fresh ginger
1 Tbs ground garlic
1 tsp cumin
1/2 tsp ground cinnamon
1/2 tsp ground cloves
1/4 tsp dried crushed red pepper
4 cups 1/2-inch cubes fresh rhubarb (about 1 1/2 Lbs)
1/2 cup (generous) chopped red onion
1/3 cup dried tart cherries or golden raisins (about 2 ounces)

Directions:

Combine first 8 ingredients in heavy large Dutch oven. Bring to simmer over low heat, stirring until sugar dissolves.

Add rhubarb, onion and dried cherries; increase heat to medium-high and cook until rhubarb is tender and mixture thickens slightly, about 5 minutes. Cool completely. (Can be made ahead. Cover and chill. Bring to room temperature before using.)

Scalloped Potatoes Au Gratin

Ingredients:

2 Tbs butter, softened
8 large potatoes, scrubbed clean
3 cups heavy cream
1 cup whole milk
1/4 cup all-purpose flour
2 tsp salt
Freshly ground black pepper
2 cups freshly grated sharp Cheddar cheese
2 green onions, sliced thin (white and light green parts only)

Directions:

Preheat the oven to 400°F.

Use the butter to grease the bottom and sides of a large baking dish.

Thinly slice the potatoes into a large bowl, using a mandolin if you have one. Set aside.

Combine the cream and milk in a separate bowl.

Add the flour, salt and some pepper.

Whisk it together well so that the flour is incorporated into the milk/cream mixture.

Pour the mixture over the potatoes & stir gently to coat the potatoes.

Pour the entire mixture into the buttered baking dish.

Cover the dish with foil and bake for 20 to 30 minutes.

Remove the foil and bake 15 to 20 minutes more.

Sprinkle on the grated cheese and return it to the oven until the cheese is melted and bubbly, 3 to 5 minutes.

Sprinkle on the green onions and serve it hot.

Note:

This recipe makes a BIG batch; you can make 1/2.

Sausage Stuffed Poblano Peppers

Ingredients:

6 large poblano peppers, carefully seeded through the stem opening
or, you can split them down the side and remove the seeds that way
1 medium poblano or jalapeno pepper (you decide if you want it spicy or not),
chopped finely
6 oz lean fresh pork sausage
1/3 - 1/2 cup corn kernels, cut off the cob or canned if out of season
1/4 cup cooked black beans, optional
1/2 cup cheddar or cheddar-jack cheese, shredded, (plus extra to top)
1 egg, beaten
1/2 cup fresh or bottled salsa
spray olive oil

Directions:

Preheat oven to 375°F.

Carefully cut around the stem of each of the 6 peppers you are going to stuff and remove the seeds and stem. Use a sharp paring knife to trim the inside and get out any remaining seeds without losing the shape of the pepper. Or, you can save time and split them down the sides and remove the seeds. (Just close the sides around the stuffing when you fill.) Set aside the prepared peppers.

Seed the extra pepper (whichever type you are using - if a jalapeno, wear gloves), then chop fine.

Mix the sausage, chopped pepper, corn kernels, beans (if using), cheese, beaten egg and salsa together to make the stuffing blend.

Carefully stuff each pepper and place on a olive oil greased baking sheet. Spray the completed peppers with olive oil, then sprinkle with extra cheese.

Place the baking sheet in the center of the oven. Reduce the temperature to 350 F and bake til the pepper soften (about 30 to 35 minutes).

Cool slightly. Serve with extra salsa and add some yellow rice as a side dish.

Strawberry Shortcake (with Homemade Shortbread)

Ingredients:

1 quart (4 cups) strawberries, sliced
1/4 cup sugar or equivalent sweetener
2 1/3 cups Original Bisquick™
1/2 cup milk
3 Tbs sugar
3 Tbs butter or margarine, melted
1/2 cup whipping cream

Directions:

Heat oven to 425°F.

In large bowl, mix strawberries and 1/4 cup sugar; set aside.

