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Menu Plans

Month of Meals—Fall/Winter

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
White Chili / Bread	Spaghetti Casserole or Lasagna Rolls	Baked Beans/ Hot Dogs	Brocoli Gratin / Mashed Potatoes / Bread pg.198 Season	French Pilaf / Honey-glazed Carrots and Shalots	Pot Roast w/ Potatoes & Carrots	Salad & Leftovers
Black Bean and Rice Skillet/ Cornbread	Creamy Mac & Cheese w/ Baked Garlic/ Steamed Broccoli	Sweet & Sour Mixed Bean Hotpot pg. 260 vegi	Hashbrown Quiche / Bacon / Salad	Haystacks	Indian Chicken / Rice / Cucumber Salad	Slow and Easy White bean Cassoulet / Bread
Enchiladas	Pasta w/ Artichoke Sauce	Shepherd's Pie	Crab Cakes / Rice / Avocado Slices	Pulled Pork / Rice	Tomato, Split Pea, or French Onion Soup / Bread, Salad	Salad & Leftovers
Red Beans & Rice / Cornbread	Stuffed Jumbo Shells with Garlic Vegetables	Corn & Crabmeat Chowder pg. 66 NYT	Chili Bake w/ Cheddar & Cornbread	Mexican Black Bean Pizza	African Pepper & Tomato Stew / Rice	French White Bean and Cabbage Soup / Bread

Month of Meals—Spring/Summer

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Black Bean and Corn Enchiladas	Penne Pasta w/ Asparagus	Pot Roast w/ Potatoes & Carrots	White Bean Salad Garlic Bread w/ Parm Green Side Salad	Nirvana Wraps	Turkey Burger Macaroni w/ Tomatoes	Cheddar Scrambled Eggs in Tortillas with Salsa / Corn
Red Beans & Rice /Cornbread	Italian-Style mac 'N Cheese / Steamed Broccoli	Chicken Marsala / mashed potatoes / cucumber salad or PC Chicken & Dumplings	Fried Talipia with Rice & Carrots or Crab Cakes	Haystacks	Grilled Steak Or Hamburgers/rolls or Best Ever Mac & Cheese	Spanish-style Fried eggs & Potatoes Zucchini
Black Bean and Rice Skillet/ Cornbread	Rigatoni with Tomatoes, White Beans and Zucchini	Giant Beans Baked w/ Honey & Dill/ Spinach, Apple, and Cheddar Cheese Salad or HD&B	Fish sticks / oven fries/ corn on the cob	Grilled Racheles Fresh Fruit Salad	Split Pea, Tomato, or French Onion Soup / Bread, Salad	Hashbrown Quiche Green Salad
White Chili	Sunday Spaghetti Caserole Salad	Pulled Pork with Rice & Broccoli	Rice— Broccoli and Rice Stirfry, Italian-Style Fried Rice, or Grandma Carol's Rice Pilaf	Pizza / Salad or Cheese and Bean Quesadillas	Cheesy Chicken and Rice with Broccoli Florets	Huevos Mexicanos or Fried Eggs and Plum Tomatoes w/ Parm & Bruchetta

Breakfast

Orange Pecan French Toast

(S5) ar.com

- 1 cup packed brown sugar
- 1/3 cup butter, melted
- 2 tablespoons light corn syrup
- 1/3 cup chopped pecans
- 12 (3/4 inch thick) slices French bread
- 1 teaspoon grated orange zest
- 1 cup fresh orange juice
- 1/2 cup 2% milk
- 3 tablespoons white sugar
- 1 teaspoon ground cinnamon
- 1 teaspoon vanilla extract
- 3 egg whites
- 2 eggs
- 1 tablespoon confectioners' sugar for dusting

1. In a small bowl, stir together the brown sugar, melted butter, and corn syrup. Pour into a greased 9x13 inch baking dish, and spread evenly. Sprinkle pecans over the sugar mixture. Arrange the bread slices in the bottom of the dish so they are in a snug single layer.
2. In a medium bowl, whisk together the orange zest, orange juice, milk, sugar, cinnamon, vanilla, egg whites, and eggs. Pour this mixture over the bread, pressing on the bread slices to help absorb the liquid. Cover and refrigerate for at least one hour, or overnight.
3. Preheat the oven to 350 degrees F (175 degrees C). Remove the cover from the baking dish, and let stand for 20 minutes at room temperature.
4. Bake for 35 minutes in the preheated oven, until golden brown. Dust with confectioners' sugar before serving.

Stuffed French Toast

(S4)

- 4 tbs organic apple butter
- 8 slices cinnamon raisin bread
- 1 large egg
- 2 large egg whites
- 1/4 cup vanilla soy milk
- 1/2 tsp cinnamon

1. Spread 1 tbsp apple butter on each of 4 slices bread. Cover with 2nd slice of bread. Place sandwiches in a 9 by 13" baking pan.
2. In small bowl, beat the egg, egg whites, soy milk, and cinnamon. Pour mixture over sandwiches and soak 2 minutes. Turn and soak 2 minutes more.
3. Generously coat nonstick griddle with cooking spray. Cook sandwiches until browned, 3 minutes. Turn and brown 2nd side, 1-3 minutes.

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Granola

- 3 cups regular uncooked oats
- 1/2 cup flaked coconut
- 1/2 cup sliced almonds
- 1/4 cup wheat germ
- 1/4 cup sunflower kernels
- 1/4 cup and 2 tbsp honey
- 1/4 cup vegetable oil
- 2 1/2 tbsp water
- 2 tbsp brown sugar
- 3/4 tsp vanilla extract
- 1/4 tsp salt

1. Preheat oven to 350 degrees.
2. Combine first five ingredients in a large bowl and stir well. Set aside.
3. Combine honey, oil, water, brown sugar, vanilla, and salt.
4. Pour over oat mixture and stir well.
5. Spread mixture evenly in a lightly greased 15 by 10 by 1 inch jelly roll pan. Bake for 25 minutes stirring evenly every five minutes.
6. Cool and store in an air tight container for up to 6 weeks.

Pineapple Muffins (16 muffins)

- 8 oz. can crushed pineapple
- 1/2 cup all purpose flour
- 1/3 cup firmly packed brown sugar
- 1/4 tsp cinnamon
- 1/4 cup and 2 tbsp butter melted and divided
- 2 cups all purpose flour
- 1/2 cup sugar
- 1 tbsp baking powder
- 1/2 tsp salt
- 1 egg, beaten
- 3/4 cup milk

1. Preheat the oven to 375 degrees.
2. Drain pineapple reserving 1/4 cup juice. Set aside.
3. Combine 1/2 cup flour, brown sugar, cinnamon, and 2 tbsp butter, Stir well and set aside.
4. Combine 2 cups flour, sugar, baking powder, and salt in a large bowl. Make a well in the center of the mixture.
5. Combine egg, milk, remaining butter, and pineapple juice. Add to dry mixture, stirring just until moistened.
6. Spoon into greased and floured muffin pan, filling cups half full. Spoon pineapple over batter and sprinkle with cinnamon mixture.
7. Bake for 30 minutes.

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Homemade Pancakes (12 regular sized pancakes)

- 4 eggs
- 1/3 cup freshly squeezed orange juice
- 1 teaspoon pure vanilla extract
- 1 1/4 cups milk
- 1 1/2 cups unbleached white flour
- 1/2 cup whole wheat pastry flour
- 1 teaspoon baking powder
- 1/4 teaspoon salt
- 1 pint strawberries, washed, hulled, and sliced in half
- 1 pint blueberries, washed

1. Crack the eggs, letting the whites fall into a clean, dry, mixing bowl and dropping the yolks into a separate bowl. Beat the whites with a mixer, on high speed, or whip with a balloon whisk for about 2 minutes until the egg whites become fluffy and then firm. Be careful not to over mix, or they will flatten out.
- 2 Mix the egg yolks with a fork. Add the orange juice and vanilla and whisk everything together until it becomes foamy. Add the milk, barely stirring.
- 3 Place the dry ingredients together in a separate bowl and stir with a wooden spoon until everything is thoroughly blended. Slowly stir the dry ingredients into the egg-yolk mixture and continue to mix until all the dry ingredients are wet and there are no clumps of flour. Slowly fold in the egg whites and stir only once or twice.
- 4 Prepare the fruit compote by mixing all the ingredients together until all the fruit is completely coated with syrup.
- 5 Coat the bottom of a flat griddle with 1/4 teaspoon butter and set it over medium heat for about 1 minute. Pour 3 tablespoons of batter onto the griddle and cook until bubbles start to form on top of each pancake. Turn them over and cook for about 2 minutes more. Transfer the pancakes to a hot platter and stack them to keep them warm. (No butter is needed after the first set of pancakes.)
- 6 When all the batter is used up, top each 3 pancakes with 3 tablespoons of the fruit compote.

Banana Bread 1 Loaf pg 575 Joy of Cooking

- 1 3/4 cups all-purpose flour
- 2 1/4 tsp double acting baking powder
- 1/3 cup shortening (butter)
- 2/3 cup sugar (brown & white mixed)
- 3/4 tsp lemon rind/extract
- 1/4 tsp vanilla extract
- 1-2 beaten eggs
- 1 cup ripe banana pulp
- 1/2 cup broken nut meats

1. Preheat oven to 350 degrees.
- 2 Sift flour, resift with baking powder.
- 3 Blend butter and sugar until creamy.
- 4 Beat in eggs, bananas and extracts.
- 5 Mix dry into wet in three portions.
- 6 Add nuts.
- 7 Place in greased bread pan. Bake one hour.

