

Chrestomathy Center

Garden Cookbook 2015

We love our garden. Each year we have attempted to grow vegetables with our clients, but the work was always a bit too much to keep up with and our beds weren't very accessible.

Enter Hennepin County Public Health and the gardeners from A Backyard Farm. What a difference it made to have our clients and staff be able to plant, tend and harvest vegetables with assistance from professional gardeners in accessible, raised beds. Clients looked forward to each visit for a chance to do something new and see what had ripened since the week before.

Each week, a new recipe was chosen and prepared by clients and offered for sampling. Unexpectedly, the cooking demos attracted large crowds of staff and clients who rarely, if ever, ate vegetables. The recipes were available for people to take home, as was any leftover produce.

This recipe book was compiled for clients and staff to take home as a reminder of our wonderful garden season. We grew and harvested almost 200 pounds of fresh produce and had over 15 cooking demonstration days. Individuals practiced job skills and increased social interaction. It has been such a positive experience for us all. We hope you enjoy these recipes!



Before



After



Did you know it's important to wash your hands before you start any food preparation including washing produce? Follow the steps below.

Hand washing

- Wet your hands with warm or cold running water and apply soap.
- Rub your hands together to make a lather and scrub them well. Be sure to scrub the backs of your hands, between your fingers and under your nails. Bacteria can hide out here too.
- Continue rubbing hands for at least 20 seconds. Need a timer? Hum "Happy Birthday" from beginning to end twice.
- Rinse your hands well under running water.
- Dry your hands using a clean towel or air dry.



Produce washing

Even if you plan to peel fruits and veggies, it's important to wash them first because bacteria can spread from the outside to the inside as you cut or peel them. Here's how to wash all your produce:

- Cut away any damaged or bruised areas.
- Rinse produce under running water. Don't use soap, detergent, bleach or commercial produce washes.
- Scrub firm produce—like melons or cucumbers—with a clean produce brush.
- Dry produce with a paper towel or clean cloth towel... and you're done.
- The good news... Bagged produce marked "pre-washed" is safe to use without further washing.



Know the difference between a teaspoon and a tablespoon.

Follow the steps below to measure properly.

- Measure a liquid by filling the measuring spoon full.
- Use measuring spoons for dry ingredients by filling and then leveling with a knife or spatula.



Measuring cups

There are two types of measuring cups:

- Liquid measuring cups are usually glass or plastic and have a handle and spout.
- Graduated measuring cups are used for dry ingredients such as flour.

Dry Ingredients

To correctly measure flour or other dry, powdery ingredients, use a spoon to scoop the ingredient into the exact size measuring cup. Keep scooping the ingredients until the measuring cup is overflowing. Using the back of a knife, level off the ingredient until it is even with the top of the cup.



To measure other dry but less powdery ingredients, such as rolled oats or breadcrumbs, pour or scoop the ingredient into the measuring cup and level off with the back of a knife.

Liquid Ingredients

To measure liquids, use a glass measuring cup with graduated markings on the side. Place the cup on a level surface and pour the liquid into the cup. Check to make sure you have the exact amount by viewing the measuring line at eye level.



Beat

To mix rapidly in order to make a mixture smooth and light by incorporating as much air as possible.

Chop

To cut solids into pieces with a sharp knife or other chopping device.

Cream

To soften a fat, especially butter, by beating it at room temperature. Butter and sugar are often creamed together, making a smooth, soft paste.

Fold

To incorporate a delicate substance, such as whipped cream or beaten egg whites, into another substance without releasing air bubbles. Cut down through the mixture with a spoon, whisk or fork; go across the bottom of the bowl; go up and over, close to surface. Repeat the process while slowly rotating the bowl until the ingredients are thoroughly blended.

Garnish

Edible items added to food dishes that provide added flavor and appealing appearances for the items being served.

Mince

To cut or chop food into extremely small pieces.

Pickle

To preserve meats, vegetables and fruits in brine.

Pinch

A pinch is the small amount you can hold between your thumb and forefinger.

Sauté

To cook or brown food in a small amount of hot oil.

Translucent

To cook a food until it becomes see-through, such as cooking raw, white slices of onion until they turn almost see-through.

Whip

To beat rapidly to incorporate air and produce expansion, as in heavy cream or egg whites.

Basil leaves

An herb that has a sweet smell and is used in cooking.

Cilantro

The leaves of the coriander plant that are used as an herb or seasoning.

Garlic scapes

The garlic plant has more than one usable portion. While many people are aware of the many uses for garlic bulbs, not as many are aware that the stalk of the garlic plant is also edible. Often referred to as the garlic scape, the stalk also contains flavor and can be used in a number of different recipes.

Ginger root

A hot fragrant spice made from the root of the ginger plant. It is chopped or powdered for cooking.

Mint leaves

The most common are peppermint (more pungent with bright green leaves, purple stems and peppery flavor) and spearmint (gray-green leaves and milder flavor).