In medium bowl, stir Bisquick mix, milk, 3 Tbs sugar and the butter until soft dough forms. On ungreased cookie sheet, drop dough by spoonfuls to make 6 biscuits. Bake 10 to 12 minutes or until golden brown.

Meanwhile, in small bowl, beat whipping cream with electric mixer on high speed until soft peaks form.

Split warm shortcakes; fill and top with strawberries and whipped cream.

Enjoy!

Roasted New Carrots with Parsley & Thyme

Ingredients:

2 Lbs carrots, peeled quartered or cut into sixths lengthwise depending on the size, then into 2-inch lengths
3 Tbs extra virgin olive oil
Salt
Freshly ground pepper
1 tsp fresh thyme leaves, chopped
½ tsp oregano
3 Tbs finely chopped flat-leaf parsley

Directions:

Preheat the oven to 400°F.

Oil a sheet pan or a baking dish large enough to fit all of the carrots in a single layer.

Place the carrots in a large bowl, and toss with the olive oil, salt, pepper, thyme and oregano.

Spread in an even layer in the prepared pan or baking dish.

Cover with foil, and place in the oven for 30 minutes.

Uncover, and if the carrots are not yet tender, turn the heat down to 375°F and return to the oven for 10 to 15 more minutes until tender.

Add the parsley, stir gently, and taste and adjust salt and pepper.

Serve hot, warm or at room temperature.

Tip:

These can be prepared in advance. They will keep 4 to 5 days in the refrigerator and be re-heated with no loss of flavor.

Apple-Raisin Carrot Cake

Ingredients:

4 oz pecans or walnuts, toasted and coarsely chopped
10.5 oz raw carrots finely grated (about 2 cups)
2.5 oz grated apple (about 1/3 to 1/2 cup)
1/4 cup raisins
2 cups all-purpose flour
1 tsp baking soda
1 1/2 tsp baking powder
1/2 tsp salt
1 tsp ground nutmeg
1 1/2 tsp ground cinnamon
4 large eggs
10.5 oz granulated white sugar
1 cup vegetable oil
2 tsp pure vanilla extract
2 tsp Nocello (Italian walnut flavor liqueur) or walnut extract

Directions:

Preheat oven to 350°F and place rack in center of oven.

Butter and lightly dust pan(s) with flour (two round cake pans or one 9x13 sheet pan).

Peel and grate the carrots and apple. Set aside.

In a separate bowl, whisk together the flour, baking soda, baking powder, salt, nutmeg and ground cinnamon. Set aside.

Using an electric stand mixer, beat the eggs until frothy. Gradually add the sugar and beat until the batter is thick and light colored.

Add the oil in a steady stream while beating.

Beat in the vanilla and Nocello or walnut extracts.

Add the flour mixture and beat just until incorporated.

Fold in the grated carrots, apples, raisins and chopped nuts.

Evenly divide the batter between the two prepared pans or single sheet pan.

Bake 35 to 45 minutes or until a toothpick inserted in the center comes out clean.

Remove from oven and let cool on a wire rack.

After about 5 -10 minutes invert the cakes onto the wire rack. If using the sheet pan you can just leave it in the pan and ice it once it cools.

Cool another 20-30 minutes before icing.

Ice with cream cheese frosting or buttercream frosting and chill.

Cool Ranch Zucchini Chips

(Incredibly Easy and Delicious - but they take a while to bake)

Ingredients:

2 zucchini, sliced very thinly into coins (Use a mandolin if you have one)
1 Tbs. extra-virgin olive oil
1 Tbs. ranch seasoning
1 tsp. dried oregano
Kosher salt (optional, the ranch seasoning is pretty salty)
Freshly ground black pepper

Directions:

Preheat oven to 250°
Grease a large baking sheet with cooking spray.
Slice zucchini into very thin rounds, using a mandolin if you have one.
Pat zucchini with paper towels to draw out excess moisture.
In a large bowl, toss zucchini with oil then toss in ranch seasoning, oregano, salt, and pepper.
Place in a single layer on baking sheets.
Bake until crispy, about 1 hour 20 minutes, checking after about an hour.
When moisture levels are high, you may have to leave them for up to 1 hour and 45 min. And if it's dry, it could take less time.
Let cool to room temperature before serving.