French Toast

Cook's Illustrated

- 8 large slices hearty white sandwich bread or good-quality challah (see note)
- 1 1/2 cups whole milk , warmed (see note)
- 3 large egg yolks
- 3 tablespoons light brown sugar
- 1/2 teaspoon ground cinnamon
- 2 tablespoons unsalted butter , melted, plus 2 tablespoons for cooking
- 1/4 teaspoon table salt
- 1 tablespoon vanilla extract

1. Adjust oven rack to middle position and heat oven to 300 degrees. Place bread on wire rack set in rimmed baking sheet. Bake bread until almost dry throughout (center should remain slightly moist), about 16 minutes, flipping slices halfway through cooking. Remove bread from rack and let cool 5 minutes. Return baking sheet with wire rack to oven and reduce temperature to 200 degrees.
- 2 Whisk milk, yolks, sugar, cinnamon, 2 tablespoons melted butter, salt, and vanilla in large bowl until well blended. Transfer mixture to 13- by 9-inch baking pan.
- 3 Soak bread in milk mixture until saturated but not falling apart, 20 seconds per side. Using firm slotted spatula, pick up bread slice and allow excess milk mixture to drip off; repeat with remaining slices. Place soaked bread on another baking sheet or platter.
- 4 Heat 1/2 tablespoon butter in 12-inch skillet over medium-low heat. When foaming subsides, use slotted spatula to transfer 2 slices soaked bread to skillet and cook until golden brown, 3 to 4 minutes. Flip and continue to cook until second side is golden brown, 3 to 4 minutes longer. (If toast is cooking too quickly, reduce temperature slightly.) Transfer to baking sheet in oven. Wipe out skillet with paper towels. Repeat cooking with remaining bread, 2 pieces at a time, adding 1/2 tablespoon of butter for each batch. Serve warm, passing maple syrup separately.

Step-by-Step

Keys to Perfect French Toast

1. START WITH DRY BREAD

Drying bread in 300-degree oven before soaking and frying leads to toast that's soft, not soggy.

2. HOLD THE WHITES

Using yolks, not whites, in soaking liquid cuts down on eggy flavor.

3. SOAK PROPERLY

Soaking bread in flat baking pan for just 20 seconds per side ensures even saturation and no sogginess.

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Appetizers

Bean Dip with Horseradish (S8)

- 2 cups cooked beans (cannelini, pinto, or Great Northern)
- 2 tablespoons extra-virgin olive oil
- 1 tablespoon prepared horseradish
- 2 scallions, trimmed and minced salt to taste

- 1 Combine beans, olive oil, horseradish, and scallions in a blender or food processor and blend until smooth, adding a little water if necessary.
- 2 Season with salt to taste.

Roasted Garlic Hummus Cook's Illustrated May 2008

- 2 heads garlic
- 2 tablespoons extra-virgin olive oil, plus extra for drizzling
- 2 thinly sliced garlic cloves
- 3 tablespoons juice from 1 to 2 lemons
- 1/4 cup water
- 6 tablespoons tahini, stirred well (see note)
- 1 (14-ounce) can chickpeas, drained and rinsed (see note)
- 1/2 teaspoon table salt
- Pinch cayenne
- 2 teaspoons chopped fresh parsley

Roasted Garlic Hummus (Cont.)

Cook's Illustrated May 2008

1. Remove outer papery skins from garlic; cut top quarters off heads and discard. Wrap garlic in foil and roast in 350-degree oven until browned and very tender, about 1 hour. Meanwhile, heat olive oil and 2 thinly sliced garlic cloves in small skillet over medium-low heat. Cook, stirring occasionally, until golden brown, about 15 minutes. Using slotted spoon, transfer garlic slices to paper towel-lined plate and set aside; reserve oil. Once roasted garlic is cool, squeeze cloves from their skins (you should have about 1/4 cup).
2. Combine lemon juice and water in small bowl or measuring cup. Whisk together tahini and garlic cooking oil in second small bowl or measuring cup.
3. Process chickpeas, roasted garlic puree, salt, and cayenne in food processor until almost fully ground, about 15 seconds. Scrape down bowl with rubber spatula. With machine running, add lemon juice-water mixture in steady stream through feed tube. Scrape down bowl and continue to process for 1 minute. With machine running, add oil-tahini mixture in steady stream through feed tube; continue to process until hummus is smooth and creamy, about 15 seconds, scraping down bowl as needed.
4. Transfer hummus to serving bowl, sprinkle toasted garlic slices and parsley over surface, cover with plastic wrap, and let stand until flavors meld, at least 30 minutes. Drizzle with olive oil and serve.

Notes: CI recommends Joyva or Krinos tahini and Pastene chickpeas. The hummus can be refrigerated in an airtight container for 5 days. If you do not plan on serving it immediately, refrigerate the hummus and garnishes separately. When ready to serve, stir in approximately 1 tablespoon of warm water if the texture is too thick.

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Salads

Salad with Creole Dressing (S4)

- 1/2 cup mayonnaise (soy)
- 1/4 olive oil
- 2 tbs apple cider vinegar
- 2 tbs stone ground mustard
- 2 tbs ketchup
- 1 1/2 tsp prepared horseradish
- 1/8 tsp hot pepper sauce
- 1 large clove garlic, minced
- 1 tbs finely chopped chives or parsley
- 2 medium tomatoes
- 12 slices cucumber
- 4 large leaves red- or green leaf lettuce

- 1 Make dressing. In a food processor or blender, combine all dressing ingredients and 2 tbs water. Process until smooth and blended.
- 2 Arrange 2 tomato wedges and 3 cucumber slices on each leaf of lettuce.
- 3 Drizzle dressing over salad just before serving.

Asparagus Salad with Croutons (S6) Vegetarian Times

- 1 1/2 lbs. asparagus
- 1/4 cup olive oil
- 2 Tbs. red-wine vinegar
- 1 Tbs. Dijon mustard
- 1 small red onion, halved and thinly sliced
- 2 cups croutons
- 1/2 cup crumbled feta cheese, for garnish

1. Bring large saucepan of lightly salted water to a boil. Peel bottom half of each asparagus stalk, then cut spears into 4 sections. Drop asparagus into boiling water, return to a boil and cook 3 minutes. Immediately drain asparagus, rinse under cold running water and spread out on baking sheet to dry.
- 2 In shallow serving bowl, combine oil, vinegar and mustard and whisk until well blended. Add asparagus and red onion, and salt and pepper to taste; toss well. Serve immediately or cover and refrigerate until ready to serve.
- 3 Just before serving, add croutons and toss well. Garnish with feta cheese if desired.

Strawberry Avocado Salad

(S2) ar.com

- 2 tablespoons white sugar
- 2 tablespoons olive oil
- 4 teaspoons honey
- 1 tablespoon cider vinegar
- 1 teaspoon lemon juice
- 2 cups torn salad greens
- 1 avocado - peeled, pitted and sliced
- 10 strawberries, sliced
- 1/2 cup chopped pecans

1. In a small bowl, whisk together the sugar, olive oil, honey, vinegar, and lemon juice. Set aside.
- 2 Place the salad greens in a pretty bowl, and top with sliced avocado and strawberries. Drizzle dressing over everything, then sprinkle with pecans. Refrigerate for up to 2 hours before serving, or serve immediately.

Blue Cheese Coleslaw

(S6)

- 1/2 cup blue cheese, crumbled
- 1/2 cup buttermilk
- 3 tbsp apple cider vinegar
- 2 tbsp sugar
- 10 cups shredded green cabbage
- Salt and pepper to taste

1. Place first 4 ingredients in processor; blend until smooth, about 30 seconds.
- 2 Place cabbage in large bowl. Add dressing and toss. Season with salt and pepper.
- 3 Cover and chill at least one hour. (Can be made one day ahead. Toss before serving.)

Spinach, Apple, and Cheddar Cheese Salad

(S8)

- 1/4 cup balsamic vinegar
- 1/4 cup pure maple syrup
- 1/4 cup olive oil
- 12 oz. baby spinach leaves
- 2 large unpeeled Granny Smith apples, halved, cored, thinly sliced
- 8 oz. extra-sharp cheddar cheese, cut into 1/2 inch cubes
- 1/2 cup toasted walnuts

1. Combine vinegar, maple syrup, and oil in a small bowl; whisk to blend. Season dressing to taste with salt and pepper. (Can be made one day ahead. Cover and chill. Rewhisk before using.)
- 2 Combine spinach, apples, cheese, and walnuts in a large bowl. Toss with enough dressing to coat. Season salad to taste with salt and pepper. Transfer salad to serving bowls.

White Bean Salad

- white beans
- a lotta olive oil
- a few pours brown rice vinegar (or white, in a pinch)
- juice of half a lemon
- clove of garlic minced
- salt and pepper to taste
- fresh herbs, chopped (can use either rosemary, sage, or basil)

1. Rinse beans.
- 2 Add all the ingredients, and toss well.

Cherry Tomato Salad with Basil and Fresh Mozzarella (S4-6) Cook's Illustrated July 2008

- 2 pints cherry tomatoes, ripe, quartered (about 4 cups)
- Salt
- 1/2 teaspoon sugar
- 1 medium shallot , minced (about 3 table-
spoons)
- 1 tablespoon balsamic vinegar
- 2 tablespoons extra-virgin olive oil
- Ground black pepper
- 1 cup lightly packed fresh basil leaves ,
roughly torn
- 8 ounces fresh mozzarella cheese , cut into
1/2-inch cubes and patted dry with paper
towels

1. Toss tomatoes, 1/4 teaspoon salt, and sugar in medium bowl; let stand for 30 minutes. Transfer tomatoes to salad spinner and spin until seeds and excess liquid have been removed, 45 to 60 seconds, stirring to redistribute tomatoes several times during spinning. Return tomatoes to bowl and set aside. Strain tomato liquid through fine-mesh strainer into liquid measuring cup, pressing on solids to extract as much liquid as possible.
- 2 Bring 1/2 cup tomato liquid (discard any extra), shallot, and vinegar to simmer in small saucepan over medium heat. Simmer until reduced to 3 tablespoons, 6 to 8 minutes. Transfer mixture to small bowl and cool to room temperature, about 5 minutes. Whisk in oil and pepper to taste until combined. Taste and season with up to 1/8 teaspoon table salt.
- 3 Add basil, cheese, and dressing to bowl with tomatoes; toss gently and serve.

