

**STEARNS FARM CSA
RECIPE CORNER
INDEX 2004**

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SUN-DRIED TOMATO AND GOAT CHEESE ON SLICE BAGUETTE
1000 Vegetarian Recipe By Carol Gelles

Makes ½ cup spread

1/3 cup soft goat cheese (such as Montrachet)
1/3 cup minced oil-marinated sun-dried tomatoes
2 teas. Olive oil
1 clove garlic, minced
20 thin slices French baguette
20 small fresh basil leaves

In a medium bowl, stir together the cheese, tomatoes, olive oil and garlic. Spread on bread. Top each slice with a basil leaf.

Variation: Stir 3 tbs. chopped basil into the cheese.

GARLIC GREEN BEANS

1,000 Vegetarian Recipes by Carol Gelles

Makes 2 ½ cups, serves 3-4

1 tbs. olive oil
4 cups whole green beans, ends trimmed (¾ lb.)
1 tbs. slivered garlic
2 teas. Fresh lemon juice
1 tbs. water
1/8 teas. Salt, or to taste

In large skillet, heat oil over high heat. Add beans and garlic and cook, stirring about 1 minute. Add the lemon juice, water and salt. Cook, stirring until liquid evaporates and beans reach desired doneness, about 4 minutes.

Variation: Orange-Glazed Garlic Green Beans: Add 2 teas. Orange juice concentrate when you add the lemon juice.

CREAMY PARMESAN GREEN BEANS

1,000 Vegetarian Recipes by Carol Gelles

Makes 4 cups, serves 4-6

1/3 cup heavy cream
6 cups whole green beans, ends trimmed (1 pound)
¼ cup grated Parmesan cheese
1/8 teas. Salt, or to taste
1/8 teas. Pepper

In a large skillet, heat the heavy cream to boiling. Add the green beans, cook, stirring until the liquid evaporates and the beans are tender-crisp and bright green, about 3 minutes. Stir in the Parmesan, salt and pepper. Cook, stirring until beans are coated with slightly melted cheese mixture.

Variation: Creamy Parmesan Broccoli: Use 5 cups broccoli florets instead of the green beans.

PASTA PRIMAVERA WITH CREAMY TOMATO SAUCE**1000 Vegetarian Recipes by Carol Gelles**

Makes 8 cups, serves 4

1/3 cup pine nuts (pignoli)
12 ounces penne
2 tbs. olive oil, divided
1 cup julienned carrots
1 cup julienned zucchini
1 cup julienned yellow squash
1 tbs. all-purpose flour
1 cup half-and-half
1 tbs. tomato paste
1/3 cup grated Parmesan cheese (optional)
1/8 teas. Pepper

Toast the pine nuts in a dry skillet over medium heat until all the nuts are slightly browned, about 2 minutes. Set aside.

Cook the pasta according to package directions, drain.

While pasta is cooking, heat 1 tbs. of the oil in a large skillet over medium-high heat. Add the carrots, cook stirring 30 seconds. Add the zucchini and squash; cook, stirring until tender, about 3 minutes. Remove vegetables from skillet.

Add the remaining tablespoon of oil to the skillet; stir in flour until absorbed. Stir in the half and half and tomato paste. Cook, stirring until mixture comes to a boil and thickens. Stir in pasta and vegetables. Cook, tossing until heated through. Remove from heat; stir in Parmesan cheese, pine nuts and pepper.

CARROT BREAD

Martha Stewart Cookbook

Makes 1 large loaf

½ pound (2 sticks) unsalted butter, at room temperature
½ cup granulated sugar
½ cup brown sugar
3 eggs
2 cups all –purpose flour
1 teas. Baking powder
1 teas. Baking soda
1 teas. Salt
2 teas. Cinnamon
3 cups grated carrots
1 cup coarsely chopped walnuts

Preheat oven to 350 degrees. Butter a 9x5x3 inch loaf pan. With an electric mixer, cream the butter with the granulated and brown sugar and beat until fluffy. Add eggs and beat well. Sift together the dry ingredients. Beat into the butter mixture. Fold in the carrots and walnuts. Mix thoroughly. Pour batter into prepared pan. Bake for approximately 1 hour. Cool on rack. (Recipe can be multiplied if desired).

PENNE PRIMAVERA WITH CREAMY TOMATO SAUCE

1000 Vegetarian Recipes by Carol Gelles

Serves 4

1/3 cup pine nuts	1 tbs. all purpose flour
12 oz. penne	1 cup half and half
2 tbs. olive oil, divided	1 tbs. tomato paste
1 cup julienned carrots	1/3 cup grated parm cheese (optional)
1 cup julienned zucchini	1/8 teas. pepper
1 cup julienned yellow squash	

Toast pine nuts in dry skillet over med heat until they are slightly browned, about 2 mins; set aside.