Pine nuts

The edible seeds of pine trees. They are small ivory-colored seeds from pine cones, measuring about ½ inch long. When raw, the seeds have a soft texture and a sweet, buttery flavor. They are often lightly toasted to bring out the flavor and to add a little crunch.

Scallions

A young onion harvested before the bulb develops. Also called green onion.

Stevia

A small, green plant that is native to South America. Stevia's leaves have a nectar-like taste that can be 30 times sweeter than sugar.



A BACKYARD FARM VEGETARIAN CHILI

- 5 tablespoons vegetable oil
- 1 onion, chopped
- 4 carrots, chopped
- 6 cloves of garlic, minced
- 2 teaspoons cumin powder (or to taste)
- 2 teaspoons chili powder (or to taste)
- 1 teaspoon salt
- 1 teaspoon pepper
- 4 small or 2 large parsnips, peeled and chopped
- 1 (28 oz.) can diced tomatoes
- 2 (32 oz.) bottles of V8 juice (1 spicy and 1 regular)
- 2 (15.5 oz.) cans of kidney beans, rinsed
- 2-3 chipotle peppers in adobo sauce, chopped (optional)
- Shredded cheese (optional)

In a large soup pot, heat oil over medium heat. Add chopped onions, carrots, parsnips and garlic. Sauté until onions are translucent, about 5 minutes.

Add spices and sauté another 2 minutes. Add all the other ingredients and bring to a boil. Simmer on low heat for 45 minutes.

Garnish with cheese and serve.



EGGPLANT & CHERRY TOMATO SAUTÉ

- 2 medium eggplants, sliced
- 2 tablespoons olive oil
- 3 garlic cloves, minced
- 2 cups cherry tomatoes
- 1/3 cup basil, cut into thin strips
- Salt and pepper to taste
- Optional: add 2 cups of cooked cubed chicken or 1 cup of cubed tofu.*

Lightly salt eggplant slices on both sides and let them sit for 30 minutes (salting reduces oil absorption).

Rinse and dry slices, and then cut them into small cubes.

Heat oil over medium heat in a large skillet. Add eggplant slices and cook, stirring frequently, until eggplant is tender (about 12 min).

Stir in garlic, salt, pepper, and chicken or tofu, if using. Heat through.

Add tomatoes and cook for 4 minutes until tomatoes soften.

Remove from heat and stir in basil.

Serve with rice or pasta.

CHARD STALKS AND GARLIC PASTA

- 3 cups Swiss chard stalks, cut into 1-inch pieces
 - 1 (8 oz) package whole wheat pasta
 - 3 tablespoons olive oil
 - 1 large onion, chopped (or substitute green onion)
 - 6 cloves of garlic, chopped (use garlic scapes if in season)
 - Salt and pepper to taste
 - 2 tablespoons shredded Parmesan cheese for serving
- Optional: add chopped chard leaves as well – adds nice color and flavor – and ¼ cup pine nuts.*

(This is a good way to use the stems when the leaves are used for other recipes.)

Bring a large pot of water to a boil. Cook the Swiss chard stems in boiling water until tender, about 12-15 minutes; drain and rinse with cool water.

Cook the pasta in boiling water until tender, yet firm to the bite according to package directions. Drain.

Meanwhile, heat olive oil in a large skillet over medium heat. Stir in onion and garlic. Cook while stirring for 5 minutes, until the onion is translucent.

Increase heat to medium-high and add chard stalks and chard greens, if using. Cook another 5 minutes until onion is nicely browned.

Add pine nuts if using.

Salt and pepper to taste.

Stir in pasta and serve with Parmesan cheese.

ITALIAN ZUCCHINI SAUTÉ

- 1 tablespoon olive oil
- 1 onion, sliced
- 2 cloves garlic, minced
- 3 zucchini, quartered and sliced
- 1 bunch kale, chopped
- ½ cup basil leaves, torn
- Salt and pepper to taste
- A splash of vinegar or lemon juice
- Parmesan cheese (optional)

Heat oil in a medium skillet on medium-high heat.

Add onions and cook until translucent.

Add garlic and stir for one minute.

Add zucchini and sauté for 2 minutes.

Add chopped kale with stems removed.

Add salt and pepper to taste.

Add basil and turn off heat.

Add vinegar or lemon juice to taste.

Serve over pasta or rice.

Sprinkle with Parmesan cheese.

LEEK AND TOMATO FRITTATA

- 3 teaspoons olive oil
- 2 cups sliced leeks (white parts)
- 1 cup cherry tomatoes
- 6 egg whites
- 4 egg yolks
- 4 oz. crumbled goat cheese
or feta cheese
- Salt and pepper to taste

Preheat oven to 350 degrees.

Heat 2 teaspoons olive oil in a 10-inch nonstick oven-proof skillet over medium heat. Add 2 cups sliced leeks; season to taste with salt and pepper. Cover; cook 5 minutes. Stir in cherry tomatoes. Cover; cook 2 minutes. Transfer to a bowl.

