

NEW ENGLAND APPLE WALNUT CAKE

(Louisa C's)

3 cups white, unbleached flour
1 tsp. baking soda
1 tsp. salt
1 ½ cups sugar (or more)
1 tsp. cinnamon

¾ cup oil (or more)
3 eggs
2 tsp. vanilla
2 large Granny Smith apples
(2-2 ½ cups tart, green apples)
1 ½ cup chopped walnuts
Optional: ½ cup cranberries

Heat oven to 350. Mix/sift dry ingredients. Stir in eggs, oil, and vanilla.
Add apples & nuts. Bake in oiled tube or 8"x8" pan for 55-70 min.

Brussels Sprout

Sautee large onion chopped
in olive oil until soft + golden
add chopped garlic +
add chopped hot red pepper
Saute some more until all is soft
Remove from pan
Cut + thin 2 lbs brussels sprouts
Put in pan - add ½ cup water (EAT)
Cook until soft.
Pour over the onion mixture. Salt, pepper

ARMENIAN CUCUMBER SALAD ("JAJEK")
Anahid Kapoian

1 cup yogurt
1 crushed garlic clove
1/2 - 1 teaspoon dried mint
1/2 teaspoon salt
1 medium/large cucumber, peeled, quartered and sliced 1/4"

1. Press garlic, spreading garlic juice around bottom of serving bowl. Add salt, mint, then yogurt and stir.

2. Add sliced cucumber. Serve.

Serves 2-3

Vegetarian German Potato Salad

Ingredients

7-8 new potatoes or 2-3 yellow potatoes

~~1 red onion~~ *1/2 white onion, grated*

1 tsp olive oil

1/3 cup ~~chopped parsley~~ *chopped celery w/ leaves*

2 tbsp apple cider vinegar

1 tablespoon grainy mustard

1/3 cup water

1 tbsp brown sugar

1/2 tsp smoked paprika

a good pinch of salt

Instructions

- 1 Steam the potatoes for about 15 minutes until just tender.
- 2 Slice the red onions and saute in the olive oil for about 5 minutes until tender and just starting to boil.
- 3 Combine the remaining ingredients in a small bowl or a mason jar and blend making sure to taste for salt.
- 4 Remove the potatoes from the steamer and cut into bite sized pieces. I like to steam them whole but you can certainly cut them up beforehand.
- 5 Toss in the onions and the dressing and gently mix well.
- 6 Preheat your oven to 350 degrees.
- 7 Pour the potato salad into a baking dish and bake covered for 25 minutes.
- 8 Remove the lid and continue to bake for another 10 minutes.

Notes

This salad is great warm but also good cold the next day so be sure to make plenty.

the gilded sprout <http://thegildedsprout.com/>

Recipe of Noodle with Vegetables

Prepare:

Dry noodles (wheat)

Vegetable oil

Onion, garlic, soy source, salt, hot chili paste

Available vegetables in your kitchen, broccoli, cabbage, carrot, zucchini etc.

Steps:

- Boil water to hot in pot
- Put noodles in, cooking for 8 mins
- Take out noodle in colander (remove water)
- Get a pot in hot stove, add 2 table spoon vegetable oil
- Put chopped onion, garlic, stir a minute, then put chopped vegetables
- Add in soy source, salt, hot chili paste for flavor, cooking for 2 mins
- Put cooked noodles in stir fried vegetables pot, may add extra salt
- Done, Enjoy Noodles with Vegetables

Orzo Salad

1 pound orzo, cooked, drained rinsed and tossed with a little olive oil

1 pound fresh spinach, washed, dried & torn into bite size pieces

1 cup fresh basil, chopped

1 cup pine nuts or roasted sunflower seeds

1 ½ cups Feta cheese, crumbled

1 bunch scallions, chopped

½ cup olive oil

1 lemon

Salt & pepper

Mix orzo with spinach, basil, nuts, Feta and scallions

Whisk ½ cup olive oil with the juice of 1 lemon. Add lots of salt & pepper and pour over the salad

Mix well. Serve at room temperature.

Anything Goes Hearty Salad

This is not a recipe but a listing of ingredients. I had these on hand and put them together to make this dish. You can use any or all or just what you have on hand. The idea is to make it substantial, vegetarian, and colorful.

To dress this I use only extra virgin olive oil and lemon juice adding salt and pepper to taste. I also add s & p as I go along.