Cook the pasta according to package directions, drain. While pasta is cooking, heat 1 tbs. of oil in large skillet over med-high heat. Add the zucchini and squash, cook, stirring until tender, about 3 mins. Remove vegetables from skillet.

Add remaining tablespoon of oil to the skillet; stir in flour until absorbed. Stir in the half and half and tomato paste. Cook, stirring until mixture comes to a boil and thickens. Stir in pasta and vegetables. Cook, tossing until heated through. Remove from heat and stir in Parm cheese, pine nuts and pepper.

Variation: Use vegetable broth instead of half and half.

PARSLIED CARROTS

1000 Vegetarian Recipes by Carol Gelles

Serves 4-6

3 cups sliced carrots (1/4 inch thick)
1 tbs. butter or margarine
1/2 cup chopped fresh parsley

Cook carrots in boiling water 10 mins or until tender, drain. Return to pot and stir in butter or margarine and parsley; cook, stirring until butter melts.

Variation: For lower fat version, use only one teas. butter or margarine.

BLACK BEAN SPREAD**1000 Vegetarian Recipes by Carol Gelles**

Makes 1 ½ cups, serves 6-10

1 ½ cups cooked black beans (cooked from dry or canned, drained)

1/3 cup sliced leeks (white and light green parts only)

1/3 cup salsa

4 springs fresh cilantro

½ teas. Ground cumin

Place all the ingredients in a food processor and process until smooth.

Variation: Add fresh chopped or canned jalapeno peppers to taste.

GREEK CUCUMBER SALAD

1000 Vegetarian Recipes by Carol Gelles

Makes 1 cup, serves 4-6

- ½ cup crumbled feta cheese
- ½ 8oz. pkg. cream cheese, softened (4 oz)
- 1/3 cup sour cream
- ½ cup finely chopped, seeded cucumber
- 1 tbs. thinly sliced scallions (green part only)
- 1/8 teas. Pepper

place the feta, cream cheese and sour cream into a blender or a food processor container fitted with a steel blade. Process until smooth. Spoon into a medium bowl. Stir in cucumbers, scallions and pepper.

Variation: Add ¼ cup chopped radish when you add the cucumber.

QUICK PICKLES

Submitted by Sara Abramovitz, Stearns Farm CSA Sharer

- 2 unwaxed or peeled cucumbers
- 1 small onion
- 1 small clove garlic, minced
- 1 T. fresh dill or 1 1/2 t. dill seed
- 1 cup hot water
- 2 T. honey
- 1 T. salt
- 3 T. cider vinegar

Slice each cuke lengthwise into 8 sticks (or slice!). slice onion into rings. alternate layers of cucumber and onion in a broad nonmetal dish. Scatter garlic and dill on top. Mix water with honey and salt to dissolve, add vinegar and pour this brine over the cukes. cover and refrigerate for at least 6 hours before using. When ready to replenish the pickle container, add 1T, vinegar and 1 rounded tsp honey to the brine and add more sliced cucumbers and onion as needed. Prepare a fresh solution after 2 or 3 batches have been made.

MOZZARELLA BAKED EGGPLANT AND ZUCCHINI**1000 Vegetarian Recipes by Carol Gelles**

Makes one 9 inch square, serves 4-6

(Some liquid may still remain after this stands after cooking. Just spoon some of the sauce over each serving as you dish it out)

1 medium eggplant (1 ½ pounds)
 2 ¼ cups marinara sauce, divided
 ¼ cup chopped fresh basil, divided
 1 ½ cups shredded mozzarella cheese
 ½ cup grated Parmesan cheese
 1 ½ cups sliced zucchini

Preheat oven to 375. Grease a 9 inch square baking dish.

Cut the eggplant into ½ inch thick slices. Layer ½ of the slices on the bottom of the dish. Top with ½ cup of the sauce and 1 tbs. of the basil.

Toss together the mozzarella and Parmesan. Sprinkle 2/3 cup of the cheese mixture over the sauce.

Layer the zucchini over the cheese. Top; with ¾ cup of the sauce, 2 tbs. of the basil and 2/3 cup of the cheese mixture.

Top with remaining eggplant slices and the remaining sauce, basil and cheese mixture.

Cover with aluminum foil and bake 15 minutes. Uncover and bake 25 minutes longer. Let stand 10 minutes to set before serving.

EGGPLANT PARMIGIANA**1000 Vegetarian Recipes by Carol Gelles****Serves 4-6**

1 large eggplant, about 1 ½ lbs.	Oil for deep frying
3 eggs	2 cups marinara sauce, divided
3 tbs. water	2 cups shredded mozzarella cheese
1/3 cup all purpose flour	1/3 cup grated Parmesan cheese
1/8 teas. salt, or to taste	(divided)

Preheat oven to 375.

Cut the eggplant into ¼ inch thick slices. In a large shallow bowl, beat eggs with the water. Using a whisk and stir in the flour and salt until smooth.