Crunchy Kale Chips

Ingredients:

1 bunch or 1 8-ounce bag of fresh kale, washed and dried thoroughly
Cooking oil spray
Salt to taste

Directions:

Wash fresh kale.
Preheat oven to 300°F.
Cut off the stems of the kale with a knife, at the bottom of each leaf.
Tear kale leaves into large pieces.
Spray a large baking sheet with cooking oil spray, then add kale to baking sheet.
Lightly spray kale with cooking oil spray, and sprinkle with salt.
Bake kale chips for 25 minutes.
Let cool before serving.

Note:

Add your favorite spices like garlic powder, paprika, or chili powder to kale before baking for a spicy, flavorful snack!

Courtesy of: Eat Smart, Be Fit Maryland, University of Maryland Extension

Roasted Garlic & Red Skin Potato Salad

Ingredients:

2 lb red potatoes
½ lb bacon
1 large sweet yellow onion, diced
¼ cup red bell pepper, diced
2 stalks celery, finely diced
1 bunch green onions, chopped
6 hard boiled eggs ,chopped
1 cup mayonnaise
⅓ cup Dijon mustard
2 Tbs champagne vinegar (can substitute red wine vinegar)
2 tsp salt
½ tsp pepper
4 heads roasted garlic, mashed

Instructions:

Clean the potatoes and chop them into ¾" size pieces. In a large pot of salted boiling water, add the chopped potatoes and boil for about 8-10 minutes until they are fork tender.

Remove the pot from the heat and drain the potatoes. Promptly return them to the pot they were cooking in (NOT over heat) and cover to let them steam for a bit.

Chop the bacon into ¼" pieces and add it to a frying pan over medium high heat. Cook for 3-4 minutes until bacon starts to brown. Add the diced onions. Cook for an additional 8-10 minutes until the bacon is crispy and the onions are browned.

Add the cooled bacon and onions to a large bowl with the potatoes, celery, green onions, bell pepper and hard boiled eggs.

In a separate bowl, combine the mayonnaise, Dijon, vinegar, salt, pepper and mashed roasted garlic. Mix well and spoon on the top of the potato mixture. Gently fold the dressing into the vegetables until well combined. Chill in the refrigerator for 2 hrs before serving.

Adapted From: The Creative Bite

Roasted Pumpkin & Beet Salad with Arugula & Feta

Ingredients:

4-5 medium beets (if greens are attached trim them and save for a greens recipe)
1 small sugar (pie) pumpkin or 1 medium butternut squash
1 red onion
1 large bunch of arugula
1 tsp cumin powder
1 tsp dried oregano
salt and pepper
1 cup reduced-fat feta (or substitute goat's milk chevre)
1 Tbs sunflower seeds or pumpkin seeds
1/3 cup extra virgin olive oil
2 Tbs balsamic vinegar

Directions:

Pre-heat the oven to 350 F.

Slice pumpkin or butternut squash in half. Scoop out the seeds and pulp. Remove outer skin with a vegetable peeler. Save the seeds if you wish to roast them.

After removing the outer layer, cut the red onion into small wedges or quarters.

Gently wash and peel beets. Use gloves to avoid stained pink fingers or leave skins attached (beet skins ARE edible just not aesthetically pleasing to most). Avoid using porous cutting boards as red beets will stain.

Place beets, pumpkin, and onion on roasting tray lined with parchment paper and coat (drizzle or brush) with half the olive oil. Season with salt, pepper, and cumin.