1/2 pkg of Trader Joe's Hearty Mixed Grain and

1 pkg TJoe's 10 Minute Farro Both cooked in vegetable stock with water or mushroom base added.

To taste or whatever you like or have:

Frozen corn and peas...I cook these slightly first

Yellow squash. ..steamed or raw Zucchini would be fine too.

Red onion...chopped

Artichoke hearts...chopped... frozen and cooked, or from a jar

Persian cukes...peeled and chopped

Tomato ... chopped

Pomegranate seeds

You can use: chick peas or any beans that you like.

Any other vegetables or herbs that you have around or like.

Make the grains, drain them well then put in a big bowl and add all the other ingredients to taste.

Celeste Markle

MASSARO FARM VEGETARIAN POTLUCK SUPPER

January 31, 2018

STIR FRY BAMBOO (home grown) SHOOTS

Lorri and Andy Danzig

6 cups Bamboo shoots, previously boiled, sliced

2 inch chunk of fresh ginger, sliced

1 large onion, sliced

1 cup sliced carrot

2 cups sliced mushrooms

3 scallions, sliced

Toasted sesame oil for stir frying

Soy sauce, to taste

Salt, pepper, chili pepper flakes to taste

2 cups cooked white rice

1. Stir fry all veggies except scallions
2. Season to taste
3. Toss in rice and scallions

VEGETARIAN ENCHILADAS (6 SERVINGS)

[HTTPS://WWW.READYSETEAT.COM/RECIPES-VEGETARIAN-ENCHILADAS-7719](https://www.readyseteat.com/recipes-vegetarian-enchiladas-7719)

INGREDIENTS

- PAM® Original No-Stick Cooking Spray
- 1 can (20 oz each) Rosarita® Enchilada Sauce, divided
- 1 can (16 oz each) Rosarita® Vegetarian Refried Beans
- 1 can (10 oz each) Ro*Tel® Original Diced Tomatoes & Green Chilies-No Salt Added, drained
- 1 pkg (10 oz each) frozen chopped spinach, thawed, squeezed dry
- 1 cup frozen whole kernel corn
- 1-1/2 cups shredded Mexican blend cheese, divided
- 12 corn tortillas (6 inch), warmed

NUTRITION INFORMATION

354 calories, 46g Carbs

VIEW COMPLETE NUTRITION INFORMATION - SEE BELOW

DIRECTIONS

• STEP ONE

Preheat oven to 375°F. Spray 13x9-inch glass baking dish with cooking spray. Spread 1 cup sauce over bottom of baking dish; set aside. Stir together 1/4 cup more sauce, beans, drained tomatoes, spinach, corn and 1/2 cup cheese in medium bowl.

• STEP TWO

Top each tortilla with 1/3 cup bean mixture. Roll up and place seam-side down in baking dish. Spoon remaining sauce over top of enchiladas; sprinkle with remaining 1 cup cheese.

• STEP THREE

Cover dish with aluminum foil; bake 30 minutes or until enchiladas are hot and cheese melts.

EASY GARLIC & HERB VEGAN CHEESE

Prep time

25 hours

Total time

25 hours

EASY, creamy vegan cheese infused with lemon, garlic and dill, and nutritional yeast for that extra cheesy flavor. Soft, spreadable, delicious.

Author: Minimalist Baker

Recipe type: Side, Snack, Appetizer

Cuisine: Vegan, Gluten-Free

Serves: 32



Ingredients

CHEESE

- 2 cups (240 g) raw cashews
- 2 garlic cloves, minced (1 Tbsp or 6 g)
- 1/2 tsp garlic powder, plus more to taste
- 1 lemon, zested
- 2 lemons, juiced (1/4 cup or 60 ml)
- 3/4 cup (180 ml) water
- 2 Tbsp (6 g) nutritional yeast
- 1/2 tsp sea salt
- 2 Tbsp (30 ml) olive oil

FOR SERVING

- 2 Tbsp (8 g) finely minced fresh dill

Instructions

1. Place cashews in a bowl and cover with cool water. Cover with plastic wrap and set in the refrigerator to soak for 12 hours*. If you can't get to them right away, drain, place back in bowl, and cover with plastic wrap. They will keep refrigerated for 24-36 hours.
2. Once soaked, drain cashews thoroughly and add to food processor. Add minced garlic, garlic powder, lemon zest, lemon juice, water, nutritional yeast, salt and olive oil.
3. Process until very creamy and smooth, scraping down sides as needed. Then taste and adjust seasonings as needed, adding more lemon zest for tartness, nutritional yeast for cheesiness, garlic for zing, or salt for flavor + balance.
4. Place a fine mesh strainer (or colander) over a large mixing bowl, and lay down two layers of cheesecloth (or a clean, fine, absorbent towel).