In a large skillet, heat oil over medium heat until it bubbles when a drop of batter is tossed in. Dip 3 or 4 of the eggplant slices into the batter then fry a single layer until

browned on second side. Remove from skillet and drain on paper towels. Repeat with remaining eggplant slices until all are fried.

Spread $\frac{1}{2}$ cup of the sauce in the bottom of a 9x13x2 inch baking pan. Layer $\frac{1}{2}$ of the slices on the bottom of the pan. Top with 1 cup of the sauce, spreading to cover the eggplant slices. Sprinkle 1 cup of the mozzarella over the sauce and top with 2 tbs. of parmesan.

Place remaining eggplant slices over the cheese and spread the remaining $\frac{1}{2}$ cup of sauce over eggplant. Sprinkle the remaining 1 cup mozzarella over the sauce. Sprinkle with the remaining parm. Cover with aluminum foil and bake 20-25 mins or until heated through and cheese has melted.

GRILLED VEGETABLE PARMESAN **1000 Vegetarian Recipes by Carol Gelles** **Serves 4-6**

3 cups tomato sauce (homemade or prepared)
 6 cups grilled sliced eggplant and/or zucchini
 2 cups shredded mozzarella cheese
 2 tbs. parm cheese

Preheat oven to 350

Spread 1 cup sauce into the bottom of a 8 inch square pan. Layer 3 cups of the grilled vegetables in the pan. Top with 1 cup more sauce. Sprinkle with 1 cup of the mozzarella sauce, then the mozzarella. Sprinkle with parm. Bake 40 mins. or until heated through.

RATATOUILLE **1000 Vegetarian Recipes by Carol Gelles** **Serves 8-12**

2 tbs. olive oil	2 tbs. tomato paste
2 cups chopped onions	1 teas. sugar
3 cloves garlic, minced	1 teas. dried basil
4 cups diced eggplants	$\frac{1}{2}$ teas. dried rosemary, crumbled
1 cup red bell pepper chunks	$\frac{1}{4}$ teas. dried thyme
$\frac{1}{2}$ cup green bell pepper chunks	$\frac{1}{4}$ teas. dried sage
3 cups tomato wedges	2 teas. red wine vinegar
2 cups sliced zucchini	$\frac{1}{2}$ teas. salt or to taste
1 cup sliced yellow squash	$\frac{1}{8}$ teas. pepper
$\frac{1}{3}$ cup chopped fresh parsley	
$\frac{1}{4}$ cup red wine	

In a 6 quart pot, heat the oil over med-high heat. Add onions and garlic, cook stirring until softened, about 2 mins. Add eggplant and both bell peppers cook stirring until softened about 4 mins.

Add the tomatoes, zucchini, yellow squash, parsley, wine, tomato paste, sugar, basil, rosemary, thyme and sage. Bring to a boil. Reduce heat and simmer, uncovered 25 mins, stirring occasionally. Add vinegar, salt and pepper, simmer 5 mins. longer.

PASTA WITH OLIVE OIL AND GARLIC**1000 Vegetarian Recipes by Carol Gelles**

Makes 6 cups, serves 4-6

12 ounces long dry pasta (such as spaghetti, linguini, fusilli or angel hair)
2 tbs. extra virgin olive oil
2 cloves garlic, pressed
1/8 teas. Salt or to taste
Freshly ground black pepper to taste
Shaved or grated Parmesan cheese (optional)

Cook pasta according to package directions, drain.

Heat oil over medium-high heat. Add the garlic and cook stirring about 30 seconds. Add drained pasta and toss. Add salt and pepper to taste. Serve with Parmesan cheese if desired.

Variation: Pasta with Broccoli and Garlic: Add cups cooked broccoli pieces to the garlic and oil. Saute until broccoli is heated through. Toss with pasta.

ROASTED GARLIC**1000 Vegetarian Recipes by Carol Gelles**

Makes 2 heads of garlic, serves 4-8

2 heads garlic
2 teas. Olive oil, divided

Preheat oven to 275

Slice the papery tops off the garlic heads (remove just enough so that the tops of the cloves are exposed). Discard most of the outer paper. Cut four 12x12 inch squares of aluminum foil; stack two squares of foil. Place one garlic head in the center of the foil stack. Drizzle 1 teas. Of olive oil over the exposed garlic cloves. Gather the edges of the foil over the garlic head and press to seal. Repeat with the second stack of foil, head of garlic, and remaining oil. Bake 1 hour. Open the foil packets and bake 30 minutes longer or until the garlic cloves are very tender when pricked with the tines of a fork. Serve warm or cool.