In a separate bowl, beat egg whites into stiff peaks. Whisk in 4 egg yolks.

Brush skillet with 1 teaspoon olive oil. Add eggs; sprinkle with leeks, tomatoes and 4 oz. crumbled goat cheese or feta cheese; pushing just under the surface. Cook over medium heat until sides are dry, 3 minutes.

Transfer pan to the oven. Bake 15-20 minutes or until eggs are set.



PRIMAVERA SAUTÉ WITH GARLIC PESTO

- 1 tablespoon olive oil
- 1 small onion, sliced
- 3 zucchini or yellow squash, quartered and sliced
- 1-2 cups of snow peas, snap peas, or shelled peas
- 1 bunch kale, stems removed and leaves chopped
- Salt and pepper to taste
- Garlic pesto (*see page 23*)

Sauté the onion in oil until translucent.
 Add zucchini, peas and kale; sauté for 2 minutes.
 Season with salt and pepper to taste.
 Add prepared garlic pesto and stir. Turn off heat.
 Add seasoning to taste.
 Serve over pasta or rice.

RATATOUILLE OR VEGGIE STEW

- 1 tablespoon olive oil
- 2 onions, sliced
- 1 clove of garlic, minced
- 2 tomatoes, chopped
- 1 eggplant, peeled and cut into $\frac{3}{4}$ inch pieces
- 1 medium zucchini, cut into $\frac{3}{4}$ inch pieces
- 1 bell pepper, cut into $\frac{3}{4}$ inch pieces
- $\frac{1}{4}$ teaspoon fennel seeds
- $\frac{1}{4}$ cup water
- 2 tablespoons shredded Parmesan cheese

Heat oil on medium-high heat. Add onions and cook until translucent.

Add the rest of the ingredients (except the cheese) to the pot. Reduce the heat to low. Cover and simmer stew for 30 minutes, stirring only occasionally to keep from sticking.

Add salt and pepper to taste.

Serve over rice.

Sprinkle with Parmesan cheese.



SNOW PEA STIR FRY

1 tablespoon vegetable oil
 3 green onions, white parts sliced thin
 and green parts in 1-inch pieces
 2 cloves of garlic, minced
 1 tablespoon of ginger root, minced
 3-4 cups of snow peas, ends trimmed
 and cut into bite-size pieces
 1 ½ tablespoons soy sauce
 1 tablespoon rice vinegar
 1 tablespoon sesame oil

Heat the oil in a skillet or wok until hot.

Add the white parts of the onion, garlic and ginger, and stir for 1 minute.

Add the snow peas and stir until cooked, about 3-5 minutes.

Add soy sauce, rice vinegar, sesame oil and stir.

Serve over rice.

THAI RED CURRY WITH EGGPLANT AND PEAS

2-3 tablespoons Thai Red Curry paste,
 prepared (*spicy—use with caution*)
 1 (15 oz.) can light coconut milk
 1 cup tofu, chopped or 1 cup cooked,
 shredded chicken (optional)
 1 large eggplant or
 3 Japanese style (skinny) eggplants,
 chopped into bite-size pieces
 2 cups snow peas or shelled peas
 Basil or cilantro, chopped to garnish

Heat the coconut milk in a skillet over medium heat. When milk begins to bubble, add the curry paste and stir.

Add tofu or chicken, if using, and simmer until hot.

Add the eggplant and cook until almost tender, about 15 minutes. Add the peas and cook for 2 more minutes until done but still tender and crisp.

Add the basil or cilantro to garnish.

Serve over rice.

Thai Red Curry paste is sold in most grocery stores.

ETHIOPIAN CABBAGE (TEKEL GOMEN)

- ¼ cup olive oil
- 5 large carrots, thinly sliced
- 1 large onion, thinly sliced
- ½ large head of cabbage or
1 small cabbage, thinly shredded
- 4 potatoes, peeled and
cut into 1-inch cubes
- ¼ teaspoon turmeric
- ½ to 1 teaspoon ground cumin
- ½ to 1 teaspoon sea salt or kosher salt
- ½ teaspoon black pepper

Heat olive oil in a large skillet over medium heat.

Cook the carrots and the onion in the hot oil for 5 minutes.

Stir in salt, pepper, cumin, turmeric and shredded cabbage. Cook another 15-20 minutes.

Add the potatoes; cover and reduce heat to medium-low. Cook until potatoes are soft, another 20-30 minutes.

Add more seasoning to taste.



ROASTED WINTER VEGETABLES

- 1 butternut or other winter squash,
cut into 1-inch cubes
- ½ head of cauliflower, cut into florets
- 2 cups Brussels sprouts, cut in half
- 2 large sweet or regular potatoes,
cut into 1-inch cubes
- 2 small onions, cut into quarters
- 3 carrots, cut into bite-size pieces
- 1-2 parsnips, cut into bite-size pieces
- 1-2 tablespoons olive oil
- Salt and pepper to taste

Enjoy different combinations of these delicious and nutritious winter vegetables. Cut all vegetables the same size for even roasting.

