

AMAZING VEGETABLE RECIPES



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A ONE GUESS AGAIN CARROT

Ingredients:

2 pounds carrots
2 tablespoons butter
1 large onion; chopped fine
1/2 teaspoon salt
1/8 teaspoons pepper
8 ounces grated sharp cheddar cheese
10 ritz crackers; (or 18 small) (up to 12)

Instructions:

Clean and cut carrots into 1 inch chunks. Boil until tender (about 1/2 hour) and then mash with a potato masher. Let sit until cool, about 15 minutes. When cool, mix carrots, chopped onion, cheese, salt, pepper, and place in a buttered casserole dish. Melt butter and mix with crumbled crackers. Spread on top of the mixture. Bake at 350 degrees for 40 minutes.

ACORN SQUASH BAKE

Ingredients:

4 acorn squash
1/4 cup water
Salt
1 (6 ounce) package cream cheese, softened
1/4 cup melted butter
2 tablespoons honey
2 teaspoons lemon juice

Instructions:

1. Cut squash in half lengthwise and scrape out seeds. Place in a baking dish with about 1/4 cup water in bottom. Sprinkle with a little salt. Cover with foil and bake in 375 F oven for 30 minutes. Remove from oven. 2. Combine cream cheese, butter, honey and lemon juice; mix well and spoon into each half. Return to oven and bake uncovered at 350 F for 10 minutes.

ACORN SQUASH WITH CREAMED ONIONS

Ingredients:

3 acorn squash
Salt
2 lbs. small onions, peeled (about 4 cups)
1/2 cup light raisins
2 tablespoons butter or margarine
2 tablespoons flour
1/4 teaspoon salt
1 1/2 cup milk
1/4 teaspoon ground nutmeg

Instructions:

Wash squash; cut in halves lengthwise, and remove seeds. Place squash, cut side down, in shallow baking pan; add a few tablespoons water to pan. Bake in hot oven (400) 30

minutes. Turn cut side up; sprinkle with salt and continue baking 25 to 30 minutes, until tender. Cook onions in boiling salted water, covered, about 30 minutes, or until tender. Drain. Simmer raisins in water to cover 10 minutes; drain. Melt butter; blend in flour and 1/4 teaspoon salt. Add milk all at once. Cook and stir until sauce is thickened. Blend in 1/4 teaspoon nutmeg. Gently stir in onions and raisins. Spoon into cooked squash halves; sprinkle with additional nutmeg.

ACORN SQUASH WITH PEAR STUFFING

Ingredients:

2 acorn squash
2 tablespoons butter or margarine
1 small onion chopped
2 medium pears peeled, chopped
2 tablespoons light brown sugar
2 tablespoons bourbon
1 teaspoon salt
1/2 teaspoon ground ginger
1/2 teaspoon ground nutmeg
1 1/2 cups orange juice
3/4 cup sugar

Instructions:

Cut each squash in half lengthwise; remove and discard seeds and membranes. Place squash halves, cut-side down, in a 13- by 9-inch baking dish. Add water to depth of 1 inch. Bake, covered, at 400 degrees for 45 minutes. Drain. Return squash halves to dish, cut-side up. Set aside. Melt butter in a large skillet over medium heat; add onion, and cook, stirring occasionally, 20 minutes. Add pear and next 5 ingredients; cook, stirring occasionally, 5 minutes. Spoon mixture into squash halves. Bake at 350 degrees for 15 to 20 minutes. Bring orange juice to boil in a small saucepan. Stir in sugar, and boil 10 minutes. Serve over squash.

ADMIRAL'S ROASTED ROOT VEGETABLES

Ingredients:

5 medium red potatoes, cubed
4 medium carrots, cut into 1/2-inch slices
2 small turnips, peeled and cubed
1 garlic clove, minced
2 to 4 tablespoons olive or canola oil
1 tablespoon minced fresh rosemary or 1 teaspoon dried rosemary, crushed
1/2 teaspoon salt
1/4 teaspoon pepper

Instructions:

Place the potatoes, carrots, turnips and garlic in a greased 13-inches x 9-inches x 2-inches baking dish. Drizzle with oil; sprinkle with rosemary, salt and pepper. Stir to coat. Bake, uncovered, at 350 for 35 minutes. Increase temperature to 450 ; bake 10-15 minutes longer or until vegetables are tender.

ADRIENNES BRUSSELS SPROUTS

Ingredients:

1 pound Brussels sprouts
1 tablespoon butter
1 tablespoon olive oil
Juice of 2 limes
Salt
Freshly ground black pepper

Instructions:

Trim the root ends of the sprouts, then cut them into quarters. Heat the butter and oil in a large skillet over medium heat. Add the Brussels sprouts and cook, partially covered, until tender, about 10 minutes. Raise the heat to high, add the lime juice and salt and pepper to taste. Cook, stirring, until almost all of the lime juice has evaporated, about 2 to 3 minutes. This recipe yields 4 servings.

ALDO'S BOILED OKRA

Ingredients:

8.00 cups water
1.00 pound fresh okra, rinsed/trimmed
2.00 teaspoons salt
0.25 cup butter, (1/2 stick)

Instructions:

In a large saucepan, combine water, okra and salt. Bring to a boil over High heat and cook 3-4 minutes or until okra is tender. Drain, then return okra to the saucepan. Add butter and cook over Low heat until butter melts and coats okra, stirring frequently.

APPLE ALMOND WHEAT BREAD STUFFING

Ingredients:

2 cups chopped granny smith apples
1 1/2 cups sliced almonds
3/4 cup chopped onion
3/4 cup chopped celery
4 tablespoons margarine

Instructions:

Put all ingredients above in pan and saute. Stir in 1 teaspoon cinnamon, 1/2 teaspoon poultry seasoning, 1/4 teaspoon salt, and toss with 6 cups of bread cubes. Then add 1 cup raisins, 1 beaten egg, and 1/2 cup cider or apple juice. Put in greased 9 x 5 inch loaf pan. Bake at 350 degrees for 30 minutes.

APPLE RAISIN STUFFING

Ingredients:

3/4 cup minced onion
1 1/2 cups chopped celery
1 cup butter
7 cups soft bread cubes
1 tablespoon salt

3 cups finely chopped apples
3/4 cup raisins
1 1/2 teaspoons crushed sage leaves
1 teaspoon thyme leaves
1/2 teaspoon pepper

Instructions:

In large skillet, cook and stir onion and celery in butter until onion is tender. Stir in about 1/3 of bread cubes. Turn into deep bowl. Add remaining ingredients and toss. Stuff turkey just before roasting.

APPLE RAISIN WHOLE WHEAT STUFFING

Ingredients:

12 cups whole wheat bread, cubed
1-1/2 cups raisins
4 apples, unpeeled and chopped
1-1/2 cups onion, finely chopped
4 cups celery, sliced thin
3 eggs, or egg whites
1 cup walnuts or pecans, chopped
4 tablespoons margarine, melted
2-1/2 cups chicken broth
1/2 teaspoon black pepper, freshly ground

Instructions:

If the bread is not stale, spread the slices out on a rack or counter for half a day to dry them out. Then cut into cubes. Combine bread cubes with the remaining ingredients. Stuff the turkey or bake in a covered ovenproof dish for about 40 minutes at 325 degrees F., or desired cooking temperature. This can also be put into a crock pot and cooked on high for 2 hours then low for 4 hours.

APRICOT RICE STUFFING

Ingredients:

2 tablespoons butter
1/4 cup diced celery
1/4 cup minced onion
1/4 cup diced mushrooms
3/4 cup rice
1 teaspoon salt
1/2 teaspoon poultry seasoning
1 cup diced dried apricots

Instructions:

Combine all ingredients in saucepan. Add water to depth of 1/2 inch above mixture. Cover; steam for 10 minutes. Stuff into bird.

ARTICHOKE MUSHROOM TOSS

Ingredients:

Italian salad dressing mix 1-ounce package
Salad seasonings 1 teaspoon

Artichoke hearts 14-ounce can, drained
Olives 3/4 cup, pitted ripe
Water chestnuts 8-ounce can, drained
Mushrooms 8-ounce package, fresh, sliced
Leaf lettuce 1 large head, torn into bite-size pieces
Spinach 1/2 pound, torn into bite-size pieces

Instructions:

Prepare salad dressing mix as directed on package. In large snap and seal plastic bag, combine Italian dressing, salad seasonings, artichokes, olives, water chestnuts and mushrooms. Chill up to 24 hours. Just before serving, add greens to marinated mixture. Close tightly and shake to coat. Pour into bowl.

ARTICHOKES ALLA GIUDIA

Ingredients:

12 young artichokes
2 fresh lemons
salt to taste
freshly ground black pepper to taste
2 cups olive oil

Instructions:

Trim the outer leaves of each artichoke and the stem to 2 inches long. Using a peeler, peel the stems of each artichoke. In a bowl, combine the artichokes and juice from the lemons. Cover with ice water and allow to sit for 2 hours. Drain well. Using your hands, flatten each artichoke to the shape of a flower. In a large earthenware pan, over medium heat, add the olive oil. Add the artichokes, side by side and stem up. Cook the artichokes until tender, turning the artichokes several times for overall browning. Using a wooden spoon, press each artichoke firmly to the bottom of the pan so that the leaves flatten out. Continue to cook for 10 minutes. Carefully sprinkle a little water over the artichokes, this will crisp the artichokes. Continue to cook for 2 minutes. Place the artichokes on a large platter and serve. Garnish with grated Pecorino Romano cheese.

ASPARAGUS ALLA MILANESE

Ingredients:

28 medium asparagus spears
8 tablespoons unsalted butter divided
4 large eggs
1/2 cup freshly-grated parmigiano

Instructions:

Bring 4 quarts water to boil and set up ice bath. Trim asparagus of hard ends and drop into water. Cook for 70 seconds. Remove with tongs and refresh in ice bath. Drain and set aside. In a 10 to 12-inch saute pan, heat 4 tablespoons butter until very dark brown. Add asparagus and toss until warm. Remove asparagus and divide among 4 plates. Towel off saute pan and add remaining butter. Cook until foam subsides. Crack eggs in and cook sunny side up, about 2 minutes. Place one egg over each plate, sprinkle with cheese and serve.

ASPARAGUS BUNDLES WITH TARRAGON BUTTER

Ingredients:

1/3 cup butter, room temperature
2 teaspoons snipped fresh tarragon
1/4 teaspoon onion salt
1/4 teaspoon lemon pepper seasoning
1 1/2 pounds fresh asparagus spears
8 eight-inch green onion leaf tops, blanched

Instructions:

In a small bowl combine butter, tarragon, onion salt, and lemon pepper seasoning. Set aside. Wash asparagus and remove tough ends. Divide into 8 bundles; tie each with a green onion top. Place bundles in center of cooking grate. Grill 10 minutes or until tender, turning once halfway through grilling time. Serve with the prepared butter.

ASPARAGUS PARMESAN

Ingredients:

1 lb. fresh asparagus
2 tablespoons olive oil or melted butter
Salt, pepper and garlic powder to taste
1/2 cup grated parmesan cheese

Instructions:

1. Trim and wash asparagus. Steam or cook in 1/2-inch water until barely tender; drain. 2. Place asparagus in flat baking dish. Pour oil or melted butter over top. Sprinkle with seasonings. Top with Parmesan cheese and place under broiler until cheese is light golden brown.

ASPARAGUS WITH CHICKEN BROTH

Ingredients:

1/2 cup chicken broth
2 tablespoons oil
1 tablespoon sherry
1/2 teaspoon salt
2 tablespoons soy sauce
1 tablespoon cornstarch
1 teaspoon water
16 stalks fresh asparagus, cooked

Instructions:

Blend broth, oil Sherry, salt, soy sauce, cornstarch and water; cook for 1 minute, stirring constantly. Add asparagus; simmer for 3 minutes and 30 seconds.

ASPARAGUS WITH MUSHROOMS FRESH CORIANDER

Ingredients:

1 pound fresh asparagus
2 tablespoons butter
1/2 pound mushrooms, sliced (2 cups)
2 tablespoons chopped shallots

1/2 teaspoon salt
freshly ground black pepper
4 tablespoons chopped, fresh coriander

Instructions:

Trim off tough part of asparagus stalk, about 2 to 3 inches from bottom. Use a vegetable peeler to scrap asparagus to about 1 inch from top. Cut asparagus on diagonal into 1-inch pieces. Melt butter in a no stick frying pan. Add mushrooms and cook over high heat, tossing and shaking, until mushrooms are lightly browned. Add asparagus. Cook, stirring and tossing for about 1 minute. Add shallots, salt and pepper. Sprinkle with coriander. Cook for 30 seconds. Serve when ready.

ASPARAGUS WITH MUSHROOMS

Ingredients:

1 (4 ounces) can mushroom slices, drained
2 tablespoons butter
2 (1 lb.) cans cut asparagus
1/2 cup chopped parsley
1/4 teaspoon savory (optional)
1 teaspoon canned or fresh lemon juice

Instructions:

Brown mushrooms in butter. Add 1/2 cup liquid drained from vegetables. Stir in remaining ingredients. Mix gently and heat.

ASPARAGUS WITH PIMIENTOS

Ingredients:

1 pound fresh asparagus, trimmed
1/4 cup dry bread crumbs
3 tablespoons butter or margarine
2 tablespoons grated parmesan cheese
2 tablespoons chopped pimientos

Instructions:

In a saucepan over medium heat, cook asparagus in boiling salted water until tender, about 8 minutes. Meanwhile, in a skillet, brown bread crumbs in butter. Drain asparagus; place in a serving dish. Sprinkle with crumbs, cheese and pimientos.

ASPARAGUS WITH SHALLOTS

Ingredients:

1-1/2 pound asparagus
3-teaspoons fragrant peanut oil or olive
1 dash finely chopped parsley
1 dash salt
2 ea shallots, peeled and minced

Instructions:

Snap off tough ends of asparagus. If asparagus is thick, old or tough, peel bottoms. Add asparagus to pan of boiling salted water. Boil gently until cooked bright green and tender but still firm, about 5 to 8 minutes. Remove, drain on towel, put on platter and drizzle with oil, lifting spears to coat. Sprinkle with shallots and parsley. Salt slightly.

ASPARAGUS WITH VINEGAR

Ingredients:

1 lb. asparagus
2 tablespoons vinegar
1 teaspoon shoyu
1 tablespoon vegetable oil

Instructions:

Break asparagus at juncture of green and white. Cut into bite-size pieces. Boil vinegar, shoyu and oil. Add asparagus and toss carefully for 2 - 3 minutes until asparagus is slightly cooked but still full colored. Serve hot or let cook and serve cold. Lemon juice may be substituted for the vinegar.

ASPARAGUS WON TONS

Ingredients:

oil for deep frying
1 cup asparagus finely chopped
20 won ton wrappers (3" square)
1 package vegetable soup mix
1/4 cup water chestnut finely chopped
soy sauce (optional)

Instructions:

In uncovered electric skillet, heat 3/4 inch of oil to 360 degrees. Meanwhile, in medium bowl combine 1 envelope Instant Spring Vegetable Soup Mix, asparagus, and water chestnuts. Place 2 teaspoons of the mixture on the center of each Won Ton wrapper. Moisten corners with water, fold wrappers in half to form a triangle, and press edges to seal. Form Won Ton by bringing together two opposite points and overlapping; moisten overlapping points and press to seal well. Fry in hot oil until golden brown; drain. Serve, if desired, with soy sauce.

BAKED ARTICHOKEs

Ingredients:

6 each medium artichokes
6 tablespoons finely minced fresh rosemary
1 each dried red chile minced
1 each olive oil
1 each lemon
6 tablespoons finely minced fresh sage
1 each salt and pepper to taste

Instructions:

Snap the bottom outer leaves off each artichoke and discard. Put the artichokes in water acidulated with a few drops of lemon juice to keep them from discoloring. Using a small sharp knife, trim the stems to their tender cores and cut the tops off the leaves. Spread the leaves and scoop and scrape out the choke and any prickly inner leaves with a spoon. To make the filling, mix the herbs: red dried pepper, salt, pepper and a little olive oil. Divide the mixture evenly and pack it in the artichokes. Stand them in a single layer in a baking pan filled to 1 inch height with equal amounts of water and olive oil. Sprinkle olive oil

liberally over the tops. Heat the oven to 350 and bake until tender, about 45 minutes. Serve hot, at room temperature, or cold.

BAKED CABBAGE WITH MEAT

Ingredients:

1 pound ground beef
1/2 pound ground pork
1 onion, finely chopped
2 eggs
Salt and pepper to taste
Dash of allspice
1 cup milk
1/2 cup flour
1 large cabbage

Instructions:

Grind meats three or four times. Add onion, eggs and seasonings. Alternately add milk and flour; mix well. Separate cabbage leaves and steam long enough to soften. Use 3 or 4-inch high pan. Put layers of cabbage leaves and layers of meat to fill pan; end with cabbage leaves. Dot with butter. Bake in a 350 degree oven for 1 hour and 30 minutes. Slice into wedges; serve with white sauce with capers added.

BAKED ITALIAN ZUCHINNI

Ingredients:

2 medium zucchini sliced 1/2"
1 medium onion, sliced
1-teaspoon oregano
1 tomato, sliced (optional)
1/2-teaspoon dried basil
1-dash salt
1-dash pepper
2-cups tomato sauce
1-cup cubed bread, buttered
1/2-cup grated parmesan cheese

Instructions:

Layer in a one-quarter baking dish, zucchini, onion and tomato, if desired seasoning each layer with oregano, pepper, basil and salt. Pour tomato sauce to barely cover vegetables. Cover and bake at 350 degrees f for 45 minutes. Uncover and top with bread cubes or crumbs and grated cheese. Bake uncovered for 10 minutes.

BAKED ONION RINGS

Ingredients:

2 pounds white onions, sliced
8 slices buttered toast
1/4 pound american cheese, grated
2 eggs
2 cups milk
1/2 teaspoon salt

1/8 teaspoon pepper
1 tablespoon butter
Paprika (optional)

Instructions:

Cook onions in boiling salted water until tender. Place one-half of toast in baking dish; arrange layer of onions and layer of cheese over toast. Repeat layers. Beat eggs slightly; add milk, salt and pepper. Pour over layers. Dot with butter; sprinkle with paprika if desired. Bake at 350 degrees for 40 minutes or until done.

BAKED STUFFED ONIONS

Ingredients:

6-yellow onions, peeled and cut in half
1/2-cup breadcrumbs
3-tablespoons olive oil
Chopped parsley
1/2-cup chicken or beef stock
Extra virgin olive oil

Instructions:

Remove 1 to 2 tablespoons from the middle of each onion with a knife or grapefruit spoon. Mince removed portion of onion. Mix minced onion, breadcrumbs and olive oil together. Pack breadcrumb mixture into onions, sprinkle with parsley and dribble with olive oil. Place in baking pan, pour in stock around onions and cover with foil. Baste with pan juices, bake at 350o for 25 minutes until tender. Microwave directions: cover with plastic, microwave on high for 8-10 minutes. Turn 1/4 after 3 minutes, turn 1/4 after 3 minutes.

BAKED SWEET RED YELLOW PEPPER WEDGES

Ingredients:

2-medium size sweet red peppers
2-medium size sweet yellow pepper
1-medium size onion fine chopped
1-can (28-ounces) crushed tomatoes well drained
1/4-cup chopped fresh parsley
1/4-cup 2 tablespoon olive oil
3-tablespoons pine nuts
4-clove garlic fine chopped
1-teaspoon salt
1/4-teaspoon pepper
1/4-cup fresh breadcrumbs

Instructions:

Preheat oven to 375 degrees. Lightly oil 13 x 9 inch baking pan. Trim tops off peppers, discard stems and finely chop tops. Cut each pepper lengthwise into sixths. Place wedges, cut side up, in oiled pan, set aside. Combine pepper tops, onion, tomatoes, parsley, the 1/4-cup olive oil, pine nuts, garlic, salt and pepper in medium size bowl. Spoon equal amounts of mixture into each of the pepper wedges. Bake wedges in preheated oven at 375 degrees for 25 to 30 minutes or until just tender. Sprinkle breadcrumbs and remaining 2 tablespoon oil over all. Bake 10 minutes longer.

BAKED SWISS CHEESE BANANA SQUASH

Ingredients:

2 to 3 lbs. banana squash
1/4 cup margarine
3 tablespoons minced chives
Salt and pepper to taste
3/4 cup grated gruyere or Swiss cheese
Crushed potato chips

Instructions:

1. Peel banana squash, cut in cubes and steam or boil in a little water until tender. Drain and mash well. 2. Melt margarine and saute chives for 2 minutes. Pour over squash. Add salt and pepper, mix well and pour into a buttered baking dish. 3. Sprinkle with grated cheese and crushed chips. Bake in 350 F oven for 20 to 25 minutes or until cheese is melted and turns light golden in color.

BAKED TOMATOES DENMARK

Ingredients:

1 medium onion, finely chopped
6 tablespoons butter
Salt and pepper
6 tomatoes, peeled and sliced
6 slices hard white bread, diced
Buttered bread crumbs
Chopped parsley

Instructions:

Saute onion in butter. Salt and pepper tomato slices. Layer tomatoes, onion and diced bread in a casserole. Sprinkle crumbs over top. Bake at 375 degrees for 20 minutes. Garnish with parsley before serving.

BALSAMIC CHARD

Ingredients:

1-bunch (1-1-1/2-pounds) of Swiss chard (or greens of choice)
1-2 tomatoes, chopped (or one can chopped tomatoes)
1-2-teaspoons balsamic vinegar
Freshly cracked black pepper to taste

Instructions:

Wash the chard and chop or tear into pieces, discarding tough stems. Saute tomatoes over medium heat in large skillet until cooked to desired consistency, 5-15 min. Add vinegar, chard and water if needed. Cover and steam vegetables until Cooked to desired doneness, 5-15 minutes. Check occasionally to be sure there is enough water in the pan. Cooking time for tomatoes and greens depends on how tough the greens Are, smaller, younger leaves will be more tender, and how well cooked you like the vegetables.