GARLIC-HERB SPREAD (Tastes like Boursin or Allouette)**1000 Vegetarian Recipes by Carol Gelles**

1 cup serves 16

One 8oz pkg whipped cream cheese or plain cream cheese, softened
2 or more cloves garlic, put through a garlic press
½ teas. Dried marjoram or oregano
½ teas. Dried thyme

In a medium bowl, stir together the cream cheese, garlic, marjoram (or oregano) and thyme. Let stand overnight for the flavors to meld.

Variation: Thin with $\frac{1}{4}$ cup heavy cream to make a dip for vegetables.

LENTIL BURGERS**1000 Vegetarian Recipes by Carol Gelles****Makes 4 patties**

1 tbs. vegetable oil	½ cup cooked barley
1 cup chopped mushrooms	1/3 cup finely chopped walnuts
½ cup chopped onions	2 tbs. bread crumbs
1 cup cooked lentils	¼ teas. pepper
1 tbs. soy sauce	Add 1 vegetable oil

In a medium skillet, heat 1 tbs. oil over med-high heat. Add mushrooms and onions and cook stirring until softened, about 3 mins. Reduce heat to low and add the lentils and soy sauce. Mash with fork and continue cooking until a film forms on the pan.

Remove from heat. Stir in the barley, walnuts, bread crumbs and pepper. Let cool. Form into 4 patties and chill at least 1 hour.

Pour ¼ inch oil into a large skillet. Heat over med-high heat until the oil bubbles when a few bread crumbs are dropped in. Cook patties until browned and crusty on bottom, turn and cook on second side.

Variation: Use chopped pecans instead of walnuts.

SOUTHWESTERN STEW

1000 Vegetarian Recipes by Carol Gelles

Makes 3 $\frac{3}{4}$ cups or serves 4

(add carrots toward the end of the cooking time to retain some crunchiness)

1 tbs. vegetable oil	$\frac{1}{4}$ teas. ground sage
1 cup chopped green bell peppers	$\frac{1}{4}$ teas. salt or to taste
3 cloves garlic, minced	$\frac{1}{4}$ teas. Tabasco (optional)
1 tbs. chili powder	1 cup diced carrots
$\frac{1}{4}$ teas. ground cumin	$\frac{1}{3}$ cup chopped fresh cilantro
$\frac{1}{4}$ teas. ground cinnamon	
One 14 $\frac{1}{4}$ ounce can whole peeled tomatoes undrained	
1 $\frac{1}{2}$ cups cooked black beans (cooked from dry or canned), drained	
1 cup corn kernels (fresh, frozen or canned), drained	
$\frac{1}{4}$ cup water	
1 teas. sugar	

In a 3 quart pot, heat the oil over med-high heat. Add peppers and garlic. Cook, stirring, until the vegetables are softened, about 2 mins. Stir in chili powder, cumin and cinnamon until absorbed.

Add tomatoes, breaking them up with the back of the spoon. Add the black beans, corn, water, sugar, sage, salt and Tabasco. Cook, uncovered, stirring occasionally for 15 mins. Stir in the carrots and cilantro. Cook, uncovered, 10 mins. Longer or until vegetables are tender and stew is slightly thickened.

Variation: Substitute 1 cup diced zucchini for the carrots or add with the carrots.

ROASTED RED PEPPERS

1000 Vegetarian Recipes by Carol Gelles

Makes 8 halves
(recipes works for on pepper also)

4 red bell peppers

Preheat broiler. Cut the peppers in half lengthwise. Discard the seeds and pith. Put peppers in one layer in a large pan. Broil 4 inches from the heat 5 mins or until quite charred. Turn and cook until second side is charred. Place in paper bag and cool. Peel and discard skin.

Variation: Use roasted yellow or orange peppers instead of the red.

CORN AND SCALLION POTATO PANCAKES**1000 Vegetarian Recipes by Carol Gelles**

Makes 24 pancakes, serves 6-8

- 2 eggs
- 2 cups coarsely shredded potatoes
- 1 cup corn kernels (fresh, cooked; canned, drained; or frozen, thawed)
- 1/3 cup sliced scallions (white and green parts)
- 2 tbs. bread crumbs
- ½ teas. Salt or to taste
- ¼ teas. Pepper
- Oil for deep frying

In a medium bowl, beat the eggs. Add the potatoes, corn, scallions, bread crumbs, salt and pepper; stir until combined. Pour the oil ¼ inch deep into a large skillet. Heat the oil over medium-high heat until it bubbles when a little batter is dropped in. Drop the batter by tablespoonsful into the oil and flatten slightly with the back of the spoon. Cook until browned and crispy on bottom; turn and cook until browned and crispy on second side, about 3 minutes per side. Drain on paper towels.

Variation: Add 3 tbs. chopped fresh cilantro when you stir in the bread crumbs.

OVEN FRIES**1000 Vegetarian Recipes by Carol Gelles****Serves 6**

- 2 medium baking potatoes, unpeeled and scrubbed (1 pound)
- 2 ½ teas. vegetable or olive oil
- Salt (optional)

Preheat oven to 425.