Add all vegetables to a bowl. Toss with olive oil, salt and pepper.

Pour vegetables out on a baking sheet. Spread in a single layer.

Roast in the oven at 400 degrees for 40 minutes or until tender.

Check midway and stir the veggies to get an even browning.

SAUTÉED KALE, CARROTS AND ZUCCHINI

1 bunch kale
 2 large or 3 small carrots
 1 small zucchini
 1 clove of garlic, minced
 1 tablespoon olive oil
 1-2 tablespoons water
 Salt and pepper to taste

Rinse the kale thoroughly. Remove the stems. Lay the leaves on top of each other. Roll the leaves into a “loaf” and slice the kale into 1/4 inch pieces making long strips.

Slice the carrots in half and then cut crosswise into equal-size slices.

Quarter the zucchini and slice crosswise.

Heat olive oil in a large skillet over medium heat. Add minced garlic and sauté until it starts to brown, less than 1 minute.

Add the carrots and sauté with garlic for 3 minutes or until tender. Add zucchini and cook for 2 minutes. Add the chopped kale and cook until wilted, add in batches if needed.

Add salt and pepper to taste.

Add 1-2 tablespoons water. Cover. Steam vegetables to desired crispness. Stir before serving to mix vegetables.

Serve over rice.

Sauce option—Add 1 tablespoon ginger with the garlic and 1 tablespoon soy sauce with water.

SAUTÉED KALE OR OTHER GREENS

Kale or other greens (swiss chard or mustard greens), 1 bunch
 1 teaspoon olive oil
 1 tablespoon ginger root, minced
 3 tablespoons water
 1 tablespoon soy sauce
 1 tablespoon toasted sesame seeds, (optional)

Rinse the kale thoroughly. Remove the stems. Lay the leaves on top of each other. Roll the leaves into a “loaf”, then slice the kale into ¼ inch pieces making long strips.

Peel the piece of ginger using the edge of a spoon to scrape it off. Mince.

Heat olive oil in a large skillet over medium-high heat. Add ginger and sauté about 1 minute.

Add the chopped kale, soy sauce and water. Stir until leaves are wilted and turn bright green.

Top with sesame seeds and serve.

Sauce option—Sauté with fresh, minced onions rather than ginger root. Add 1 teaspoon of balsamic vinegar for a more traditional cooked greens recipe.

ZUCCHINI PATTIES WITH KALE

2 cups zucchini, shredded
2 eggs, lightly beaten
½ cup all-purpose flour
½ cup Parmesan cheese, shredded
½ cup cheddar cheese, shredded
1 clove of garlic, minced
2 tablespoons green onion, minced
2 tablespoons white onion, minced
1 cup kale (and/or basil),
chopped finely in a food processor

Mix everything but the flour together.

Spray a griddle with vegetable oil spray and preheat to a medium temperature.

Mix the flour in with the other ingredients.

Make thin, about ¼ inch thick, patties.

Place patties on griddle and flip once they are brown on the bottom. Continue to cook until the other side is brown on the bottom.

Serve with salsa, tabasco, pesto, or your favorite sauce.



BRUSCHETTA

- 1 whole wheat baguette thinly sliced into 16 diagonal pieces
- 4 medium tomatoes, diced
- ½ cup fresh basil
- 1 teaspoon extra virgin olive oil
- ¼ teaspoon salt
- ¼ teaspoon pepper
- 3 cloves of garlic, minced
- ¼ cup crumbled Parmesan cheese

In a large bowl, combine oil, basil, garlic, salt and pepper. Add tomatoes and toss gently. Sprinkle with cheese. Refrigerate at least 1 hour.

Bring to room temperature before serving. Cut bread into 16 slices; toast under broiler until lightly browned. Top with tomato mixture.

Serve immediately.



BEAN AND KALE SALAD

- ¾ cup vegetable or chicken broth
- 2 teaspoons cornstarch
- 1 teaspoon brown sugar
- 1 teaspoon salt to taste
- 2 tablespoons fresh rosemary, chopped
- 4 cloves garlic, chopped
- ¼ cup balsamic vinegar
- 4 teaspoons red pepper flakes (optional)
- 3 tablespoons extra virgin olive oil
- 1 bunch kale, stems removed
- 1 (15 oz.) can navy beans, drained and rinsed
- 1 (15 oz.) can kidney beans, drained and rinsed

Put a large pot of water on to boil for the kale.

To prepare the dressing:

Combine broth, cornstarch, sugar, salt, rosemary and garlic in a small sauce pan. Stirring constantly, bring to a boil. Reduce heat and simmer gently until thickened.

Add vinegar, pepper flakes and oil and simmer briefly, then remove from heat.

Chop the kale and drop into boiling water. Cook for 2 minutes after the water returns to a boil. Drain and press out the water.