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Sides

Sauteed Spinach with Pecans **(S4) Cook's Illustrated May 2008**

- 3 (6-ounce) bags baby spinach (about 16 cups)
- 1/4 cup water
- 2 tablespoons extra-virgin olive oil , plus 2 teaspoons for drizzling
- 3 large shallots , sliced thin crosswise (about 1 cup)
- Salt
- 2 teaspoons red wine vinegar
- 1/3 cup chopped pecans , toasted
- 1 1/2 ounces feta cheese, crumbled (about 1/4 cup)

1. Place spinach and water in large microwave-safe bowl. Cover bowl with large microwave-safe dinner plate (plate should completely cover bowl and not rest on spinach). Microwave on high power until spinach is wilted and decreased in volume by half, 3 to 4 minutes. Using potholders, remove bowl from microwave and keep covered for 1 minute. Carefully remove plate and transfer spinach to colander set in sink. Using back of rubber spatula, gently press spinach against colander to release excess liquid. Transfer spinach to cutting board and roughly chop. Return to colander and press a second time.
2. Heat 2 tablespoons oil and shallots in 10-inch skillet over medium-high heat. Cook, stirring constantly, until shallots are golden brown, 3 to 5 minutes. Add spinach to skillet, using tongs to stir and coat with oil. Sprinkle with 1/4 teaspoon salt and continue stirring with tongs until spinach is uniformly wilted and glossy green, about 2 minutes. Sprinkle with vinegar and pecans; stir to combine. Drizzle with remaining 2 teaspoons oil and sprinkle with feta. Season with salt to taste and serve immediately.

Sautéed Green Beans with Garlic and Herbs **(S4) Cook's Illustrated November 2008**

- 1 tablespoon unsalted butter, softened
- 3 medium garlic cloves, minced or pressed through garlic press (about 1 tablespoon)
- 1 teaspoon chopped fresh thyme leaves
- 1 teaspoon olive oil
- 1 pound green beans , stem ends snapped off, beans cut into 2-inch pieces
- Table salt and ground black pepper
- 1/4 cup water
- 2 teaspoons fresh lemon juice
- 1 tablespoon chopped fresh parsley

Sautéed Green Beans with Garlic and Herbs (Cont.)

(S4) Cook's Illustrated November 2008

1. Combine butter, garlic, and thyme in small bowl; set aside.
- 2 Heat oil in 12-inch nonstick skillet over medium heat until just smoking. Add beans, 1/4 teaspoon salt, and 1/8 teaspoon pepper; cook, stirring occasionally, until spotty brown, 4 to 6 minutes.
- 3 Add water, cover, and cook until beans are bright green and still crisp, about 2 minutes. Remove cover, increase heat to high, and cook until water evaporates, 30 to 60 seconds.
- 4 Add butter mixture and continue to cook, stirring frequently, until beans are crisp-tender, lightly browned, and beginning to wrinkle, 1 to 3 minutes longer. Transfer beans to serving bowl, toss with lemon juice and parsley; adjust seasoning with salt and pepper. Serve immediately.

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Vegetarian Dinners

Eggs

Eggs Baked in Potatoes (S4)

- 4 large russet potatoes, scrubbed and pierced with a fork
 - 4 tbsp EVOO or butter
 - 4 large eggs
 - 1/2 cup fresh grated parmigiano-reggiano cheese
 - salt and pepper
1. Preheat the oven to 400 degrees. Bake potatoes until the skin is crisp and the interior is soft, about 1 hour.
 2. Slash potatoes lengthwise about halfway down into the flesh. Protecting your hands with a pot holder, push from the ends to expose the inside of the potatoes.
 3. Scoop out about half the flesh from each potato and put it in a bowl. Add the oil or butter, half the cheese, a pinch of salt and a grinding of pepper and mash with a fork until blended.
 4. Spoon the mixture back into the potatoes, pressing down and making a bowl-shaped indentation in the center. Place the potatoes in a small baking dish. Break the eggs on at a time into a cup and slip an egg into each potato. Sprinkle with the remaining cheese.
 5. Bake until the egg white is set to the desired doneness, about 15 minutes. Serve at once.

Fried Eggs and Plum Tomatoes w/ Parm & Bruchetta

- 1/3 cup EVOO, plus more as needed
- 8 large plum tomatoes, cored and halved lengthwise
- 1/2 tsp dried thyme
- Salt and freshly ground pepper
- 1 garlic clove, minced
- 4 large eggs
- 2 tbsp grated Parmigiano-Reggiano, Gruyere, or Piedmont Toma cheese
- 4-8 thin diagonal slices French or Italian bread, toasted and drizzled with EVOO

Fried Eggs and Plum Tomatoes w/ Parm & Bruchetta (Cont.)

1. Heat the 1/3 EVOO in a large nonstick skillet over medium heat. Add the tomatoes, skin side down, in a single layer, and adjust the heat to maintain a steady sizzle.
- 2 Sprinkle the tomatoes with thyme, salt to taste and a grinding of pepper and cook, without stirring, until the skins are blackened and blistered, 10 to 15 minutes.
- 3 Carefully turn the tomatoes skin side up and sprinkle with salt to taste and a grinding of pepper. Cook, again without stirring, adjusting the heat as necessary to maintain a steady sizzle, until the cut sides of the tomatoes are browned, about 10 minutes. Sprinkle with the garlic and cook for 2 minutes more.
- 4 Preheat the broiler. using a slotted spoon, transfer the tomatoes to a 10 inch round baking dish. Break the eggs one at a time into a cup and slip into the skillet. Reduce the heat to low and fry until the whites are set, about 2 minutes.
- 5 Loosen the eggs from the skillet and with a spatula, ease them into the baking dish, on top of the tomatoes. Sprinkle with cheese.
- 6 Broil until the eggs are cooked to the desired doneness, 1 to 2 minutes.
- 7 Place the toast on plates and top with the tomatoes, eggs, and juices. Serve at once.

Cheddar Scambled Eggs in Tortillas w/ Tomato-Avocado Salsa (S 4-6) The Good Egg

- 8 10-inch flour tortillas
- 6-8 large eggs
- 1/4 cup skim milk
- 1 tsp salt
- Freshly ground pepper
- 1 tbsp EVOO
- 1/2 cup grated cheddar or Monterey Jack cheese
- 6 large soft lettuce leaves, washed, dried, and cut crosswise into thin slices (about 4 cups)
- 1/2 cup sour cream

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Pasta

Baked Rigatoni with Broccoli & Gorgonzola (S 4)

- 8 oz. dried rigatoni
- 2 tbsp olive oil
- 3 garlic cloves minced
- 1 1/3 cup ricotta cheese
- salt pepper to taste
- 1/2 bunch broccoli cut into florets (about 4 cups)
- 3 oz. gorgonzola
- 2 tomatoes each cut into 8 wedges
- 1 cup Parmesan cheese

1. Preheat oven to 400 degrees.
- 2 Cook pasta al dente (to bake)
- 3 Saute olive oil and garlic 2 minutes on low heat in a skillet (do not brown).
- 4 Turn up heat, add broccoli and 1 cup water, cook uncovered 3 minutes until h2o evaporates.
- 5 Add ricotta and gorgonzola. Stir until smooth. Season with salt and pepper.
- 6 In a bowl combine pasta, cheese broccoli sauce, tomatoes and 2/3 cup Parmesan cheese.
- 7 Transfer mixture to a 9 by 13 inch casserole dish. Sprinkle the rest of the Parmesan on top. Bake uncovered 10–15 minutes.

Stuffed Jumbo Shells with Garlic Vegetables

- 12 jumbo pasta shells
- 1 package frozen chopped spinach, thawed
- 2 C. ricotta cheese
- 1/4 C, grated parmesan cheese
- 2 cloves minced garlic
- 1/4 T. dried marjoram leaves and dried thyme leaves
- 1/2 t. dried basil leaves
- salt
- Garlic Veggies
- several cloves garlic
- 2 large carrots
- 1 medium zucchini
- 1 med. yellow summer squash
- 2 T. olive oil, divided
- parsley

1. Cook shells. Drain spinach to remove moisture.
- 2 Combine ricotta, spinach, 1/4 C parmesan cheese, garlic, marjoram, basil, thyme, salt and pepper. Spoon mixture into shells.
- 3 Diagonally slice veggies.
- 4 Heat oil in skillet, add garlic and sauté. Add additional oil, sauté veggies approx. 5 min.
- 5 Put into 13 x 9 pan, add filled pasta shells. pour spaghetti sauce over all. Loosely cover with foil and bake 35-40 min. or until heated through in 350 degree oven.
- 6 Sprinkle parmesan cheese over all.

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Rotini Pasta with Spinach, Cottage Cheese and Feta **(S 4)**

- 1 pound rotini pasta
- 5 plum tomatoes, seeded and diced
- 5 oz. spinach, chopped frozen, thawed and drained well
- 2 tbsp olive oil
- 1 oz. balsamic vinegar
- 1 tsp dry oregano leaves
- 1 tbsp fresh parsley, chopped fine
- 6 cloves garlic, peeled and minced fine
- 3 oz. feta cheese, crumbled
- 1 1/2 cups cottage cheese
- salt and pepper to taste

1. Cook pasta al dente and drain. Keep warm.
- 2 Heat oil in a large saute pan. Add spinach and tomatoes. Cook 1–2 minutes.
- 3 Add pasta and the remaining ingredients. Mix well. Serve warm.

Penne Pasta w/ Asparagus **S 4) Veg Times**

- 8 oz. penne or ziti
- 1 tbs olive oil
- 2 shallots, finely chopped
- 2 cups prepared (onion/garlic) tomato sauce
- 2/3 cup half-and-half or plain soy milk
- 2 lbs thin asparagus, trimmed and cut into 1 inch pieces
- 1/2 tsp dried tarragon
- 1/2 tsp salt
- 1/2 tsp freshly ground pepper

1. Cook pasta al dente, drain.
- 2 Heat oil over medium heat. Add shallots and cook, stirring occasionally 6–7 minutes.
- 3 Stir in tomato sauce and half-and-half, increase heat to high and bring to a boil. Add asparagus and tarragon and reduce heat to low. Partially cover and cook until asparagus are tender and sauce is slightly thickened, 10–12 minutes.
- 4 Add pasta to asparagus mixture along with salt and pepper. Toss until well coated. Serve hot.