Place roasting tray with vegetables in the oven and cook for approximately 28 to 30 minutes, turning the pumpkin, beets, and onion after 15 minutes.

Allow to cool and then assemble the salad.

In a small bowl, mix remaining olive oil and balsamic vinegar and dried oregano. Gently toss (or drizzle) with roasted vegetables.

Place roasted vegetables on bed of arugula or combine arugula in the mix. Sprinkle with feta cheese and sunflower seeds. Toss if preferred.

Serve immediately or keep roasted vegetables and dressing separate from greens and chill in the refrigerator. Dressing and vegetables will keep for several days. Enjoy!

Hearty Vegetable Soup (with or without beef)

Ingredients:

8 medium carrots, sliced
2 large onions, chopped
4 celery ribs, chopped
1 large green pepper, seeded and chopped
1 garlic clove, minced
2 cups chopped cabbage
2 cups cut green beans
2 cups peas (use canned or frozen if not in season, or omit)
1 cup corn, cut off the cob
1 can (15 ounces) garbanzo beans or chickpeas, rinsed and drained
1 bay leaf
2 cup bouillon granules -can be vegetarian or chicken, or omit if you are adding beef to the soup
1-1/2 tsp dried parsley flakes
1 tsp salt
1 tsp dried marjoram
1 tsp dried thyme
1/2 tsp dried basil
1/4 tsp pepper
4 cups water
3 cups diced tomatoes, with juices
2 cups V8 juice
1 Lb beef chuck, cut in 1 inch pieces (optional)

Directions:

In a stockpot, heat oil over medium-high heat; sauté carrots, onions, celery, green pepper and green beans until crisp-tender.

Add garlic; cook and stir 1 minute.

Stir in remaining ingredients; bring to a boil.

Reduce heat; simmer, covered, until vegetables are tender, 1 to 1-1/2 hours.

Remove bay leaf before serving

Note:

If adding beef, cut beef in 1" pieces, brown separately and add to stock before adding "remaining" ingredients.

Of course you can leave out any veggies you don't have on hand, and add others.

This recipe is very forgiving!

Red or Black Raspberry Scones

Ingredients:

2 cups all purpose flour
1/3 cup granulated white sugar
1 tsp baking powder
1/2 tsp baking soda
1/2 tsp salt
6 Tbs cold unsalted butter, cut into small chunks
1 cup fresh or frozen raspberries- you can use either red or black berries
2/3 - 3/4 cup buttermilk
1 tsp pure vanilla extract

Directions:

Preheat oven to 400°F and place rack in middle of oven.

Line a baking sheet with parchment paper.

In a large bowl, whisk together the flour, sugar, baking powder, baking soda and salt.

Cut the butter into small pieces and blend into the flour mixture with a pastry blender or two knives. The mixture should look like coarse crumbs.

Stir in raspberries.

In a small measuring cup whisk together the buttermilk and vanilla extract.

Add this mixture to the flour mixture and stir just until the dough comes together. Do not over mix.

Transfer to a lightly floured surface and knead the dough gently four or five times and then pat, or roll, the dough into a circle that is about 7 inches round. Cut the dough into eight triangles. Place the scones on the baking sheet. Brush the tops of the scones with a little cream and sprinkle with granulated white sugar.

Bake for about 18 to 20 minutes or until golden brown and a toothpick inserted into the middle of a scone comes out clean.

Remove from oven and place on a wire rack.

Makes 8 scones.

Read more:

<https://www.joyofbaking.com/RaspberryScones.html#ixzz5KUF3nID>

Zucchini Pizza Bites

Ingredients:

1 large zucchini, washed and sliced in 1/4 inch thick circles
Cooking oil spray
1 tsp Italian seasoning
1/2 cup pizza sauce
1/2 cup part-skim mozzarella cheese, shredded

Directions:

Preheat the oven to broil.

Place zucchini slices on a baking sheet, in a single layer.

Spray each zucchini slice lightly with cooking oil spray. Flip each slice and spray on the other side.