5. Use a spatula to scoop all cheese over the cheesecloth, then gather the corners and twist the top gently to form the cheese into a "disc." Secure with a rubber band.
6. Place in refrigerator to set for at least 6 hours, preferably 12, or until excess moisture has been wicked away, and it holds its form when released from the cheesecloth.
7. To serve, unwrap from cheesecloth and gently invert onto a serving platter. Reform with hands or cheesecloth as needed, then coat with chopped herbs and a bit more lemon zest (optional). It is fragile, so handle gently.
8. Enjoy chilled with crackers or vegetables. Cheese will hold its form for 1-2 hours out of the refrigerator, but best when chilled. Leftovers keep well covered in the refrigerator up to 5 days.

Notes

*If you're in a hurry, you can quick-soak the cashews by covering with boiling hot water and letting soak for 1.5 hours. Drain and proceed with recipe as instructed. However, for this recipe long soaking (for 12 hours in cool water) is best because the cashews slowly soften rather than being shocked, yielding a softer, creamier cheese.

*Recipe adapted from [Maple Spice](#) and [RawMazing](#).

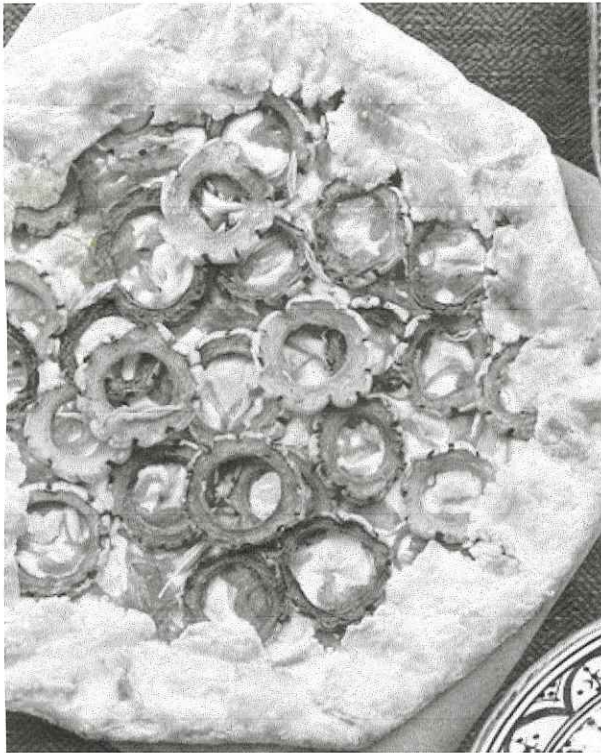
*Nutrition information is a rough estimate for 1 Tablespoon of 32 total servings.

*I use both garlic powder + fresh garlic because they offer different flavors (dried is more intense + fragrant, fresh is more intense + spicy).

Nutrition Information

Serving size: 1 Tbsp (of 32 total) Calories: 54 Fat: 4.4 g Saturated fat: 0.8 g Carbohydrates: 2.8 g
Sodium: 33 mg Protein: 1.5 g

Recipe by Minimalist Baker at <https://minimalistbaker.com/garlic-herb-vegan-cheese/>



The squash and onion mixtures can be cooked in advance and refrigerated for up to three days. Assemble the galette just before baking.

Source: *Martha Stewart Living*, November 2009

12 Makes one 15-inch galette

SERVINGSYIELD

INGREDIENTS

- 1 ounce (2 tablespoons) unsalted butter
- 1 tablespoon honey
- 1 delicata squash (1 1/4 pounds), cut into 1/2-inch-thick rounds and seeded
- Coarse salt and freshly ground pepper
- 3 tablespoons extra-virgin olive oil
- 1 onion, thinly sliced (2 cups)
- Pate Brisee, 1 large disk
- All-purpose flour, for surface
- 1 pound fresh ricotta cheese
- 2 large eggs plus 1 large egg, lightly beaten, for egg wash
- 10 fresh sage, leaves