Rinse and drain the beans. Lay them on a towel and gently roll to dry.

Put beans and kale in a bowl and gently toss with the dressing.

CHICKPEA, CARROT AND PARSLEY SALAD

- 1 can (15 oz.) chickpeas,
drained and rinsed
- 1 cup loosely packed fresh flat-leaf
parsley leaves, coarsely chopped
- 1 cup loosely packed shredded carrots
(about 2 carrots)
- ½ cup sliced radishes
(about 6 medium)
- ½ cup chopped scallions, white
and green parts
(about 4 whole scallions)
- 3 tablespoons fresh lemon juice
- 1 teaspoon cumin
- Salt and pepper to taste
- 6 tablespoons extra virgin olive oil
- ⅓ cup crumbled feta cheese or
toasted pine nuts (optional)
- 2 pita bread rounds,
warmed and sliced into wedges

Place ½ cup of the chickpeas in a mixing bowl and mash into a coarse paste with a potato masher or large wooden spoon.

Toss in the remaining chickpeas along with the parsley, carrots, radishes and scallions. Stir to combine.

In a liquid measuring cup, whisk together the lemon juice, cumin, ½ teaspoon salt and ¼ teaspoon black pepper. Continue whisking while adding the olive oil in a slow stream.

Pour over the salad and toss gently. Season the salad with more salt and pepper to taste.

Top with the feta or pine nuts.

Serve with warmed pita bread, sliced into wedges.

COLEEN'S FAVORITE QUICK SALAD

- 1 cucumber
- 1 large tomato
- Feta cheese crumbles
- Balsamic vinaigrette
(Newman's Own is a good choice)

Dice cucumbers and tomato.

Add feta cheese and balsamic vinaigrette to taste.

Mix together and serve.

GREEN SALAD WITH STRAWBERRY BALSAMIC VINAIGRETTE

2 teaspoons strawberry jam
1 tablespoon balsamic vinegar
3 tablespoons extra virgin olive oil
Salt and pepper to taste
2 cups sliced strawberries
4 to 5 cups chopped romaine
or mixed salad greens of any kind

To make vinaigrette:

Place jam in a medium bowl and whisk in vinegar, then extra virgin olive oil.

Season the dressing with salt and pepper.

Add the strawberries and greens to the bowl.

Toss to coat evenly in dressing.



KALE, SQUASH AND WALNUT SALAD

1 cup butternut squash, cut into bite-size pieces, roasted until tender

4 cups kale and/or mixed greens, torn or chopped

¼ cup walnuts or candied walnuts

¼ cup dried cranberries/craisins

¼ cup poppy seed dressing, prepared

To roast butternut squash:

Preheat the oven to 400 degrees. Place squash on pan and drizzle with 1 tablespoon of olive oil. Sprinkle with salt and pepper to taste. Roast in the preheated oven until squash is tender and lightly browned, 25 to 30 minutes.

Add all ingredients except dressing to a bowl. Toss with dressing and serve.

SALAD WITH RASPBERRY VINAIGRETTE

½ cup unsweetened frozen raspberries, thawed

¼ cup olive oil

2 tablespoons fresh lemon juice

1 tablespoon honey

Salt and pepper to taste

1 large head of butter, Bibb or other lettuce, torn into 1-inch pieces, to yield 4 cups

4 cups arugula or spinach

¾ cup slivered almonds, toasted

To make vinaigrette:

Place the raspberries, olive oil, lemon juice and honey in a blender. Blend until smooth.

Season with salt and pepper to taste.

To toast the almonds:

Preheat oven to 350 degrees. Spread nuts in one layer on an ungreased shallow baking pan. Bake for 10 to 15 minutes, stirring occasionally, until the nuts are golden. Remove from pan and let cool.

In a large salad bowl, mix together the lettuce, arugula and almonds.

Just before serving, add the vinaigrette and toss until all the ingredients are coated.

SUMMER CUCUMBER SALAD WITH TOMATOES, GREEN BEANS, AND FETA

1 cucumber, diced
1 cup cherry tomatoes, cut in half
1-2 cups green beans, blanched and cut into 1-inch pieces
2 tablespoons white onion, thinly sliced
2 tablespoons olive oil
1 tablespoon red wine vinegar (or balsamic vinegar or lemon juice)
1 tablespoon herb of choice (parsley, mint, oregano, or basil), minced
Black pepper to taste
1 tablespoon feta cheese (optional)

To make vinaigrette:

Whisk together olive oil, the vinegar, herb and pepper in a bowl.

In another bowl, toss together the cucumbers, tomatoes, green beans and onion.

Add olive oil mixture to cucumber mixture and toss.

Sprinkle with feta cheese if using.

This can be eaten right away or chilled.

