

## **GREEN DRINKS:** kale, carrot, apple, cuke

Grapes, apple, berry, spinach

Pears, parsnips, +/- lime

Kale, apple, sweet potato, ginger

Basil, cilantro, mango, onion, lime

## **ROASTED VEGGIES:** cut into 1/4"

cubes: Carrot, potato, eggplant, butternut squash, pat-a-

pan squash, onion, celery

Sprinkle with oil and roast at 400 deg for about an hour  
(softer veggies can go in later)

Balsamic vinegar partway thru cooking for taste

## **PICO DE GALLO (GRINGO SALSA)**

2 lb tomatoes (from your or your neighbor's garden)

¾ C chopped onion

½ cup chopped fresh cilantro ( or 4 T dried cilantro leaves)

1 hot banana pepper +/-

habanero/Serrano/chile/poblano

½ sweet pepper green, yellow or red

juice of 3 limes

½ can black olives

one mango

add to taste: cumin, coriander, chili powder

## **HUMMUS:** dip with CUKE slices or peppers

One 15-ounce can (425 grams) chickpeas, also called garbanzo beans or cannellini beans

1/4 cup (59 ml) fresh lemon juice, about 1 large lemon

1/4 cup (59 ml) tahini (we used Krinos)

2 garlic cloves, chop/crush

2 tablespoons olive oil, plus more for serving

1/2 to 1 teaspoon kosher salt, depending on taste

1/2 teaspoon ground cumin

2 to 3 tablespoons water

Dash of ground paprika for serving

## **OATMEALS:** Scottish (Bob's Red Mill)

stovetop: 1 cup of oatmeal added to

3 cups of boiling water, 10' (4 servings for my wife)

Steel Cut: 1/3 cup steel cut oats 2/3 cup water put in microwave at 40% power for 10', season with

BLACKSTRAP MOLASSES for sweetness and iron!

Crock pot Steel Cut: GREASE POT 1st!:: 1 cups steel cut, 4 cups water, 2 apples cut up(or

rhubarb/strawberry), 1 cup almond milk, ½ t vanilla, and cinnamon+- maple syrup to taste (some apples are sweet enough already), 7hrs on low: Awake to aroma of breakfast!

## **SKILLET:** Sauté onion, pepper, tomato, collard

greens all cut up small till a bit tender and add 2

scrambled eggs.... Eat with a slice of bread and refried beans if you have em!

## **OKRA FRITTERS:** sauté onion, pepper and

okra all chopped up and add to

batter [3 scrambled eggs/1 cup buttermilk/ approx 1 cup cornmeal]...

drop by double tablespoons onto a little olive oil in frypan..

## **QUICK FIX:** Flour tortilla [toast ok] smeared with

refried beans and fresh sliced tomato

## **CHILIQUELAS:** warm up some Pico de Gallo in

fry pan and stir in 2 scrambled eggs, then when almost

done add the bottom of the bag of tortilla chips (or crunch some up).. can serve with or without refried beans

## **PESTO** blend pine nuts, olive oil, garlic, basil

## **COLLARD GREENS (SQUASH HIJACKS)**

1 lb fresh collard greens

2/3 C red onions

1/2 T 1 t olive oil

3/4 C vegetable broth

1/4 C cider vinegar

2 t brown sugar

1/2 t salt

less ¼ t dried crushed red pepper

Saute onions

Add broth, collards and cider, 20'

## **PASTA** Saltwater to semolina

Roasted Tomato sauce

Also w spaghetti squash

## **PUMPKIN RISOTTO**

1 cup cooked cubed pumpkin

1 ounce dried sliced shiitake mushrooms

1 tablespoons olive oil

1/2 onion, minced

1/2 cup Arborio rice

1/6 cup dry white wine

2.5 cups hot veggie broth

salt and ground black pepper to taste

1/4 cup chopped fresh flat-leaf parsley

## HERB RISOTTO

3 tablespoons olive oil  
1/2 cup trimmed, diced fennel  
1/2 red bell pepper, diced  
1 tablespoon chile pepper  
1/2 yellow onion, diced  
2 cloves garlic, minced  
1.5 tablespoons chopped fresh mint  
1.5 tablespoons chopped fresh parsley  
1 tablespoons chopped fresh rosemary  
1 teaspoons grated lemon zest  
1/4 teaspoon coriander seed  
3/4 cups uncooked Arborio rice  
1/4 cup dry white wine  
1 3/4 cups veggie broth  
salt and pepper to taste

## CRUNCHY BRUSSELS SPROUT SALAD

1 pound Brussels Sprouts  
2 TBSP olive oil  
1/2 tsp. ground nutmeg  
Salt and freshly ground black pepper  
1/2 cup chopped walnuts or pecans  
1/2 cup dried cranberries

Shred or finely chop Brussels sprouts. Warm olive oil in large skillet over medium heat. Add Brussels sprouts, nutmeg, salt, and pepper to taste. Cook, stirring, until the sprouts are bright and slightly wilted, about 2 to 3 minutes. Add the walnuts and the cranberries, toss to combine and serve. Can be served warm or delicious the next day cold

### Russian Cabbage Borscht

1 1/2 cups thinly sliced potatoes  
1 cup thinly sliced beets  
4 cups vegetable stock or water  
2 TBSP butter  
1 1/2 cup chopped onions  
1 tsp. Caraway seed  
2 tsp. Salt  
1 celery stalk chopped  
1 large carrot sliced  
3 cups coarsely chopped red cabbage  
Black pepper to taste  
1/4 tsp fresh dill weed  
1 TBSP cider vinegar  
1 TBSP honey  
1 cup tomato puree  
Optional sour cream for topping or chopped tomatoes for garnish (I do neither)

1. Place sliced potatoes in medium saucepan over high heat; cover with stock, & boil until tender. Remove potatoes & reserve stock.
2. Steam beets until tender (may peel before or afterwards) If peeled, save water from steamer.
3. Melt butter or olive oil in a large skillet (I use my large soup pan) over medium heat. Stir in onions, caraway seeds, and salt; cook until onions become soft and translucent. Then stir in celery, carrots, and cabbage. Mix in reserved stock; cook, covered, until all vegetables are tender, ~10'
4. Add potatoes and beets to the skillet or large soup pan. Season with black pepper and dill weed. Stir in cider vinegar, honey, and tomato puree. Cover, reduce heat to medium low, and simmer at least 30 minutes. Can also serve with sour cream, extra dill weed, or chopped fresh tomatoes.

## LENTEN APPLE CAKE

Ingredients:

4 medium apples, cut into 1/4 inch slices (4 cups)  
Juice of 1/2 lemon  
3 cups flour  
1 cup sugar  
3/4 cup chopped almonds, pecans, or walnuts  
1 1/2 teaspoons baking soda  
1 teaspoon ground cinnamon  
1/2 teaspoon salt  
1/2 teaspoon ground nutmeg  
1 cup applesauce  
1/2 cup vegetable oil or butter if not Lenten season.  
1 teaspoon vanilla

Directions:

1. Preheat oven to 350 degrees. Grease 13x9 inch baking pan.
2. Place apple slices in medium bowl and drizzle with lemon juice and sprinkle with sugar; toss to coat. Let stand 20 minutes or until juice forms.
3. Combine flour, sugar, nuts, baking soda, cinnamon, salt and nutmeg in large bowl; mix well. Add oil and applesauce and vanilla; stir until well blended. Stir in apple mixture. Spread batter in prepared pan.
4. Bake about 25 min. or until browned and toothpick comes out clean from center. Cool pan on wire rack for 10 minutes. Serve warm. (Makes 16 servings)