DIRECTIONS

1. 1. Preheat oven to 450 degrees. Melt butter with honey in a small saucepan over medium heat. Arrange squash rounds in a single layer on a rimmed baking sheet, and brush both cut sides with butter-honey mixture. Season with salt and pepper on both sides. Roast until squash rounds are browned on bottoms, about 15 minutes. Remove from oven. Reduce heat to 375 degrees.
2. 2. Meanwhile, heat oil in a large saute pan over medium heat. Add onion, and cook, stirring occasionally, until caramelized, about 20 minutes.
3. 3. Turn out pate brisee onto a lightly floured surface. Roll dough into a 16-inch round, about 1/4 inch thick. Refrigerate for 15 minutes.
4. 4. Stir together ricotta and 2 eggs in a medium bowl. Season with salt and pepper.
5. 5. Spread ricotta mixture over dough, leaving a 1-inch border. Top with onions and squash rounds. Sprinkle with sage leaves, and season with pepper. Fold dough over edge of filling to form a crust. Brush crust with egg wash. Bake until golden brown, 50 to 60 minutes. Serve warm.

TURKISH RED LENTIL SOUP

Judy Katz

From Turkish Cultural Center, altered slightly

- | | |
|------------------------------------|-----------------------------------|
| 1 Small onion, finely chopped | 1/2 tsp ground black pepper |
| 1 Small potato , finely chopped | 5 Cups water |
| 1 Carrot, finely chopped | 1/2 tsp red pepper (Turkish) |
| 1 Cup red lentils | 1 tsp salt |
| 1 Tbsp tomato paste | 2-3 Tbsp oil |
| 1 Tbsp bell pepper paste (Turkish) | 1/4 Bunch parsley, finely chopped |
| | Lemon wedges |

Rinse red lentils until water runs clear

In medium size pot, put in oil & sauté onions, potato, carrots for a minute or two

Add tomato paste & pepper paste, stir in

Then put in the rinsed red lentils, sauté for 2 or 3 minutes

Now add the water & salt; simmer covered, stirring occasionally, until ingredients are soft.

Then, use an immersion blender to make the soup creamy, adding water if needed

At this point, put in spices except parsley

Cook an additional 2-3 minutes

After ladeling into bowls, garnish with parsley

Diners may squeeze lemon on soup at table

Recipe can be doubled

Chunky Vegetable Soup

(Serves 6)

Ingredients:

- 1 Tbsp olive oil
- 1 big clove garlic
- 1 big onion, diced
- 4 oz mushrooms, quartered
- 2 carrots, peeled and sliced
- 2 celery stalks, sliced
- 2 zucchini, diced
- 1 box of vegetable stock (32 oz.)
- 12 oz potatoes, diced
- 14 oz canned diced tomatoes
- 1 bay leaf
- 1 tsp dried mixed herbs or 1 Tbsp chopped fresh mixed herbs
- 2 oz cabbage, shredded
- A handful of fresh baby spinach
- Salt and pepper
- Grated Romano cheese (optional garnish on top)

Directions:

Sautee the garlic, onion, mushrooms, carrots, celery, and zucchini in the olive oil in a large soup pot. When they are tender, add the vegetable stock, potatoes, tomatoes, bay leaf and herbs. Bring to a boil, then reduce the heat, cover, and let simmer for 25 minutes. Add the shredded cabbage, and spinach. Let simmer for 5 minutes. Remove and discard the bay leaf. Season to taste with salt and pepper.

Ladle into warmed bowls. Sprinkle grated Romano cheese on top (if desired).

Adapted by Mary Gorham from a recipe in Simple, Healthy, Everyday Soups

Pasta with Tofu

Trader Joe's Lemon Pepper, Pappardelle
Pasta
with white sauce, scallion, broccolini ♡
broccoli

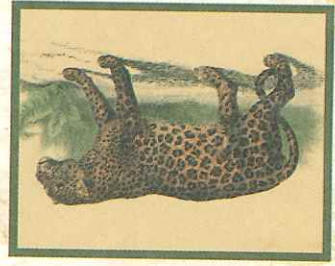
Tyler's Tofu

- 1/4 c. soy sauce
- 1/4 c. maple syrup
- 1 Tbsp. sesame oil
- 1 Tbsp. water
- 1 Tbsp. grated ginger
- 1 Tbsp. rice wine vinegar

1-2 pound packages
Cut tofu however you like. and
place in a baking dish. Pour sauce
over. Bake 350 15-30 min. depending
on how brown you like.

I usually serve with rice but
can use anyway you like - makes a
good snack too.