Penne with Creamy Walnut Sauce **(S6)Moosewood**

- 5oz. fresh spinach (or loose frozen)
- 1/2 cup walnuts
- 2 cups low fat cottage cheese
- 1 garlic clove
- 1/4 cup grated parmesan cheese
- 1 tbsp chopped fresh basil
- 1-1 1/2 lbs penne pasta
- 1 head broccoli
- grated parmesan

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Penne with Creamy Walnut Sauce **(S6)Moosewood**

1. Toast walnuts in a single layer on an unoiled baking tray in a conventional or toaster oven at 350 degrees for about 5 minutes or until fragrant and golden brown.
- 2 Bring a large covered pot of water to a rapid boil. While the water heats, wash the spinach and transfer it to a separate large pot. The water clinging to the leaves should be enough moisture to steam it. Cover and cook the spinach on medium-high heat for about 4 minutes, until wilted but still bright green. Drain.
- 3 in a food processor, combine the spinach, walnuts, cottage cheese, garlic, parmesan, basil, and salt, and puree until smooth. working in batches if necessary. Add pepper to taste and set aside.
- 4 When the water boils, stir in the pasta, cover and return to a boil. Cook pasta until it is al dente. While the pasta is cooking, cut the broccoli into spears, blanch it in boiling water to cover until just tender, about 5 minutes, and set it aside.
- 5 Drain the pasta and serve immediately with the spinach-walnut sauce and several steamed broccoli spears. Sprinkle with grated Parmesan cheese.

Sunday Spaghetti Caserole **(S6)Southern Recipes by Pearlie B. Scott**

- 16 oz tomato sauce (plain, not spaghetti sauce)
 - 1 lb box spaghetti
 - 2 tbsp butter
 - 2 cloves garlic
 - 1 tbsp sugar
 - 1/2 tsp salt
 - 1/8 tsp pepper
 - 12 oz vegi ground round (or 1 1/2 lbs lean ground beef)
 - 4 oz softened cream cheese
 - 1 3/4 cups sour cream
 - 6 green onions, chopped
 - 1/2 lb cheddar cheese, shredded
1. Place butter in a cold skillet; add garlic and mash with sugar, salt and pepper. Cook until butter is melted, then add ground "meat" and brown.
 - 2 Add tomato sauce and simmer uncovered for 20 minutes.
 - 3 Cook spaghetti al-dente.
 - 4 Combine cream cheese, sour cream and green onions.
 - 5 Place spgahetti in a 13" x 9" greased caserole dish; top with cream cheese mixture and then sauce mixture.
 - 6 Sprinkle with cheddar cheese.
 - 7 Bake uncovered at 350 degrees until hot and bubbly , about 30 minutes.

Best Ever Mac & Cheese **(S4)Great Food Fast—Pressure Cooker**

- 3 cups elbow macaroni
- 2 cups chicken stock/broth
- 1 cup water
- 2 tbsp butter
- 2 tbsp grated parmesan cheese
- 1/4 tsp salt
- 1/8 tsp white pepper
- 2 cups shredded sharp cheddar cheese
- 4 oz Velveeta cheese

Best Ever Mac & Cheese **(S4)Great Food Fast—Pressure Cooker**

1. Add macaroni, chicken stock, water, butter, parmesan cheese, salt and pepper to the pressure cooker.
- 2 Bring it to steam and set the timer for 4 minutes on high.
- 3 Perform a quick release of pressure.
- 4 Stir in cheddar and processed cheeses until melted and creamy. Let sit covered 5 minutes before serving.

Rigatoni with Tomatoes, White Beans and Zucchini

- 2 tbsp EVOO
- 6 cloves garlic, minced
- 1/4 red pepper flakes
- 2 medium zucchini, quartered lengthwise and thinly sliced
- 14 1/2 - 16 oz can diced tomatoes
- 16 oz can great Northern beans, rinsed and drained
- 1 lb rigatoni pasta
- 1/8 cup chopped fresh basil
- freshly grated parmesan

1. In a large skillet heat oil. Add garlic and red pepper and cook stirring constantly for 1 minute.
- 2 Stir in zucchini and cook until almost tender but still crunchy, about 5 minutes.
- 3 Add tomatoes with their juice, beans, and 1/2 tsp salt. Simmer until juices have slightly thickened, about 5 minutes.
- 4 Cook pasta al dente and drain well.
- 5 Transfer pasta to heated serving bowl. Add sauce, basil, and parmesan cheese. Toss well and serve hot.

Mexican

Cheese and Bean Quesadillas

(S6) Veg Times

- 1 1/2 cups no-fat refried beans
- 1 cup corn kernels
- 1/2 cup salsa
- 6 8-inch tortillas
- 2 cups grated cheddar cheese
- 1 tsp chili powder
- 3 tomatoes, stemmed and chopped
- 1 avocado, peeled and chopped
- 1 tsp ground cumin
- Juice of 1 lime
- Salt/Pepper to taste

1. Combine beans, corn kernels, and salsa in a saucepan, and cook stirring over medium heat until hot.
2. place tortilla flat on work surface. Sprinkle about 1/3 cup cheese over tortilla. Spread about 1/2 cup bean mixture on one half of tortilla, and fold tortilla over to encase filling and cheese. Set aside. Repeat with remaining ingredients until all tortillas are ready for cooking.
3. Spray a large non-stick skillet with non-stick cooking spray, and heat over medium heat. Place quesadillas into skillet and cook turning two or three times until tortillas brown lightly on both sides and cheese melts. Sprinkle a handful of shredded cheddar on the top side of the cooked quesadillas.
4. Toss together chili powder, tomatoes, avocado and cumin. Sprinkle mixture with lime juice, and season with salt and pepper. Spoon over quesadillas and serve.

Black Bean and Corn Enchiladas

(S-6)

- 2 cans (15oz) black beans, drained
- 2 cups frozen corn
- 1/4 cup sliced scallions
- 1 large tomato chopped
- 1 tsp dried oregano
- 2 tbs chopped cilantro
- 1/2 tsp ground cumin
- 20 oz. can enchilada sauce
- 12 6" tortillas
- 1/2 cup shredded cheddar cheese

1. Preheat oven to 375 degrees.
2. In a large non-stick skillet combine black beans, corn, scallions, and tomato. Bring to simmer over medium heat.
3. Add cilantro, oregano, and cumin. Cook until mixture has slightly thickened 4–5 minutes.
4. Remove from heat.
5. Coat medium baking dish with a layer of enchilada sauce.
6. Microwave enchiladas 1 minute. Dip tortillas in enchilada sauce and spread with 1/4 cup bean mixture. Roll and place seam down in the baking dish.
7. Spoon remaining filling over and cover with the remaining enchilada sauce. Sprinkle with cheese.
8. Bake uncovered 15 minutes.

Black Bean and Rice Skillet

(S-4)

- 1 medium onion (chopped)
- 1 small sweet pepper (chopped)

1. In a frying pan, saute in 1tbsp oil until soft (5 mins).

- 2 cups cooked black beans
- 1 1/2 cups broth (c or v)
- 1/2 cup uncooked rice
- 1/4 tsp crushed hot chilies
- 1/4 tsp dried thyme
- 2 cloves garlic
- 1 bay leaf

2 Add and bring to boil.

3 Reduce heat and simmer covered until rice is done (20 mins for white rice, 40 for brown).

4 Remove from heat and remove bay leaf.

- 1/2 cup cheddar cheese (shredded)

5 Sprinkle on top and serve.

Crab & Avocado Soft Tacos

(S 4)

- 8 soft corn tortillas
- 1 avocado
- lime or lemon juice for tossing
- 4-6 tbsp sour cream
- 8-10 oz. crabmeat
- 1/2 lime
- 1/2 fresh green chili, deseeded & chopped
- 1 ripe tomato, deseeded and sliced
- 1/2 small onion finely chopped
- salsa

1. Heat the tortillas in an ungreased nonstick skillet in a stack, alternating top and bottom tortillas so that they heat evenly. Wrap in aluminum foil or a clean dishtowel to get warm.

2 Cut the avocado in half, Slice the flesh and toss in lime/lemon juice.

3 Spread tortilla with sour cream. Top with crabmeat, a squeeze of lime and a sprinkle of chili, tomato, onion, and avocado. Top with a splash of salsa. Repeat and serve at once.

Huevos Mexicanos

(S 3) ar.com

- 6 eggs
- 1-1/2 small tomato, diced
- 3/4 small onion, chopped
- 3/4 green bell pepper, chopped
- 1-1/2 jalapeno pepper, seeded and diced
- 3 tablespoons butter
- 3 (6 inch) corn tortillas, cut into strips
- 3/4 cup shredded Cheddar cheese

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Huevos Maxicanos

(S 3) ar.com

1. In a large bowl, lightly beat eggs. Stir in chopped tomato, onion, green pepper and jalapeno.
- 2 In a large skillet, melt butter over medium heat. Toss in the tortilla strips and cook briefly until soft. Add the egg and vegetable mixture and stir to combine. Cook, stirring occasionally, until eggs are set. Sprinkle with cheese and serve hot.

Mexican Black Bean Pizza

(S3)

- 1 10oz Italian cheese flavored thin pizza crust (Boboli works well)
 - 1 15oz can refried black beans
 - 2/3 cup chopped onion
 - 1 tsp ground cumin
 - 1 tsp chili powder 1 garlic clove, minced
 - 1/2 cup bottled salsa
 - 1/2 tsp. hot sauce
 - 1/2 cup shredded sharp cheddar
 - 1/2 cup shredded Monterey Jack cheese
1. Preheat oven to 375 degrees.
 - 2 Place pizza crust on baking sheet, bake at 375 degrees for 5 minutes or until crisp.
 - 3 Combine beans and next four ingredients (beans through garlic) in a medium bowl, stirring to combine. Spread bean mixture over crust leaving a 1 inch border. Spoon salsa evenly over bean mixture and drizzle with hot sauce. Sprinkle with cheeses. Bake at 375 degrees for 15 minutes or until crust is lightly browned.