BALSAMIC GLAZED SWEET SOUR ONIONS

Ingredients:

2-pounds cipolline or small (1-1/2") onions

4-tablespoons virgin olive oil
3-tablespoons sweet butter
2-tablespoons sugar
1-cup balsamic vinegar
1/2-cup basic tomato sauce
1-cup water
1-teaspoon chopped fresh rosemary leaves

Peel the onions, leaving and washing any root strand you may find. In a 12 to 14-inch saute pan over a medium high flame, heat virgin olive oil until just smoking. Add butter and cook until foam subsides. Add onions and saute until light golden brown on all sides, About 8 to 10 minutes. Add sugar, vinegar, tomato sauce and water and bring to a boil. Cook onions uncovered, until just al dente, about 10 minutes. If liquid dissipates too quickly, add more water, a 1/4-cup at a time, realizing that it is essential not to overcook the onions. The sauce should just adhere to the onions. Remove from saute pan to an

Instructions:

Earthenware dish and hold in a warm place, or allow to cool if you are serving them later or as an antipasto.

BART'S EGGPLANT DRESSING

Ingredients:

2 small eggplants
4 slice white bread
1 small can (6-8 ounce) evaporated milk
1/4 cup chopped onions
1/4 cup chopped celery
1/4 cup chopped bell pepper
1 tablespoon pimiento
1 teaspoon poultry seasoning or sage
1 tablespoon butter
1/2 cup grated cheese

Instructions:

Peel, cube and boil eggplant until tender. Soak bread in milk. Saute onions, celery, bell pepper in butter. Mix eggplant, bread, sauteed vegetables & seasonings together and bake for 15 minutes at 375 degrees. Sprinkle cheese on top.

BATTER FRIED SQUASH BLOSSOMS

Ingredients:

3 ea dozen squash blossoms, picked just about to open (male blossoms are larger)
1 cup milk
1 tablespoon flour
1 teaspoon salt
1/8 teaspoon fresh ground pepper
1/2 cup cooking oil
paprika

Instructions:

In a shaker jar, combine milk, flour, salt and pepper. Place squash blossoms in large pie tin and gently pour the milk-flour mixture over them. Heat the oil in a large heavy skillet

until a drop of water will sizzle. Fry the batter-coated blossoms in the hot oil until golden brown, drain on paper towels and sprinkle with paprika. Serve hot.

BEANS GREENS

Ingredients:

2 teaspoons olive oil
1 onion, chopped
2 garlic cloves, minced
One 19-ounces can cannellini or red kidney beans, rinsed and drained
1/2 cup low-sodium vegetable broth
2 tablespoons minced parsley
1/4 teaspoon salt
1/4 teaspoon freshly ground black pepper
1 bunch escarole, cleaned and coarsely chopped (about 8 cups)

Instructions:

1. In a large nonstick skillet, heat the oil. Add the onion and garlic; cook, stirring as needed, until softened, about 5 minutes. 2. Add the beans, broth, parsley, salt and pepper; bring to a boil, stirring as needed. Place the escarole on top; reduce the heat and simmer, covered, stirring once, until the escarole is wilted, about 5 minutes.

BEETS AND MUSTARD SAUCE

Ingredients:

1-1/2-pounds beets, trimmed
3-tablespoons butter, unsalted
1/4-cup shallots, minced
1-tablespoon flour
1/2-cup chicken stock
3-tablespoons Dijon mustard
1/4-cup cream
Parsley, chopped
Salt and pepper

Instructions:

Scrub the beets lightly and boil them for 35 minutes until barely tender. Drain under cold water, peel, then slice into 1/4 inch pieces. Melt the butter and cook the shallots for 4 minutes over medium heat. Turn the heat down and stir in the flour. Cook for 2 minutes stirring often. Add the stock, mustard and cream. Cook for a few minutes until thick. Combine with the beets. Cook for a few minutes until it is warm. Add salt and pepper to taste. Serve with parsley sprinkled on top.

BEETS AND RED WINE SAUCE

Ingredients:

2-tablespoons butter or margarine
1-tablespoon brown sugar
1-dash ground cloves
1/2-cup dry red wine
1-tablespoon cornstarch
1/4-teaspoon salt

1-cup cut beets (res. 1/4-cup liquid)

Instructions:

Melt butter or margarine in 8-inch skillet over low heat. Mix cornstarch, brown sugar, salt and cloves, stir into melted butter. Stir in reserved beet liquid and wine. Heat to boiling, stirring constantly. Boil and stir 1 minute. Stir in beets heat through.

BEETS PINEAPPLE

Ingredients:

2-tablespoons brown sugar
1-tablespoon cornstarch
1/4-teaspoon salt
1-cup pineapple tidbits
1-tablespoon butter
1-tablespoon lemon juice
1-pound can of beets, slice & drain

Instructions:

Combine brown sugar, cornstarch and salt in pan. Stir in the pineapple with syrup. Cook, stir constantly until it bubbles. Add butter, lemon juice and beets. Cook for about 5 minutes.

BEETS STUFFED WITH VEGETABLES AND RICE

Ingredients:

6 large beets
1/4 cup oil
1/2 cups kohlrabi, chopped
12 each green olives, chopped
3/4 cup sour pickles, chopped
1 cup onion, chopped
2 tablespoons lemon juice
1/2 teaspoons salt and pepper
1 cup rice, cooked
1 teaspoon thyme (optional.)
1/3 cups parsley, chopped
6 slice lemon, peeled

Remove stems and roots from beets. Drop beets into boiling water; cook until tender. Drain and cool. Peel beets. With a melon ball scoop, remove the beet flesh, leaving a 1/2 shell.

Heat oil in a large skillet. Saute kohlrabi, olives, pickles and onions until the vegetables are soft. Add lemon juice, salt and pepper. Remove mixture from heat; cool. Blend in the cooked rice, thyme and parsley.

Stuff beets with this mixture and cover each with a slice of lemon. Bake in a preheated

Instructions:

325 F oven for 35 minutes.

BERNICE HERBS CORN FRITTERS

Ingredients:

3 bacon slices

3 corn ears
1 large egg
3-tablespoons all-purpose flour
1-1/2-tablespoons sugar
1-teaspoon baking powder
1-teaspoon salt
freshly ground black pepper to taste
pure maple syrup or sliced tomatoes for accompaniment

Instructions:

In a heavy skillet cook bacon over moderately low heat until crisp. Transfer bacon to paper towels to drain and reserve bacon fat in a heatproof bowl. Crumble bacon. Working in a large bowl and using the largest holes of a 4-sided grater, grate corn until you have about 1/2-cup. Lightly beat egg and add to corn. Stir in flour, sugar, baking powder, salt, and pepper until combined well. In skillet heat 1-tablespoon reserved bacon fat over moderate heat. Working in 2 batches, form fritters by dropping 1/8-cup measures of batter for each into skillet and cook until golden brown, 1 to 2 minutes on each side. Serve fritters warm with bacon and syrup or tomatoes.

BOSTON STYLE BAKED CORN

Ingredients:

1 teaspoon dry mustard
1/2 teaspoon salt
2 tablespoons brown sugar
1 cup catsup
1 small onion, diced
2 12-ounces cans whole kernel corn, drained
2 or 3 slices bacon, diced

Instructions:

Combine mustard, salt, sugar and catsup in medium bowl; add onion and corn. Mix thoroughly. Pour mixture into greased 1 1/2-quart casserole; top with bacon. Bake in preheated 350 degree oven for 40 minutes or until bacon is cooked and corn is heated.

BRAISED RED CABBAGE

Ingredients:

1 small red cabbage
1 large onion
3 cox s apples
4 tablespoons extra virgin olive oil
2 tablespoons amontillado sherry
2 tablespoons red wine vinegar
3 level tablespoons brown sugar
Grated fresh nutmeg
2 cinnamon sticks, broken into pieces
Salt and ground black pepper

Instructions:

1. Cut cabbage in half and remove middle core with a sharp knife. Make a chiffonade, that is, finely shred leaves. 2. Chop onion finely. Peel, core and dice apples. 3. Place

onion and olive oil in a saucepan, cook until onion is soft. Add diced apple, then shredded cabbage. 4. Add sherry and wine vinegar. Reduce slightly. 5. Stir sugar in until dissolved, then add nutmeg, cinnamon, salt and pepper. 6. Cover and simmer gently for 90 minutes or until flavours have blended and cabbage is soft. Most liquid will evaporate leaving a syrupy aromatic residue around cabbage. 7. Check seasoning, remove cinnamon and serve.

BREAD STUFFING

Ingredients:

4.00 cups dry bread cubes
1.00 teaspoon salt
0.13 teaspoon pepper
0.13 teaspoon ginger
0.25 teaspoon poultry seasoning
1.00 teaspoon chopped parsley
2.00 tablespoons melted fat
1.00 egg
1.00 small onion, chopped fine

Instructions:

Method #1: soak bread in cold water and squeeze dry. Add seasoning and fat. Mix thoroughly, add the egg, slightly beaten, and the onion. Method #2: soak bread in cold water and squeeze dry. Heat fat in a skillet, add the bread, stir until fat is absorbed. Season to taste, add slightly beaten egg and onion. Cool before filling bird.

BROCCOLI DI RABE

Ingredients:

1.50 to 2 pounds broccoli di rabe, remove 1 inch off bottom of stem, on top part, wash well, do not dry after washing
1.50 cups water
4.00 cloves garlic, whole
0.25 cup olive oil
0.50 teaspoon ground black pepper
0.50 crushed hot pepper, optional
1.00 tablespoon lemon juice

Instructions:

Place all ingredients into pot. Cook on medium heat, covered. When it boils, lower heat to low and cook until tender, approximately 15 to 20 minutes. Remove and serve.

BROCCOLI WITH CANNELLINI BEANS OVER ORECCHIETTE

Ingredients:

1 1/2 pounds broccoli rabe
2 garlic cloves minced
1/3 cup olive oil
1/3 cup chicken broth
1 teaspoon dried pepper flakes
salt to taste
freshly-ground black pepper to taste

2 cups cooked cannellini beans
1 pound orecchiette

Instructions:

Trim and discard coarse leaves and tough stem roots from broccoli rabe. Cut off florets. Peel large stems and cut stems and leaves into 1 1/2-inch pieces. Rinse and drain. In a large skillet set over moderate heat cook the garlic in the oil until lightly golden. Add the broccoli rabe, broth, red pepper flakes and salt to taste and cook the mixture, over moderately-high heat, partially covered, stirring occasionally, for 3 minutes. Add the cannellini beans and cook, stirring occasionally, until broccoli is just tender and beans heated through. In a pot of boiling salted water cook the orecchiette until al dente. Drain. Add broccoli rabe mixture and toss to combine.

BROCCOLI WITH HOLLANDAISE SAUCE

Ingredients:

2 bunches broccoli
1 1/2 cups hollandaise sauce

Instructions:

Cook the broccoli according to instructions in the recipe for Broccoli with Buttered Crumbs. Drain it very well, lay it on individual plates and pass the Hollandaise sauce in a sauce boat; or put the broccoli on a platter or in a vegetable dish and add the Hollandaise sauce. Mornay sauce may be used instead of Hollandaise with more grated cheese added to the top and run under the flame for a moment.

BROCCOLI WITH LEFTOVER TURKEY STUFFING

Ingredients:

2 cups fresh chopped broccoli, cooked and drained
1 to 1 1/2 cups leftover stuffing or dressing
2 cups cubed cooked turkey
2 chicken bouillon cubes
1 1/4 cups hot water
2 tablespoons flour
1/4 cup cold water
1/4 cup sour cream or plain yogurt
1/2 cup shredded cheddar cheese
1 green onion with top, minced

Instructions:

1. Rinse, prepare broccoli and set aside. Grease shallow baking dish. 2. Place stuffing on bottom of dish, top with cubed turkey. Dissolve cubes in hot water. Blend flour into cold water then add to hot liquid. Cook over low heat, stirring constantly until thickened. 3. Add sour cream or plain yogurt and broccoli. Pour mixture over turkey and stuffing. 4. Sprinkle with chopped green onion and cheese. Bake in 350 F oven for 15 to 20 minutes or until heated through and cheese is bubbly and light golden brown.

BROCCOLI WITH SPICY CHICK PEA SAUCE

Ingredients:

0.50 cup cooked chickpeas
0.25 cup plain nonfat yogurt

2.00 garlic cloves, peeled and blanched in boiling water for 2 minutes
2.00 tablespoons water
1.00 teaspoon olive oil
1.00 teaspoon lemon juice
0.25 teaspoon ground cumin
0.25 teaspoon ground red pepper (cayenne)
0.13 teaspoon salt, or to taste
1.00 bunch broccoli

Instructions:

In a food processor or blender, whirl the chick peas, yogurt, garlic, water, oil, lemon juice, cumin, red pepper, and salt for 1 minute or until smooth. Set aside. Cut the florets off the broccoli and peel and slice the stems 1/2" thick. Arrange the broccoli in a steamer or colander and set over boiling water in a large saucepan. Cover and steam for 6-7 minutes or until crisp-tender. Transfer to a warm serving dish. Spoon the sauce over the broccoli and toss to coat. Serve with roast lamb or chicken.

BRUSSELS SPROUTS ROYALE

Ingredients:

2 10-ounces packages frozen brussels sprouts
1/4 cup butter or margarine
1 5-ounces can water chestnuts, drained and sliced
1/4 cup snipped parsley

Instructions:

Thaw Brussels sprouts enough to separate; halve larger sprouts. Cook according to package directions. Melt butter and add water chestnuts and parsley. Heat thoroughly and toss with cooked sprouts.

BRUSSELS SPROUTS WITH PECANS

Ingredients:

1 pound brussels sprouts, halved
1/2 bound pecan halves
2 tablespoons butter or stick margarine
1/2 teaspoon salt
1/4 teaspoon pepper

Instructions:

In a large skillet, saute brussels sprouts and pecans in butter for 5-7 minutes or until crisp-tender. Sprinkle with salt and pepper.

BUTTERED CORN

Ingredients:

1 (12 ounces or 1 lb.) can whole kernel corn
1 tablespoon butter or margarine
Salt and pepper to taste

Instructions:

Combine 2 tablespoons liquid drained from corn, drained corn and butter; heat. Add salt and pepper.

CABBAGE SAUERKRAUT

Ingredients:

1 small cabbage
1 small can sauerkraut
2 tablespoons flour
2 tablespoons bacon grease

Instructions:

Cook cabbage until almost done. Add sauerkraut; cook for 10 minutes. Brown flour in bacon grease; add to cabbage. Simmer for 15 minutes. Season to taste.

CABBAGE TOFU OVER RICE-FINNISH

Ingredients:

TOFU and MARINADE

24 ounce pressed tofu
1 tablespoon vegetable oil
2 1/2 tablespoons tamari
1 tablespoon Worcestershire sauce
1/2 teaspoon ground allspice

Cabbage

1 medium onion, chopped
2 tablespoons vegetable oil
4 cup shredded cabbage

Sauce

2 tablespoons tomato paste
1 tablespoon vinegar
1 teaspoon dill
1 teaspoon salt
1/2 teaspoon sweet Hungarian paprika
black pepper
1/4 cup water

Topping

1 tablespoon currants
cooked rice, barley or mashed potatoes
1 dill pickle, minced

Instructions:

Bake the tofu in its marinade in a 375F for about 35 minutes, turning the cubes 2 or 3 times during the baking. Saute the onion in the oil until translucent. Add cabbage, stirring occasionally, for about 5 minutes. Combine sauce ingredients and pour over cabbage. Add currants and stir to coat cabbage evenly with the sauce. Remove from the heat. Cover the skillet and bake in a 375F oven for 30 minutes. Serve cabbage over rice, barley or mashed potatoes. Top with minced pickle and baked tofu.

CAL SOTADA GRILLED SCALLIONS IN ALMOND TOMATO SAUCE

Ingredients:

24 scallions root ends trimmed

3 tablespoons almonds toasted 1 minute under broiler
2 plum tomatoes roughly chopped
2 garlic cloves thinly sliced
1 tablespoon Spanish paprika
10 fresh mint leaves
2 tablespoons chopped fresh parsley
1/4 cup extra-virgin olive oil
2 tablespoons vinegar

Instructions:

Preheat grill. Place scallions on cooler part of grill and cook until dark green and tender, about 2 minutes per side. Meanwhile, place almonds, tomatoes, garlic, paprika, mint and parsley into a mortar. Grind to fine paste and place in a mixing bowl. Whisk in oil to emulsify and add vinegar. Remove scallions from grill and toss in bowl. Toss to coat and serve hot or cold.

CALABACITAS SQUASH

Ingredients:

2 lbs. summer squash, diced in bite-size pieces
1 tablespoon vegetable oil
2 tablespoons diced onion
3 stewed tomatoes, cut in pieces
1 cup cheddar or longhorn cheese, grated
8-ounces can yellow whole corn
1/2 teaspoon salt
Pepper to taste

Instructions:

Boil diced squash until tender, 15-20 minutes, over medium heat. Drain and leave in colander. In cooking pot, add oil and saute onion and tomatoes. Add squash to this, mix well. Mix in salt and pepper to taste. Continue heating. Add grated cheese and allow to melt. Add corn, stir. Cook 1-2 minutes. Serve when cheese is fully melted. For added zest, mix in a 4-ounces can of diced, cooked green chiles.

CALVIN'S GRILLED EGGPLANT

Ingredients:

1 1/2 pounds eggplants, *see note
1/4 cup olive oil
2 cloves garlic, minced
1 teaspoon salt
1 1/2 cups mixed torn fresh herbs: basil, oregano, thyme and parsley

Instructions:

*If using globe eggplants, cut in 1/2 inch thick crosswise slices. If using Asian eggplants, cut in 1/4 inch thick lengthwise slices, leaving eggplants attached at stem end so slices will fan when cooked. In small bowl, mix together oil, garlic and salt. Grill eggplant over medium heat until slices begin to soften, about 3 minutes. Brush tops with garlic oil and turn. Grill until bottoms are marked, about 5 minutes. Brush tops with garlic oil and turn once more. Cook until other side is marked, about 5 minutes. While eggplant is grilling, scatter half of herbs across bottom of platter. When eggplant is done, remove to platter on

top of herbs and brush tops with oil once more. Scatter remaining herbs over top and serve.

CALVIN'S MEXICALI CORN

Ingredients:

2 large onion, coarsely chopped
1/4 pound butter or margarine
5 fresh tomatoes, chopped
4 or 5 ears cooked left-over corn, scraped
3 tablespoons sugar
Salt and pepper

Instructions:

Saute onions in butter until softened; add tomatoes. When tomatoes have cooked to consistency of stewed tomatoes, add corn. Add sugar, salt and pepper to taste. Heat thoroughly.

CANDIED SQUASH

Ingredients:

2 1/2 cups cubed yellow squash
Salt
1 tablespoon cornstarch
1 tablespoon lemon juice
1/2 cup brown sugar
1/2 cup sugar

Instructions:

Peel yellow squash; discard center portion and seed. Cut into quarters; cook in salted water until tender. Drain, reserving 1 cup liquid. Place squash in a buttered baking dish. Combine reserved liquid, cornstarch, lemon juice and sugars. Pour over squash. Bake at 350 degrees for 20 to 30 minutes.

CAPABLE GRILLED CORN ON THE COB

Ingredients:

6 ears fresh corn; husk on, or corn frozen with husk on
butter or garlic olive oil

Instructions:

Wrap the unopened corn in aluminum foil and place on top of your charcoal grill. Turn every 10 minutes for about 1/2 hour. Shuck and enjoy. If you use the corn that you froze in the husk, be sure and let it defrost completely before cooking.

CAPONATA

Ingredients:

1 cup olive oil
1/4 pounds eggplant peeled, and cut into 1/2 inch dice
10 ounces celery (about 5 stalks) diced
1 teaspoon chopped unsalted anchovies
1 teaspoon capers drained, rinsed, and dried
1 teaspoon chopped gherkins

3 2 ounces diced black olives
1 teaspoon sugar
3 tablespoons white or red wine vinegar
1 cup tomato sauce (homemade or canned)

Instructions:

In a large, deep skillet over medium high heat, heat about 1 cup oil. Add the eggplant and fry until slightly softened, about 1 minute. With a slotted spoon, carefully transfer the eggplant to the paper towels to drain. Repeat the procedure with the celery. In a medium saucepan over low heat, heat 1 teaspoon of the oil. Add the anchovies and cook until they melt into the oil, about 2 minutes. Add the capers, gherkins, olives, sugar and vinegar and cook until the vinegar evaporates, about 4 minutes. Add the tomato sauce and simmer for 3 minutes. Add the eggplant and celery and simmer for 5 to 6 minutes. Remove from the heat; set aside to cool.

CARDAMOM FENNEL SCENTED CARROTS

Ingredients:

1 pound carrots sliced diagonally
1/3 cup water
1 tablespoon butter
2 tablespoons honey
1 teaspoon ground cardamom seed
1 teaspoon fennel seeds
1/2 teaspoon salt
1/2 teaspoon freshly-ground black pepper

Instructions:

Combine all of the ingredients in a pot and stir to coat the carrots evenly. Set over a medium flame and cook, stirring occasionally, for 6 minutes or until tender.

CARROTS A LA ORANGE

Ingredients:

1 pound small carrots
1 11-ounce can mandarin oranges
2 tablespoons butter

Instructions:

Scrape carrots; cut into 1/2-inch rings. Drain oranges; cook carrots in juice until tender. Drain; add butter and oranges. Heat thoroughly.

CARROTS IN CHAMPAGNE DILL

Ingredients:

1 pound Carrot, thinly sliced
2 tablespoons Butter
1/4 cup Beef stock, fresh or canned
1/2 cup Champagne
1 tablespoon Lemon juice, fresh
1 teaspoon Dried dill weed, (weed not seed)

Instructions:

Melt the butter in a heavy saucepan. Saute the carrots for a few minutes over medium heat until they begin to brown. Add the beef stock and champagne and cover. Cook until barely tender but still a bit firm. Remove cover and place on high heat until the liquid is almost cooked away. Add the lemon juice and dill weed and serve.