Diane King



Black Bean – Sweet Potato Chili

1 tablespoon olive oil
1 medium onion, chopped
2 tablespoons chili powder
1 teaspoon ground cumin
1 teaspoon ground coriander
2 garlic cloves, crushed with garlic press
1 can (4.5 ounces) chopped green chilis, drained (or 1 jalapeño pepper, seeded and minced)
1 can (28 ounces) whole tomatoes in juice
½ pound green beans (fresh or frozen) trimmed, each cut crosswise in half
2-3 medium sweet potatoes (about 1.5 pounds) peeled and cut into 1-inch chunks
¼ teaspoons sugar (optional)
½ teaspoon salt (optional)
2 cups water
2 cans (14.5 ounces) black beans, rinsed and drained

Stove-Top Method

1. In 5- to 6-quart pan, heat oil over medium heat until hot. Add onion and cook 10 minutes or until tender, stirring occasionally.
2. Add chili powder, cumin, coriander, garlic, and chilis, and cook 1 minute, stirring.
3. Add tomatoes with their juice (breaking up tomatoes with potato masher), green beans, sweet potatoes, sugar and salt if desired, and the 2 cups water.
4. Heat to boiling over medium high-heat, then reduce heat to low; cover and simmer 25 minutes until sweet potatoes are tender, stirring occasionally.
5. Add black beans and cook 2 minutes longer to heat through.

Slow Cooker Method (infinitely easier)

1. Place tomatoes with their juice (breaking up tomatoes with side of spoon), green beans, sweet potatoes, black beans, sugar and salt if desired, and the 2 cups water in a slow cooker on high.
2. In frying pan, heat oil over medium heat until hot. Add onion and cook 10 minutes or until tender, stirring occasionally.
3. Add chili powder, cumin, coriander, garlic, and chilis to the onion and cook 1 minute, stirring.
4. Add the chili powder, etc. mixture to the slow cooker.
5. Cover and cook until sweet potatoes are soft. (You can adjust the temperature from high to medium to low until the sweet potatoes are done.)

This recipe is adapted from a *Good Housekeeping* October 2000 recipe "Stovetop Chili".)

Coconut-Curried Spinach Pea Soup

Allison Martin, Royal Oak, MI

Makes 12 servings

Prep. Time: 45 minutes ⌘ Cooking Time: 7–8 hours ⌘ Ideal slow cooker size: 5-qt.

5 cups water
2 tsp. salt
8 garlic cloves, peeled
4 cups sweet potatoes, peeled or unpeeled, and diced
1 Tbsp. coconut oil
4 cups chopped onions
1½ tsp. ginger
1½ tsp. turmeric
1½ tsp. cumin
1½ tsp. coriander
½ tsp. cinnamon
½ tsp. cardamom
¼–½ tsp. cayenne, according to your taste preference
black pepper, to taste
1½ Tbsp. lemon juice
3 cups frozen peas
4 cups torn fresh spinach
14-oz. can low-fat coconut milk

1. Combine all ingredients in your crock and mix well.
2. Cover and cook on low for 7–8 hours, or until the potatoes are tender when poked with a fork.
3. Purée soup with an immersion blender or a potato masher until as smooth as you like.

Serving suggestion:

Serve with an optional garnish of fresh cilantro and/or a dollop of non-fat plain Greek yogurt on top.

Calories: 125

Fat: 4g

Sodium: 465mg

Carbs: 22g

Sugar: 4g

Protein: 3g

- Gluten-Free
- Dairy-Free
- Soy-Free
- Nut-Free
- Vegan
- Vegetarian
- Low-Fat
- Low-Cal
- Low-Sugar

From: *Fix-It and Forget-It
Healthy Slow Cooker Cookbook*

Spinach Lasagna

1 package lasagna noodles**
16oz whole milk ricotta cheese
16oz whole milk mozzarella (shredded)
8oz frozen spinach
29oz can crushed tomatoes with basil
1tsp garlic powder
pinch salt

1. Cook spinach and mix with ricotta. Add salt and garlic and 3/4 of shredded mozzarella.
2. In 13x9x2 pan layer ingredients, starting with noodles, then crushed tomatoes, then cheese/spinach mixture, then repeat with noodles. Top layer should be crushed tomatoes and plain mozzarella.
3. Cover with foil to prevent cheese from burning during baking.
4. Bake at 350 degrees F x 45 min. *

*Can add extra cheese or sauce to your liking.