SUMMER RICE SALAD

1 cup uncooked basmati or long grain rice
Salt and pepper to taste
6 tablespoons extra virgin olive oil
¼ cup red wine vinegar
1½ teaspoons minced garlic
1-2 cups corn kernels cut from 2-4 ears, grilled
1 large ripe tomato, cored, seeded and cut into ¼ inch cubes
1-2 cups cucumbers, diced (¼ inch)
2 cups red onion, diced
¼ to ½ cup torn basil leaves
1 cup shrimp, thawed, cooked and shelled or shredded cooked chicken

To grill corn:

Remove husks and silk from corn. Spray each ear with vegetable oil spray. Place directly over heat on medium-hot gas grill. Rotate when dark spots appear and kernels deepen in color. Continue to cook until ears are uniform in color (about 10 to 12 minutes). The ear will be speckled with char spots. Carefully cut the kernels from the corn cob. Place in a large bowl.

Heat 2 cups water, add the rice and salt lightly.

Cook on low until water is absorbed and rice is tender (about 20 minutes). Let stand uncovered until cool, then fluff with a fork.

Whisk olive oil, vinegar, garlic, ¼ teaspoon salt and pepper in a bowl.

Add corn, tomatoes, cucumber, basil and onion and toss to blend.

Add meat.

Toss again.

Serve at room temperature or chilled.

BUTTERNUT SQUASH SOUP

- 3 ½ pounds butternut squash
(about 5 ½ cups)
- 4 cups chicken broth
- 1 cup water
- ¼ teaspoon nutmeg or allspice
- 1 tablespoon olive oil
- 1 medium/large onion, chopped
- 1 teaspoon garlic powder
- 1 to 1 ½ teaspoons curry powder
- ⅛ teaspoon crushed red pepper
- 1 teaspoon Worcestershire sauce
- 1 tablespoon creamy
peanut butter (optional)
- Whole grain bread (optional)

Peel and seed the squash. Cut into 1-inch squares.

Put squash, broth, water and nutmeg into a soup pot and bring to a gentle boil. (You can also microwave or roast squash ahead or use frozen squash.)

Heat oil in skillet. Add onion, garlic, curry powder and red pepper and cook until the onions are soft. Add to the squash; cook about 15-20 minutes until the squash is tender. Remove from heat and stir in Worcestershire and peanut butter. Place in blender, and blend sauce half at a time until smooth.

Serve with a hearty, whole grain bread.



POTATO, CANADIAN BACON AND LEEK SOUP

- 6 large raw potatoes
- 6 cups vegetable or chicken broth
- ½ pound (8 oz.) Canadian bacon or
diced ham
- 2 tablespoons olive oil
- 3 big or 6 medium leeks, chopped
- 1 onion, chopped
- 3 cloves of garlic, minced
- 1 ½ cups cooked corn or roasted
cauliflower or other cooked veggies of
your choice
- 1 ½ cups mushrooms, chopped
- 1 cup light or fat free half-and-half
- ¼ to ½ cup Parmesan cheese
- Tabasco sauce (optional)
- Salt and pepper to taste

Peel and dice raw potatoes; place potatoes and broth in a big soup pot on the stove; bring to a boil. Once the potatoes are soft, mash lightly with a potato masher – don't over-do or you will have mashed potato soup.

While the potatoes boil, cut up the Canadian bacon or diced ham; set aside.

Add olive oil to skillet. Add leeks, onion and garlic; sauté. Add mushrooms. Once leeks and onions are done, add the meat and vegetables to the soup pot with the potatoes.

Add about 1 cup of the half-and-half to the soup to help thicken it.

Add cheese and stir.

Add Tabasco, salt and pepper to taste.

Serve hot.

CILANTRO GREEN SALSA

- 1 bunch scallions, finely chopped
- 1 bunch fresh cilantro, large stems removed, chopped (about 1 cup)
- 1 jalapeño chili, seeded and chopped
 - 1-2 cloves of garlic, minced
- 1 teaspoon roasted ground cumin
 - Pinch of salt
 - ⅓ cup sunflower seed oil
 - Water to thin, about ¼ cup

For a rustic salsa, chop ingredients with a knife. For a finer texture, puree ingredients in a food processor.

Combine the ingredients; stir in the oil; add a little water to thin.



CILANTRO TOMATO SALSA

- 1 cup plum tomatoes, seeded, diced
- ¼ cup fresh cilantro, chopped
- 3 tablespoon onion, chopped
- 2 tablespoons fresh lime juice

Mix all ingredients in small bowl.

Season to taste with salt and pepper.

Cover and chill in the refrigerator.

Can be prepared 6 hours ahead.

CHERRY TOMATO SALSA

- 3 scallions, finely chopped
- 1 jalapeno chili, seeded and chopped
 - 1 clove garlic, minced
 - Salt to taste
- 2 tablespoons fresh lime juice
- 2 cups cherry tomatoes, halved or quartered
- 1 tablespoon olive oil

For a rustic salsa, chop everything with a knife. For a finer texture, chop all ingredients in a food processor.

Combine all ingredients.

Cover and chill in the refrigerator.