Sprinkle Italian seasoning on top of zucchini slices.

Broil the zucchini for 2 minutes. Remove from the oven, flip slices over, return to the oven and broil 2 minutes more.

Top each zucchini slice with 1 tsp of pizza sauce.

Sprinkle 1 tsp of cheese on each slice.

Return the baking sheet to the oven and broil for an additional minute or two until cheese melts and begins to brown.

Using a spatula, transfer pizza slices to a tray or plate to cool a bit before serving.

<https://eatsmart.umd.edu/recipe/zucchini-pizza-bite>

Watermelon Salad with Feta & Mint

Ingredients:

8 lb. whole seedless watermelon, chilled (about 12 cups of cubed fruit)
1/4 cup extra virgin olive oil
3 whole limes, juiced
1 1/2 tsp salt
3/4 tsp black pepper
1 cup fresh mint leaves, chopped
1 1/2 cups crumbled feta cheese
1/2 cup sliced black olives (optional)

Directions:

It's best if this is prepared one hour or less before your meal.

Cut rind from the watermelon, then chop the fruit into 1 inch chunks. Place chunks in a colander to drain as you chop.

In a small bowl, whisk together olive oil, fresh lime juice, salt, and black pepper to create a dressing.

Place watermelon in a large salad bowl.

Pour dressing and chopped mint over the watermelon and toss gently to coat.

Pour the crumbled feta and olives, if using, into the salad bowl and stir gently to integrate the cheese into the salad.

Serve.

Note:

This recipe makes a lot of salad (which people will love, but...you can cut the recipe in half or thirds.)

Vegetable Stir-Fry

(but you can add beef, pork or chicken also)

Use about 4 cups chopped fresh vegetables. Good vegetables for stir fry include the following:

Mushrooms	Bok Choy
Carrots	Green or Purple Cabbage
Sugar Snap or Snow Peas	Kale
Broccoli	Asparagus
Chinese Cabbage	Zucchini & Yellow Squash
White or Yellow Onions	Collards
Bell Peppers, any color	Bean Sprouts
Green Onions	Microgreens
Water Chestnuts	Napa Cabbage

Ingredients:

4 cups freshly chopped or sliced vegetables
2 Tbs sesame or peanut oil
1/4 cup finely diced fresh ginger
5-6 cloves chopped fresh garlic
2 Tbs soy sauce
1 Tbs corn starch
1 tsp sugar (optional)
1/4 cup water

Directions for stir-fry:

Make a "base" of fresh ginger and garlic which you should start in a Wok or large skillet with about 2 Tbs of sesame or peanut oil.

Add the vegetables according to cooking times, ending with the leafy cabbages or choys and any tender ones such as microgreens at the last minute.

Make the sauce by blending soy sauce, cornstarch, a little sugar (optional) and water. Add it to the cooked veggies and stir until the mix thickens slightly.

Serve over rice or noodles, or just eat plain if you are conserving carbs.

If Adding Meat:

You can also add a meat of your choice. Slice thinly and cook it separately from the vegetables - either before or after in the same pan, or using a different pan. To cook the meat, sprinkle with soy sauce and dredge in a little cornstarch before sautéing lightly in a little sesame or peanut oil. Add cooked meat to the vegetable mix just before serving. (Do not add uncooked meat to the veggies; they will get mushy while the meat cooks.)

Tomato Fennel Broth with Seafood

Ingredients:

2 Tbs olive oil
1 medium sweet onion, coarsely chopped
2 stalks fennel, coarsely chopped
3 cloves of garlic, pressed or chopped fine
2 cups fresh ripe tomatoes, with juices, chopped
1 cup dry, white wine (chardonnay, or pinot grigio), optional
2 cups low sodium chicken or beef stock
(use 3 cups if you skip the wine)
1 tsp ground black pepper
1 tsp crushed red pepper, ground (optional)
2 tsp fennel seed, ground
salt, to taste
2 cups or 1 Lb seafood of your choice - crab, shrimp, halibut, cod, mussels, etc
or mixed

Directions:

Place olive oil in a sauté pan that is big enough to hold all the broth after adding liquid

Add onions, fennel slices, and garlic; sprinkle lightly with salt and pepper.