** (I never boil the noodles first, I find the sauce and cheese has enough liquid to cook them during the baking, but I am sure if you boil those ahead of time, you could probably save time with the baking of the whole dish).

from the Veneto -

Italian Ricci e Bisi

Arborio Rice

Peas

Parsley

Parmigiano - Reggiano Cheese

Onion

Garlic

SALAD

Romaine lettuce

Kale

cucumber

Red pepper

mushroom

red onion

SIDES

①

PECANS

BUTTER

Brown sugar

Cayenne Flakes

DRESSING

②

PEAR

Balsamic Glaze

Balsamic Vinegar

Olive oil

garlic

salt & pepper

Ingredients from the Veneto

Here's a roundup of produce and pantry staples to look for in your grocery store.

Asiago: Named for the town at the foot of the Dolomites, this cheese is available both young, when it is tender and almost creamy, and as a firm aged cheese with a pronounced flavor.

Celery root: The celery of Verona is not actually the head of celery but celery root, which is used raw in salads, cooked in soups, and as a filling for ravioli.

Cranberry beans: The *borlotti* (cranberry beans) of Lamon are rich and creamy, and used in the classic *pasta e fagioli*, as well as on their own in side dishes. From late summer to December they are available fresh, but canned and dried beans are available year-round.

Dried porcini mushrooms: These mushrooms offer comforting earthy flavor and meaty textures.

Monte Veronese: This rich, full-flavored cow's milk cheese is prized as a table cheese and used in pasta and risotto dishes.

Olive oil: The Veneto is one of the northernmost olive tree growing regions in Europe and produces a delicate olive oil that is suitable for a variety of dishes.

Extravirgin olive oil is commonly used in all manner of cooking in Italy, from salad dressings to baked goods to sautéing.

Peas: In May and June, the sweet fresh peas of Peseggia, north of Venice, are in season, and the locals make *risi e bisi* (rice and peas) and freeze whatever is

left to use in other dishes they produce throughout the year.

Pumpkin: A pumpkin known as *zucca barucca* is used in risottos as a filling for ravioli. Its flavor is quite different from that of American pumpkin. Substitute butternut squash, which more resembles this variety.

Radicchio: The Veneto produces several varieties of the vegetable. Chioggia round radicchio is the best known in the United States. The long, romanesco *Treviso* radicchio is distinguished by its curled-in tops, and the variegated *Castelfranco* is used raw in salads.

Taleggio: From Treviso, the eastern Veneto, this creamy, rich Brie-like cheese is often used in pastas and risottos.

WINE NOTE: Here's a great vegetarian risotto that's perfect with red wine because of all the mushrooms. Try the northern Italian red Barbera called "Le Orme" from Michele Chiarlo. The 2005, with earthy, dried cherry flavors, is \$13.

Rice and Peas (Risi e Bisi)

This version of the Italian classic rice and pea dish is almost like a thick soup, though it can also be prepared as a risotto.

- garlic optional
- 2 tablespoons butter
- ½ cup finely chopped yellow onion
- 1 cup Arborio rice or other short-grain rice
- 2½ cups organic vegetable broth (such as Swanson Certified Organic)
- 2 cups water
- ¼ teaspoon salt
- ¼ teaspoon freshly ground black pepper
- ½ cup (2 ounces) freshly grated Parmigiano-Reggiano cheese
- 2 tablespoons finely chopped fresh flat-leaf parsley
- 1 (16-ounce) package frozen green peas, thawed

1 Melt butter in a large saucepan over medium-high heat. Add onion and sauté 5 minutes or until golden brown to pan; sauté 1 minute. Add garlic and next 3 ingredients to pan; brown for 3 minutes. Cover, reduce heat, and cook for 15 minutes, stirring occasionally. Stir in parsley, and peas; cook 2 minutes. Serves 4 servings (serving size: 1 cup).