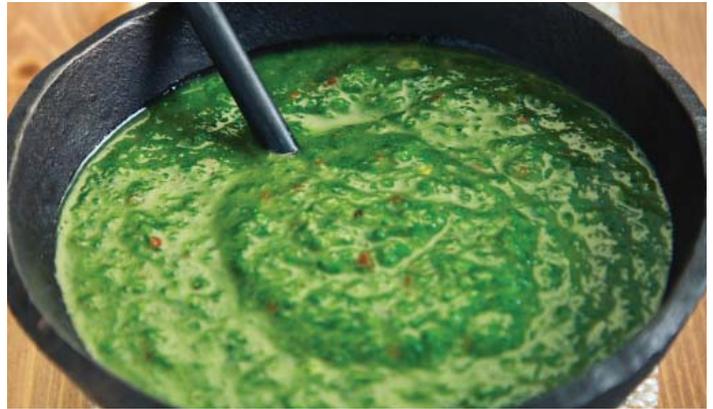
CHIMICHURRI SAUCE

- 1 cup (packed) fresh Italian parsley
- ½ cup olive oil
- ⅓ cup red wine vinegar
- ¼ cup (packed) fresh cilantro
- 2 garlic cloves, peeled
- ¾ teaspoon dried crushed red pepper
- ½ teaspoon ground cumin
- ½ teaspoon salt

Puree all ingredients in a food processor. Transfer to a serving bowl.

Cover and let stand at room temperature until serving.

Serve within 2 hours of making. Store all leftovers in the refrigerator.



BASIL PESTO

- 3 cups packed fresh basil leaves
- Salt and pepper to taste
- 2-4 large cloves of garlic (to your taste)
- ⅓ cup pine nuts or chopped walnuts, lightly toasted
- ⅓ cup olive oil
- ⅓ cup Parmesan cheese



To toast pine nuts or walnuts:

Preheat oven to 375°F. Lay nuts on a baking sheet. Roast nuts until they start to brown and smell toasted, about 5 to 10 minutes.

Place the basil leaves, salt and garlic in a blender or food processor and puree well.

Add the nuts and blend.

With the food processor running, drizzle in the olive oil.

When you have a smooth paste, transfer to a bowl and stir in the cheese.

Season with freshly ground pepper.

Serve immediately.

Pesto freezes well. Just do not add the Parmesan cheese until you thaw it.

Freeze in single servings in zip top bags or use an ice cube tray. Once frozen, remove and put in an air tight freezer bag. The pesto color will darken, but it is okay.

CILANTRO PESTO

1 cup packed fresh cilantro leaves (or other herbs)
1/2 cup almonds
3 large garlic cloves
1/4 cup grated Parmesan cheese
1/4 cup olive oil
1/2 teaspoon salt

Combine the cilantro, almonds and garlic in a blender or food processor and puree until smooth.
Add the Parmesan, oil, salt and puree to a smooth paste.

GARLIC SCAPE PESTO

1 pound garlic scapes, cut into 2-inch pieces
1 1/4 cups grated Parmesan cheese
1 cup olive oil
1 tablespoon lemon juice
Ground black pepper to taste
Fresh basil leaves (optional)

This fragrant pesto can be spread on bread or crackers, put on pasta, used with fish, and as a substitute for garlic, onion, or scallions.

If you do not have garlic scapes, use a couple of cloves of garlic instead and use a lot of basil or another tender green herb. Pesto recipes may also incorporate walnuts or other nuts.

Blend the garlic scapes, Parmesan cheese, olive oil, lemon juice and pepper together in a food processor until smooth.

SAGE PESTO

2 oz. fresh sage leaves (about 1/2 cup packed leaves)
1 large clove garlic
1 teaspoon salt
2 oz. (1/4 cup) chopped walnuts
1/3 to 1/2 cup extra virgin olive oil
2 oz. (1/4 cup) Parmesan cheese

Put sage leaves, garlic clove and salt in a blender or food processor and puree well (similar to basil pesto).

Add the nuts and blend in. With the food processor running, drizzle in the olive oil. When you have a smooth paste, transfer to a bowl and stir in the cheese.

Can be used as a grilled sandwich spread, on pizza, eggs, or any similar use as basil pesto.

CRISP BREAD AND BUTTER PICKLES

- 4 cups sliced cucumber with peels left on
- ½ medium onion, chopped
- 1 tablespoon salt
- ¾ cup sugar
- 1 cup white vinegar

Cover sliced cucumber with cold water and ice cubes and soak 2 hours.