Sauté until onions and fennel are tender, stirring often and adjusting heat to medium if browning too quickly, about 15 minutes.

Add wine, if using, and bring to a simmer then simmer for 5 minutes

Add tomatoes with juice and 2 cups broth and bring to boil.

Let mixture cook down til broth thickens to your taste and add your choice of seafood.

Serve over rice or orzo.

Spinach Squares

Ingredients:

Vegetable oil spray
1 cup flour
1 cup low-fat or nonfat milk
1 tsp baking powder
2 eggs, beaten
½ tsp salt
½ package frozen spinach, thawed and drained (or use 1 gallon fresh spinach or 1 bunch Swiss Chard, steamed until tender)
1 cup low-fat cheddar cheese, grated
1 onion, diced

Directions:

Preheat oven to 350°F.
Spray 9 x 12 pan or one of similar size with vegetable oil spray.
Mix next 5 ingredients (flour, milk, baking powder, eggs, and salt) together.
Add spinach, cheese, and onion and mix well.
Pour mixture into pan.
Bake for 30 minutes, until lightly browned.
Cool slightly.
Cut into 9 squares.

Cheesy Baked Zucchini Casserole

Ingredients:

4 medium Zucchini, sliced 1/4 inch thick
1 medium Onion, diced
2 cloves Garlic, peeled and minced
2 Tbs Butter
1/2 cup Heavy Cream
1 cup Gruyere Cheese, grated
3/4 cup Parmesan Cheese, grated and divided
1/2 tsp Salt
1/4 tsp Pepper

Directions:

Preheat oven to 450°F.
In a large skillet, melt butter over medium heat. Do not brown.
Add onion to the skillet and cook for 2-3 minutes until it begins to soften.
Then add garlic and cook for 1 minute more.
Add zucchini to the onions and garlic and season with salt and pepper. Cook until zucchini just becomes tender, 4 to 6 minutes. Stirring occasionally.
Place zucchini mixture in a greased 8 x 8 inch casserole dish.
Place the cream in a small pan and, stirring constantly, bring to a very low boil then reduce to a simmer.
Stir in Gruyere cheese and 1/2 cup of Parmesan cheese until it is fully melted and the mixture is smooth.
Pour the cheese sauce over the zucchini and sprinkle with remaining ¼ cup of Parmesan cheese.
Bake for 15-20 mins or top is golden brown.

Roasted Maple-Glazed, Bacon-Wrapped Carrots (*Sinfully Good*)

There is truly nothing in the world that isn't better with a little bacon wrap (especially when that bacon is locally raised and cured!)

Ingredients:

3 Lbs whole carrots
1 1/2 Lbs bacon
1/2 cup maple syrup
salt and pepper to taste (optional, since bacon will add salt)

Directions:

Preheat an indirect grill or smoker to 400°F.

(This can also be done in an oven.)

Thoroughly scrub each carrot. Wrap each carrot in a piece of bacon, overlapping the ends so they are secured. Sprinkle each carrot with salt and pepper, if using.

Place the wrapped carrots on the grill grates (or on a baking sheet, if using the oven).

Close the lid and cook for 25-30 minutes or until the bacon is golden and crisp.

During the last 5 minutes of grilling/baking, brush the carrots with the maple syrup. Grill or broil until the syrup starts to bubble, remove from the grill/broil and serve.

Note:

Wrap all of the carrots in bacon either the night before or earlier in the day, cover and refrigerate. (saves time and the bacon will crisp up better).