Line a jelly roll pan with aluminum foil. Cut potatoes into ¼ inch thick rounds. In a medium bowl, toss potatoes with the oil until completely coated. Place potato slices in single layer on the baking sheet. Bake 20 mins or until golden on top. Turn and bake 7-10 mins longer until golden on both sides. Sprinkle with salt if desired.

REMARKABLE RHUBARB BITES**Submitted by Shelly Jung Stearns Farm CSA Sharer**

2 cups diced rhubarb	1 cup sugar
1/2 cup shortening	1 cup brown sugar
1 egg	1 teaspoon baking soda
1/4 teaspoon salt	1 teaspoon cinnamon
2 cups flour	1/2 teaspoon vanilla
Confectioners' sugar	

Preheat oven to 350 degrees. Mix together rhubarb and 1/2 cup sugar. Set aside. Cream shortening, remaining 1/2 cup sugar and brown sugar. Add egg and then stir in baking soda, salt, cinnamon and flour. Stir in vanilla, then rhubarb mixture. Place batter in a greased and floured 13x9" baking pan and bake for 40-45 min. Let cool, sprinkle with confectioners' sugar and cut into 2" squares.

SOUR CREAM RHUBARB SQUARES**Submitted by Shelly Jung, Stearns Farm CSA Sharer**

1/2 cup white sugar	1/2 cup chopped walnuts
1 tablespoon butter, melted	1 teaspoon ground cinnamon
1 1/2 cups packed brown sugar	1/2 cup shortening
1 egg	2 cups all-purpose flour
1 teaspoon baking soda	1/2 teaspoon salt
1 cup sour cream	1 1/2 cups chopped rhubarb

Preheat oven to 350 degrees F. Grease and flour 13 x 9 x 2 inch pan. Mix white sugar, nuts, melted butter and cinnamon until crumbly and set aside. In a separate bowl, cream together brown sugar, shortening and egg. Add flour, soda and salt to creamed mixture alternately with sour cream. Lastly, stir in rhubarb. Pour mixture into pan and sprinkle with reserved topping. Bake for 45 to 50 minutes. Cut into squares and serve warm or cool.

RHUBARB DREAM BARS**Submitted by Shelly Jung Stearns Farm CSA Sharer**

Crust:

2 cups all purpose flour
 3/4 cup powdered sugar
 1 cup unsalted butter

Filling:

4 eggs	2 cups granulated sugar
1 teaspoon vanilla	1/2 cup all-purpose flour
1/2 teaspoon salt	4 cups chopped rhubarb

Combine flour and sugar. Cut in butter until crumbs form. Press in bottom of jelly roll pan. Bake at 350 degrees F for 15 minutes. Blend eggs, sugar, vanilla, flour, and salt. Fold in rhubarb. Spread on hot crust. Bake 40-45 minutes at 350 degrees F. Cool. Cut into squares.

RHUBARB BREAD

Submitted by Shelly Jung, Stearns Farm CSA sharer

1 ½ cups packed brown sugar	2/3 cup oil
1 egg	1 cup buttermilk
1 teaspoon salt	1 teaspoon baking soda
1 teaspoon vanilla	2 ½ cups flour
2 cups diced rhubarb	½ cup chopped nuts (optional)
1 Tablespoon soft butter	¼ cup granulated sugar

Preheat oven to 350 degrees F. Grease 2 8x4-inch loaf pans. Combine the brown sugar and oil in a bowl. Stir well until smooth. Add the egg, buttermilk, salt, baking soda, vanilla and flour. Blend until moist. Fold in the diced rhubarb and chopped nuts. Turn batter into prepared loaf pans. Combine the butter and sugar until crumbly, then sprinkle over batter. Bake 50-55 minutes, or until toothpick comes out clean. Turn out onto racks and cool before slicing. Slice into about 20 slices per loaf.

GO ANYWHERE RHUBARB SQUARES

Submitted by Shelly Jung, Stearns Farm CSA Sharer

Crust:

1 cup flour
1/3 cup powdered sugar
1/3 cup butter

Filling:

1 cup sugar	¼ cup flour
2 eggs, lightly beaten	1 teaspoon vanilla
3 cups finely chopped rhubarb	

Combine flour and powdered sugar; cut in butter until mixture resembles coarse crumbs. Press into the bottom of a greased 11x7x2-inch baking pan. Bake at 350 degrees F for 12 minutes. Combine first four ingredients for filling. Stir in rhubarb; pour over warm crust. Bake at 350 degrees F for 35-40 minutes or until toothpick comes out clean. Cool on wire rack. Serve warm if desired. Store in refrigerator.