CARROTS LYONNAISE

Ingredients:

1 pound (6 medium) carrots
1 chicken bouillon cube dissolved in 1/2 cup boiling water
1/4 cup butter or margarine
3 medium onions, sliced
1 tablespoon all-purpose flour
1/4 teaspoon salt
Dash pepper
3/4 cup water

Instructions:

Pare carrots and cut in julienne strips. Cook carrots in bouillon, covered, 10 minutes. Melt butter; add onions and cook, covered 15 minutes, stirring occasionally. Stir in next 4 ingredients; bring to boiling. Add carrots and stock; simmer, uncovered, 10 minutes. Add pinch of sugar.

CARROTS RAISINS REVISITED

Ingredients:

2-cups plain nonfat or lowfat yogurt
1-tablespoon brown sugar packed
1/4-teaspoon orange peel
2-tablespoons orange juice
1/4-teaspoon ground nutmeg or cardamon
1/4-teaspoon Tabasco pepper sauce
6 medium carrots to 7 peeled and shredded coarsely
3-cups dark raisins
3-tablespoons chopped cashews almonds or pecans

Instructions:

Line medium-size strainer with double thickness of rinsed cheesecloth or triple layer of white paper towels. Place strainer over large bowl or measuring-cup. Spoon the yogurt into strainer. Let drain 1 1/2 hours. Scrape drained yogurt into medium bowl. Discard draining liquid. Stir in brown sugar orange peel juice nutmeg and Tabasco pepper sauce until smooth. Add carrots and raisins and toss to coat. Cover and chill 20 to 30 minutes before serving. Just before serving sprinkle with cashews.

CARROTS STRING BEANS AU GRATIN

Ingredients:

2 cups cooked carrots
1 cup cooked string beans
1/2 teaspoon salt
3 tablespoons butter, melted

1/3 cup grated cheese
1 egg, beaten
1 cup milk
1 cup buttered bread crumbs

Instructions:

Combine carrots, string beans, salt, butter, cheese, egg and milk. Pour mixture into a buttered baking dish. Cover with buttered crumbs. Bake at 350 degrees for 25 minutes or until brown.

CARTER'S CABBAGE

Ingredients:

1.00 large head cabbage
0.50 cup butter or margarine, softened
Greek seasoning
Lemon pepper
Worcestershire sauce
Wine vinegar

Instructions:

Wash and core cabbage. Place cabbage on heavy-duty aluminum foil. Line cavity of cabbage with butter and fill with Worcestershire sauce. Season to taste with seasoning and lemon pepper. Seal tightly and place on cookie sheet. Bake at 350 for 2-1/2 to 3 hours. Remove foil and place in a large bowl. Cut into bite-sized pieces and toss with wine vinegar to taste (approximately 1/2 cup). Serve immediately.

CAULIFLOWER BROCCOLI WITH CHEESE

Ingredients:

1 package frozen cauliflower-10 ounces thawed
1 package frozen broccoli-10 ounces thawed
1 can Cheddar cheese soup
4 slices bacon
Salt to taste
Freshly ground black pepper to taste
1/4 cup shredded Cheddar cheese if desired

Instructions:

Fry bacon until crisp; drain well on paper towels then crumble. Place broccoli and cauliflower in crockery pot. Top with soup and sprinkle with bacon. Season with salt and pepper. Cover and cook on low for 4 to 5 hours. About 20 minutes before done top with cheddar cheese if used.

CAULIFLOWER IN PEPPERY SAUCE

Ingredients:

1-small head cauliflower washed and divided into flowerets
1 romesco sauce

Instructions:

Boil cauliflower 10 to 15 minutes or steam it 20 or more minutes. Prepare the Romesco Sauce while the cauliflower is cooking. When cauliflower is tender drain thoroughly put in a warmed bowl pour sauce over toss and serve.

CAULIFLOWER PAKORA

Ingredients:

2 pounds cauliflower cut bite-sized pieces
1/4 cup yogurt (thick)
1 cup besan (chick pea flour)
1/4 teaspoon baking powder
1/2 teaspoon carom seed (ajwain in Hindi)
1/4 teaspoon red chili powder
1/4 cup water
salt to taste
oil to deep fry

Instructions:

In a bowl mix all the ingredients except cauliflower pieces. The batter must have the same consistency as that of a cake. Dip cauliflower pieces in the batter such that they are completely covered with the batter. In a deep skillet heat oil on medium and when oil is hot add the batter covered cauliflower pieces. Fry until this batch is about half done and remove from heat and keep aside. Do the same for all the batches. In the end take the first batch and refry them until they turn brown. Repeat for the other batches. Goes well with ketchup.

CAULIFLOWER WITH ALMOND BUTTER

Ingredients:

1 small cauliflower
1/4 cup slivered blanched almonds
3 tablespoons butter

Instructions:

Trim outer leaves from cauliflower. Wash and cook in boiling salted water for 10 minutes or until tender. Drain; cook almonds in butter until lightly browned. Place cauliflower in serving dish; pour butter and almonds over top.

CAULIFLOWER WITH CREAMED SHRIMP

Ingredients:

1 large cauliflower
2 tablespoons butter
2 tablespoons flour
1 cup milk
1 cup cream
1/2 to 1 teaspoon salt
Dash of cayenne
2 tablespoons chopped fresh dill or parsley
1 1/2 cups cooked peeled shrimp

Instructions:

Cut off tough end of stem on cauliflower; remove leaves. Soak in cold salted water, heat down, for 10 to 15 minutes. Drain cauliflower; break into four large flowerets. Place, heat up, in large sauce pan; add boiling water. Bring to boiling point; reduce heat. Simmer, covered, for 10 minutes or until barely tender. Melt butter; stir in flour. Add milk and

cream. Simmer until smooth and thickened. Season with salt, cayenne, dill and 1 cup diced shrimp. Remove pan from heat; pour sauce into a shallow hot serving dish. Drain cauliflower; place in sauce, arranging remaining shrimp, cut lengthwise, around cauliflower.

CAULIFLOWER WITH MUSTARD SAUCE

Ingredients:

1 medium cauliflower
3/4 cup whipping cream
3/4-cup mayonnaise
Salt to taste
1-1/2 tablespoon prepared mustard
1/2 lemon (juice only)
Paprika

Instructions:

Remove the stem and leaves from the cauliflower. Steam the cauliflower whole until it is barely tender. Drain and keep warm. Whip the cream and set aside briefly. In a mixing bowl combine the mayonnaise, salt, mustard and lemon juice. Whip until blended fold in the whipped cream. Pour sauce over cauliflower or serve it separately. Sprinkle with paprika.

CAULIFLOWER WITH RED PEPPER RIBBONS

Ingredients:

1 medium cauliflower head cored, and cut into florets
1 tablespoon lemon juice or white wine vinegar
1-2 tablespoon olive oil
1 small red pepper seeded, and cut into 1/4" julienne,
salt to taste, freshly-ground black pepper to taste

Instructions:

Bring water to a boil and add lemon juice to prevent discoloration of the cauliflower. Add florets and boil until cauliflower is cooked through yet firm, 3 to 4 minutes. While cauliflower is steaming, heat the olive oil and saute the red pepper ribbons over high heat until slightly charred; remove from heat. When cauliflower is done, drain it well then toss with red pepper ribbons and season to taste with salt and pepper.

CHEESE EGGPLANT PARMESAN

Ingredients:

1 large eggplant (3 pounds)
salt
flour
2 eggs beaten with 2 teaspoons oil
1 packet saltines
olive oil
2 teaspoons dried basil
1 1/2 cups tomato sauce, heated
8 ounces cheese
2/3 cup parmesan cheese

Instructions:

Cut eggplant into thin 1/4 inch slices. Put the slices on a large platter and sprinkle each with about 1/8 teaspoon salt. Let stand at room temperature for about 30 minutes to draw out excess moisture. Drain and dry the slices between paper towels. Dip each slice into flour, egg and crackers, in that order. Heat oil in frying pan and fry eggplant until golden brown, turning once. Drain on paper towels. Stir the basil into the tomato sauce. Spoon a little of the sauce into a 2 quart baking dish. Arrange 1/3 of the eggplant slices, overlapping, on the sauce. Top with 1/3 of the cheese, 1/3 tomato sauce and 1/3 parmesan. Repeat until all ingredients are used. Bake in preheated 350 degree oven for 20 to 30 minutes, or until bubbly.

CHEESE FRIED GREEN TOMATOES**Ingredients:**

2 large green tomatoes
1 egg, well-beaten, with 2 tablespoons water
Seasoned bread crumbs
Oil
1 cup grated cheese
1 ripe tomato, peeled and diced
Picante sauce
1 tablespoon minced fresh basil
1 tablespoon minced dill

Instructions:

1. Slice tomatoes 1/4-inch thick. Whip egg, add water and mix well. Heat oil in skillet to 350 F. 2. Dip tomato slices in crumbs, then egg mixture and crumbs again. Fry in hot oil until light golden on both sides. Place on paper towels to absorb oil. Repeat until all are fried. Add oil as needed during frying. 3. Pour off oil from skillet, wipe with paper towel to remove remaining oil and crumbs. Place fried tomatoes back into skillet, layer if necessary. Sprinkle with grated cheese, add chopped tomato and sprinkle with Picante or your favorite hot sauce. Garnish with basil or dill. 4. Place lid on skillet, simmer over low heat until cheese melts, about 5 to 6 minutes.

CHILLED ARTICHOKE WITH GARLIC MAYONNAISE**Ingredients:**

6 large artichokes
Lemon juice
Boiling salted water
1 cup mayonnaise
1 clove of garlic, mashed
Paprika

Instructions:

Wash artichokes thoroughly in cold water; drain. Turn each on its side; slice off thorny top one-third of the way down. Cut off stem to make a flat base; remove small leaves around base. Cut thorns from tips of outer leaves with scissors; rub cut edges with lemon juice. Turn on cut end; press firmly to separate leaves slightly. Carefully scoop out fibrous center leaves and fuzzy core with small spoon. Stand artichokes in 1 inch of boiling salted water. Simmer, covered, for 3 minutes or until tender. Drain; chill, covered,

for 1 hour or longer. Blend mayonnaise and garlic. Spoon into artichokes; sprinkle with paprika.

COLLARD MY WORLD GREENS

Ingredients:

3 bunch collard greens
1/2 onion; chopped
3 cloves garlic; minced
1/2 teaspoon prudhomme poultry or vegetable magic(up to 1)
1 small hunk o' leftover butt or brisket; chopped
3 tablespoon peanut oil

Instructions:

Gently saute everything but the greens in the oil. while waiting, wash the greens and roll them up tightly the long way like cigars. Starting at the top end, make the thinnest possible slices across the cigar until you reach the stems. This will give you a big hairy pile of greens. Turn the heat up to high and when the pan is good and hot but the garlic has not burnt yet, toss in the greens. saute on high for a few minutes. You can eat them like that or hold them over a low heat if you need a little time.

COLLARDS IN PEANUT DRESSING

Ingredients:

1/2-cup plain yogurt
1/4-cup chunky peanut butter
1/4-cup orange juice
1-teaspoon grated fresh ginger
1-dash ground cumin
1-dash sweet paprika
1-bunch collard greens

Instructions:

Whisk the yogurt until it is smooth and the consistency of heavy cream. Whisk in the peanut butter, orange juice, ginger, cumin, and paprika. Steam the collards until bright green, about 3 minutes. Remove from the heat and chop coarsely. Spoon the dressing lightly over the steamed collards.

COMMANDER'S GRILLED JAPANESE EGGPLANT

Ingredients:

2 pounds Japanese eggplant (about 6 eggplants)
2 tablespoons olive oil
1 teaspoon minced garlic
salt and freshly ground
pepper to taste

Instructions:

Wash eggplant and pat dry. lightly coat with olive oil, garlic, salt, and pepper. Prepare a charcoal fire. Place eggplant on grill over direct heat and cover with lid. Turn several times during cooking. eggplant should be done in about 5 minutes.

COMPLETE BLACK EYED PEAS

Ingredients:

Black-eyed peas 1 pound, dried
Water 6 cups
Onion 1/2 cup, chopped
Salt and pepper to taste
Bacon 8 strips, cut up or 1/2 pound diced ham
Butter or margarine 1 stick

Instructions:

Place dried peas in a pot with water and soak overnight. Add onion, salt, pepper, bacon or diced ham. Bring mixture to a slow boil. Turn down heat and simmer for 1 hour. Add water if necessary. When peas are tender, add butter, and check for seasoning. Add more salt and pepper if needed.

CONQUEROR'S GINGER GLAZED CARROTS

Ingredients:

3 pounds carrots, cut 2 inches long, 1/2 inches thick sticks
2 tablespoons stick butter or margarine
2 tablespoons grated fresh ginger
1 tablespoon honey
1/2 teaspoon salt
2 tablespoons chopped fresh parsley

Instructions:

Place carrots in saucepan with water to cover. Bring to a boil, reduce heat and simmer 2 minutes or until tender. Drain in a colander, rinse under running cold water until cool and let drain. Melt butter in same saucepan over low heat. Add carrots, ginger, honey and salt. Cook 2 minutes, stirring a few times, until coated and hot. Stir in parsley.

CORN BREAD DRIED FRUIT STUFFING

Ingredients:

8 cups corn bread stuffing mix, or your favorite fresh made cornbread
3/4 cup pitted prunes, halved
2/3 cup dried apricots, halved
1/2 cup triple sec, warmed
1 tablespoon unsalted butter
1 large onion, finely chopped
2 garlic cloves, thin sliced
1 cup chicken broth

Instructions:

Combine prunes and apricots in a bowl. Add warmed triple sec. Heat butter in a large skillet over low heat. Add onion and garlic, saute 12 minutes or until very soft. Transfer to a very large bowl. Add corn bread cubes, chicken broth and fruits along with triple sec. Stuff turkey according to directions on turkey. Can also be made in a 9x13" greased baking dish. Bake, covered, in preheated 350~ oven for 35-40 minutes. Uncover last 10 minutes of baking for a crispy top.

CORN BREAD SAUSAGE STUFFING

Ingredients:

6 tablespoons butter
1 cup chopped onion
1 cup chopped celery
1/2 cup chopped green bell pepper
2 teaspoons poultry seasoning
1-1/2 teaspoon thyme leaves, see note
1 teaspoon garlic powder
10 cups cornbread, cooked, crumbled
1/2 pound sausage, cooked, crumbled
13-1/2 ounce chicken broth, 1 can

Instructions:

Preheat oven to 350 degrees. In a large skillet, melt butter. Add onion, celery, and bell pepper, saute 5 minutes. Stir in poultry seasoning, thyme, and garlic powder. Combine cornbread, vegetable mixture, and sausage. Add broth, toss gently. Spoon into 13 x 9 inch baking dish. Bake 30-35 minutes. Makes 10 cups.

CORN BREAD TURKEY DRESSING

Ingredients:

1 8-inch pan buttermilk corn bread
3 dozens stale biscuits
4 cups boiling water
3 medium onions, chopped
2 1/2 cups chopped celery
2 apples, chopped
1/2 cup butter
2 cups stock
4 teaspoons poultry seasoning
2 teaspoons pepper
2 teaspoons salt
1 can cream of chicken soup
8 eggs

Instructions:

Crumble corn bread; slice biscuits into large bowl. Pour boiling water over bread; cover and let soak for 10 to 20 minutes. Add remaining ingredients. Mix thoroughly with potato masher. Stuff bird or bake in separate pan at 350 degrees until set. Brown at 400 degrees.

CORN FRITTERS PERFECT FOR CLOCK TEA

Ingredients:

1-cup cake flour (not self-rising)
2 teaspoons baking powder 1/2 cup white sugar
1-teaspoon salt
2 tablespoons melted butter
1 large egg
1 can (410-grams) of cream style

Sweet corn

Vegetable sunflower oil for

Frying

Instructions:

Method: sieve dry ingredients into a mixing bowl and make a well in the center. Add melted butter and mix. Beat egg lightly in a separate bowl and add milk to it. Now gradually stir egg-milk mixture into dry ingredients-butter mixture. Remove any lumps by beating lightly. Lastly add tin of sweet corn and mix into a fluid consistency. (add more milk if batter is too stiff). Drop tablespoons full into hot oil (preferably using a non-stick pan) and fry until golden brown on both sides. Drain on paper towels and serve warm with coffee or tea.

CORN FRITTERS

Ingredients:

1/2-cup fine-ground yellow cornmeal

1/2-cup all-purpose flour

1-1/2-teaspoon baking soda

3/4-teaspoon salt

1/2-teaspoon black pepper

1 egg yolk, lightly beaten

4 large ears shucked fresh corn, kernels cut from cob

2 tablespoons butter, melted

1/2-teaspoon grated nutmeg, optional

1/2-cup buttermilk

1/2-cup vegetable oil, for frying

Combine cornmeal, flour, baking soda, salt and pepper in a large bowl. Make a well in center, add yolk, corn kernels, melted butter, nutmeg, if using, and buttermilk. Stir wet ingredients into dry to moisten. Heat about 1/4-cup vegetable oil in large heavy skillet. Spoon dollops of dough into skillet, press with spatula to flatten. Fry until golden brown

Instructions:

On both sides, 1-2 minutes each side, using remaining oil as needed. Remove to paper toweling to drain. Serve warm.

CORN ON THE COB WITH GARLIC BASIL BUTTER

Ingredients:

1/4 cup basil leaves

3 garlic cloves

1 tablespoon lemon juice

1 pinch sugar

1 1/2 teaspoons kosher salt

1/2 cup unsalted butter, softened

8 ears corn

Instructions:

Place basil and garlic in a food processor. Pulse until finely chopped. Add lemon juice, sugar, and salt and process until thoroughly incorporated. Add butter and blend until smooth. Place butter mixture in a small serving bowl or ramekin. Add corn to large pot of

boiling salted water and cook until just tender, about 5 minutes. Transfer to a platter and serve with garlic basil butter.

CORN

Ingredients:

9.00 cups corn, popped
1-tablespoon butter or margarine
1/3-cup peanut butter

Instructions:

Pop the corn. This recipe is calculated on corn popped in an air type popper without added fat for fewer calories. Over low heat melt the butter or margarine with peanut butter until runny. Drizzle over the popcorn and mix well. Spread in shallow baking pans and bake in a 375 degree oven for 10 minutes, stirring 2 or 3 times. The corn will crisp and topping will set.

COSMO'S CREAMED TOMATOES

Ingredients:

1-1 pound can tomatoes
1 tablespoon butter
1-1/2 teaspoon sugar
1/4 teaspoon salt
1/4 teaspoon soda
3 tablespoons flour
3/4 cup milk
1 slice toasted bread

Instructions:

Combine tomatoes, butter, sugar and salt in medium saucepan, heat over medium heat. Stir in soda. Combine flour and milk, blend well and add to hot tomato mixture. Cook, stirring constantly till mixture is thick and bubbly. Break toasted bread in small pieces and add to hot tomato mixture.

COSMO'S GARDEN ON A SKEWER

Ingredients:

1 large ear corn, husk removed, cut into 2-inch pieces
12 large mushrooms caps
1 medium red pepper, cut into 1-inch pieces
1 small zucchini, unpeeled, cut into 2-inch pieces
12 cherry tomatoes
1/2 cup lemon juice
2 tablespoons dry white wine
1 tablespoon olive oil
1 teaspoon cumin
2 teaspoons minced fresh chives
1 teaspoon minced fresh parsley
fresh ground pepper, to taste

Prepare an outside grill with an oiled rack set 6 inches above the heat skewers, soak 6 of them in warm water for 15 minutes. This prevents the skewers from catching on fire

while the kabobs cook. Thread the vegetables on the skewers. Combine all remaining ingredients for the basting sauce. Grill the vegetable kabobs for about 15 to 20 minutes

Instructions:

Total, basting constantly with the sauce, until the vegetables are slightly charred.

COUNTRY CLUB SQUASH

Ingredients:

2 pounds yellow squash, sliced
1/2 cup onion, chopped
1/2 cup water
8 ounce carton sour cream
1/2 teaspoon salt
1/4 teaspoon pepper
1/4 teaspoon dried whole basil
1 cup soft bread crumbs
1/2 cup (2 ounces) medium cheddar cheese, shredded
1/3 cup butter or margarine, melted
1 teaspoon paprika
8 slices bacon, cooked and crumbled

Instructions:

Cook squash and onion in 1/2 cup boiling water until tender; drain and mash. Combine squash, sour cream, salt, pepper, and basil; pour into a greased 2 quart casserole. Combine bread crumbs, cheese, butter, and paprika; sprinkle over squash mixture. Top with bacon. Bake at 300 degrees for 20 minutes.

COUNTRY FRIED OKRA NEW POTATOES

Ingredients:

1/4 cup margarine or vegetable oil
3 cups sliced okra
1 small onion, sliced in thin slices
2 cups shredded new potatoes with skins
Grated cheddar cheese, optional
Salt and pepper to taste

Instructions:

1. Heat oil in a large skillet. Add okra, potatoes and onion, stir well; add salt and pepper to taste. 2. Cover and fry over medium heat until browned. Stir frequently during frying to prevent scorching. 3. Sprinkle with Cheddar cheese, if desired; cover, turn off heat and let cheese melt.

COUNTRY STYLE GREENS

Ingredients:

4 pound strongly flavored greens; kale, collards, mustard, turnip
1 pound pork shoulder butt; slashed to the bone in 3 places
salt and pepper to taste
1 tablespoon flour; optional
pepper vinegar or cider vinegar

Instructions:

Remove the stems from the greens and clean them thoroughly. Put them in a large pot with just enough water to cover. Add the pork butt. Bring the water to a boil, lower the heat, and simmer, partially covered, for 2 hours or until the greens are soft and the meat is falling apart. Add salt and pepper to taste, then the optional flour, mixing well.