Casseroles & Gratins

Pat's Baked Beans

(S 10) ar.com

- 6 slices bacon
- 1 cup chopped onion
- 1 clove garlic, minced
- 1 (16 ounce) can pinto beans
- 1 (16 ounce) can great Northern beans, drained
- 1 (16 ounce) can baked beans, drained
- 1 (16 ounce) can red kidney beans, drained
- 1 (15 ounce) can garbanzo beans, drained
- 3/4 cup ketchup
- 1/2 cup molasses
- 1/4 cup packed brown sugar
- 2 tablespoons Worcestershire sauce
- 1 tablespoon yellow mustard
- 1/2 teaspoon pepper

1. Preheat oven to 375 degrees F (190 degrees C).
2. Place bacon in a large, deep skillet. Cook over medium high heat until evenly brown. Drain, reserving 2 tablespoons of drippings, crumble and set aside in a large bowl. Cook the onion and garlic in the reserved drippings until onion is tender; drain excess grease and transfer to the bowl with the bacon.
3. To the bacon and onions add pinto beans, northern beans, baked beans, kidney beans and garbanzo beans. Stir in ketchup, molasses, brown sugar, Worcestershire sauce, mustard and black pepper. Mix well and transfer to a 9x12 inch casserole dish.
4. Cover and bake in preheated oven for 1 hour.

Giant Beans Baked w/ Honey & Dill

(S 6-8) The Greek Vegetarian

- 1 pound dried lima or Greek giant beans, soaked according to package instructions
- 1/2 cup OO
- 2 medium-sized red onions, peeled and finely chopped
- 3 cups peeled, seeded, and chopped plum tomatoes
- 2 cups water
- 3 tbsp honey
- 1 cup loosely packed chopped fresh dill
- 1/4 cup red wine vinegar
- 2 tbsp tomato paste
- Salt and freshly ground pepper to taste

1. In a large heavy skillet, heat 2 tbsp of OO over medium heat and cook the onions, stirring frequently, until wilted and lightly caramelized, about 15 minutes.
2. Preheat oven to 375 degrees. Rinse and drain soaked beans and place in large pot with enough water to cover them by 3 inches. Bring to a boil, reduce heat, and simmer, partially covered, for 30 minutes.
3. Remove from heat and drain. Place beans in a large baking pan with 3 tbsp OO, the onions, tomatoes, water, and honey. Mix thoroughly.
4. Cover the pan with foil and bake for about 1 1/2 hours, or until the beans are tender and the sauce is thick and creamy. Add more water throughout baking, if necessary, to keep the beans from burning. Fifteen minutes before removing from oven, add dill, vinegar, tomato paste, salt, and pepper.

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Soup, Stew, & Chili

White Bean and Rosemary Stew

(S4) Veg Times

- 2 tbsp OO
- 1 medium sweet or yellow onion, chopped
- 2 cloves garlic, minced
- 15 oz. can vegetable (or chicken) broth
- 19 oz. can Great Northern beans, rinsed and drained
- 1 1/2 tsp chopped fresh rosemary or 1/2 tsp dried
- 1/2 tsp freshly ground pepper
- 1 large red bell pepper and 1 large yellow bell pepper, roasted and julienned or 2 6 oz. jars roasted red peppers, julienned
- 1 tsp balsamic vinegar

1. In large saucepan, heat oil over medium heat. Add onion and garlic and cook, stirring, until tender, about 5 minutes.
2. Stir in broth and bring to boil over high heat. Stir in beans, rosemary, and ground pepper. Reduce heat to medium-low and simmer uncovered, stirring occasionally, 10 minutes.
3. Stir in roasted peppers and vinegar and cook 3 minutes. Ladle stew into bowls and serve.

French White Bean and Cabbage Soup

(S6) FFVSC

- 2 tbsp OO
- 1 medium yellow onion, chopped
- 1 medium carrot, chopped
- 3 garlic cloves, minced
- 1 small head green cabbage, cored and shredded
- 1 large Yukon Gold potato, peeled and diced
- 1 1/2 cups slow-cooked white beans or 2 15 oz. cans white beans, drained and rinsed
- 6 cups vegetable (or chicken) stock
- 3/4 tsp dried thyme
- Salt and freshly ground pepper
- 1 tbsp Liquid Smoke (optional)
- 1 tbsp minced fresh parsley leaves

1. Heat the OO in a large saucepan over medium heat. Add the onion, carrot, and garlic, cover, and cook until softened, about 5 minutes.
2. Transfer the cooked vegetables to a 6-quart slow cooker. Add the cabbage, potato, beans, stock, and thyme; season with salt and pepper. Cover and cook on low for 8 hours.
3. Just before serving, stir in the Liquid Smoke, if using, and parsley.

Variation: Brown vegetarian sausage links cut into 1/2 inch pieces and add them to the soup at serving time.

Cauliflower & White Cheddar Cheese Soup **(S 6)**

- 2 small head cauliflower (2 1/2 pounds)
- 2 tbsp butter
- 1 large onion, chopped
- 1 clove garlic, minced
- freshly ground pepper
- 4 cps vegetable broth
- 1 pinch ground nutmeg
- 1 1/2 cups milk
- 2 cups shredded white cheddar cheese

1. Cut cauliflower heads into florets.
- 2 Fill a large saucepan 3/4 full with water. Add half the cauliflower and boil until tender. Drain well.
- 3 Melt butter in 4 quart soup pot over medium-low soup. Saute the onion and garlic in the butter until the onion is tender. Pour in the vegetable stock and unboiled cauliflower florets. Mix in nutmeg and bring the mixture to a boil; boil until cauliflower is tender. Remove pot from heat to cool.
- 4 Use a blender to blend the soup, onion, cauliflower mixture until smooth, 2 cups at a time. Place the blended soup back in the 4 quart soup pot and heat over medium-low heat.
- 5 Pour milk into the pot and stir well. When the mixture is simmering, mix in the cooked florets and 1 1/2 cups cheddar cheese. Stir until cheese melts and soup thickens. Serve hot sprinkled with cheese and peppered to taste.

African Pepper & Tomato Stew

- 1 medium onion, slivered
 - 1 large green or red pepper, slivered
 - 4 cloves garlic, minced
 - 2 hot chili peppers, seeded and halved
 - 1/2 tsp cumin
 - 3 medium tomatoes chopped or about 20 oz. tomato puree (canned)
 - 15-19 oz. can chickpeas (or 1 1/2 cp dried and cooked)
 - 1/2 tsp salt
 - 4 eggs
 - salt
 - pepper
 - hot paprika
1. Saute in olive oil until lightly browned.
 - 2 Add and saute till soft.
 - 3 Add tomatoes, chickpeas and salt, and simmer.
 - 4 Top with eggs & simmer until lightly cooked.
 - 5 Sprinkle with salt, pepper, & hot paprika.

Tuscan Vegetable Soup **(S6) Bon Appetite**

- 1 1lb package white beans
- 2 tbsp OO
- 1 large onion, finely chopped
- 2 tbsp chopped fresh thyme
- 4 garlic cloves, minced
- 1/4 head of green cabbage, cut into 1/2 inch pieces
- 2 cups chopped fresh tomatoes
- 4 celery stalks, cut into 1/2 inch pieces
- 3 carrots, cut into 1/2 inch pieces
- 10 cups (or more) vegetable (or chicken) stock or broth
- 2 medium potatoes, cut into 1/2 inch pieces
- 1/2 cup chopped fresh basil
- 1/2 head of red cabbage, cut into 1/2 inch pieces
- 4 zucchini, cut into 1/2 inch pieces
- 1 cup grated Parmesan cheese
- Additional OO

1. Place beans in a heavy large pot. Pour in enough water to cover beans by 3 inches. Soak overnight. Drain beans. Cook beans in 10 cups stock just until softening.
2. Heat 2 tbsp OO in very large pot over medium heat. Add onion, thyme, and garlic; saute 5 minutes.
3. Add green cabbage, tomatoes, celery, and carrots; saute 10 minutes.
4. Add beans, 10 cups stock, potatoes, and basil. Bring to boil. reduce heat; cover and simmer 1 hour.
5. Add red cabbage and zucchini. Cover and simmer until vegetables are tender, about 20 minutes longer.
6. Remove from heat; let stand 10 minutes. Stir in cheese. Ladle soup into bowls. Top each serving with ground pepper and additional OO and serve.

Leek Potato Cheddar Soup **(S 6) ar.com**

- 2 leeks, finely chopped (white part only)
- 1 clove garlic, finely chopped
- 4 medium potatoes (red or Yukon Gold), chopped
- 1 tablespoons butter
- 1 tablespoon olive oil
- 1 1/2 teaspoons ground mustard
- 2 tablespoons flour
- 1/2 cup water
- 3 cups chicken broth
- salt, pepper, and celery salt, to taste
- 1/2 cup shredded Cheddar cheese
- 2 tablespoons Parmesan cheese
- 1 cup milk
- croutons for garnish, if desired

1. In a skillet, cook leek, garlic, and potato in 1 tablespoon of butter and the olive oil over medium low heat, stirring often. Do not allow potato to brown.
2. Place mustard, salt, pepper, celery salt, and flour together in a bowl. Gradually whisk in water and chicken broth until well blended. Stir into potato mixture, and bring to a boil. Reduce to a simmer, and cook for 1 hour.
3. Mash softened potatoes by hand so they remain lumpy. Stir in Cheddar and Parmesan cheeses until melted, then add milk but do not boil. Serve immediately with croutons, if desired.

Rice

Italian-Style Fried Rice

(S 4) Prevention

- 8 artichoke hearts, chopped
- 1 cup thinly sliced onions
- 2 cloves garlic, minced
- 1 shallot, minced
- 3 tbs olive oil
- 2 cups shredded spinach
- 4 cups cold cooked rice
- 3 tbs grated Sapsago or Parmesan cheese

1. In a large nonstick frying pan, saute the artichokes, onions, garlic, and shallots in 1 tbs of the oil until tender, about 4 minutes.
- 2 Add the spinach and saute until the spinach wilts. Transfer to a large bowl.
- 3 Saute the rice in the remaining oil until heated through. Stir in the spinach mixture. Sprinkle with the cheese.