CHILI**1000 Vegetarian Recipes by Carol Gelles****Makes 6 ½ cups serves 4-6**

1 tbs. vegetable oil	½ teas. ground cinnamon
1 cup chopped onions	One 28 oz. can crushed tomatoes
¾ cup chopped green bell peppers	1 cup water
3 cloves garlic, minced	One 4 oz. can chopped green chilies
3 tbs. chili powder	3 cups black beans (cooked from dry or canned, drained)
1 teas. ground cumin	½ teas. sugar
½ teas. dried oregano	
¼ teas. salt, or to taste	

In a 4 qt. saucepan, heat the oil over med-high heat. Add onions, bell peppers and garlic, cook stirring until softened, about 2 mins. Stir in the chili powder, cumin, oregano and cinnamon. Cook stirring until absorbed.

Stir in the tomatoes, water and chilies (undrained) and bring to a boil. Add black beans, sugar and salt, return to a boil. Reduce heat and simmer, covered about 30 mins. Stirring occasionally. Uncover and simmer 15 mins. Longer, stirring occasionally.

Variation: For a meaty texture stir in ¾ cup cooked bulgur 10 mins. before chili is finished cooking.

TOMATO SAUCE FOR PIZZA**1000 Vegetarian Recipes by Carol Gelles****Makes 3 cups**

2 tbs. olive oil	2 tbs. tomato paste
1 ½ cups chopped onions	1/8 teas. salt or to taste
One 28 oz. can whole peeled Italian tomatoes in puree, undrained	

In a 2 qt. saucepan, heat the oil over med-high heat. Add the onions, cook stirring until they are softened about 2 mins. Stir in the tomatoes, breaking them up with back of a spoon. Stir in tomato paste and salt. Bring to a boil. Reduce heat and simmer, uncovered 30-40 mins or until thickened.

Variation: Stir in ½ cup chopped fresh basil or 2 teas. dried basil with the tomato paste.

WHITE BEANS WITH TOMATOES AND BASIL**1000 Vegetarian Recipes by Carol Gelles****Serves 4**

1 tbs. olive oil	¼ cup chopped fresh parsley
1 ½ cups chopped tomatoes	¼ teas. salt or to taste
2 cloves garlic, minced	1/8 teas. pepper
1 cup white beans (cooked from dry or canned, drained)	
¼ cup chopped fresh basil	

In a large skillet, heat oil over med-high heat. Add tomatoes and garlic, cook stirring until heated through about 3 mins. Add beans, basil, parsley, salt and pepper. Cook stirring until heated through.

Variation: Add 2 tbs. vinaigrette and serve as a warm or chilled salad.

Can use black beans or chickpeas instead of white beans here.

ZUCCHINI AND YELLOW SQUASH WITH CHICKPEAS**1000 Vegetarian Recipes by Carol Gelles**

Makes 6 cups, serves 4-6

(Serve over pasta or just as a stew with a piece of bread)

2 teas. Olive oil
3 cloves garlic, minced
one 14 ½ oz. can whole peeled tomatoes, undrained
3 cups cubed zucchini (1 inch pieces)
3 cups cubed yellow squash (1 inch pieces)
1 ½ cups cooked chickpeas (cook from dry or canned, drained)
¼ cup chopped fresh basil
¼ cup chopped fresh parsley
½ teas. Dried oregano
¼ teas. Sugar
1/8 teas. Salt or to taste
1/8 teas. Pepper

In a 3 quart saucepan, heat the oil over medium-heat. Add the garlic, cook stirring 10 seconds. Stir in the tomatoes with the canning liquid; break them up with the back of a spoon. Add the remaining ingredients. Bring to a boil; reduce heat and simmer, uncovered 30 minutes.

Variation: Add ¾ cup chopped green bell peppers when you add the garlic; cook until softened and continue with the recipe.

FRIED ZUCCHINI STICKS**1000 Vegetarian Recipes by Carol Gelles**

Makes 48 sticks, serves 6-8

2/3 cup all purpose flour
 1 teas. Dried oregano
 ¼ teas. Salt
 ¼ teas. Pepper
 2 eggs
 2 teas. Water
 48 zucchini sticks (3x1/2x1/2 inches from 2 large zucchini)
 2/3 cup plain bread crumbs
 Oil for deep frying

Stir the flour, oregano, salt and pepper on a piece of waxed paper. Beat the eggs with the water. Dip the zucchini in the flour, then in the beaten egg, about 4-6 at a time. Coat in the bread crumbs. Chill 1 hour. In a 3 quart saucepan, heat the oil over high heat until it bubbles when a few crumbs are tossed in. Add the zucchini sticks a few at a time; cook, turning occasionally until golden, about 1-2 minutes. Drain on paper towels.

Variation: Fried Mozzarella. Cut mozzarella (use packaged, not fresh) into the same sized sticks as the zucchini, follow recipe.