COURGETTE TERRINE

Ingredients:

6 mushrooms; roughly chopped
4 tablespoon tomatoes; skinned, seeded and roughly chopped
1 green pepper; roughly chopped
4 courgettes; sliced thinly lengthways
1/4 onion; finely chopped
2 cloves garlic; crushed
2 tablespoon chopped parsley
salt and black pepper to season
3 tablespoon fresh breadcrumbs
olive oil to drizzle
2 pint water for blanching the courgettes
2 glasses red wine

Instructions:

Heat oil in a pan, add onion, garlic, parsley, tomatoes, green pepper, mushrooms, salt and black pepper; stir for about 2 minutes. Add the breadcrumbs to absorb the fat, then moisten with red wine. Fill a pan with the water and heat until boiling. Blanch your strips of courgettes in the water until slightly soft. Fill dariole moulds or ramekin dishes with cling film. Overlap the courgettes all around. Fill the inside with the mixture and fold over the top of the courgettes which will be over the top. Cover the top with foil. Place in a pan with about one inch of boiling water for about 10-15 minutes.

COURGETTES WITH TOMATOES THYME

Ingredients:

2 tablespoon olive oil
1 large onion - sliced
1/2 teaspoon soft brown sugar
1 14 ounces ti tomatoes drained
1/4 teaspoon schwartz garlic granules
1 teaspoon schwartz thyme
4 medium courgettes sliced
salt
schwartz coarse ground black pepper

Instructions:

Heat the oil in a large pan. Add the onion and fry until softened. Add the sugar and fry for 2 to 3 minutes longer. Add the tomatoes, Garlic Granules and Thyme and cook until thickened, about 10 to 15 minutes. Add the courgettes and cook for another 5 to 10 minutes until they are soft. Season with salt and Pepper and serve.

CRANBERRY ORANGE BEETS

Ingredients:

1 cup cranberry-juice cocktail
1 tablespoon cornstarch
1 tablespoon sugar
2 1-pound cans sliced beets drained
1/4 teaspoon grated orange peel

Instructions:

In saucepan gradually stir cranberry juice into cornstarch, sugar, and dash salt. Cook and stir over medium heat until mixture thickens and boils. Add beets and orange peel. Simmer, uncovered, 10 minutes.

CREAM OF TOMATO

Ingredients:

28.00 ounce canned chopped tomatoes
15.00 ounce chicken broth
2.00 tablespoons butter
2.00 tablespoons sugar
1.00 pinch baking soda
2.00 tablespoons chopped onion. 2.00 cups heavy cream

Instructions:

Combine all ingredients (except cream) in pot and simmer for 1 hour after simmering is completed heat cream in a double boiler, just till begins to boil. Then add to tomato mixture.

CREAM PEAS

Ingredients:

2 cups fresh shelled cream peas
2 tablespoons margarine
Salt and pepper to taste

Instructions:

Wash peas and cook in a covered pot with enough water to cover; add margarine and seasonings to taste. Cook over low heat until peas are tender; about 45 minutes.

CREAMED BEETS

Ingredients:

6 medium fresh beets or 18 baby beets, cooked
3 tablespoons margarine
1 tablespoon fresh lemon
2 tablespoons vinegar
3 teaspoons water
1 teaspoon sugar
1/3 cup sour cream
2 tablespoons plain yogurt
Salt and pepper to taste

Instructions:

1. Prepare beets and set aside. If you use medium large beets, slice. Leave baby beets whole. 2. Combine margarine, lemon juice, vinegar, water and sugar in a saucepan. Heat

until mixture comes to a light boil. Remove from heat, add sour cream and yogurt; mix well. Add beets and stir well, return to heat and simmer until beets are hot.

CREAMED CAULIFLOWER PEAS

Ingredients:

1 head cauliflower
1 (10 ounces) package green peas (frozen or fresh)
1 onion, sliced
2 tablespoons butter or margarine
2 tablespoons whole wheat flour
1 cup milk
1 cup muenster cheese
1/4-1/2 teaspoon salt

Instructions:

Wash cauliflower and separate into flowerets; steam until just tender, 5-7 minutes. Meanwhile, steam peas and onions until crisp-tender, about 4 minutes. Make a cream sauce with butter or margarine, flour and milk. Stir in Muenster cheese and salt. Combine drained cauliflower, peas and onions and pour cheese sauce over vegetables.

CREAMED CAULIFLOWER

Ingredients:

1 medium head cauliflower, broken into florets (about 7 cups)
1-1/2 teaspoons salt, divided
1/2 cup dry bread crumbs, divided
1 cup half-and-half cream
1 tablespoon butter or margarine
Minced fresh parsley, optional

Instructions:

Place cauliflower in a saucepan; add 1 inch of water and 1 teaspoon salt. Bring to a boil. Reduce heat. Cover and simmer for 6-7 minutes or until crisp-tender; drain. Grease the bottom and sides of a 2-quarts baking dish; sprinkle with 2 tablespoons bread crumbs. Add cauliflower. Pour cream over top. Dot with butter; sprinkle with remaining salt and bread crumbs. Bake, uncovered, at 350 for 25-30 minutes or until cauliflower is tender. Garnish with parsley if desired.

CREAMED CUCUMBERS

Ingredients:

2 large cucumbers
3 tablespoons butter
3 tablespoons flour
1 1/2 cups milk
1/4 cup chopped parsley
Paprika

Instructions:

Split cucumbers lengthwise; remove seed. Dice cucumbers; boil in small amount of salted water for 15 minutes. Melt butter; stir in flour. Add milk gradually; cook, stirring

constantly, until thick. Combine drained cucumbers and sauce. Add parsley. Sprinkle paprika over top.

CREAMED ONIONS WITH DRIED BEEF

Ingredients:

2 pounds small onions
4 tablespoons butter
2 tablespoons flour
1/2 teaspoon salt
2 cups milk
1/4 pound sliced dried beef, cut into pieces
1 cup bread crumbs

Instructions:

Cook onions in boiling salted water for 10 minutes or until tender; drain and place in 1 1/2-quart baking dish. Melt 2 tablespoons butter in saucepan; stir in flour and salt. Add milk gradually. Cook and stir until sauce thickens. Cover beef with boiling water; drain immediately. Add dried beef to sauce; pour over onions. Melt remaining butter; toss with bread crumbs. Sprinkle over top. Bake at 425 degrees for 12 to 15 minutes or until brown.

CREAMED SPINACH WITH SHIITAKE MUSHROOMS

Ingredients:

1 1/2 pounds spinach, washed, and stems removed
1 1/2 tablespoons unsalted butter
1 tablespoon flour
1/2 cup unsalted chicken or vegetable stock, heated
1 cup shiitake mushrooms, stems removed, caps wiped clean and thinly sliced
1/4 cup milk
1/8 teaspoon grated nutmeg
1/4 teaspoon salt
freshly ground black pepper to taste

Instructions:

In a skillet set over medium heat, cook spinach covered, with the water left clinging on the leaves. Drain and transfer spinach to ice bath. Squeeze out all liquid. Coarsely chop. In a saucepan set over medium heat, melt the butter. Add the flour and cook, whisking for 2 to 3 minutes. Add stock in a stream, whisking until smooth. Add the mushrooms. Cook until tender. Add milk and stir until incorporated. Season with nutmeg, salt and pepper. Add spinach and stir to coat with sauce. Let cook for a few minutes, stirring.

CREAMY CORN GRITS

Ingredients:

4 cups milk
2 cups water
1 cup grits - (not instant)
1 cup grated cheddar cheese - (about 4 ounces)
2 tablespoons unsalted butter
kosher salt -- to taste

freshly-ground black pepper -- to taste

Instructions:

In a saucepan over high heat, bring the milk and water to a boil. Whisking constantly, gradually add the grits. Reduce the heat to medium-low; the grits should be at a slow simmer. Cook, whisking occasionally, until the grits are soft and creamy, about 1 hour. Add the cheese and butter and whisk to combine. Season with salt and pepper to taste. If the grits are too thick, add water until they reach the desired consistency. This recipe yields 4 servings.

CREOLE BROWNE OKRA

Ingredients:

3 pounds cut okra
1 large onion, chopped
1 large tomato, chopped
1 teaspoon lemon juice
1 teaspoon salt
1/2 teaspoon garlic powder
3 tablespoons vegetable shortening

Instructions:

Place finely cut okra in shortening in heavy pot or skillet. Brown, stirring frequently to prevent sticking. Add lemon juice (this prevents roping) and onion. Continue cooking & stirring until mixture has cooked down & is brown. Add tomato, salt & garlic powder. Place cover on pot & steam for 10 minutes. Okra will stick to pot & form a crust. Keep lifting & turning with spatula as it browns.

CURRIED VEGIES

Ingredients:

2 onions, chopped in food processor
x several cloves garlic,
crushed
2-3 teaspoons semi-hot curry
powder (a good blend)
x variety chopped vegies
(celery, carrots, green
pepper, canned
tomatoes, mushrooms,
egg plant, whatever s available)
1/2 to 1 cup apple juice
x water

Instructions:

In non-stick pot, place onions and garlic, stir till lightly browned, add a little water and deglaze, add spices. Cook about five minutes until onions are soft, adding a little more water as needed to prevent burning. Add vegies, apple juice, cook till veggie are done.

DANISH STUFFING

Ingredients:

1-1/2 cup apples, chopped

3-1/2 cups soft breadcrumbs
1/2-cup seedless raisins
2 ribs celery, chopped
1 medium onion, chopped
1/4-cup nuts, chopped
1/2-teaspoon salt
1/4-teaspoon cinnamon
2 tablespoons butter, melted
1 teaspoon lemon juice

Instructions:

1/4-cup chicken stock, or more enough for a 4-to 6-pound bird. Gently combine apples, crumbs, raisins, celery, onion, nuts, salt, cinnamon, butter, lemon juice and stock in a bowl until well blended.(if stuffing will be baked in separate dish, use 1/2 cup chicken stock.) Place stuffing in a 4- to 6-pound bird and roast with meat. Or bake stuffing in a greased, covered loaf pan in preheated 375-degree oven for 30 minutes.

DEEP OKRA AND TOMATOES

Ingredients:

3 cups okra, cut in rounds
1/4 cup butter or margarine
3 cups tomatoes, peeled and cut in wedges or chopped
3/4 cup onion slices
2 teaspoons salt
1/4 teaspoon pepper

Instructions:

Cook okra in butter until tender. Add remaining ingredients and simmer gently covered, 5 minutes (do not overcook).

DILLED FRESH ONION

Ingredients:

1/2 teaspoon salt
3 drop dill oil; up to 4
1/8 teaspoon ascorbic acid; (ever fresh)
1/8 teaspoon citric acid

Instructions:

Uses oil of dill weed, essential oil, available from drug store. Take one 16 ounce Mason Jar, with a screw lid, sterilize it, and fill to one third, with a mixture of white vinegar, and white wine vinegar. Add two tablespoons of water. To this, add the above ingredients. Choose an onion that will fit the jar, and slice the onion into the jar, ensuring that the onion slices are covered by the liquid. If adding garlic or peppers, do it now, interspersing with the onion slices. Do not use a thick walled pepper.

DUDE'S RATATOUILLE

Ingredients:

2- medium onions - sliced
2- Garlic clove minced
1/4- cups cooking oil

2- small zucchinis - in 1/2 inch slices
3- medium tomatoes - diced
1- small eggplant, peeled - cut in
1- inch cubes
1- large green pepper - cut in strips
2- tablespoons chopped fresh parsley
2- teaspoons salt
1/2- teaspoons basil leaves - dried
(try fresh if you have it!)
0.13 teaspoons pepper
(we use the hot stuff!)

Instructions:

Saute onions and garlic in hot oil in heavy skillet, but do not brown. Add remaining ingredients. Cover and cook 15 minutes. Uncover and cook another 40 minutes until vegetables are tender and juice is thickened.

EASY CITRUS BROCCOLI

Ingredients:

1 1/2 pound broccoli
1 tablespoon reduced-calorie margarine
1 tablespoon all-purpose flour
1 teaspoon grated orange rind
3/4 cup fresh orange juice

Instructions:

Cut the broccoli into florets, and steam, covered, for 3 minutes or until crisp-tender. Spoon into a serving bowl, and keep warm. Melt the margarine in a small, heavy saucepan over medium-heat. Stir in the flour, and cook 1 minute, stirring constantly. Combine the orange rind and juice. Gradually add orange juice mixture to flour mixture, and cook until mixture is thick and bubbly, stirring constantly. Pour sauce over broccoli.

EGGPLANT A LA MEXICO

Ingredients:

1 pound eggplant
1 small onion, chopped
1/2 teaspoon salt
2 cups fresh tomatoes, chopped
1/2 cup onion, finely chopped
1 clove garlic, minced
1/4 cup green chiles, diced
1/2 teaspoon salt
1/4 teaspoon sweet basil
2 eggs, beaten
1 cup Monterey jack cheese, grated

Instructions:

Peel and cut eggplant into 1-inch cubes and cook with onion in boiling salted water for 10 minutes. Drain. Combine the rest of ingredients, except cheese. Put into oiled 1 1/2 quarts casserole. Cover and bake in 375 degree oven for 1/2 hour. Remove cover and reduce

heat to 350 degrees. Sprinkle top with cheese. Continue to bake until cheese melts and becomes bubbly.

EGGPLANT BAKED IN CREAM

Ingredients:

2 medium-sized eggplants
2/3 cup melted butter
1 cup cream
Salt and pepper
15 rolled ritz crackers
Bits of butter
Bread crumbs

Instructions:

Peel the eggplants, slice and cook to a mush in a very little water. Drain well and mix with the melted butter, cream, salt, pepper and finely rolled crackers. Put the mixture into a large greased casserole, dot with bits of butter and crumbs and bake at 275 F. for 2 hours. The longer this is baked the better it is.

EGGPLANT BALLS THE ITALIAN VILLAGE

Ingredients:

3- small eggplant
2 cups seas. Bread crumbs
1 egg yolk
1/4 cups cheese, grated
salt and pepper
1 teaspoon- parsley flakes
1 clove garlic

Instructions:

Peel the eggplant. Dice into 1 inch pieces. Place in salted, boiling water. Cook until transparent and very soft. Drain and place in colander. Squeeze all water out. To this, you add all the and shape into 1 inch balls. Roll the balls in additional bread crumbs. Fry until golden brown. If you wish to use these as entree, shape the balls 2 inches and fry. Place in your favorite tomato sauce. Makes a good lenten dish.

EGGPLANT BALLS

Ingredients:

3 tablespoons olive oil
3 cloves garlic, minced
1 large eggplant, peeled and diced
1 tablespoon water
1 cup seasoned bread crumbs
1/2 cup fresh parsley, chopped
2 eggs, beaten
1/2 cup grated cheese
olive oil
marinara sauce
mozzarella cheese

Instructions:

In large saucepan, heat oil and gently saute garlic until golden brown. Add diced eggplant, water, and cover. Reduce heat and gently steam until eggplant is very soft. In mixing bowl, combine eggplant, bread crumbs, parsley, eggs and cheese. Mix well and let stand 20 minutes. Form into balls and fry on all sides in olive oil.

EGGPLANT BRUSCHETTA AU GRATIN**Ingredients:**

1 eggplant with peel
1 cup tomato sauce
1 cup grated mozzarella cheese
1 tablespoon marjoram
4 slices of whole wheat bread

Instructions:

Cut the eggplant in round slices. Fry the slices in a pan with a little oil. Toast the bread. Spread the tomato sauce over the toast. Place the eggplant slices on top. Sprinkle grated mozzarella cheese. Sprinkle a little of marjoram. Place in oven under the broiler for 2 - 3 minutes or until the cheese browns.

EGGPLANT CROQUE**Ingredients:**

eggplants
cracker meal
oil for frying
The Mixture:
1- cups breadcrumbs
2 eggs
cup kefalotyri cheese, grated or cup parmesan cheese, grated
1 tablespoon baking powder
2 tablespoons parsley, chopped
1 teaspoon onion, chopped
salt and pepper to taste

Instructions:

Wash the eggplants and pierce in several places with a fork. Boil in lightly salted water until tender; drain well. Remove skin and mash the pulp; measure it. Mix 2 cups of eggplant pulp with the amount of ingredients listed above and blend well. Shape into croquettes or patties. Roll in cracker meal, and fry until golden brown.

EGGPLANT NEW IBERIA**Ingredients:**

1 medium eggplant
2 medium tomatoes, peeled, seeded and diced
1 small clove garlic, minced
3/4 cup chopped green onions
1/4 cup chopped fresh parsley
5 tablespoons red wine vinegar
3 tablespoons olive oil

1 teaspoon ground cumin
3/4 teaspoon Tabasco pepper sauce
1/2 teaspoon salt

Instructions:

Preheat oven to 375f. Trim the ends off the eggplant and cut the eggplant in half lengthwise. Place the halves on a greased baking sheet, cut side down. Bake for 35 minutes, or until tender, then cool and peel and dice. In a large bowl, mix the eggplant, tomatoes, garlic, green onions and parsley. In a small bowl, stir together the remaining ingredients. Pour the marinade over the vegetables and mix well. Cover and let stand for several hours to blend flavors. Serve at room temperature. Makes 1 quart. Note: To microwave the eggplant instead of baking it, place the halves cut side down on a greased microwave-safe dish. Cook on high 5 to 6 minutes, or until tender.

EGGPLANT PARMEGIANO

Ingredients:

2 large eggplants - sliced thick
olive oil
salt and pepper
1 cup parmesan cheese
1/2 cup shredded jack cheese
sauce
1/2 cup olive oil
1 bunch scallions chopped
3 garlic cloves - minced
1 medium onion - diced
2 can tomato puree

Instructions:

Brush sliced eggplant with olive oil and season with salt and pepper. Grill the eggplant on barbecue. In a 9x12 casserole dish, spread a thin layer of sauce to cover bottom of dish. Lay one layer of eggplant on top of sauce and sprinkle parmesan on top. Continue process until pan is full, ending with a layer of sauce and top with jack cheese. Bake at 350 degrees for 45 minutes.

EGGPLANT PARMIGIANA OLIVE GARDEN

Ingredients:

1 eggplant, peeled, sliced 1/4"
flour
oil
seasoned salt
1 pound jar meat-flavored prego
1/4 cups grape jelly
14 ounces can sliced-style stewed tomatoes
4 slices mozzarella cheese

Moisten eggplant and coat lightly in flour. Quickly brown slices in hot oil, dusting each side generously with seasoned salt. When fork tender and golden brown transfer to jelly roll pan. Cover loosely with foil and bake at 375f about 20 to 25 minutes or until tender. Use 8 slices for this amount of sauce.

Instructions:

Sauce - combine sauce, jelly and tomatoes that have been broken up with a fork. Heat on medium until piping hot. Do not boil be sure jelly is melted. Arrange 2 slices eggplant on each of 4 plates. Cover each with 1 slice of mozzarella. Ladle sauce over all, not to cover completely. Place plates in 375f oven just to melt cheese and serve promptly.

EGGPLANT SNACK**Ingredients:**

1 medium-large eggplant, peeled and cut in small cubes
1 medium onion, chopped
1 clove garlic, minced
1 medium tomato, diced
1 large bell pepper
2 tablespoons olive oil or sesame oil
Salt, pepper and cumin to taste

Instructions:

1. Prepare eggplant, onion, garlic and tomato in a bowl and set aside. Mix so that flavors can blend. 2. Meanwhile, slice bell pepper in 1-inch slices and saute in oil until tender. Remove from pan and peel off skin. Cut into cubes and return to saucepan. Add the eggplant mixture and seasonings. 3. Cover and simmer until tender, stirring occasionally. This can be eaten warm or chilled. Serve on crackers or whole grain bread. Store in a fruit jar in refrigerator.

EGGPLANT SOUFFLE**Ingredients:**

1 medium eggplant
2 tablespoons butter
2 tablespoons flour
1 cup milk
1/2 cup grated cheddar cheese
2 teaspoons finely chopped onion
1 tablespoon catsup
2 eggs, separated
3/4 cup soft bread crumbs
1/2 teaspoon salt

Instructions:

Pare eggplant; cook until tender in enough unsalted water to cover. Drain and mash. Melt butter; gradually mix in flour. Add milk; cook over low heat until thick. Mix in cheese. Add remaining ingredients, folding in stiffly beaten egg whites last. Turn into a greased 2-quart baking dish. Place baking dish in pan of water. Bake at 350 degrees for 50 to 60 minutes or until brown and firm.

EGGPLANT WITH SESAME SAUCE**Ingredients:**

1 medium eggplant peel, slice 1/4 inch round
1 tablespoon canola oil
2 cloves garlic minced

2 teaspoon ginger minced
1 tablespoon sugar
2 tablespoon tamari sauce
1 tablespoon rice vinegar
1 teaspoon sesame oil
1 tablespoon sesame seeds lightly toasted

Instructions:

Place eggplant in single kable bamboo or metal steamer. Steam until tender and cooked through, about 10-15 minutes. Sesame sauce: Heat over medium-low heat saute garlic and ginger until soft but not brown, about 3 minutes. Set aside. In small bowl, mix sugar, tamari and vinegar stir until sugar is dissolved. Add sesame oil. reserved garlic mixture and sesame seeds. Spoon over eggplant, tossing lightly to mix.

EGGPLANT WITH SOUR CREAM

Ingredients:

1 small to medium eggplant
1 small onion or 1 green onion, chopped
2 tablespoons chopped bell pepper
2 tablespoons olive oil or butter
1 clove garlic, minced
Salt and seasoned pepper to taste
1/8 teaspoon paprika
1/4 teaspoon curry powder, optional
3/4 cup sour cream

Instructions:

1. Peel eggplant and cut in cubes. Chop green onion and pepper and set aside. 2. Heat olive oil or butter in a skillet; and garlic and saute for 1 minute. Add eggplant, onion and bell pepper and saute until eggplant becomes soft and golden brown. 3. Add salt and pepper to taste, paprika, curry powder and sour cream. 4. Toss well and heat thoroughly before serving. 5. Or, after adding sour cream, stir well and chill. This can be eaten chilled or hot.