Broccoli and Rice Stirfry

(S 8)

- 1 1/2 cups uncooked white rice
- 1 tablespoon vegetable oil
- 1 (16 ounce) package frozen broccoli florets, thawed
- 3 green onions, diced
- 2 eggs, beaten
- 2 tablespoons soy sauce
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper

1. In a saucepan, bring 3 cups water to a boil. Stir in rice. Reduce heat, cover, and simmer for 20 minutes.
- 2 Heat oil in a large skillet over medium heat. Saute broccoli until tender crisp, and add scallions. Remove from skillet. Scramble eggs; return broccoli mixture to pan. Stir in cooked rice, soy sauce, salt and pepper.

French Pilaf

(S3)

- 6 tbs (3/4 stick) unsalted butter
- 1 cup long-grain white rice
- 1 3/4 cups chicken broth
- 1/4 tsp salt
- freshly ground white pepper, to taste

French Pilaf

(S3)

1. Melt 3 tbsp butter in a heavy saucepan over medium heat. Add the rice and stir until it begins to turn opaque, 2 to 3 minutes; do not brown. Add the broth and salt and bring to a boil.
- 2 Reduce heat to the lowest setting, cover and simmer without lifting the lid for 20 minutes. Remove from heat.
- 3 Sprinkle pepper over the rice and stir in the remaining 3 tbsp butter. Let stand, covered, for 5 to 15 minutes, then serve hot.

Variation: Cook a small chopped up shallot in the butter before you add the rice.

Grandma Carol's Rice Pilaf

(S6)

- 1/2 medium onion
- 2 stalks celery, diced
- 1 head broccoli, dice stems and save small flowers for the
- 2 cloves garlic, chopped
- 3 tbsp chicken seasoning (Better than Bouillon)
- 1 carrot, shredded
- 1 1/2 Basmati Rice
- 1 tbsp EVOO

1. Saute onion, garlic, celery, broccoli stems in a separate pan.
- 2 In the big pan, brown the rice in the EVOO.
- 3 Add 3 cups water, sauted vegies, and the carrots. Also add the chicken seasoning.
- 4 Cook rice (about 20 minutes) until done. Quickly add broccoli flowers, recover and let steam for a few minutes.

Dinner

Seafood

Crunchy Oven Fried Fish

(S4) Cook's Illustrated September 2008

- 4 large slices white sandwich bread, torn into 1-inch pieces
- 2 tablespoons unsalted butter, melted
- Salt and ground black pepper
- 2 tablespoons minced fresh parsley leaves
- 1 small shallot, minced (about 2 tablespoons)
- 1/4 cup plus 5 tablespoons unbleached all-purpose flour
- 2 large eggs
- 2 teaspoons prepared horseradish (optional)
- 3 tablespoons mayonnaise
- 1/2 teaspoon paprika
- 1/4 teaspoon cayenne pepper (optional)
- 1 1/4 pounds skinless cod fillet, or haddock fillet, or other thick white fish fillet (1 to 1 1/2 inches thick), cut into 4 pieces (see note)
- Lemon wedges

1. Adjust oven rack to middle position and heat oven to 350 degrees. Pulse bread, melted butter, 1/4 teaspoon salt, and 1/4 teaspoon pepper in food processor until bread is coarsely ground, eight 1-second pulses (you should have about 3 1/2 cups crumbs). Transfer to rimmed baking sheet and bake until deep golden brown and dry, about 15 minutes, stirring twice during baking time. Cool crumbs to room temperature, about 10 minutes. Transfer crumbs to pie plate; toss with parsley and shallot. Increase oven temperature to 425 degrees.
- 2 Place 1/4 cup flour in second pie plate. In third pie plate, whisk eggs, horseradish (if using), mayonnaise, paprika, cayenne pepper (if using), and 1/4 teaspoon black pepper until combined; whisk in remaining 5 tablespoons flour until smooth.
- 3 Spray wire rack with nonstick cooking spray and place in rimmed baking sheet. Dry fish thoroughly with paper towels and season with salt and pepper. Dredge 1 fillet in flour; shake off excess. Using hands, coat with egg mixture. Coat all sides of fillet with bread crumb mixture, pressing gently so that thick layer of crumbs adheres to fish. Transfer breaded fish to wire rack. Repeat with remaining 3 fillets.
- 4 Bake fish until instant-read thermometer inserted into centers of fillets registers 140 degrees, 18 to 25 minutes. Using thin spatula, transfer fillets to individual plates and serve immediately with lemon wedges.

To prevent overcooking, buy fish fillets at least 1 inch thick. The bread crumbs can be made up to 3 days in advance, cooled, and stored at room temperature in an airtight container.

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Crab Cake Remoulade

- 1 cup mayonnaise
- 1 1/2 tbsp dry mustard
- 2 tbsp vegetable oil
- 1 tbs vinegar
- 1 tsp paprika
- tsp salt
- tsp white pepper
- dash of hot sauce
- 2 green onions, cut into 1 inch length
- 1 clove garlic, cut in half
- 2 tbsp coarsely chopped fresh parsley

5 Combine all ingredients in a food processor and process on high speed until blended and smooth. Chill thoroughly.

Crab Cakes

(S6)

- 1 lb. crab meat shredded
- 1 cup mayonnaise
- 2 eggs
- cup bread crumbs
- 1 tbp freshly chopped parsley
- 1 tbp worcestershire sauce
- 2 tbp citrus aolia (garlic sauce) or 1 tbp lemon juice and garlic powder
- 1 tsp mustard
- 1 tbsp red pepper chopped/roasted
- cup scallions green part included
- 1tsp paprika
- salt/white pepper
- cup chopped, sauted yellow pepper
- oil

1. Mix crabmeat, 1 egg, mayo, scallions, pepper, spices, bread crumbs, sauces.
- 2 Lay out flour, 2nd egg beaten, more bread crumbs on three plates.
- 3 Heat oil 1/4 to 1/2 inch deep in large hot skillet.
- 4 Dredge crabmeat patties in flour, then egg, then bread crumbs and fry till both sides are golden brown. Keep warm in oven while frying batches or waiting to serve.

Caribbean Salmon with Fresh Mango

(S4) Great Food Fast—Pressure Cooker

- 1 cup chicken stock or broth
- 1 1/2 - 2 lbs salmon fillets
- 1/4 cup finely diced red onion
- 1 tbs EVOO
- 1 tsp ground allspice
- 1 tsp light brown sugar
- 1/2 tsp ground cumin
- 1/2 tsp dried thyme
- 1/4 tsp salt
- 1/4 tsp pepper
- 1 lime, halved
- 1 mango, peeled and thinly sliced

Caribbean Salmon with Fresh Mango (S4) Great Food Fast—Pressure Cooker

1. Place a metal trivet at the bottom of the pressure cooker.
2. Pour in chicken stock, and then place salmon fillets on the metal rack in the cooker.
3. In a small mixing bowl, combine the onion, oil, allspice, brown sugar, cumin, thyme, salt, and pepper. Spread the onion mixture over the top of the salmon on the rack.
4. Lock the pressure cooker's lid and set for 6 minutes on high.
5. Perform a quick release.
6. Squeeze the lime halves over the cooked salmon, and then top with mangi slices before serving.

Beef

Glazed Meatloaf

(S8) ar.com

- 1/2 cup ketchup
- 1/3 cup brown sugar
- 1 tablespoon lemon juice
- 1 teaspoon dry mustard
- 2 pounds lean ground beef
- 4 tbsp tomato paste
- 1/2 cup milk
- 3 slices bread, shredded
- 1/4 cup diced onion
- 1 egg, beaten
- 1 cube beef bouillon, crumbled
- 3 tablespoons lemon juice

1. Preheat oven to 350 degrees F (175 degrees C).
- 2 In a small bowl, combine ketchup, brown sugar, 1 tablespoon lemon juice and dry mustard until smooth.
- 3 In a large bowl, combine ground beef, shredded bread, onion, egg, bouillon, 3 tablespoons lemon juice, and 1/3 cup of the ketchup mixture until well mixed. Form into a loaf and place in a 9x5 inch loaf pan.
- 4 Bake 1 hour. Pour off fat. Pour reserved ketchup mixture over loaf. Bake 10 minutes more.

Chicken

Peanut Noodles with Shredded Chicken and Vegetables

(S6) Yahoo recipes

- 1 pound boneless, skinless chicken breasts
- 1/2 cup smooth natural peanut butter
- 2 tablespoons reduced-sodium soy sauce
- 2 teaspoons minced garlic
- 1 1/2 teaspoons chile-garlic sauce, or to taste (see Ingredient note)
- 1 teaspoon minced fresh ginger
- 8 ounces whole-wheat spaghetti
- 1 (12 ounce) bag fresh vegetable medley, such as carrots, broccoli, snow peas

1. Put a large pot of water on to boil for cooking pasta.
2. Meanwhile, place chicken in a skillet or saucepan and add enough water to cover; bring to a boil. Cover, reduce heat to low and simmer gently until cooked through and no longer pink in the middle, 10 to 12 minutes. Transfer the chicken to a cutting board. When cool enough to handle, shred into bite-size strips.
3. Whisk peanut butter, soy sauce, garlic, chile-garlic sauce and ginger in a large bowl.
4. Cook pasta in the boiling water until not quite tender, about 1 minute less than specified in the package directions. Add vegetables and cook until the pasta and vegetables are just tender, 1 minute more. Drain, reserving 1 cup of the cooking liquid. Rinse the pasta and vegetables with cool water to refresh. Stir the reserved cooking liquid into the peanut sauce; add the pasta, vegetables and chicken; toss well to coat. Serve warm or chilled.

If you can't find a bagged vegetable medley for this easy noodle bowl, choose 12 ounces of cut vegetables from your market's salad bar and create your own mix.