Blueberry Peach Crumble

Ingredients:

For the filling:

2 cups blueberries
2 1/2 cups peeled and sliced peaches (5-6 peaches)
1 Tbs fresh lemon juice
1 tsp lemon zest
1/4 tsp vanilla extract
1/2 cup granulated sugar
1/4 cup all-purpose flour

For the crumble topping:

1/2 cup all-purpose flour
1/2 cup old-fashioned oats
1/3 cup brown sugar
1/4 cup granulated sugar
1/2 tsp salt
1 tsp ground cinnamon
6 Tbs cold butter, diced

Directions:

Preheat the oven to 350°F.

In a large bowl, combine blueberries, sliced peaches, lemon juice, lemon zest, vanilla extract, granulated sugar, and flour. Gently toss until fruit is well coated. Let the fruit mixture sit while you prepare the topping.

For the crumble topping: in a large bowl, combine the flour, oatmeal, brown sugar, granulated sugar, salt, and cinnamon. Stir together with a whisk. Mix in the butter with your fingers until the mixture comes together and you have big crumbles.

Place the fruit mixture in a greased 2 quart ceramic or glass baking dish. Sprinkle the crumble mixture evenly over the fruit. Place the pan on a baking sheet pan lined with a Silpat or parchment paper (just in case of an overflow) and bake for 40 to 45 minutes, or until the top is browned and crisp and the juices are bubbly. Serve warm or at room temperature.

Note:

You can make this recipe in individual ramekins or mini pie pans. You can also make the recipe ahead of time - just store the unbaked crumble in the refrigerator for up to two days and bake when ready!

Jiffy™ Roasted Corn & Jalapeno Cornbread

Ingredients:

2 cups fresh corn kernels, cut off the cob
1/3 cup diced onion
1/3 cup diced red bell pepper
3 Tbs butter
1 (8 1/2 ounce) package Jiffy™ corn muffin mix
1/4 cup milk
1 egg
3 Tbs heavy cream
2-3 Tbs diced jalapenos
1 cup shredded sharp cheddar cheese
2-3 Tbs honey (optional)

Directions:

Melt butter in a sauté pan.

Add the corn, onion and red pepper and sauté on medium heat until some of the corn kernels start to turn golden brown.

In the meantime, whisk egg, milk, and cream together in a medium mixing bowl.

Add the corn muffin mix and stir with a fork.

Stir in diced jalapenos and cheddar cheese.

Quickly stir in hot sautéed corn mixture, mixing in just slightly.

Pour into 8" x 8" buttered baking dish.

Bake at 350° for 15 minutes.

Remove cornbread, turn off oven, drizzle cornbread with honey and put back in hot oven for 5 minutes (If you prefer to not use honey just bake for a total of 20 minutes).

Remove from oven and let stand for 10 minutes before serving.

Eggplant Caponata

Ingredients:

5 Tbs olive oil
1 1 1/2-Lb eggplant, unpeeled, cut into 1/2-inch cubes
1 medium onion, cubed
4 large garlic cloves, peeled and chopped
1/2 half red pepper, seeded and chopped coarse
2 large, ripe tomatoes, chopped (make sure to save and include juices)
1 tsp dried basil
1/2 tsp dried oregano
1/4 tsp dried rosemary
3 Tbs red wine vinegar
2 Tbs drained capers
1/3 cup chopped fresh basil
1/3 cup green olives, cut into halves or thirds
Toasted pine nuts

Directions:

Heat oil in heavy large pot over medium heat.

Add eggplant, onion, garlic cloves and red pepper.

Sauté until eggplant is soft and brown, about 15 minutes.

Add diced tomatoes with juice and spices, then red wine vinegar and drained capers.

Cover and simmer until eggplant and onion are very tender, stirring occasionally, about 12 minutes.

Season mixture to taste with salt and pepper.

Mix in fresh basil and olives.

Transfer caponata to serving bowl. Sprinkle with toasted pine nuts.

Serve warm, at room temperature, or cold; with crostini or crackers.

Caponata can be made 2 days ahead. Cover and chill.