EGGPLANT WITH TOMATOES

Ingredients:

1/4 cup unsifted flour
2 medium tomatoes, diced
1 medium eggplant (about 1 1/2 lb.) peeled and cut into 1/2 inch cubes
12 slices bacon, diced
3/4 cup coarsely chopped onion
1/4 cup water
1 teaspoon salt
1/8 teaspoon pepper

Instructions:

In plastic bag place flour. Add tomatoes and eggplant; shake until well coated. Set aside. In 4-quarts Dutch oven over medium heat, cook bacon until browned. Drain bacon on paper towels. Pour off all but 1/4 cup bacon drippings. Add onion to bacon drippings;

over medium-high heat cook until tender. Stir in tomatoes, eggplant, bacon, water, salt and pepper. Cover and cook, stirring occasionally, 35 minutes or until eggplant is tender.

EGGPLANT WITH YOGHURT SALAD JORDAN

Ingredients:

1 eggplant, peeled and cubed
1 clove of garlic
Salt and pepper to taste
1 carton yoghurt
3 tablespoons olive oil

Instructions:

Boil eggplant until tender; drain and mash. Mash garlic with salt and pepper; mix with yoghurt. Pour yoghurt mixture over eggplant; mix. Sprinkle olive oil over salad just before serving.

ELEGANT WILTED LETTUCE

Ingredients:

5 cup bibb lettuce; torn bitesize
2 onions; chopped
5 slice bacon; cooked and crumbled
2 tablespoon brown sugar
3 tablespoon vinegar
1 tablespoon water
1/2 teaspoon salt
1/4 teaspoon dry mustard

Instructions:

Put lettuce and onions in salad bowl. Fry bacon crisp and cool on paper towel. Cool bacon grease slightly; add sugar, vinegar, water, salt, and mustard. Pour over lettuce and onion. Sprinkle bacon on top.

ENGLISH WALNUT BROCCOLI

Ingredients:

2 10-ounces package frozen chopped broccoli, cooked
1/2 cup plus 6 tablespoons butter
4 tablespoons flour
1 1/2 tablespoons powdered chicken stock base or 4 chicken bouillon cubes, crushed
2 cups milk
2/3 cup water
2/3 8-ounces package herb stuffing mix
2/3 coarsely chopped walnuts

Instructions:

Drain broccoli; turn into greased 1 1/2-quart casserole. Melt 1/2 cup butter; blend in flour and chicken stock base or bouillon. Gradually add milk; cook until thickened, stirring constantly. Pour over broccoli. Heat water and remaining butter; blend with stuffing mix. Add nuts; sprinkle over casserole. Bake at 350 degrees for 30 minutes.

ENOCH'S CARROTS

Ingredients:

3 tablespoon olive oil
salt and pepper to taste
1 pound carrots peeled & sliced thin
2 tablespoon fresh chopped parsley
3 tablespoon butter

Instructions:

Scrape carrots and slice thin. Melt butter in oil in pan. When combination of butter and oil is hot add carrots and mix well. Let carrots stick a bit to the bottom and saute to bring out the natural sugar. Add parsley and salt and pepper. Simmer until carrots are cooked but still firm.

EXPERT'S ASPARAGUS SOUFFLE

Ingredients:

1 can cream of mushroom soup
1 tablespoon chopped pimento
1 tablespoon onion, juice or grated onion
1 tablespoon Worcestershire sauce
1/2 tablespoon chopped green pepper
1 medium can asparagus
1/2 box cheese ritz crackers, crushed
1/2 stick margarine or butter, melted

Instructions:

Combine soup with all ingredients except asparagus, margarine and crackers. Add asparagus. Mix margarine and crushed cheese crackers; place on top of casserole. Bake at 350 degrees for 30 minutes.

EXTREME CREAMY DILLED CARROTS

Ingredients:

4 cups thinly sliced carrots
3/4 cup water
1 tablespoon butter
1/2 teaspoon salt
1/4 teaspoon sugar
1 pinch white pepper
1 tablespoon all-purpose flour
1/2 cup light cream
2 teaspoons dried dill -or-
2 tablespoons fresh dill

In a saucepan, combine carrots, water, butter, salt, sugar and pepper. Cover and simmer until carrots are crisp-tender, about 10 minutes. Drain liquid into a small saucepan, set the carrots aside and keep warm. Bring liquid to a boil. In a small bowl, combine flour and cream until smooth, slowly add to liquid, stirring constantly. Simmer for 10 minutes, stirring occasionally. Pour over the carrots, stir in dill. Cover and let stand for

Instructions:

15 minutes before serving.

FESTIVE FRY

Ingredients:

1 ounce butter
1 tablespoon oil
5 tablespoon swede or turnip cut into thin strips
6 peeled spring onions diagonally cut
1 2/3 ounce chestnuts sliced
8 ounce cooked gammon or shoulder joint cut into strips
grated rind and juice of 1/2 orange
3 tablespoon redcurrant jelly
salt and freshly ground black pepper

Instructions:

Heat the butter and oil in a large frying pan or wok. Add the swede or turnip and spring onions and stir fry for 2-3 minutes. Add the chestnuts, gammon, orange rind and juice, redcurrant jelly and seasoning to taste. Stir fry for a further 5-6 minutes.

FIDDLEHEAD FERNS

Ingredients:

1 pound fiddlehead ferns
3 tablespoons butter
2 teaspoons minced garlic
1 teaspoon chopped parsley (optional)
salt to taste
freshly ground black pepper to taste

Instructions:

Before you're ready to cook cut about 1/8 - inch off the thick ends if they look brown and rinse the fern shoots thoroughly to get rid of the brown fuzzy chaff that clings to their sides. Dry the shoots thoroughly before cooking by first spinning them in a lettuce spinner and then patting them with paper towels. Melt butter in a pan at medium heat. Add garlic, parsley and fiddleheads to the pan. Season with salt and pepper to taste. Saute for 5 minutes or until they are done.

FIESTA PEAS

Ingredients:

1 can green peas
1 tablespoon butter
1/2 teaspoon sugar
Pinch of salt
2 tablespoons dry sweet pepper flakes or fresh chopped sweet pepper
1 small can mushrooms, drained

Instructions:

Drain liquid from peas into pan; add all ingredients except peas and mushrooms. Boil liquid until only 1/2 cup of mixture remains. Add peas and mushrooms. Heat and serve.

FINE OKRA FRITTERS

Ingredients:

1 quarter okra
salt, to taste
pepper, to taste
2 eggs
2 teaspoons baking powder
flour

Instructions:

Boil okra, strain off water and mash. Season with salt and pepper, beat in eggs, baking powder, and enough flour to make a stiff batter. Drop one tablespoonful at a time in deep fat and fry.

FRED'S CORN FRITTERS

Ingredients:

1-3/4 cup flour
1-tablespoon baking powder
1/2-teaspoon salt
1 whole egg
1-cup milk
1-tablespoon melted shortening
2 cups whole kernel corn, drained

Instructions:

Mix all ingredients in large mixing bowl. Drop by tablespoon into deep, hot fat. Fry 3-5 minutes or until brown on all sides.

FREUD'S CREAMED ONIONS

Ingredients:

18 to 20 medium onions
1/3 cup salad oil
3 tablespoons all-purpose flour
1 1/2 cups milk
1 cups shredded process american cheese
Peanuts, chopped

Instructions:

Peel onions and cook in a large amount of boiling salted water until tender; drain. In a boiling salted water until tender; drain. In a large saucepan, blend salad oil and flour; stir in milk and cook slowly until mixture thickens, stirring constantly. Add the shredded cheese and stir until melted. Add drained onion and heat through. Place in vegetable bowl and sprinkle with chopped peanuts.

FREUD'S HOMINY

Ingredients:

1 quarter corn
5 quarter water, (5 to 6)
1 tablespoon lye

Instructions:

Soak corn overnight, drain water off. Put water in enamel pan. Add 1 tablespoon to water, add corn and cook until tender. Then run tap water over and wash and rinse several times. This way you remove husk. Ready to cook and serve. You can double this recipe if you wish.

FRIED ONIONS**Ingredients:**

1-large onion

1/4-cup vegetable oil

Instructions:

Slice onion as thinly as possible more like a shave than a cut across width. You may need to use a meat slicer or food processor fitted with a 1-millimeter blade to slice it this fine. Heat oil in a small skillet. Working in small batches fry onions constantly shaking the pan just until crispy and golden about 3 minutes. Remove onions with tongs or a slotted spoon and drain on paper towels.

FUN CAULIFLOWER**Ingredients:**

cauliflower fresh or frozen

1 cup mayonnaise

2 tablespoons mustard

3/4 cup milk

1 cup cheddar cheese

salt and pepper

1/4 cup butter

Instructions:

Cook cauliflower until tender, drain, salt and pepper. Pour butter over cauliflower. Mix milk, mayonnaise and mustard together, pour over cauliflower and sprinkle cheese on top. Cook 5-10 minutes at 350F.

FUN OKRA AND TOMATOES**Ingredients:**

1 1/4 pound ripe tomatoes

1 pound okra

1 cup diced onion

1/4 cup butter

1 teaspoon salt

1/4 teaspoon pepper

Cut stem from the tomatoes. To peel, place tomatoes one at a time in boiling water for 15 seconds, remove from water, and pull off the peel. Slice peeled tomatoes, set aside. Trim stem from okra, and cut in bite-sized pieces. In a saucepan over medium heat, combine tomatoes, okra, onion, butter, salt and pepper. Bring mixture to a boil. Reduce heat, and

Instructions:

Simmer, uncovered, 30 to 40 minutes or until some of the liquid has evaporated, leaving a thickened sauce.

GARDEN FRESH CUCUMBERS

Ingredients:

1/4 cup vinegar
1 tablespoon lemon juice
1 teaspoon celery seeds
2 tablespoons sugar
3/4 teaspoon salt
1/8 teaspoon pepper
2 tablespoons chopped onion
3 cups sliced peeled cucumbers (2 medium)
Chopped parsley (optional)

Instructions:

Combine vinegar, lemon juice, celery seeds, sugar, salt, pepper and onion. Pour over cucumbers. Chill thoroughly. Serve topped with chopped parsley, if desired.

GARLIC SAUTEED SWISS CHARD

Ingredients:

1.00 pound red or green Swiss chard
1.00 tablespoon olive oil
2.00 Cloves garlic - peeled and Halved
2.00 teaspoons lemon juice
Salt and freshly ground
Pepper to taste

Instructions:

1. Wash and trim chard. Slice stems into 1/2-inch pieces and roughly chop leaves. 2. In a large skillet over medium heat, heat oil. Saute garlic in oil several minutes, until it begins to brown. Remove garlic and discard. 3. Add chard stems to skillet. Cover and cook over medium heat until crisp-tender, 3 to 4 minutes. 4. Add chard leaves. Saute, stirring constantly until leaves are wilted, about 1 minute. 5. Season to taste with lemon juice, salt, and pepper.

GARLIC SOBA WITH BROCCOLI RABE NINA SIMONDS

Ingredients:

1 1/2 tablespoon safflower or corn oil
1 1/2 teaspoon toasted sesame oil
2 tablespoon very thinly sliced garlic
1 1/2 teaspoon crushed red pepper
1 1/2 pound broccoli rabe
1/4 cup Chinese rice wine or sake mixed with
3 tablespoon water
1 pound soba cooked
3/4 cup toasted pine nuts optional
sweet soy sauce mix together
3 tablespoon soy sauce
2 tablespoon water
1 1/2 teaspoon sugar

Instructions:

Heat a wok or a heavy skillet over medium heat. Add both the oils and heat until hot, about 30 seconds. Add the garlic and red pepper and stir-fry until the garlic is lightly golden, about 30 seconds. Add the broccoli rabe, turn up the heat to high, and add the rice wine mixture. Stir-fry for 30 seconds, then cover and cook for 1 1/2 to 2 minutes, or until the broccoli is tender. Add the noodles, sweet soy sauce mix, and pine nuts, if using, and stir fry to blend. Transfer to a serving bowl and serve.

GARLIC WITH CUMIN EGGPLANT**Ingredients:**

3 garlic heads, broken into cloves but unpeeled
4 tablespoons olive oil
Salt and cayenne
1 eggplant, thinly sliced lengthwise
2 teaspoons cumin
12 ounces capellini
juice of 1/2 lemon
2 teaspoons cilantro, chopped

Instructions:

Place whole, unpeeled garlic cloves on a baking sheet in a single layer and sprinkle with 2 tablespoons olive oil and salt to taste. Roast at 350 for 30 minutes. Raise the heat to 400 and continue to roast for another 10 minutes. Remove from oven and cool. When cool enough to handle, peel and toss with the remnants of the oil they were cooked in. Set aside. Brush eggplant slices with rest of olive oil and sprinkle with 1 teaspoon cumin. Broil until the eggplant is browned in spots and tender, cut into matchstick pieces. Cook pasta to al dente and drain. Toss pasta with the eggplant and garlic flesh. Season with salt, cayenne, rest of cumin and the lemon juice. Let cool to room temperature and serve. Garnish with cilantro.

GERMAN RED CABBAGE**Ingredients:**

1 medium red cabbage
1 bay leaf
2 tablespoons vinegar
2 small apples
salt
pepper

Instructions:

Shred cabbage finely. Peel and slice apples. Add all ingredients. Cook until tender, about 20 minutes.

GINGERCARROTS AND GREEN BEANS**Ingredients:**

1/2 pounds carrots; sliced 1/2 inch thick
1/2 pounds fresh green beans; trimmed
2 tablespoons margarine
3/4 teaspoons grated ginger root

1 dash salt

Instructions:

Boil carrots and green beans separately, 7 to 10 minutes each, until crisp tender. Drain. Rinse with cold water and drain again. Refrigerate separately if preparing ahead of time. to serve, melt butter in a skillet. Add ginger and cook for 2 minutes. Add carrots and stir over medium high heat 3 to 4 minutes until hot. Remove and mound in middle of serving platter. Add green beans to skillet. Stir 3 to 4 minutes until hot. Arrange around carrots.

GINGERED CARROTS AND CELERY

Ingredients:

6.00 large carrots, peeled and cut into -julienne strips

1.50 cups celery, sliced 1/4 inch

-thick on a slant (up to 2)

0.25 cup margarine

3.00 tablespoons grated fresh ginger

0.33 cup sugar

1.00 Lime

Instructions:

Melt margarine in heavy pan. Add carrots. Sprinkle with sugar. Cook and stir over medium-high heat until carrots are tender crisp and sugar is syrupy. Add ginger, then celery. Cook and stir 1-2 minutes. Add lime juice and zest off lime and serve.

GINGERED CARROTS

Ingredients:

6 ea medium carrots, 1" pieces

1 teaspoon sugar

1 teaspoon cornstarch

1/8 teaspoon ground nutmeg

1/4 teaspoon ground ginger

1/4 cup orange juice

1 teaspoon low fat margarine

Instructions:

Steam carrots just until tender, drain. While carrots are cooking, combine sugar, cornstarch, nutmeg and ginger in a small saucepan, add orange juice. Cook over medium heat, stirring constantly, until sauce thickens. Cook 1 min, then remove from heat and stir in margarine. Place carrots in a serving dish, pour sauce over them, tossing to coat evenly. Cover and let stand 4 to 5 min before serving..

GINGERED SPAGHETTI SQUASH

Ingredients:

1 small spaghetti squash halved, deseeded

2 tablespoons butter

1 tablespoon honey

1/2 tablespoon minced ginger

salt to taste

freshly-ground black pepper to taste

Instructions:

Pre-heat oven to 375 degrees. Place squash on baking dish and add the butter, honey, ginger and seasoning. Bake for 45 to 60 minutes until squash is "al dente". Do not overcook the squash. Spoon out squash and check for seasoning. Keep warm for serving.

GLAZED CARROT COINS

Ingredients:

12 medium carrots, cut in 1 in pieces
1/2 cup packed brown sugar
3 tablespoons butter or margarine
1 tablespoon grated lemon peel
1/4 teaspoons vanilla

Instructions:

In a saucepan, cook carrots in a small amount of water until crisp tender; drain. Remove and keep warm. In the same pan, heat brown sugar and butter until bubbly. Stir in lemon peel. Return carrots to pan; cook and stir over low heat for 10 to 15 minutes or until glazed. Remove from the heat; stir in vanilla.

GLAZED PARSNIPS

Ingredients:

1 pound parsnips
3 tablespoons honey or brown sugar
3 tablespoons butter
Salt and pepper
Few drops lemon juice

Instructions:

Wash and scrape, young firm parsnips. Cut them down lengthwise, boil them until tender in a very little salted water. The pressure cooker takes 3 or 4 minutes. Salt and pepper the parsnips. Melt the butter in a skillet, add the honey and stir the parsnips around in this until they are well browned and glazed. Sprinkle with a few drops of lemon juice.

GLAZED TURNIPS

Ingredients:

1 medium yellow turnips; cubed
1 dozen dried apricots
1/2 cup water
1/2 cup brown sugar
2 tablespoons butter or margarine

Instructions:

Presoak apricots 1 hour. Place turnips cubes in cooker. Pressure cook at 15 pounds pressure for 3 to 5 minutes. Reduce pressure with cool water. Add sugar and butter and heat over low flames until glazed.

GOBI ALOO

Ingredients:

1 pound cauliflower cut into medium sized floweret s
3 big potatoes cubed
3 tomatoes finely chopped

1 onion finely chopped
1 inch piece ginger
1 teaspoon red chili powder
1 teaspoon haldi
1 teaspoon garam masala
salt to taste
2 tablespoon ghee
sliced green chilies and chopped coriander leaves for garnishing

Instructions:

Heat ghee in a kadai and fry the onion till light brown. Add cauliflower and potatoes and fry for 5 minutes. Add tomatoes and all masalas and salt to taste. Cover and cook on a slow fire till vegetables are done. Garnish and serve hot.

GOURMET ONIONS

Ingredients:

5 medium onions
teaspoon sugar
teaspoon salt
teaspoon pepper
1/3 cup butter
cup sherry
2 tablespoons parmesan cheese, shredded

Instructions:

Peel and slice onions. Melt butter in saucepan and add onions. Season with sugar, salt and pepper. Cook 5 to 8 minutes until barely tender, stirring to separate rings. Add sherry. Cook 3 more minutes. Remove from heat. Sprinkle with parmesan.

GOURMET'S DELIGHT DRESSING

Ingredients:

1 cup crumbled corn bread
1 cup crumbled toasted bread
3/4 pound pork sausage
2 cups crumbled toasted buns
1 cup peeled chopped apples
1/2 cup seedless raisins
Salt and pepper to taste
1 cup giblet broth

Instructions:

Combine all ingredients; mix well. More broth may be added if desired. Bake with fowl.

GREEN CHARD AND SLIVERED CARROTS

Ingredients:

3 tablespoons virgin olive oil
1 garlic clove; sliced
2 small dried red chile peppers or double amount
1 bunch Swiss chard (about 1 1/2 pound)
3 medium carrots

salt and pepper
vinegar or sliced lemon wedges

Instructions:

This can be either a hot side dish or a room temperature salad. Warm the olive oil in a pan with the garlic and chile peppers. Once the garlic slices are brown, remove them and set the oil and peppers aside. Separate the chard stems from the leaves. Cut the leaves into large pieces and wash them. Trim the uneven ends off the stems. Then, to make the stems as tender as possible, peel off the thin, transparent outer skin from each stem. Catch the edge of a knife under the top layer of skin, and pull it down the length of the stem. It sometimes helps, especially if the stem is cured, to first cut the stem in half lengthwise. Peel both sides of the stems, cut them into 2 inch lengths. Then lengthwise into narrow strips. Peel the carrots, slice them into long, 1/4 inch diagonals, then into narrow strips.

GRILLED CORN WITH ANCHO AVOCADO BUTTER

Ingredients:

1/2 small ancho chili pepper
2 tablespoons lime juice
3 tablespoons butter, softened
1/2 small avocado, seeded, peeled,
and chopped
1/8 teaspoon salt
6 ears white or yellow sweet corn

Instructions:

In a small saucepan combine ancho pepper, lime juice, and 2 tablespoons water; cook on low heat, covered, for 10 minutes or until pepper turns soft. Drain and cool. Remove stem and seeds of pepper. Finely chop pepper and combine with softened butter. Slightly mash the avocado with the salt. Stir into butter. Cover and chill or spoon into small mold or cup lined with plastic wrap; chill. Remove husks and silk from ears of corn. If desired, leave a few leaves of the husks intact for presentation. In a large saucepan cook corn, covered, in a small amount of boiling water for 5 to 7 minutes. Drain. Grill on an uncovered grill directly over medium coals for 10 minutes, turning several times. Remove butter from mold. Remove plastic wrap. Serve corn with ancho-avocado butter.

GRILLED EGGPLANT SLICES MIDDLE EASTERN STYLE

Ingredients:

1 eggplant; sliced
1/2 cup tahini
2 garlic cloves; chopped
1/2 lemon; juiced; or to taste
1/4 teaspoons cumin; or to taste
3 tablespoons water; about
salt and cayenne pepper; to taste
1 tart sweet firm plum or 1/2 pomegranate
1/4 cup fresh mint leaves or half mint and half cilantro

Instructions:

Grill the eggplant until lightly charred and tender, then transfer to a platter. Mix together the tahini, garlic, lemon juice, cumin and water. Season with salt and cayenne pepper.

Drizzle this onto the eggplant and garnish with diced tart plums or pomegranate seeds, and chopped herbs.