VEGETABLE LASAGNA**1000 Vegetarian Recipes by Carol Gelles**

Makes one 9x13 inch lasagna, serves 8-12

Vegetable Filling:

1 tbs. vegetable oil
 4 cups thinly sliced zucchini
 3 cups diced eggplant (1/2 inch pieces)
 2 cups chopped wild mushrooms (such as shiitake, crimini or Portobello)
 1 cup shredded carrots
 1 cup chopped onions
 1 ½ cups marinara sauce
 ½ cup cooked, chopped spinach (from fresh or frozen, squeezed dry)
 ½ cup grated Parmesan cheese
 ½ cup chopped fresh parsley
 1/8 teas. Salt or to taste

Ricotta Filling:

1 egg, beaten
 3 cups ricotta cheese
 1 ½ cups shredded mozzarella cheese
 ¼ teas. Pepper

Topping:

½ cup shredded mozzarella cheese

¼ cup grated Parmesan cheese

To finish the dish:

12 lasagna noodles

1 ½ cups marinara sauce, divided

For the vegetable filling, heat oil in a large skillet. Add zucchini, eggplant, mushrooms, carrots and onions. Cook, stirring until softened, about 4 minutes. Stir in the 1 ½ cups marinara sauce, spinach, ½ cup Parmesan, parsley and salt.

For ricotta filling, in a large bowl, beat the egg and then add the ricotta, 1 ½ cups mozzarella and pepper.

In a small bowl, toss together ½ cup mozzarella and ¼ cup Parmesan for the topping.

Cook the noodles according to package directions, drain.

Preheat oven to 400.

Thinly spread ¾ cup marinara sauce in the bottom of a 9x13 baking dish. Use 4 of the noodles to line the bottom of the dish.

Spread ½ of the ricotta filling over the noodles. Cover with ½ of the vegetable filling.

Top with 4 more noodles. Spread with remaining ricotta filling and top with remaining vegetable filling.

Top with remaining noodles. Spread remaining ¾ cup marinara sauce over noodles.

Bake uncovered 30 minutes. Sprinkle with cheese topping; continue baking 20 minutes longer. Remove from oven and let stand 15 minutes before cutting into squares.

Variation: Use more or less of some of the vegetables as you prefer.

SAUTEED YOUNG ZUCCHINI

1000 Vegetarian Recipes by Carol Gelles

Serves 4-6

(Young zucchini is about 5 inches long, you can use larger ones, just cut into 5 inch wedges)

1 ½ tbs. olive oil

2 cloves garlic, minced

6 young zucchini, ends trimmed, quartered lengthwise

½ teas. dried rosemary, crumbled

In a large skillet, heat oil over med-high heat. Add garlic, cook, stirring 30 seconds. Add the zucchini and rosemary cook, stirring until tender about 4 mins.
Variation: Use dried oregano, thyme or basil instead of rosemary.

THREE CHEESE MACARONI AND CHEESE**1000 Vegetarian Recipes by Carol Gelles****Serves 4-6**

12 ounces elbow macaroni	1 cup shredded Gouda cheese
¼ cup butter or margarine	½ cup shredded mozzarella cheese
¼ cup all purpose flour	¼ teas. anchovy free Worcestershire sauce
3 cups milk	¼ teas. salt or to taste
1 ½ cups shredded cheddar cheese	Bread crumbs (optional)

Preheat oven to 350.

Cook the macaroni according to package directions for the minimum suggested time, drain. In a 3 quart saucepan, over med-high heat melt the butter or margarine. Stir in the flour until absorbed.

Using a whisk, stir in milk. Cook over med-heat stirring constantly until mixture comes to a boil (be sure to get all the edges of the pot so that there are no clumps in the bottom). Stir in all the cheeses, Worcestershire sauce and salt. Remove from heat and continue stirring until cheeses are melted. Stir in the cooked macaroni. Pour into a greased 9 inch square baking pan. Sprinkle with bread crumbs, if desired. Bake 30-45 mins. or until bread crumbs are browned and mixture is heated through and bubbly.

Variation: Instead of Gouda and mozzarella, substitute an additional 1 ½ cups of shredded cheddar.

BAKED BEANS**1000 Vegetarian Recipes by Carol Gelles****Serves 4**

3 cups cooked small white, navy or great northern beans (cooked from dry or canned, drained)
 1/3 cup molasses
 2 tbs. firmly packed light brown or dark brown sugar
 ¼ cup minced onions
 1 tbs. distilled white vinegar
 1 teas. dry mustard
 ½ teas. salt or to taste
 1 ¼ cups boiling water

Preheat oven to 325

In a 1 ½ quart casserole, combine the beans, molasses, brown sugar, onions, vinegar, mustard and salt. Pour the water over the mixture. Bake, tightly covered 3-4 hours or until sauce is thickened.