CALORIES 257 (25% from fat); FAT 7.7g; SAT 4.5g; CHOL 17mg; IRON 1.4mg; SODIUM 615mg; CARB 38.3g; FIBER 2.1g; PROTEIN 10.8g

Foods of
Veneto come
a region known
not only for
exquisite art
music but also
for exceptional
produce

Vegetarian stuffed Cabbage Recipe:

- *Cabbage (Peeled- 1 Pound/Shredded- 1 ½ Cup)
- *Beans/Red & Black (Canned)- 1 ½ Cup
- *Brown Rice- 1 Cup
- * Carrots (Chopped)- 1 Cup
- *Onions (Chopped)- 1 Cup
- *Celery (Chopped)- 1 Cup
- *Bell Pepper/ Green, Red, Yellow, & Orange Mixed (Chopped)- 1 ½ Cup
- *Tomato (Chopped)-1/2 Cup
- *Mustard BBQ Sauce- 1oz (1 Tbsp./Table Spoon)
- *Brown Sugar-1oz (1 Tbsp./Table Spoon)
- *Dry Oregano- 1oz (1 Tbsp./Table Spoon)
- *Dry Parsley- 1oz (1 Tbsp./Table Spoon)
- *Dry Cilantro- 1oz (1 Tbsp./Table Spoon)
- *Paprika- 2oz (2 Tbsp./Table Spoons)
- *Salt & black ground Pepper- (T T/ To Taste)
- *Olive Oil- 5oz (5 Tbsp./Table Spoons)
- *Vegetable Broth- 8oz (8 Tbsp./Table Spoons)

Toppings:

*Marinara Sauce- 2-3 cans

(average size can; any brand you choose)

*4 cheese Blend- 4-5 Cups

(Shredded Mozzarella, Jack, cheddar, and Grated Parisian)

Or 4 cheese blend of any brand you choose

PEACH TART

CRUST:

- 1 1/4 cups all purpose flour
- 1/2 cup slivered blanched almonds (about 2 ounces)
- 1/4 cup sugar
- 1/4 teaspoon salt
- 1/2 cup (1 stick) chilled unsalted butter, cut into pieces
- 3/4 teaspoon almond extract
- 2 tablespoons (about) ice water

TOPPING:

Peach jam
Sliced peaches
Dash nutmeg
1 Tbl raw, coarse sugar

PREPARATION

Blend flour, almonds, sugar and salt in processor until nuts are finely ground. Add butter and cut in using on/off turns until mixture resembles coarse meal. Mix in almond extract and enough water to form moist clumps. Knead dough briefly on work surface to combine; flatten into disk. Wrap in plastic; refrigerate until firm before rolling, at least 2 hours and up to 1 day.

Roll out dough on floured surface to rough circle. Top with peach jam and sliced peaches. Sprinkle with a dash of nutmeg and sugar to taste.

Bake in 375 degree convection oven for 30 minutes.

Enjoy!

Carrot Cake

2 cups flour

1 ½ cup sugar

2 tsp cinnamon

2 tsp baking soda

1 tsp salt

2 cups shredded carrots

1 can crushed pineapple with juice (20 oz)

2 tsp vanilla

1 cup coconut oil (heated to liquid form) can substitute vegetable oil

3 eggs

Preheat oven to 350 degrees. Mix dry ingredients. Add wet ingredients and mix thoroughly. Grease a 9x13 baking pan. Bake for 50 minutes or until toothpick comes out clean

Cream Cheese Frosting

8 oz cream cheese, soft

½ stick butter, soft

1 tsp vanilla

2 cups powdered sugar

Beat together cream cheese, butter and vanilla. Slowly add 2 cups of sugar until smooth. Spread on cooled cake.



Recipe: Tex-Mex

Ingredients: 4 cloves of garlic
1 large white onion
Extra Virgin olive oil to saute
1 28oz can - salt-free Peeled Plum
Tomatoes (Dutton's)
1 15.5oz Can Cannellini beans, drained
and rinsed. (Boya)
1 bag of organic spinach rinsed
with stems cut off. I use
baby spinach & shredded 4-cheese
1 Cup of pre-cut ^{plant} Mince (Sargol)

I use a large wrought iron fry pan.
Sauté garlic cut up onion small slices in olive oil
until soft - I use about 1/2 cup of oil.

Add the full can of tomatoes, breaking up
in pan, cooking down, before adding the
drained, rinsed white beans. (You could also
use any variety of bean (black, red, pink) I prefer
the white. After adding, cook on med heat for
about 15 minutes / top water.

Add washed, drained spinach and cook down
at low heat, 10 mins. Add the cheese
last just before serving - spreading out across
top of pan - Do not mix in carefully pat each, brock 5-7
mins until bubbly do not burn.

Preparation Time

Serves 6

Spode. 30 mins 13013 082272 1541662

Made in China/Fabriqué en Chine/ Hecho en China

VRC-12051

in all

11/31/2018