GRILLED JAPANESE EGGPLANT WITH CHILI GARLIC GOAT CHEESE

Ingredients:

8 Japanese eggplants
olive oil
salt and pepper
1/2 pounds fresh mild goat cheese like chevre
2 teaspoons minced garlic
1 teaspoon red pepper flakes
6 basil leaves; shredded

Instructions:

Prepare the grill. Cut the eggplants in half lengthwise. Brush the cut edges with olive oil and season with salt and pepper. In a mixing bowl, combine the cheese, garlic, red pepper flakes, basil and a pinch of salt and blend well. Refrigerate until ready to use. Place the eggplant halves on the grill, flesh side down, and cook until almost soft, about two minutes. Remove from the grill and let cool slightly. Spread the goat cheese mixture on the warm eggplant pieces and serve at once.

GRILLED LEEKS

Ingredients:

2 cups White wine
2 cups Clam juice
6 Garlic cloves, smashed
1 large Onion, coarsely chopped
2 tablespoons Butter
1 bunch Leeks, tough outer leaves removed, cleaned
1 cup Olive oil
4 Garlic cloves, coarsely chopped

Instructions:

Bring white wine, clam juice, garlic, onion and butter to a simmer. Add leeks and braise for 20 minutes, let cool in liquid. Cut lengthwise. Whisk together the olive oil and garlic in a large bowl, and let the leeks marinate in it for 1 hour. Preheat grill. Grill the leeks until golden brown. This recipe yields 4 servings.

GRILLED PURPLE ONIONS

Ingredients:

3.00 Medium-size purple or sweet onions
1.50 cups dry white wine
0.25 cup butter or margarine, melted
1.00 Fresh thyme sprigs, (1 to 2)
0.13 teaspoon pepper

Instructions:

Cut onion into 1/2-inch slices. Place slices in a shallow container, add wine. Cover and chill 8 hours, turning occasionally. Drain set aside. Combine butter, thyme, and pepper in a small saucepan. Grill onions, without grill lid, over medium-high heat (350 to 400) 10 minutes, turning and basting often with butter mixture. Cooking school: insert long wooden skewers about 1/2 inch apart horizontally through onion, cut between each skewer into slices. Leave skewers in place to hold onion slices together during marinating and cooking.

GRILLED TOMATOES

Ingredients:

Ripe tomatoes

1 Infused Oil For Grilling Vegetables & Fish

Instructions:

Ripe tomatoes that are still a bit firm work best for this. Remove the core from the tomatoes and cut them in half crosswise. Brush the tomato with infused oil. Baste the tomato with the oil while grilling. Grill just until they are hot and tender, but not oversoft. Serve immediately.

GUARDIAN'S EGGPLANT PARMIGIANA

Ingredients:

1 pound Italian sausages sweet

2 large onions chopped

1 cup garlic minced

1 cup Italian tomatoes

1 cup beef broth

1 packet spaghetti sauce mix

1 large eggplant

3/4 cup bread crumbs plus 1/4 cup parmesan grated plus 1/4 cup parsley chopped

2 eggs beaten with 2 tablespoon water

16 ounce mozzarella sliced cheese

Instructions:

Peel casings from sausage and brown in kettle, breaking up the sausage. Pour off all but 3 tablespoon drippings. Saute onion and garlic until soft. Add tomatoes, broth, spaghetti mix. Simmer over low heat. Prepare eggplant by peeling skin and slice in 1/4 thick slices. Also a good idea to salt, set in colander for 30-60 minutes and drain. Dip in egg mix, then into crumbs with parsley added. Fry in hot olive oil until golden on both sides. Place in casserole, 1 slice eggplant. Some meat sauce, slice of mozzarella. Repeat again. Cover and freeze, or bake now at 425 for 40 minutes.

GUARDIAN'S FRIED CABBAGE

Ingredients:

1 large head cabbage, coarsely chopped

2 teaspoons bacon fat

1 egg

1 tablespoon skim milk

2 tablespoons vinegar

Instructions:

Place the cabbage in a large bowl and cover with cold water. Let stand at least 1 hour. Drain, but do not shake off all the water. Heat the bacon fat in a large skillet and add the cabbage. Cover and cook over medium heat for about 20 minutes or until the cabbage is tender. Stir occasionally. Make a dressing of the egg, milk, and vinegar and pour it over the cabbage. Heat through, stirring often.

HALUSHKA

Ingredients:

1 medium onion, chopped
1/4 pound margarine
1 large cabbage, chopped
1 large package wide egg noodles
1/2 teaspoon salt
1/4 teaspoon pepper

Instructions:

Brown onion in margarine. Gradually add cabbage, 2 cups at a time; heat until cabbage turns bright green and is wilted. Add cooked noodles; season before serving.

HAPLESS CORN FRITTERS

Ingredients:

6 fresh ears of corn grated (or 1 can cream-style corn)
3 eggs
1 scant cup of flour
1 teaspoon paprika
1 tablespoon sugar
2 teaspoons baking powder
1 teaspoon salt

Instructions:

Beat egg yolks. Add corn, flour and seasonings, fold in stiffly beaten egg whites, then baking powder. Drop in deep hot grease.

HERBED BREAD STUFFING

Ingredients:

1 cup butter or margarine
2 cups celery; chopped
1/3 cup onion; chopped
2 tablespoons parsley flakes
2 teaspoons poultry seasoning
2 teaspoons sage; rubbed
1 1/2 tablespoons seasoned salt substitute
12 cups dry bread cubes
1 can chicken broth; 13 ounces

Instructions:

Melt butter in large skillet, saute celery and onion until onion is transparent. Stir in next four ingredients. Place bread cubes in large bowl; stir in onion and celery mixture. Add chicken broth; toss to combine. Stuff loosely into neck and breast cavities or turkey or

chicken and roast or place stuffing in casserole. Bake in covered casserole in 325F oven for 45 minutes. Makes about 10 cups.

HERBED CORN ON THE COB

Ingredients:

1/2 cup butter or regular margarine, softened
2 tablespoons chopped fresh parsley
2 tablespoons fresh or frozen chopped chives
1/4 teaspoon garlic salt
1/8 teaspoon pepper
8 ears corn, husked

Instructions:

In small bowl stir all ingredients except corn until well blended. Place each ear of corn on a 12 inch long sheet of heavy-duty aluminum foil. Spread butter mixture evenly over each ear. Securely wrap each ear into a loose packet, crimping foil tightly to prevent leaking. Bake immediately or refrigerate. To bake, place foil-wrapped packets directly on oven rack. Bake in 375 oven 25 to 30 minutes or until corn is tender. To Grill: Prepare and wrap corn as directed. Grill 4 inch from gray coals (medium heat) 20 to 30 minutes or until corn is tender.

HERBED CREAMED ONIONS AND PEAS

Ingredients:

1 pound small white onions
1 teaspoon salt
1 pound fresh peas, shelled
Herbed cream sauce
Herbed Cream Sauce:
2 tablespoons butter or margarine
2 tablespoons flour
1 cup milk
1/2 teaspoon salt
1/4 teaspoon ground basil
1/8 teaspoon ground pepper

Pour boiling water over onions; let stand for 5 minutes and then peel. Place in saucepan with salt and 1 inch boiling water. Bring to boiling point, uncovered; boil for 5 minutes. Cover and cook for 15 minutes or until tender. Add peas 5 minutes before cooking time is up. Drain; mix lightly with herbed cream sauce. Serve at once.

Instructions:

Herbed Cream Sauce: Melt butter or margarine; blend in flour. Remove from heat and stir in milk. Cook over medium heat until thickened, stirring constantly. Stir in seasonings; pour over vegetables.

HOLIDAY GERMAN STYLE COOKED APPLES AND CABBAGE

Ingredients:

8.00 cups shredded red or green cabbage
5.00 cups peeled and sliced granny Smith apples
4.00 cups boiling, salted water

4.00 slices bacon, diced
1.00 cup sliced onion
2.00 tablespoons cider vinegar
2.00 tablespoons sugar
0.50 teaspoon dried fennel seed, crushed, (optional)

Instructions:

In large saucepan combine cabbage, apples and water, simmer 5 minutes or until cabbage is barely tender. Drain and remove cabbage and apple mixture to serving bowl. In a large skillet, fry bacon in vinegar, sugar and fennel seed, if desired. Cook 2 minutes. Pour bacon mixture over cabbage and apples, mix lightly and serve.

HONEY BUTTERNUT STIR FRY

Ingredients:

1-pound squash, butternut
2 tablespoons vegetable oil
1-teaspoon sesame oil
1/2-cup celery, bias- cut
1 garlic clove, minced
1/2-teaspoon gingerroot, grated
1-cup broccoli flowerets
1/2 small onion, thinly sliced, separated into rings
1 tablespoon lemon juice
2 teaspoons honey (or substitute or eliminate for those who object to honey)
2 tablespoons sunflower nuts

Instructions:

Peel, seed, and slice squash into 1/4-inch slices. Cut slices into small pie-shaped wedges (should have about 2 cups total). In a 10-inch skillet or wok heat oils. Add squash, celery, garlic and gingerroot, stir-fry 3 minutes. Add broccoli and onion, stir-fry 3 to 4 minutes more or until vegetables are crisp-tender. Combine lemon juice and honey, toss with vegetables. Top with nuts.

HONEY GINGERED CARROTS DUPREE)

Ingredients:

6 carrots cut in 2-inch slices
1-tablespoon butter
1-tablespoon fresh ginger root chopped
1 orange grated peel
1-cup honey
2-tablespoons red vinegar (raspberry, balsamic, or red wine)
2-tablespoons mint chopped
Salt and pepper

Instructions:

In a saucepan cover carrots with about 2 cups of water. Bring to a boil, reduce heat and simmer for about 5 minutes. Drain. In same saucepan melt butter over medium-low heat. Add ginger, orange peel, honey, vinegar and carrots. Toss until heated through, about 1 Minute. Remove from heat, add lemon balm or mint and salt and pepper to taste.

HONEY LEMON GLAZED ONIONS

Ingredients:

1 tablespoon butter or margarine
2 tablespoons honey
1/4 teaspoon grated lemon peel
1 teaspoon fresh or canned lemon juice
1 (1 lb.) can small whole onions, drained
1/8 teaspoon ground mace (optional)

Instructions:

Melt butter; mix with honey, lemon peel and juice in skillet; cook until thickened. Add onions and cook over low heat until glazed, turning onions often. Put in serving bowl and sprinkle lightly with mace.

HONEY: HONEY RUTABAGA

Ingredients:

1.00 rutabaga [2 pound]
2.00 tablespoons liquid honey
2.00 tablespoons butter
2.00 tablespoons whisky [optional]
1.00 teaspoon orange rind, grated
salt
pepper

Instructions:

Peel and cut rutabaga in 1 x 1/2-inch cubes. In large saucepan, pour enough cold water over rutabaga to cover by 1-1/2 inches, bring to boil. Reduce heat to medium, cook for about 20 minutes or until tender. Drain in colander. Rinse and dry pan, cook honey, butter, whiskey and orange rind over medium heat for 3-4 minutes or until thickened and syrupy. Add rutabaga, gently toss to coat well and heat through. Add salt and pepper to taste.

HURRAH CORN FRITTERS

Ingredients:

2 eggs
1-2/3 cup corn, whole kernal style
1-1/4 cup flour, all purpose
1 teaspoon baking powder
1-1/2 teaspoon salt

Instructions:

Beat eggs and stir in corn. Sift flour, measure and sift again with baking powder and salt. Combine beaten eggs and corn with flour mixture. Drop by teaspoonfuls into deep fryer and fry until golden brown. Drain on paper towel. Serve with butter, syrup or jelly.

INDIAN CABBAGE WITH FENNEL AND ONIONS

Ingredients:

1.00 quarter shredded cabbage
2.00 onions, sliced

5.00 fenugreek seeds
0.50 teaspoon cumin seeds
0.25 teaspoon brown mustard seeds
0.50 teaspoon fennel seeds
2.00 cloves garlic
1.50 inches fresh ginger
1.00 canned or ripe tomato
0.50 teaspoon turmeric
1.00 fresh hot green chili
1.75 teaspoons salt
1.00 teaspoon ground garam masala
1.00 tablespoon lemon juice
4.00 cups cooked rice

Instructions:

Spray saute pan with Pam. Pour in fenugreek, cumin, mustard, and fennel seeds. Spray seeds with Pam. Saute, stirring, until sizzling and color changes. Add onions and saute over med. Heat 3 minutes, until lightly browned. Add shredded cabbage, stir and cook a few minutes to release juices. Place ginger, garlic, chili, turmeric and tomato in blender. Puree. Add to cabbage. Cover and cook over low heat until cabbage is very tender. Add lemon juice and salt. Cook 5 minutes. Add garam masala and serve over rice.

INDIAN GREEN BEANS WITH COCONUT

Ingredients:

2 packages (10 ounces each) frozen cut-up green beans
2 tablespoons butter or margarine
2 tablespoons ground turmeric
Salt and pepper to taste
1/4 cup grated coconut, preferably unsweetened

Instructions:

Cook beans according to package directions until just tender. Drain. Meanwhile, melt butter in a saucepan. Mix in turmeric, salt and pepper. Cook 1 minute. Add cooked beans and coconut. Mix well and serve.

INDONESIAN MUSTARD GREENS

Ingredients:

2 pounds fresh mustard greens
3 tablespoons vegetable oil
2 garlic cloves, crushed
1 large onion, peeled and sliced thinly
2 teaspoons minced red or green chilis
3 tablespoons soy sauce
Salt and pepper to taste
1 tablespoon fresh lime or lemon juice

Instructions:

Wash greens well. Cut off stems and any wilted leaves. Cut up coarsely with scissors; wipe dry. Heat oil in a skillet and add garlic and onion. Saute until tender. Add greens,

chilis, soy sauce, salt and pepper. Cook slowly, covered, about 30 minutes. Mix in lime or lemon juice, and remove from heat.

INSPIRED COLCANNON

Ingredients:

4 medium potatoes, peeled and boiled
3 tablespoons butter, to taste
1/2 teaspoon salt, to taste
1/8 teaspoon black pepper, to taste
1/4 cup milk
2 tablespoons sour cream
8 ounce kale, cooked and chopped
1 tablespoon onion, grated

Instructions:

Milk and sour cream until light and fluffy. Stir in kale and grated onion.

INTREPID CAMELIZED ONIONS

Ingredients:

2 1/2 pounds (or 6-8) sweet onions (Vidalia) peeled
1/2 cup butter
1 10 ounce can chicken or vegetable broth

Instructions:

Onions should have the stem and root ends removed. Onions should be left whole. Place the onions, butter and broth in a slow cooker set on low and cook until the onions are deep golden brown and very soft, 12 to 24 hours. Different slow cookers will take different amounts of time. It's almost impossible to overcook this, so go for the deepest brown. Use the onions and liquid to flavor soup, stock and stews. They make wonderful additions to risotto, a perfect pasta sauce, and the world's best pizza topping (first drain off the liquid). It also made the best onion soup ever. Store in zippered plastic bags in the refrigerator up to 2 weeks, or in the freezer up to a year.

INVADER'S GINGER GLAZED CARROTS

Ingredients:

2 tablespoons butter or margarine divided
3/4-cup water
1-pound whole baby carrots
1/4-cup honey
2-tablespoons orange juice
1-teaspoon ground ginger
1/8-teaspoon ground nutmeg
1/2-teaspoon parsley flakes

Instructions:

Place 1-tablespoon butter and water in a skillet. Add carrots, cover, and cook over medium heat 6 to 8 minutes or until crisp-tender. Drain, leaving carrots in skillet. Combine next 4 ingredients. Pour over carrots and add remaining 1-tablespoon butter. Cook, uncovered, over medium heat, 5 to 6 minutes, stirring frequently to glaze carrots. Sprinkle with parsley just before serving.

INVADER'S GRILLED CORN ON THE COB

Ingredients:

4 ears sweet corn in husks -- silk trimmed

Instructions:

Place corn in deep container, cover with cold water and soak at least 1 hour. Remove corn from water; shake to remove excess water. Place corn on center of cooking grate. Grill 25 to 30 minutes, turning 3 times. Use gloves to remove husks and silk before serving.

ITALIAN BARLEY VEGAN

Ingredients:

0.50 cup chopped onions

0.50 cup chopped sweet green peppers

1.00 garlic clove, minced

1.00 can tomatoes, undrained/in chunk

16 ounce can

0.50 teaspoon dried oregano

0.50 teaspoon dried basil

2.00 cups water

5.25 ounce barley, 3/4 cup

Instructions:

A tasty side dish for almost any entree, this filling grain also re heats nicely in the microwave. In a medium saucepan over medium heat cook onions, green pepper, and garlic until lightly browned. Add small amounts of water if necessary to prevent drying. Add tomatoes spices and water. Bring to a boil. Stir in barley, reduce heat to low, cover and simmer 50 minutes until barley is tender and water is absorbed. Stir occasionally while cooking and add more water if necessary.

ITALIAN BROCCOLI

Ingredients:

1.00 large bunch broccoli

1.00 small onion, chopped

8.00 large cloves fresh garlic, chopped

0.50 cup olive oil

1.00 cup Italian bread crumbs

0.75 cup grated parmesan cheese

1.00 egg, beaten lightly

salt and pepper to taste

Instructions:

Steam or boil broccoli until tender. Drain and mash as you would potatoes, leaving small bits of broccoli. In large skillet, saute onion and garlic in oil. When onion begins to brown, add broccoli and stir to mix. Add breadcrumbs and cheese and stir until well Blended. Remove from heat and add egg. Stir again to blend, add seasonings and stir again. Place in casserole and, when ready to serve warm in 350-degree oven for about 15 minutes.

ITALIAN STYLE SPINACH

Ingredients:

2 package frozen spinach
2 eggs
1/4 cup bread crumbs
1/4 cup grated Italian cheese
1/2 teaspoon salt
1/2 teaspoon pepper
1/3 cup milk

Instructions:

Cook spinach until tender; drain and chop to texture of paste. Combine with remaining ingredients. More milk may be added if desired. Place in casserole. Bake at 375 degrees for 45 minutes.

JULIET'S GARDEN BURGERS

Ingredients:

3/4 cup lentils
1 1/2 cups water
2 teaspoons balsamic vinegar
1 cup minced onions
2 fresh garlic cloves, crushed
10 large mushrooms, chopped
1/2 cup finely chopped green peppers
2 celery stalks, finely chopped
1/2 cup walnuts, finely chopped
1/2 cup wheat germ
1 tablespoon dry wine
1 teaspoon oregano
1 teaspoon dry mustard
1/2 teaspoon salt
Dash pepper
Olive oil for frying

Instructions:

Place lentils, water, and vinegar in a heavy pot and heat to boiling. Cover and cook for 20 to 25 minutes, until water boils off and lentils are soft enough to mash. Remove from heat and mash lentils. Combine lentils, onions, garlic, mushrooms, green peppers, celery, walnuts, wheat germ, wine, oregano, mustard, salt, and pepper. Mix together thoroughly and form into 6 patties. Fry patties in olive oil until bottoms become crusty and brown. Turn over and fry other side until crusty and brown.

LEBANESE ZUCCHINI

Ingredients:

4 medium zucchini
1 cup long-grain rice
1 yellow onion, peeled, -chopped, and browned
salt and pepper to taste

1 tablespoon lemon juice
1/2 teaspoon allspice
1 teaspoon dried dill
1/2 teaspoon cinnamon
2 cup tomato sauce, canned

Instructions:

Cut the zucchini in half lengthwise and scoop out the seeds. Cook the rice. Mix the rice with the yellow onion, salt, pepper, lemon juice, allspice, cinnamon, and dill. Stuff the zucchini shells with the rice mixture. Spread the tomato sauce on the bottom of a baking dish and lay the the stuffed shells, face up, on top of the sauce. Cover and bake for one hour at 350F (until the zucchini is tender, but firm) Serve with a little of the tomato sauce on top.

LINCOLN'S ZUCCHINI AND EGGPLANT WITH PORK

Ingredients:

1 pound boneless pork sirloin
1 clove garlic
1 zucchini
1 eggplant
1 onion
salt and pepper to taste
1 teaspoon paprika
1 1/2 tablespoon oil
1/2 cup yogurt

Instructions:

Partially freeze the meat and slice it thinly. Mix the slices with paprika, a bit of salt, and a liberal amount of pepper. Mince the garlic clove. Thinly slice the zucchini and half the slices. Thinly slice the eggplant and half or quarter the slices. Slice the onion into rings. Heat the oil in a wok or large frying pan. Stir fry the pork and garlic. When the meat is cooked through, remove to a separate dish and keep warm. In the same pan, stir fry the onions for about 2 minutes. Add the zucchini and eggplant and stir fry over high heat for about 4 minutes, until lightly browned. Stir the meat and yogurt through the vegetables until warmed through. Serve over brown rice.

MARTHA STEWARTS STUFFING

Ingredients:

12-tablespoons unsalted butter
4 onions peeled diced
10 large fresh sage leaves chopped or 2-teaspoons crushed dried sage
6 cups chicken stock homemade or low-sodium canned
2 loaves stale white bread about 36 slices
2 teaspoons salt
4 teaspoons freshly ground black pepper
3 cups chopped flat-leaf parsley about 2 bunches
2-cups pecans optional toasted chopped
2-cups dried cherries optional

Instructions:

Have your bread cut into 1-inch cubes. Melt butter in a large skillet. Add onions and celery 2 large stalks chopped and cook over medium heat until onions are translucent, about 10 minutes. Add sage, stir to combine, and cook 3 to 4 minutes. Add 1/2-cup stock and stir well. Cook for about 5 minutes, until liquid has reduced by half. Transfer onion mixture to a large mixing bowl. Add all remaining ingredients, including the remaining stock; mix to combine.

MINTED PEAS WITH LEMON

Ingredients:

1 10-ounces package frozen peas
2 tablespoons butter or margarine
1 tablespoon fresh mint, finely chopped or 1/4 teaspoon dried mint
1 teaspoon grated lemon peel

Instructions:

Cook peas according to package directions; drain. Add butter, mint, and lemon peel; toss to coat peas. Heat through.