Ingredient note: Chile-garlic sauce (or chili-garlic sauce, or paste) is a blend of ground chiles, garlic and vinegar and is commonly used to add heat and flavor to Asian soups, sauces and stir-fries. It can be found in the Asian section of large supermarkets and keeps up to 1 year in the refrigerator.

Famous Butter Chicken

AR.com

- 2 eggs, beaten
- 1 cup crushed buttery round cracker crumbs
- 1/2 teaspoon garlic salt
- ground black pepper to taste
- 4 skinless, boneless chicken breast halves
- 1/3 cup butter, cut into pieces

Famous Butter Chicken

AR.com (Cont.)

1. Preheat oven to 375 degrees F
- 2 Place eggs and cracker crumbs in two separate shallow bowls. Mix cracker crumbs with garlic salt and pepper.
- 3 Dip chicken in the eggs, then dredge in the crumb mixture to coat.
- 4 Arrange coated chicken in a 9x13 inch baking dish. Place pieces of butter around the chicken.
- 5 Bake in the preheated oven for 25 minutes, or until chicken is no longer pink and juices run clear. Spoon juices over chicken 2 times while cooking.

Tender BBQ Chicken

(S6) Great Food First—Pressure Cooker

- 2 tbsp EVOO
 - 3 lbs boneless chicken pieces
 - salt and pepper
 - 1 cup chicken stock or broth
 - 1 tbsp cider vinegar
 - 1 tbsp light brown sugar
 - 1 (16 oz or so) bottle of BBQ sauce
1. Generously season the chicken parts with salt and pepper and then brown in the EVOO in the pressure cooker.
 - 2 Add the chicken stock , cider vinegar, brown sugar, and 1/2 the bottle of BBQ sauce.
 - 3 Lock the lid on and set for 8 (or up to 12 depending on thickness of chicken) minutes on high.
 - 4 Let the pressure cooker naturally release naturally for 10 minutes before performing a quick release.
 - 5 Transfer chicken to a sheet pan and spread remaining BBQ sauce equally over the chicken.
 - 6 Place sheet pan under broiler and broil 5 minutes or until sauce is beginning to bubble and char. Serve immediately.

Cheesy Chicken and Rice with Broccoli Florets

(S6) Great Food Fast—Pressure Cooker

- 1 tbsp EVOO
- 1 lb boneless, skinless chicken breasts, cubed
- 1 yellow onion, diced
- 1 1/3 cups basmati rice
- 2 1/2 cups chicken stock or broth
- 1 tsp salt
- 1/4 tsp pepper
- 1/4 tsp garlic powder
- 1 1/2 tbsp flour
- 1/2 cup milk
- 1 1/2 cups shredded cheddar cheese
- 2 cups frozen broccoli florets, thawed

Cheesy Chicken and Rice with Broccoli Florets **(S6) Great Food Fast—Pressure Cooker**

1. Heat oil to a sizzle. Add chicken and onion, and saute until chicken is lightly browned and onion is translucent, about 5 minutes.
2. Add rice, chicken stock, salt, pepper, and garlic powder. Securely lock pressure cooker and set for 5 minutes on high.
3. Perform a quick release.
4. Whisk together flour and milk and add to cooker. Simmer for 2 minutes.
5. Stir in cheddar cheese and broccoli florets, and let simmer 2 minutes or until cheese is melted and broccoli is warmed through. Serve immediately.

Turkey Burger Macaroni **(S4) Great Food Fast—Pressure Cooker**

- 1 tbsp EVOO
- 1 lb ground turkey
- 1 small yellow onion, diced
- 1/2 tsp salt
- 1/4 tsp pepper
- 1/2 dried thyme
- 1/4 cup ketchup
- 3 cups elbow macaroni
- 3 cups chicken, turkey, or vegie stock
- 10 oz Velveeta cheese

1. Heat oil to sizzling. Brown the ground turkey. Make sure it is chopped in to small kid-friendly pieces. Drain grease.
2. Add remaining ingredients, except the cheese.
3. Lock the pressure cooker and set 3 1/2 minutes on high. (Bring almost to a boil before putting lid on so you stir as to not have the macaroni stick to the bottom)
4. Perform a quick release.
5. Add processed cheese, stirring well. Let sit 5 minutes to thicken and stir again until dish is creamy.

White Chili **(S 4) Simply in Season**

- 1/2 medium onion (chopped)
- 1/2 cup green pepper (chopped)
- 3 stalks celery (chopped)
- 1/4 cup mild green chilies (chopped)
- 2 cloves garlic

1. In a large frying pan, saute in 1 tbsp oil until just tender. Set aside.

- 2 tbsp butter
- 2 cups chicken broth
- 2 tbsp flour
- 1/2 cup milk

2. In a soup pot, melt butter, blend in flour, and cook briefly.
3. Stir in broth and milk.
4. Cook over medium heat, stirring constantly, until sauce thickens.

White Chili

(S 4) Simply in Season

- 3 cups cooked great northern beans
- 2 cups corn
- 2 cup cooked chicken or turkey, chopped
- 1/4 cup sour cream
- 1/2 tsp poultry seasoning
- 1/2 tsp ground cumin

5 Add to soup pot with sauteed vegetables and heat through.

6 Garnish with shredded cheese. Optional.

Pork

Crunchy Baked Pork Chops (S4) Cook's Illustrated January 2008

- Salt
- 4 center-cut boneless pork chops, 6 to 8 ounces each, 3/4 to 1 inch thick, trimmed of excess fat
- 4 slices hearty white sandwich bread, torn into 1-inch pieces
- 1 small minced shallot (about 2 tablespoons)
- 3 medium garlic cloves, minced or pressed through garlic press (about 1 tablespoon)
- 2 tablespoons vegetable oil
- Ground black pepper
- 2 tablespoons grated Parmesan cheese
- 1/2 teaspoon minced fresh thyme leaves
- 2 tablespoons minced fresh parsley leaves
- 1/4 cup unbleached all-purpose flour plus 6 tablespoons
- 3 large egg whites
- 3 tablespoons Dijon mustard
- Lemon wedges

1. Adjust oven rack to middle position and heat oven to 350 degrees. Dissolve 1/4 cup salt in 1 quart water in medium container or gallon-sized zipper-lock bag. Submerge chops, cover with plastic wrap, and refrigerate 30 minutes. Rinse chops under cold water and dry thoroughly with paper towels.
2. Meanwhile, pulse bread in food processor until coarsely ground, about eight 1-second pulses (you should have about 3 1/2 cups crumbs). Transfer crumbs to rimmed baking sheet and add shallot, garlic, oil, 1/4 teaspoon salt, and 1/4 teaspoon pepper. Toss until crumbs are evenly coated with oil. Bake until deep golden brown and dry, about 15 minutes, stirring twice during baking time. (Do not turn off oven.) Cool to room temperature. Toss crumbs with Parmesan, thyme, and parsley.
3. Place 1/4 cup flour in pie plate. In second pie plate, whisk egg whites and mustard until combined; add remaining 6 tablespoons flour and whisk until almost smooth, with pea-sized lumps remaining.
4. Increase oven temperature to 425 degrees. Spray wire rack with nonstick cooking spray and place in rimmed baking sheet. Season chops with pepper. Dredge 1 pork chop in flour; shake off excess. Using tongs, coat with egg mixture; let excess drip off. Coat all sides of chop with bread crumb mixture, pressing gently so that thick layer of crumbs adheres to chop. Transfer breaded chop to wire rack. Repeat with remaining 3 chops.
5. Bake until instant-read thermometer inserted into center of chops registers 150 degrees, 17 to 25 minutes. Let rest on rack 5 minutes before serving with lemon wedges.

Note: Center-cut chops are quite lean, and left untreated they will be very dry and chewy, even when cooked to medium (an internal temperature of 150 degrees). The salt in the brine changes the structure of the muscle proteins and allows them to hold on to more moisture when exposed to heat. My tasters had no trouble picking out the chops that I had brined versus chops that I had left untreated.

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Odds and Ends

Duxelles

Cook's Illustrated November 2001

- 1 pound button mushrooms, brushed of dirt and broken in rough pieces by hand
- 3 tablespoons unsalted butter
- 2 - 3 large shallots, minced (about 1/2 cup)
- 2 tablespoons heavy cream
- 1 teaspoon Madeira (optional)
- 1 teaspoon table salt
- 1/2 teaspoon ground black pepper
- 1 tablespoon minced fresh thyme leaves

1. Process half of mushrooms in food processor until chopped uniformly fine, about ten 1-second pulses, stopping to scrape down bowl after 5 pulses (mushrooms should not be ground so fine as to release liquid). Transfer chopped mushrooms to medium bowl and repeat to chop remaining mushrooms.
- 2 Heat butter in 12-inch skillet over medium-low heat until foaming; add shallots and cook, stirring frequently, until softened, 3 to 5 minutes. Stir in mushrooms, increase heat to medium-high, and cook, stirring frequently, until most of liquid given off by mushrooms has evaporated, 7 to 10 minutes. Add cream, Madeira, salt, and pepper; cook until mixture is dry, about 3 minutes longer. Off heat, stir in thyme.
- 3 Line rimmed baking sheet with parchment paper; turn duxelles onto baking sheet and, with rubber spatula, spread into 8 by 10-inch rectangle of even thickness (see illustration 1). Cover flush with plastic wrap and refrigerate until completely cold, at least 2 hours or up to 24.

Croutons

- 1 loaf hearty white bread, cut into 1 inch pieces
- 1 stick unsalted butter
- 1/4 cup chopped fresh thyme leaves
- 1 head garlic
- 1/4 cup chopped fresh basil
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Dessert

Red Raspberry Pie

- 4 cups raspberries
- 1 cup granulated sugar
- 1/3 cup creme de cassis (black current liqueur)
- 4 tbsp cornstarch
- 1 tbsp fresh lemon juice
- pinch of salt
- 2 tbsp sweet butter
- 3 thin slices of lemon

1. Preheat the oven to 425 degrees.
2. Toss raspberries and sugar together in mixing bowl
3. Whisk cassis and cornstarch together in a small bowl until smooth.
4. Stir cassis mixture, lemon juice, and salt gently into berries.
5. Roll 2/3 of dough and line pie pan with edges untrimmed. Spoon in the berries, dot with butter, and arrange lemon slices over the center.
6. Cut the rest of the dough into strips and prepare lattice top. Wrap edges and crimp.
7. Bake on middle oven rack at 425 for 15 minutes with edges covered in foil. Lower heat to 350 and bake for another 30–40 minutes or until crust is brown and berries bubble.