MAPLE FRENCH TOAST**1000 Vegetarian Recipes by Carol Gelles**

Serves 4

Four 1 ½ inch thick slices white or whole wheat bread	2 tbs. sugar
4 eggs	½ teas. vanilla
¾ cup half and half	1/8 teas. salt or to taste
2 tbs. maple syrup	1/4 c (1/2 stick) butter divided

Remove crusts on bread, cut each slice in half diagonally to form 2 triangles. In a medium bowl, beat eggs. Beat in the half and half, syrup, sugar, vanilla and salt until sugar is dissolved. Dip each bread triangle in the egg mixture until soaked.

In a 10 inch skilled, melt 2 tbs. of the butter or margarine over med-high heat. Place half the triangles in the pan. Cook over med heat until browned on the bottom. Turn and cook until browned on the other side. Remove the pan to serving platter (platter may be placed in warm oven to retain heat). Melt remaining butter or margarine and cook remaining bread. Serve immediately.

Variation: Lower fat version-Use skim milk instead of half and half. Reduce butter or margarine to 1 tbs. and cook in non stick skillet.

LIGHT CHOCOLATE FROSTING**1000 Vegetarian Recipes by Carol Gelles****Makes 3 cups enough to fill and frost a 9 inch 3 layer cake****This is light in color and has a mild chocolate flavor**

One 8 oz. pkg. cream cheese
 ½ cup (1 stick) butter or margarine softened
 Four 1 oz. squares semisweet chocolate melted
 3 cups confectioners' sugar

In medium bowl, beat cream cheese and butter or margarine until fluffy. Beat in the melted chocolate then beat in the confectioners' sugar ¼ cup at a time until mix is fluffy.

CONFECTIONERS SUGAR GLAZE**1000 Vegetarian Recipes by Carol Gelles****Makes 1/3 cup**

1 cup sifted confectioners sugar
 1 tbs. milk

In medium bowl, stir together confectioners sugar and milk until smooth. Cover with plastic wrap if not using immediately.

Variation: Substitute juice or water for the milk.

Decorative icing: Add 2-3 extra tbs. of confectioners sugar to the glaze. Divide into 2 bowls and add desired food color. Using a pastry bag fitted with a very small round tip, pipe onto cookies or cakes.

ITALIAN DRESSING**Makes $\frac{3}{4}$ cup**

$\frac{1}{2}$ cup red wine vinegar
4 cloves garlic, halved
3 tbs. extra virgin olive oil

2 tbs. vegetable oil
 $\frac{1}{8}$ teas. dried oregano
 $\frac{1}{8}$ teas. dried thyme

Place all ingredients into a container with a tight fitting lid. Shake until completely combined. Let stand at least 1 hour for the flavors to meld. Store in fridge between uses.

Variation: Sub in additional olive oil for the vegetable oil.

RUSSIAN DRESSING**Makes $\frac{3}{4}$ cup**

$\frac{1}{2}$ cup mayonnaise
3 tbs. ketchup
2 tbs. sweet or India relish

Stir all ingredients together in a medium bowl.

Variation: Add chopped fresh parsley to the dressing.

Bean Tips

Dried beans swell in a recipe vs fresh beans that keep the same bulk. For example, you can substitute 5 cups of fresh shell beans for every 2 cups of dried beans in a recipe.

Conversion:

1 lb fresh snap beans equals approximately 4 cups or 4 servings

Storage:

Snap Beans:

Store unwashed fresh snap beans in the fridge in a perforated plastic bag. They will keep 3-5 days.

To freeze, blanch beans in boiling water for 3 minutes per pounds of beans. Chill in ice water for 3 minutes and drain. Store in freezer bags. Beans will keep 6-12 months at 0 degrees.

Shell Beans:

Leave in their pods and shell just before cooking.

To freeze, Blanch beans by size. Medium will blanch in 2 minutes in boiling water while larger ones will take 3 minutes. Immediate chill in ice water for an equal length of time.

Drain and loosely pack in freezer boxes or bags. Will keep 6-12 months at 0 degrees.

Hints:

Add snap beans to stews and soups toward the end of cooking for a crunchy fresh green vegetable.

Substitute fresh shell beans for cooked dried beans in dried bean recipes.

Add fresh shell beans to soups and stews. Mash the tender beans against the pot to thicken the dish.

Toss fresh cooked shell beans with pasta, olive oil and grated cheese.

Salt in the cooking water of fresh shell beans hardens the beans' texture.

Microwave:

One half pound of whole fresh snap beans , covered, done in 4-7 minutes.

2 cups fresh shell beans with 2 tbs. water, covered, will cook in 4-8 minutes.

Broiling Vegetables

Vegetable of choice sliced ½ inch thick

Olive or vegetable oil

Preheat grill or broiler. Lightly brush each side of the vegetable slices with oil. Broil 4-6 inches from heat, 5 minutes per side or until browned lightly charred on the outside and tender or tender-crisp on the inside.