MOUSSAKA BADINJAN (EGGPLANT)

Ingredients:

2.00 1-pound eggplants
2.00 small chopped onions
1.00 pound ground beef, or lamb
4.00 Sliced tomatos
2.00 tablespoons tomato paste in:
1.00 cup water
Salt and pepper to taste

Instructions:

Cut the eggplant in 1-inch thick slices. Salt the slices and let them stand for at least one half hour to allow any bitter juices to drain away. Squeeze the slices, wash in cold water, and pat them dry. Fry the eggplant slices until lightly browned. Saute the chopped onions. Lightly fry the ground lamb or beef and season to taste. Arrange the eggplant slices, tomato slices and meat in alternate layers in a baking dish. Pour the diluted tomato paste on top, and bake in the oven at 350 degrees until nearly all of the liquid has evaporated about 30 minutes. Serve with chopped parsley and/or sauteed pine nuts sprinkled on top.

MUSHROOMS IN TOMATO SAUCE

Ingredients:

1-1/2 pounds mushrooms
1-medium onion chopped fine
2-garlic cloves minced
2-medium tomatoes peeled and chopped
1 stalk celery
3-tablespoons olive oil
1-pinch cinnamon
salt and pepper to taste

Instructions:

Cut off base of mushroom stems wash mushrooms thoroughly in cold water and drain them. Put them in boiling salt water for a few minutes until they are almost tender then rinse in cold water. Heat olive oil; fry chopped onion with whole celery until onion takes on color. Add-garlic. When-garlic takes on color add peeled chopped tomatoes. Remove celery. Season the sauce with ground pepper and a pinch of cinnamon. Slice mushrooms add them to sauce salt to taste and boil gently for 15 minutes.

NOBEL'S FRIED EGGPLANT

Ingredients:

1 eggplant
Grated onion or herbs, tarragon or basil
Olive oil or fat
Salt and pepper

Instructions:

Peel the eggplant, cut 1/2 inch from both ends and discard. Slice the eggplant 3/4 inch thick and sprinkle with salt, pepper and grated onion, or sprinkle with herbs. Have a quantity of hot fat in a heavy skillet and brown the eggplant on both sides. Add 1 tablespoon water, cover and steam until just tender. It is not necessary to soak eggplant or salt it and press the juice out under a weight. Eggplant may be seasoned this way and baked in the oven at 350 F. It takes 15 or 18 minutes.

NUTTY BAKED ACORN SQUASH

Ingredients:

2 medium acorn squash
1/2-cup unsweetened crushed pineapple un-drained
1/3-cup chopped pecans
1/3-cup chopped pitted dates
1-tablespoon honey
1-teaspoon ground coriander
1/2-teaspoon salt

Instructions:

Preheat the oven to 400. Wash squash and cut in half. Remove seeds and fibers and place cavity side up in an ungreased baking dish. Thoroughly combine remaining ingredients. Divide the mixture evenly among the squash halves. Pour water into dish to depth of 1/4-inch. Cover and bake for 30 minutes or until tender.

ONION PATTIES

Ingredients:

3/4-cup flour
1-tablespoon sugar
1-tablespoon cornmeal
2-teaspoons baking powder
1-teaspoon salt
3/4-cup milk
2-1/2 cups finely chopped onions

Instructions:

Mix together the dry ingredients then add the milk. This should make a fairly thick batter. Add the onions and mix it thoroughly. Drop the batter by spoonfuls into deep fat. Flatten them into patties when you turn them.

ORANGE GLAZED BEETS

Ingredients:

2 tablespoons butter
2 teaspoons cornstarch
1/4 teaspoon salt
1 tablespoon liquid sugar substitute or 24 tablets, crushed
1 teaspoon cider vinegar
2 teaspoons grated orange rind
1/2 cup orange juice
3 cup sliced cooked beets

Instructions:

Melt butter in saucepan. Blend in cornstarch and salt. Add liquid sugar substitute, vinegar, orange rind and juice. Cook over medium heat until smooth and thick, stirring constantly. Add beets; simmer over low heat for 10 minutes or until thoroughly heated.

ORANGE GLAZED CARROTS

Ingredients:

2 pounds carrots cut lengthwise into thirds then into 2-inch pieces
3/4-teaspoon finely julienned orange zest
1-1/2-cups fresh orange juice
2 garlic cloves minced
1/3-cup thinly sliced scallion whites
1-tablespoon firmly packed light brown sugar
2-teaspoons unsalted butter
1-teaspoon ground ginger
1/2-teaspoon salt or to taste
1/4-cup thinly sliced scallion greens

Instructions:

In a large saucepan, combine the carrots, orange zest, orange juice, garlic, scallion whites, brown sugar, butter, ginger, and salt. Bring to a boil over medium heat and cook gently, stirring occasionally, until the carrots are tender and glossy and the liquid is syrupy, about 20 minutes. Stir in the scallion greens until well combined. Spoon carrots into a bowl and serve.

ORANGE KISSED BEETS

Ingredients:

1/3 cup orange juice
2 tablespoons light brown sugar
1 tablespoon butter or margarine
1/2 teaspoon cornstarch
1/8 teaspoon ground ginger
1/8 teaspoon salt
1/8 teaspoon pepper

1 can (8-1/4 ounces) sliced beets, drained
2 tablespoons golden raisins
Strips of orange peel

Instructions:

In a saucepan over medium heat, cook and stir orange juice, brown sugar, butter, cornstarch, ginger, salt and pepper until thick. Add the beets and raisins; heat through. Garnish with orange peel.

OVEN-DRIED TOMATOES

Ingredients:

olive oil
salt and pepper
tomatoes, preferably plum
fresh herbs (optional): thyme, rosemary, oregano, or garlic

Instructions:

PREHEAT OVEN TO 325F. Lightly oil a cookie sheet or baking pan with olive oil and sprinkle with salt and pepper. Slice tomatoes (plum tomatoes work best) crosswise into 1-inch slices. Pack tightly together on the pan; ideally the tomatoes should fill the entire pan. Drizzle the tomatoes lightly with olive oil, sprinkle with salt and pepper, and sprinkle with fresh herbs if desired (use thyme, rosemary, oregano or garlic, alone or in combination). Roast for 45 minutes to a hour. The tomatoes should be shriveled and dehydrated without burning. The flavor will get more intense and rich the longer the tomatoes are left in the oven.

OYSTER DRESSING

Ingredients:

Onion, chopped
Celery, chopped
Neck and giblets of turkey or chicken
1 recipe corn bread
3 to 4 slices stale white bread
1 jar oysters
1 3/4 cups oyster liquor
Salt and pepper to taste

Instructions:

Cook onion and celery in water with neck and giblets; remove meats. Break corn bread and white bread into mixing bowl. Pour onion, celery and broth over breads. Add oysters, liquor and seasonings. Mix to desired consistency. Place around poultry; add a small amount of water. Cover with foil; bake.

OYSTER RICE DRESSING

Ingredients:

Giblets, chopped
1/2 cup chopped onion
1/2 cup butter
1 1/2 quarts oysters, drained
3 cups cooked rice

1/2 cup chopped celery
3 tablespoons chopped parsley
1 small clove of garlic, minced
1 teaspoon salt
1/2 teaspoon paprika

Instructions:

Saute giblets and onion in butter. Add oysters; cook until edges curl. Blend in remaining ingredients; mix well. Loosely stuff goose or turkey. Roast as usual.

PARMESAN CAULIFLOWER

Ingredients:

1 large head cauliflower
1/4 cup butter or margarine
3 tablespoons dry bread crumbs, toasted
2 tablespoons grated parmesan cheese
Paprika

Instructions:

Separate cauliflower into flowerets. Cook in small amount of boiling salted water until tender, about 10 minutes. Drain. In heavy skillet, over medium heat, brown butter until delicate brown (watch that it does not burn). Coat cooked cauliflower with butter; toss with bread crumbs. Sprinkle cheese over top. Garnish with paprika.

PARSNIPS AND POTATOES

Ingredients:

2 to 3 large parsnips
2 medium potatoes
3 tablespoons butter
Seasoned salt and white pepper to taste
Minced fresh dill for garnish

Instructions:

1. Peel parsnips and potatoes; cut in small pieces and boil in enough water to cover until tender. Drain. 2. Mash or whip vegetables; add butter and seasonings. Garnish with fresh dill.

PATRICKS SUGAR SNAP SPECIAL

Ingredients:

1 to 1 1/2 cups sugar snap peas, strings removed and sliced in 1/2-inch strips
1 clove garlic, minced
1/4 cup chopped leek or green onions
1 tablespoon fresh thyme or 1/4 teaspoon dried
1 cup sliced fresh mushrooms
2 tablespoons margarine, vegetable, olive, sesame or safflower oil
1 cup fresh bean sprouts
Salt and pepper to taste
Squeeze of fresh lemon juice, optional
Grated parmesan cheese

Instructions:

1. Rinse and slice peas; set aside. 2. Saute garlic, leek, thyme and mushrooms in margarine or oil until limp, 4 to 5 minutes. Add peas, bean sprouts, and seasonings. Toss well and continue sauteing for about 4 to 5 minutes until well heated. Do not overcook. 3. Add lemon juice and sprinkle with Parmesan cheese.

PEAS AND PROSCIUTTO

Ingredients:

1/4-cup extra-virgin olive oil
2 teaspoons unsalted butter
1-medium onion finely chopped
2 pounds shelled fresh or frozen peas 6 cups
1/2-cup chicken stock or water more if needed
4 ounces prosciutto di parma finely chopped or other best-quality prosciutto
coarse salt to taste
freshly ground black pepper to taste

Instructions:

In a large skillet, heat oil and butter over medium-high heat until butter is melted and foamy. Add onion, and cook, stirring, until pieces begin to soften, about 2 minutes. Add peas and stock. Lower heat to medium, and cook, stirring occasionally, until peas are tender, 5 to 10 minutes. If mixture becomes too dry, add more stock, 1-tablespoon at a time; the finished dish should be moist but not soupy. Add prosciutto, and stir to combine. Season this with salt and pepper. Serve hot or at room temperature.

PEAS PULAO

Ingredients:

8 ounce rice
8 ounce peas; shelled or frozen
2 cloves garlic
1 teaspoon caraway seeds
2 teaspoon turmeric
4 cloves
1/2 teaspoon cinnamon
1 tablespoon lemon juice
3/4 pint stock or water; hot
Salt and black pepper

Instructions:

Pour a little of the stock into a frying pan, and, over a low heat, fry the spices and minced garlic for a few minutes. Add the rice and cook, stirring, for a few minutes. Add the peas and the rest of the stock. Cook until the rice and peas are tender and all the liquid used up.

PENNSYLVANIA DUTCH CABBAGE

Ingredients:

8 cups shredded cabbage
4 slices bacon, chopped
1 small onion, minced
2 tablespoons brown sugar

2 tablespoons flour
1/2 cup water
1/3 cup vinegar
1/2 teaspoon salt
1/8 teaspoon pepper

Instructions:

Cook cabbage in boiling salted water until tender, 5 to 7 minutes. Drain. Meanwhile, cook bacon until crisp. Remove from skillet. Add onion to bacon drippings and cook until soft. Blend in brown sugar and flour. Add water and vinegar and cook, stirring constantly, until thickened. Add salt and pepper. Add sauce and bacon to drained cabbage; heat thoroughly.

PEPPERED HONEY MUSTARD

Ingredients:

3/4 cup Dijon mustard
1/4 cup honey
1 tablespoon cracked pepper
1/8 teaspoon salt

Garnish: Cracked pepper, this mustard is excellent with chicken or mixed into a homemade

Instructions:

Vinaigrette salad dressing. Combine first 4 ingredients in a small serving bowl, stirring well. garnish, if desired.

PINEAPPLE BEETS

Ingredients:

1/4 cup brown sugar
2 tablespoons cornstarch
1/8 to 1/4 teaspoon ginger
1/2 teaspoon salt
Liquid drained from pineapple
1/2 cup water
1/3 cup vinegar
2 16-ounces cans cut beets, drained
1 16-ounces can pineapple chunks, drained

Instructions:

Mix dry ingredients; add pineapple juice, water and vinegar. Cook until thickened, stirring constantly. Add beets and pineapple; heat thoroughly. Serve hot or cold.

PLANTATION GREEN BEANS

Ingredients:

1 large onion, thinly sliced (about 1 cup)
1 branch green celery, thinly sliced (about 1 cup)
1 tablespoon parsley flakes
1 tablespoon butter or margarine
1/4 teaspoon garlic salt
3/4 teaspoon salt

1/8 teaspoon coarse grind pepper
1 tablespoon cornstarch
1 (16 to 17 ounces) can cut green beans

Instructions:

Cook onion, celery and parsley in butter until onion is golden and celery tender-crisp. Combine garlic salt, salt, pepper and cornstarch. Drain beans; add enough water to bean liquid to make 1 cup; slowly stir into dry ingredients to form a thin smooth paste. Combine cooked vegetables with beans over heat and add sauce. Stir; let simmer 10 minutes, or until sauce has thickened slightly.

POTTER'S EGGPLANT WITH SOUR CREAM

Ingredients:

Eggplant
French dressing
1 clove of garlic
Sour cream with minced chives

Instructions:

Cut eggplant into 3/4-inch slices; marinate in French dressing with garlic for 1 hour. Drain. Bake at 450 degrees for 20 minutes. Remove from oven and spread with sour cream. Return to oven with door open; heat for 5 minutes. Serve warm.

PRELUDE JOHN

Ingredients:

1.00 pound dried black-eyed peas
1.00 large onion, peeled and finely chopped
2.00 tablespoons vegetable oil
1.00 teaspoon garlic salt
1.00 teaspoon oregano
5.00 cups chicken stock
8.00 cups hot cooked rice

Instructions:

Soak peas overnight in water to cover by 2 inches. Drain peas, set aside. In large Dutch oven, saute onion in oil until transparent, add peas, seasonings and chicken stock. Cover and cook slowly until peas are tender, about 30 to 40 minutes. If made ahead, cover and reheat.

PRIME MINISTER'S WILTED LETTUCE

Ingredients:

1/2 head lettuce; torn
2 tablespoon minced onion
3 slice bacon; diced
2 tablespoon vinegar
1/2 teaspoon dry mustard
1 dessertspoon garlic salt
3/4 teaspoon sugar
1/8 teaspoon salt
1/8 teaspoon pepper

Instructions:

In salad bowl, combine lettuce and onion. Fry bacon until crisp, pouring off and reserving fat as it cooks. Drain bacon; add to salad bowl. Return 2 tbsp. fat to skillet; add rest of ingredients. Bring to boil, stirring constantly. Pour over salad; toss.

PRINCE'S CANDIED CARROTS**Ingredients:**

4 cups sliced carrots
3 tablespoons reduced-calorie pancake syrup
1 tablespoon lemon juice
2 teaspoons minced fresh parsley
1 teaspoon butter or stick margarine
1/2 teaspoon salt
Dash pepper

Instructions:

In a saucepan, place 1 inch of water and carrots. Bring to a boil. Reduce heat; cover and simmer until crisp-tender. Drain. Stir in the remaining ingredients. Simmer, uncovered, until most of the liquid has evaporated.

PRUNE STUFFING FOR GOOSE OR TURKEY**Ingredients:**

3 cups prunes
1 cup prune juice
2 1/2 cups bread crumbs
1/2 cup sliced pecans
Juice and grated rind of 1 orange
2 tablespoons syrup
1/2 teaspoon nutmeg
1 teaspoon marjoram
2 teaspoons tarragon
3 tablespoons sherry
Salt and pepper
4 tablespoons butter

Instructions:

Wash the prunes, soak them in 3 cups of water and simmer until tender. Pit and cut them in two and use 1 cup of the juice. Fry the bread crumbs in the butter and mix all the ingredients lightly together and stuff the bird.

PULITZER'S CARROT SOUFFLE**Ingredients:**

1 1/2 cups pureed carrots
Pinch of cloves
2 tablespoons honey
1 teaspoon salt
1/2 cup butter
6 tablespoons flour
1 1/2 cups cream

6 egg yolks
8 egg whites, stiffly beaten

Instructions:

Season carrots with cloves, honey and salt. Butter souffle dish with some of the butter. Melt remaining butter; add flour and cook 1 minute. Add cream and cook until thick. Add egg yolks and carrots. Cool. Fold in egg whites. Bake at 350 for 35 minutes.

PUNGENT CARROTS

Ingredients:

6 slices bacon
3 tablespoons vinegar or lemon juice
3 tablespoons water
3 cups chopped cooked carrots, drained
Salt and pepper to taste
Pinch of ginger

Instructions:

Fry bacon until crisp; drain on absorbent paper. Combine vinegar and water in saucepan; add carrots. Sprinkle with seasoning; heat thoroughly, stirring to blend flavors. Pour into serving dish. Crumble bacon over carrots; serve immediately.

PURPLE CABBAGE SPROUTS SUPREME

Ingredients:

6 to 8 medium purple cabbage sprouts
1/4 cup water
3 tablespoons butter
1 tablespoon minced fresh parsley
1 tablespoon minced red bell pepper
Salt and pepper to taste

Instructions:

1. Wash purple cabbage sprouts. If they are large, cut in half and place cut side down in saucepan. Pour water over. Cover and simmer over low heat for 10 to 12 minutes. Drain and place in a serving dish. 2. Meanwhile, melt butter, add parsley and bell pepper. Saute for 2 to 3 minutes, add salt and pepper to taste and pour over cooked sprouts.

RANSOMED CABBAGE MUSHROOM PIEROGI FILLING

Ingredients:

1 small yellow onion peeled and finely chopped
1 ounce dried mushrooms soaked for-1/2 hr
1 cup warm water
2 tablespoons butter
2 cups finely shredded cabbage
Salt and pepper to taste

Instructions:

Soak the mushrooms and drain them through a fine sieve. Chop the mushrooms finely. Pan-fry the onion and mushrooms in the butter until the onion is clear. Add the cabbage and salt and pepper. Cook for about 15 minutes and cool.

RED CABBAGE (NETHERLANDS)

Ingredients:

1 large red cabbage, shredded
1 large red tart apple, quartered
1/2 to 2/3 cup cider vinegar
2 tablespoons sugar

Instructions:

Place cabbage in kettle; cover with hot water. Cover and cook until half done. Add apple; continue cooking until cabbage is dark red. Add vinegar and sugar. Reduce heat; simmer for 10 minutes.

RED CABBAGE WITH BEER

Ingredients:

10 slices bacon
2 onions, chopped
2 green apples, peeled, cored, and sliced
1 small red cabbage, shredded
1-tablespoon red currant jelly
1 pinch nutmeg
1/2-cup beer
Salt & pepper, to taste

Instructions:

1. Fry the bacon. Remove when crisp and drain on paper towels. Discard surplus bacon fat, saute onions and apple remainder. Transfer to a deep casserole and add shredded cabbage, jelly, nutmeg, beer and salt and pepper. Simmer over low heat for 1 hour.

RED CABBAGE

Ingredients:

1 medium head red cabbage (2 3/4-3 pounds)
1 medium onion
2 large cooking apples (1 pound)
1 tablespoon bacon fat or butter
1 1/2 cups water
1 cup cider vinegar
1/2 cup sugar
1 teaspoon salt
1 bay leaf
2 whole allspice
6 peppercorns
1 tablespoon cornstarch
2 tablespoons cold water

Instructions:

Wash cabbage and remove outer leaves; cut into quarters. Remove core and slice. (You should have about 3 quarts.) Slice onion. Pare apples and cut into sixths, removing core. Toss cabbage, onion and apples together in a Dutch oven. Add water, cider vinegar, sugar, salt and spices. Simmer, uncovered, 1 to 1 1/2 hours, depending on degree of

crispness desired. Combine cornstarch and cold water. Stir into hot cabbage; cook and stir until thickened, about 1 minute.

ROASTED ASPARAGUS WITH CRUSHED POTATOES AND SOUR CREAM

Ingredients:

450 grams asparagus
3 large baking potatoes
110 grams butter
150 milliliters whipping cream
1/2 lemon
chopped chives
salt and pepper
olive oil

Instructions:

Trim asparagus and boil in salted water until cooked. Refresh in cold water. Boil potatoes in their skin until cooked. Drain and peel. Crush potatoes with the butter with the back of a fork. Season with salt and pepper. Whip the cream, season with salt and pepper and add the chives and a good squeeze of lemon juice. In a hot pan, fry the asparagus with the olive oil, season. Place the crushed potatoes in a bowl, rest the asparagus on top and cover with chive cream.

ROASTED BABY ROOT VEGETABLES

Ingredients:

6 bunches baby turnips - (about 2 pounds)
6 bunches baby carrots - (about 2 pounds)
3 tablespoons olive oil
4 sprigs thyme
coarse salt
freshly-ground black pepper

Instructions:

Heat oven to 450 degrees. Trim and peel turnips and carrots. Place vegetables in a medium roasting pan, cutting any larger ones in half so that they are all about the same size. Toss with the olive oil. Add thyme sprigs, and season with salt and pepper. Roast, stirring occasionally, until vegetables are tender when pierced with the tip of a knife, about 45 minutes. Serves 6 to 8.

ROASTED BRUSSEL SPROUTS WITH DRIED TOMATOES AND AGED BALSAM

Ingredients:

1 tablespoon vegetable oil
3 ounces brussel sprouts (quartered)
salt to taste
fresh ground pepper (to taste)
1/2 ounce dried tomato slices
1 teaspoon aged balsamic vinegar

Instructions:

Heat a saute pan over high heat, add the oil. When the oil smokes, add the brussel sprouts, toss until golden brown, season with salt and pepper. Add the tomato slices, toss, and add balsamic vinegar. Serve immediately.