Cream Cheese Poundcake

- 1 1/2 cup chopped pecans, divided
- 1 cup butter, softened
- 8 oz. cream cheese
- 2 1/2 cups sugar
- 6 eggs
- 3 cups sifted cake flour
- dash of salt
- 1 1/2 tsp vanilla extract

1. Preheat the oven to 325 degrees.
2. Sprinkle 1/2 cup pecans in a greased and floured 10 inch tube pan.
3. Cream butter and cream cheese, gradually add sugar, beating at medium speed until light and fluffy.
4. Add eggs one at a time beating after each addition.
5. Stir in vanilla and 1 cup of pecans. Pour into prepared pan.
6. Bake for 1 1/2 hours. Cool 10 minutes and remove from pan.

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Pecan Pie Surprise Bars

Base

- 1 pkg. moist supreme yellow cake mix
- 1/3 C. butter, softened
- 1 egg

Filling

- 1/2 C. brown sugar
- 1 1/2 C. dark corn syrup
- 1 tsp. vanilla
- 3 eggs
- 1 C. chopped pecans

1. Heat oven to 350 degrees. Grease 13 x9 pan.
- 2 Reserve 2/3 C of dry cake mix for filling.
- 3 In large bowl, combine remaining dry cake mix, butter and 1 egg, beat at low speed until well blended.
- 4 Press in bottom of greased pan Bake at 350 degrees for 15 min. or until golden brown.
- 5 Meanwhile, combine reserved 2/3 C. dry cake mix, brown sugar, corn syrup, vanilla and 3 eggs, beat at low speed until moistened. Beat 1 min. at medium speed until well blended.
- 6 Remove pan from oven, pour filling over warm base. Sprinkle with pecans. Return to oven; bake an additional 30 min. or until filling is set. Cool and cut into bars.

Sophie's Cherry Cake (America's Best Lost Recipes)

Cake

- 1 C. all purpose flour
- 1 1/2 tsp baking powder
- 1/4 tsp salt
- 2 large eggs, room temperature
- 1 tsp vanilla extract
- 4 tbsp unsalted butter, softened
- 3/4 C sugar
- 1 14.5 oz. can tart cherries, drained with juice reserved for topping

Topping

- 2 1/2 tbsp cornstarch
- 3/4 C sugar
- 1 tsp almond extract
- 1/2 C pecans, toasted

1. For the cake: preheat oven to 350 degrees. Grease and flour a 9-inch cake pan.
- 2 Whisk the flour, baking powder, and salt in a medium bowl. Whisk the eggs and vanilla in a small bowl.
- 3 With an electric mixer on medium-high speed, beat the butter and sugar together until fluffy, about 2 minutes. Reduce the speed to low and add the flour mixture and the egg mixture alternately in two batches, beating on low speed until combined.
- 4 Using a spatula, fold in the cherries. Scrape the batter into the prepared pan and bake until a toothpick comes out clean, 30 to 35 minutes. Cool completely in the pan.
- 5 For the topping: Combine the reserved cherry juice, cornstarch, sugar, and almond extract in a small saucepan over medium heat until it just begins to bubble, about 4 minutes.
- 6 let the glaze cool completely, at least 30 minutes. Spread the glaze over the cooled cake and arrange the pecans on the top. Serve. (The cake can be stored at room temperature for two days.)

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Happy Cake—Banana-Raspberry Cake w/ Lemon Frosting

Cake:

- Cooking spray
- 1 tbsp all-purpose flour
- 1 1/3 cups granulated sugar
- 1/4 cup butter, softened
- 3 large eggs
- 1 3/4 cups all-purpose flour
- 2 tsp baking powder
- 1/2 tsp salt
- 1 cup low-fat buttermilk
- 1 cup mashed ripe banana (about 2 bananas)
- 1 tsp vanilla extract

Frosting

- 3/4 cup (6 oz.) cream cheese, chilled
- 2 tbsp butter, softened
- 2 tsp grated lemon rind
- 1/2 vanilla extract
- Dash of salt
- 2 1/2 cups powdered sugar, sifted
- 1 1/2 cups fresh raspberries (optional, whole frozen work ok too)

1. Preheat oven to 350 degrees.
2. To prepare the cake, coat 2 (8") round cake pans with cooking spray; line bottoms with wax paper. Coat wax paper with cooking spray, dust each pan with 1 1/2 tsp flour.
3. Place granulated sugar and 1/4 cup butter in a large bowl; beat with a mixer at medium speed until well blended (about 3 minutes). Add eggs, 1 at a time, beating well after each addition.
4. Lightly spoon 1 3/4 cups flour into dry measuring cups, and level with a knife. Combine flour, baking powder, and 1/2 tsp salt, stirring well with a whisk.
5. Combine buttermilk, banana, and 1 tsp vanilla. Add the flour mixture and buttermilk mixture alternately to the sugar mixture, beginning and ending with flour mixture (mix after each addition just until blended). Pour batter into prepared pans.
6. Bake cake at 350 degrees for 25 minutes or until a cake tester inserted in the center comes out clean. Cool in pans 10 minutes on a wire rack; remove from pans. Peel off wax paper. Cool layers completely on wire rack.
7. To prepare frosting, combine cream cheese, 2 tbsp butter, rind, 1/2 tsp vanilla, and dash of salt in a large bowl. Beat with a mixer at high speed until fluffy. Gradually add powdered sugar; beat at low speed just until blended (do not overbeat).
8. place 1 cake layer on a plate, and spread with 1/3 cup frosting. Arrange raspberries in a single layer over frosting, and top with remaining cake layer. Spread remaining frosting over top and sides of cake. Store cake loosely covered in refrigerator. Garnish with fresh raspberries if desired.

Pumpkin Pie Cooks Illustrated

- Pie Crust
- 1 cup heavy cream
- 1 cup whole milk
- 3 large eggs plus 2 large yolks
- 1 teaspoon vanilla extract
- 1 (15-ounce) can pumpkin puree
- 1 cup drained candied yams from 15-ounce can (see note)
- 3/4 cup sugar
- 1/4 cup maple syrup
- 2 teaspoons grated fresh ginger
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon ground nutmeg
- 1 teaspoon table salt

Pumpkin Pie (Cont.)

Cooks Illustrated

1. While pie shell is baking at 400 degrees, whisk cream, milk, eggs, yolks, and vanilla together in medium bowl. Combine pumpkin puree, yams, sugar, maple syrup, ginger, cinnamon, nutmeg, and salt in large heavy-bottomed saucepan; bring to sputtering simmer over medium heat, 5 to 7 minutes. Continue to simmer pumpkin mixture, stirring constantly and mashing yams against sides of pot, until thick and shiny, 10 to 15 minutes.
- 2 Remove pan from heat and whisk in cream mixture until fully incorporated. Strain mixture through fine-mesh strainer set over medium bowl, using back of ladle or spatula to press solids through strainer. Rewhisk mixture and transfer to warm prebaked pie shell. Return pie plate with baking sheet to oven and bake pie for 10 minutes. Reduce heat to 300 degrees and continue baking until edges of pie are set (instant-read thermometer inserted in center registers 175 degrees), 20 to 35 minutes longer. Transfer pie to wire rack and cool to room temperature, 2 to 3 hours. Cut into wedges and serve.

Pie Crust

Cook's Illustrated

- 1 1/4 cups unbleached all-purpose flour (6 1/4 ounces)
 - 1/2 teaspoon table salt
 - 1 tablespoon sugar
 - 6 tablespoons (3/4 stick) cold unsalted butter , cut into 1/4-inch slices
 - 1/4 cup vegetable shortening , cold, cut into two pieces
 - 2 tablespoons vodka , cold (see note)
 - 2 tablespoons cold water
1. Process 3/4 cup flour, salt, and sugar in food processor until combined, about two 1-second pulses. Add butter and shortening and process until homogenous dough just starts to collect in uneven clumps, about 10 seconds; dough will resemble cottage cheese curds with some very small pieces of butter remaining, but there should be no uncoated flour. Scrape bowl with rubber spatula and redistribute dough evenly around processor blade. Add remaining 1/2 cup flour and pulse until mixture is evenly distributed around bowl and mass of dough has been broken up, 4 to 6 quick pulses. Empty mixture into medium bowl.
 - 2 Sprinkle vodka and water over mixture. With rubber spatula, use folding motion to mix, pressing down on dough until dough is slightly tacky and sticks together. Flatten dough into 4-inch disk. Wrap in plastic and refrigerate at least 45 minutes or up to 2 days.
 - 3 Adjust oven rack to lowest position, place rimmed baking sheet on rack, and heat oven to 400 degrees. Remove dough from refrigerator and roll out on generously floured (up to 1/4 cup) work surface to 12-inch circle about 1/8 inch thick. Roll dough loosely around rolling pin and unroll into pie plate, leaving at least 1-inch overhang on each side. Working around circumference, ease dough into plate by gently lifting edge of dough with one hand while pressing into plate bottom with other hand. Refrigerate 15 minutes.
 - 4 Trim overhang to 1/2 inch beyond lip of pie plate. Fold overhang under itself; folded edge should be flush with edge of pie plate. Using thumb and forefinger, flute edge of dough. Refrigerate dough-lined plate until firm, about 15 minutes.
 - 5 Remove pie pan from refrigerator, line crust with foil, and fill with pie weights or pennies. Bake on rimmed baking sheet 15 minutes. Remove foil and weights, rotate plate, and bake 5 to 10 additional minutes until crust is golden brown and crisp. Remove pie plate and baking sheet from oven.

Note:Vodka is essential to the texture of the crust and imparts no flavor; do not substitute.