ROASTED EGGPLANT WITH MOZZARELLA AND A BALSAMIC GLAZE**Ingredients:**

1 large eggplant; cut lengthwise into four 1/4-inch thick slices
3 tablespoons olive oil
salt and freshly ground pepper; to taste
2 cups good quality balsamic vinegar
1/2 pound fresh mozzarella; thinly sliced
1 bunch fresh oregano; finely chopped
2 cups mesclun greens

Instructions:

Preheat the oven to 350 F. Place eggplant slices on an oiled baking sheet. Brush each slice with olive oil and season with salt and pepper to taste. Bake for 25 minutes. Place the vinegar in a small saucepan and bring to a slow boil. Reduce heat and continue to cook until the vinegar reduces and becomes syrupy, measuring about 1/3 cup. Remove the eggplant from the oven and let cool. Stack the eggplant one layer at a time, alternating with cheese and fresh oregano, finishing with a fourth layer of eggplant. Return to oven and bake for 10 minutes. Immediately cut each eggplant into four equal portions crosswise. Place each portion on a plate with mesclun greens tossed lightly in a vinaigrette. Drizzle the eggplant with the balsamic glaze.

ROASTED GARLIC CARROTS**Ingredients:**

4 large carrots, (about 1 lb) peeled, trimmed and split lengthwise
1-tablespoon olive oil, extra virgin preferred
2 tablespoons water
8 small cloves garlic, peeled, whole
Pinch of salt
Freshly ground pepper to taste

Instructions:

Preheat oven to 350 degrees. Arrange carrots in a 13 x 9 inch baking dish. Add oil, water and garlic. Cover with foil and bake until the carrots are fork-tender, about 30 minutes. Uncover and turn carrots. Bake until they are golden, about 10 minutes longer. Sprinkle with the salt and pepper and serve.

ROASTED ONIONS WITH BALSAMIC VINEGAR**Ingredients:**

4 medium sweet onions
1 teaspoon olive oil
2 tablespoons water
1 /3 cup balsamic vinegar
2 tablespoons light brown sugar

4 tablespoons butter
Freshly cracked black pepper

Instructions:

Preheat oven to 350 degrees. Cut onions in half and peel away papery outer layers. Rub cut edges with olive oil. Spray a non stick ovenproof pan with non stick spray. Place onions, cut side down, into pan. Bake until onions are soft, about 45 minutes. Place onions onto serving dish, browned side up. Add water, vinegar and brown sugar to the ovenproof pan. Scrape to remove the juices and bits of baked onion. Heat pan on the stovetop to reduce the juices slightly, then spoon over the onions. Serve with cracked pepper to taste. This recipe yields 4 servings.

ROTKOHL SAUCY RED CABBAGE

Ingredients:

2 tablespoon butter or margarine
1 apple, pared & sliced
1 onion, thinly sliced
1/2 red cabbage, coarse shredded
1/2 cup dry red wine
1/4 cup red wine vinegar
1/4 cup apple jelly
2 whole cloves
1 tablespoon cornstarch

Instructions:

Melt butter or margarine in Dutch oven over medium heat. Cook and stir apple and onion until apple is soft but not mushy. Stir in cabbage, wine, vinegar, jelly and cloves. Heat to boiling; reduce heat. Cover and simmer until cabbage is tender, about 30 minutes; drain, reserving liquid. Mix 2 tablespoons reserved liquid into cornstarch. Stir in remaining reserved liquid gradually; stir until smooth. Return to Dutch oven. Heat to boiling, stirring constantly. Boil and stir 1 minute. Pour over cabbage.

SEASON'S COLCANNON

Ingredients:

1 pound potatoes, sliced
2 medium parsnips, peeled and sliced
2 medium leeks
1 cup potato or soy milk
1 pound kale or cabbage
1/2 teaspoon mace (optional)
2 x garlic cloves, minced
1 dash salt
1 dash pepper
2 tablespoons margarine (soy)
1 bunch parsley

Instructions:

Cook the potatoes and parsnips in water until tender. While these are cooking, chop leeks (greens as well as whites) and simmer in the milk until soft. Next, cook the kale or cabbage and have warm and well chopped. Drain the potatoes, season with mace, garlic,

salt and pepper, and beat well. Add the cooked leeks and milk (be careful not to break down the leeks too much). Finally, blend in the kale or cabbage and margarine. The texture should be that of a smooth-buttery potato with well distributed pieces of leek and kale. Garnish with parsley. Colcannon is also made by cooking layered vegetables, starting with potatoes, in a slow-cooker during the day. Drain vegetables, blend with milk and margarine as above and garnish with parsley.

SOCRATES' CORN CURRY

Ingredients:

3 tablespoons butter or margarine
1 1/2 to 2 cups cut fresh or frozen corn*
2 tablespoons chopped green pepper
2 tablespoons chopped onion
1/4 to 1/2 teaspoon curry powder
1/2 cup dairy sour cream
Salt and pepper

Instructions:

Melt butter in skillet. Add vegetables and curry. Cover; cook over low heat until vegetables are just tender, 8 to 10 minutes. Stir in sour cream; season to taste. Heat, stirring constantly. Makes 4 servings. *Or, use drained canned whole-kernel corn or leftover corn cut off the cob; add to heated vegetables with sour cream.

SOCRATES' GARDEN BURGERS

Ingredients:

1/4 cup water
1/2 cup tomato, chopped
1/2 cup red bell pepper, finely chopped
1/2 cup green bell pepper, finely chopped
1/2 cup zucchini, finely chopped
1 cup onion, finely chopped
1/2 cup peas
1/2 cup corn
1/2 teaspoon thyme
3 large potato, cooked and peeled
3 egg whites, lightly beaten
1/4 cup skim milk
1 cup bread crumbs, whole-grain ,nonfat

Heat water in large non-stick skillet over medium heat. Add tomatoes, red pepper, green pepper, celery, zucchini, and onions. Cook and stir for 10 minutes, or until vegetables are tender. Drain vegetables. Stir in peas, corn, and thyme. Mash the cooked potatoes in a large bowl. Stir in egg whites and skim milk. Stir potato mixture into vegetable mixture and shape into 12 burgers. Place crumbs in shallow bowl, dip burger in crumbs to coat.

Instructions:

Brown burgers in a non-stick skillet, or in a skillet sprayed lightly with vegetable cooking spray, for 5 minutes. Turn and saute for 5 minutes more.

SPECIAL CORN CURRY

Ingredients:

1/4 cup melted butter
3 cups whole kernel corn
2 tablespoons chopped green pepper
3 tablespoons chopped pimiento
3 tablespoons chopped onion
1/2-teaspoon curry powder
3/4-cup sour cream
1/2-teaspoon salt
Pepper to taste

Instructions:

Combine butter, vegetables and curry powder in a skillet, cook over low heat 8-10 minutes or until vegetables are tender. Stir in sour cream, salt and pepper. Heat thoroughly, stirring often, do not allow to boil.

SURGEY'S BEETS WITH PINEAPPLE

Ingredients:

1/2 cup sugar
2 teaspoons cornstarch
1/2 cup boiling water
1 teaspoon orange rind
1 tablespoon lemon juice
1/4 cup orange juice
1 tablespoon butter
1 number 303 can beets, drained

Instructions:

Combine sugar and cornstarch. Add boiling water; cook for 15 minutes. Add orange rind, lemon juice, orange juice and butter. Pour over hot beets.

TEASER'S CREAMED RADISHES

Ingredients:

4 package fresh radishes
2 tablespoons flour
1 cup milk
1/8 teaspoon curry powder
1 tablespoon margarine

Instructions:

Pare and cut off ends of radishes. Cover radishes halfway with cold water in saucepan. Cover and cook for 10 minutes. Remove from heat; add flour and milk. Stir; add curry powder, blending well. Cook until sauce is smooth. Add margarine; serve.

TEASER'S ONION RINGS

Ingredients:

1/2 cup white vinegar
1/3 cup sugar

1/4 cup water
2 tablespoons salt
1 teaspoon dried whole dill weed
1 large onion, thinly sliced and separated into rings

Instructions:

Combine first 5 ingredients in a small bowl, stir well. Add sliced onion and toss gently to combine. Cover and chill for at least 5 hours. Serve with cooked meats.

TOTAL EGGPLANT PARMIGIANA

Ingredients:

4 large eggplant
2 eggs
1/3 cup water
3 tablespoons flour
1/3 cup seasoned bread crumbs
1/2 cup parmesan cheese
1 can marinara sauce, 2 pounds
1 pound mozzarella cheese, sliced
olive oil, extra virgin

Instructions:

Pare eggplant and cut in 1/2 inch slices, place in bowl in layers and sprinkle each layer with salt and let stand 30 minutes to drain excess water, dry on paper towels. Mix egg with water and flour. Dip eggplant slices in mixture, drain slightly. Saute a few slices at a time quickly in hot olive oil. Combine seasoned bread crumbs with the parmesan cheese. In removable liner, layer one-fourth of the eggplant, top with one-fourth of the crumbs, one-fourth of the marinara sauce and one-fourth of the mozzarella cheese. Repeat three times to make four layers of eggplant, crumbs, sauce and mozzarella cheese. Place liner in base. Cover and cook on low 4-5 hours or auto 3 hours.

UNSTUFFED CABBAGE

Ingredients:

1 1/2 pound lean ground beef
1/4 cup water
2 eggs
3 tablespoon uncooked rice
2 teaspoon dried minced onions, divided
2 tablespoon dried minced onions
1/4 cup brown sugar, to taste
1 1/2 teaspoon salt
1/2 teaspoon freshly ground pepper
28 ounce whole peeled tomatoes
6 ounce tomato paste
1/2 cup vinegar, or lemon juice
6 ginger snaps, for flavor
1 medium head cabbage

Instructions:

In a large bowl, combine beef, water, eggs, rice, 2 teaspoon dried minced onion, salt and pepper. Mix thoroughly with you hands and form into golf ball-sized balls. Set aside. In another large bowl, combine tomatoes, tomato paste, rest of dried minced onions, vinegar and brown sugar to taste. With a knife, cut the tomatoes into chunks and stir until well mixed. Add the ginger snaps crumbled and stir. Taste and correct for flavor, should be sweet and sour. Set aside. Core the cabbage and shred. Place half of the cabbage on the bottom of a shallow casserole, which has a tight-fitting lid. Cover the cabbage with half the tomato mixture.

VALUE BAKED ACORN SQUASH RINGS

Ingredients:

1.00 acorn squash (about pound)
1.00 teaspoon maple syrup
0.25 teaspoon ground cinnamon
1.00 teaspoon water
1.00 apple, cored and sliced (optional)

Instructions:

Wash the squash, then slice it crosswise into 1/4-inch rings. Remove the seeds and pulp. Layer the rings in a casserole dish, top with maple syrup, dust on cinnamon and sprinkle with water. (as an added touch, slices of apple can be placed in layers alternating with the squash rings.) Bake, covered, in a preheated oven at 275 degrees for about 30 minutes.

VEGETABLE CURRY

Ingredients:

1 1/2 cups diced potatoes
1 1/2 cups diced carrots
1/2 teaspoon salt
1 can peas
1 small onion, chopped
2 tablespoons butter
2 tablespoons flour
1/2 teaspoon curry powder
Pepper
1 cup milk

Instructions:

Cook potatoes and carrots until tender; add salt and peas. Cook onion in butter until yellow; add flour, curry powder and pepper. Stir until thoroughly mixed; add milk. Bring to a boil; pour over hot vegetables. Serve at once.

VICKEY'S ONION RINGS

Ingredients:

1-1/2-cups all-purpose flour
3-tablespoons (heaping) cornmeal
3-tablespoons (heaping) onion powder
2-teaspoons salt
1-1/2-cups milk
1 Egg

1/2-cup water
1-teaspoons yellow food coloring (optional)
3 (up to) 4-large onions, sliced into rings 1/2-inch thick
Vegetable oil for deep-frying

Instructions:

Combine dry ingredients in a bowl. Whisk in milk, egg and water. The mixture will be slightly lumpy and similar in consistency to pancake batter. (Add more milk if batter is too thick.) Coat and fry the onion rings in batches in deep fat fryer with oil heated to 365-375 degrees. When rings float to the top of fat, turn them. Turn frequently until golden brown. Remove from fat and drain. Serve immediately.

VICTORY ASPARAGUS

Ingredients:

1 quart asparagus
1 egg, beaten
1 can cream of mushroom soup
1/4 cup milk
1/2 teaspoon grated onion
Salt and pepper
1 small can shoestring potatoes

Instructions:

Place asparagus in casserole. Mix egg, mushroom soup, milk, onion, salt and pepper to taste; pour over asparagus. Bake at 350 degrees for 30 minutes. Cover with shoestring potatoes during last 10 minutes of baking. Brown slightly.

VICTORY CORN FRITTERS

Ingredients:

3-3/4 cups water, warm
8 ounce butter print sure
20 eggs shell
3-1/2 ounce milk, dry non-fat l heat
6-5/8 pounds corn cream 10
6 pounds flour general purpose 10-pounds
4 ounce sugar, granulated 10-pounds
7-ounce baking powder
2-ounce salt table 5-pounds

Temperature: 350 f. Deep fat 1. Sift together flour, salt, baking powder, sugar, and milk into mixer bowl. Combine water, eggs, corn, and butter or margarine, mix well 3. Add corn mixture to dry ingredients, mix until well blended. Batter will not be smooth. 4. Drop batter 2 tbs (1-no. 30 scoop) into deep fat. 5. Fry 5 minutes or until golden brown.

Instructions:

6. Drain on absorbent paper.

WHIPPED POTATO MINCEMEAT STUFFING

Ingredients:

2 8-ounces packages herb seasoned stuffing
2 cups milk

2 2/3 cups ready-to-use mincemeat
6 cups instant whipped potatoes

Instructions:

Blend stuffing with milk and mincemeat. Prepare potatoes according to package directions. Add whipped potatoes to mince meat mixture; toss lightly with a fork until well blended. Use to stuff a 12-pounds bird.

WHITE ASPARAGUS IN WHITE SAUCE

Ingredients:

29 ounce white asparagus; (2 cans)
2 tablespoon margarine
2 tablespoon unbleached flour
1/2 cup ;asparagus liquid
1/2 cup milk
4 ounce ham; cut into julienne strips
1/8 teaspoon nutmeg; freshly grated
1/4 teaspoon salt

Instructions:

Drain asparagus spears, reserving 1/2 cup of the liquid. Heat margarine in a saucepan. Add flour; blend. Gradually pour in asparagus liquid and milk. Stir constantly over low heat until sauce thickens and bubbles. Add cooked ham and seasonings. Gently stir in asparagus spears; heat through but do not boil. Serve in preheated serving dish.

WHITE CASTLE TURKEY DRESSING

Ingredients:

10 white castle hamburgers (if purchased at a white castle restaurant, remove pickle)
1 1/2 cup celery diced
1 1/4 teaspoon ground sage
1 1/2 teaspoon ground thyme
3/4 teaspoon coarse ground black pepper
1/4 cup chicken broth

Instructions:

In a large mixing bowl, tear the white castle hamburgers into pieces and add diced celery and seasoning. Toss and add chicken broth. Toss well. STuff cavity of turkey just before roasting.

WHITE CORN WITH TOMATOES, BELL PEPPERS AND GINGER

Ingredients:

1/4 cups olive oil
2 cups chopped onion
2 cups chopped celery
2 cups chopped green bell peppers
1 28-ounces can diced tomatoes in juice, drained, juice reserved
2 1-pounds bags frozen small white corn kernels
1 teaspoon minced peeled fresh ginger
1/2 teaspoons grated lemon peel
1/2 teaspoons freshly ground black pepper

Instructions:

Heat olive oil in heavy large pot over medium-high heat. Add chopped onion, chopped celery and chopped green bell peppers and saute until vegetables begin to soften, about 7 minutes. Add tomatoes and 1/2 cups reserved juice and bring to simmer add corn. Reduce heat to medium, cover and simmer 15 minutes. Mix in ginger, lemon peel and black pepper cover and simmer until vegetables are soft and corn is tender but not mushy, adding more reserved tomato juice if mixture is dry, about 10 minutes longer season to taste with salt.

WHY NOT GARDEN SAUTE**Ingredients:**

2 teaspoons vegetable oil
1 cup sliced onion, separated into rings
1 cup red bell pepper strips
2 cloves garlic, minced
1-3/4 cup sliced yellow squash
1-3/4 cup sliced zucchini
1 cup chopped unpeeled plum tomato
1 tablespoon julienne-cut fresh basil
1/2 teaspoon lemon pepper
1/4 teaspoon salt
2 tablespoons grated parmesan cheese

Instructions:

Heat oil in a large nonstick skillet over medium-high heat. Add onion, bell pepper, and garlic, stir-fry 2 minutes. Add squash and zucchini, stir-fry 3 minutes or until vegetables are crisp-tender. Add tomato and next 3 ingredients, cook 1 minute or until thoroughly heated. Remove from heat, sprinkle with cheese.

WILTED DANDELION GREENS**Ingredients:**

2 quarts dandelion greens
1/4 cup bacon fat
1/4 cup cider vinegar
2 teaspoons sugar
1 teaspoon salt
2 tablespoons chopped fresh parsley

Instructions:

Wash greens thoroughly and cut off any stems. Cut into small pieces with scissors. Heat bacon fat, vinegar, sugar, and salt in a heavy saucepan. Wipe greens dry and add. Cook over moderate heat, covered, until wilted and tender, about 12 minutes. Stir in parsley.

WINE ZUCCHINI**Ingredients:**

1 1/2 pound zucchini
1/2 cup dry white wine
1/2 cup vegetable or olive oil
1 teaspoon salt

1/4 teaspoon ground pepper
1/4 teaspoon dried tarragon
1/2 cup parsley, chopped

Instructions:

Cut zucchini lengthwise into 3/4" long strips. Cut across in 1/2" pieces to make about 56 cups. Set aside while you bring wine, oil, salt, pepper and tarragon to a boil. Add zucchini, bring to a boil again. Cover and simmer, stirring occasionally, about 5 minutes until just barely tender. Pour into a serving dish, cover and chill several hours or overnight. Garnish with parsley before serving. Goes nicely with grilled fish, chicken or ribs.

ZUCCHINI AND TOMATO CAVIAR

Ingredients:

2 pound tomatoes
3 tablespoon olive oil
2 cup shredded zucchini
1/2 cup chopped red bell pepper
1/4 cup chopped onion
1/4 cup minced fresh parsley
2 clove garlic, minced
1 tablespoon minced fresh basil or
1/4 teaspoon dried basil, crumbled
1/2 teaspoon dried oregano, crumbled
1 1/2 teaspoon Worcestershire sauce
2 tablespoon fresh lemon juice
pita bread, cut into wedges toasted

Instructions:

Bring large pot of water to boil. Add tomatoes and blanch 20 seconds. Drain. Peel, seed and chop. Heat oil in heavy large skillet over medium-high heat. Add zucchini, bell pepper, onion, parsley, garlic, basil and oregano; saute 3 minutes. Stir in tomatoes, Worcestershire and lemon peel. Season to taste with salt and pepper. Refrigerate until well chilled, at least 3 hours and up to 8 hours. Drain off excess liquid from zucchini mixture. Add lemon juice to zucchini mixture and toss gently. Transfer to bowl. Serve with toasted pita bread.

ZUCCHINI FRITTERS

Ingredients:

1/2 cup milk
1 egg, lightly beaten
1 cup all-purpose flour
1 1/2 teaspoon baking powder
1/21-ounce package ranch-style dip mix
2 cup (8 ounces) shredded zucchini
vegetable oil

Instructions:

Fill a deep-fat fryer or skillet with oil to a 2-inch depth. Heat to 375 degrees. Meanwhile, combine milk and egg in a mixing bowl. Stir together dry ingredients and add to egg

mixture; blend well. Fold in zucchini. Drop batter by rounded teaspoonfuls into hot oil. Fry until deep golden brown, turning once . Drain thoroughly on paper towels.

ZUCCHINI SOUTHERN STYLE

Ingredients:

2 medium zucchini
2 slice bacon
1 medium onion
salt and pepper

Instructions:

Wash zucchini well under cold tap water. Cut off ends. Slice 1" thick. Put aside. Cut up bacon in 1" pieces. Put in 2-quart saucepan. Peel and chop onion. Put in saucepan. Add zucchini. Cover pan. Put on medium heat. Cook 15-20 minutes. Stir around 2-3 times during cooking. Add salt and pepper to taste.

ZUCCHINI STIR FRY VEGETABLE

Ingredients:

4 tablespoons salad oil
3 cups carrot sticks
3 cups celery, sliced
1/2 cup medium onion, sliced and separated into rings
2 zucchini, sliced
1 teaspoon salt
1/4 teaspoon pepper
3/4 teaspoon marjoram
3/4 teaspoon thyme or sage

Instructions:

Cook first 3 ingredients for 10 minutes over medium heat, stirring occasionally. Add, onion rings and zucchini. Cook until crisp and tender. Season with all remaining ingredients.

ZUCCHINI TOMATO MEDLEY

Ingredients:

2 tablespoon margarine or butter
1/3 cup chopped onion
3 medium zucchini; sliced
2 medium tomatoes; cut in wedges
1/2 teaspoon dried basil leaves -or- 1 1/2 teaspoon chopped fresh basil
1/2 teaspoon salt
1/8 teaspoon pepper

Instructions:

Melt margarine in large skillet. Add onion and zucchini; cook and stir over medium-high heat until crisp-tender. Add remaining ingredients; cook until tomatoes are thoroughly heated.

ZUCCHINI WITH CORN AND PEPPERS

Ingredients:

3 tablespoon butter or margarine
1 1/2 pound zucchini; cut in 1/2" cubes
1 1/2 cup uncooked corn; cut from 3 -ears or
1 frozen (10 ounce package) corn; -thawed
1 red or green bell pepper; -seeded and chopped
1 medium onion; chopped
1 clove garlic; minced or -pressed
salt and pepper

Instructions:

Melt butter in a wide frying pan over medium-high heat. Add zucchini, corn, pepper, onion, and garlic. Cook, stirring frequently, until most of vegetable liquid has evaporated and vegetables are crisp-tender (about 5 minutes). Add salt and pepper to taste.

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