To make the brine:

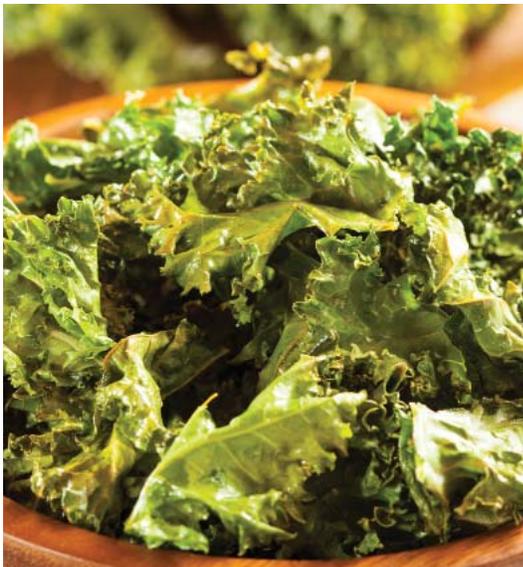
Create the brine by dissolving the white sugar and salt in the vinegar. Drain water and any ice cubes from the cucumbers, then cover with the brine mixture. Add chopped onions.

Refrigerate for at least 24 hours.

After 24 hours you can eat. Store in the refrigerator for up to 2 months or freeze in convenient containers.

KALE CHIPS

- 20 oz. curly kale (2 good sized bunches), stems removed, leaves torn into 2-inch pieces
- 2 tablespoons olive oil
- 5 teaspoons Sriracha sauce (optional)
- Coarse salt



Place oven racks on the upper and middle third of oven. Preheat oven to 300 degrees.

Wash and dry the kale and put it in a large bowl.

In a small bowl, stir together oil and Sriracha sauce (if using).

Drizzle oil over kale and use your hands to massage oil mixture into the kale.

Divide kale between two rimmed baking sheets and season with salt.

Bake until kale is crisp and just beginning to turn brown at the edges (about 35 minutes), tossing kale every 10 minutes. Kale will shrink as it cooks.

Let cool on the backing sheets on wire racks.

To store, keep in a large zip-top plastic bag at room temperature up to 3 days.

RHUBARB MUFFINS

½ cup brown sugar
¼ cup melted butter
1 tablespoon canola or vegetable oil
1 egg
1 teaspoon vanilla
½ cup buttermilk
½ teaspoon baking soda
½ teaspoon baking powder
¼ teaspoon salt
1 ¼ cup flour
1 ½ cups diced rhubarb
½ cup chopped walnuts

Beat sugar, butter, oil, egg, vanilla and buttermilk together in a large mixing bowl.

In a separate smaller bowl, mix baking powder, baking soda, salt and flour together.

Add dry ingredients to the bowl of wet ingredients. Stir just until blended. Don't over mix!

Gently fold in rhubarb and walnuts.

Line muffin pan with paper muffin cups. Fill muffin cups half full with batter.

Bake at 400 degrees for 15-20 minutes until a toothpick poked in the center of a muffin comes out clean.



KALE SMOOTHIE WITH PINEAPPLE AND BANANA

- 2 cups stemmed and chopped kale or spinach
- ½ cup Greek style yogurt
- 1 ½ cups chopped pineapple
- 1 ripe banana, chopped

Add all ingredients to a blender. Blend until smooth. Pour into a cup, add a straw and serve.



YUMMY BLUEBERRY SMOOTHIE

- 1 banana, fresh or frozen
- 1 cup strawberries, cut in half
- ½ cup blueberries, fresh or frozen
- ½ cup plain nonfat Greek yogurt
- ½ cup milk (or just enough to help things blend smoothly)
- 1 heaping tablespoon honey (more to taste)
- ½ cup kale or any other add-ins that you want

Place bananas, strawberries, blueberries, yogurt and milk in a blender. Blend until smooth.

Add the kale and honey; blend again until smooth.

If desired (and especially if all your ingredients were fresh instead of frozen), add a few ice cubes to increase the volume of the smoothie and help it stay chilled. Crush until smooth.

Top with additional blueberries and serve immediately.



CUCUMBER WATER

1 pitcher of water
1 large cucumber, sliced

Add cucumber to a pitcher full of water.
Let chill in the refrigerator for the day.
Serve chilled and enjoy



MINT/STEVIA WATER

5-10 mint stems and leaves
1 pitcher of boiling water
1 to 2 stems of stevia

Place mint stems and leaves into a steeping container such as a glass coffee pot. Pour boiling water over the mint.

Let cool, and remove the mint.

Add 1 to 2 stevia stems to the pitcher of water for a mild sweetness. Refrigerate the mint/stevia water for 24 hours.

You can easily adjust the strength of the mint flavor by reducing or increasing the amount of mint you use.

For a variation, add green or brown tea of your choice.

For more sweetness, finely slice stevia leaves to make $\frac{1}{4}$ cup.

STRAWBERRY AND CANTALOUPE WATER

1 pint strawberries, sliced
1 cup cantaloupe cubes
1 pitcher of water

Add the strawberries and melon to a pitcher full of water.

Chill for several hours.

Serve over ice.

This cookbook was created by the staff and clients of Chrestomathy. Other contributors include: Coleen McGregor, Karlynn Johnston, Christine Gallary, Deb Madison and Didi Evans.

Thank you to our partners in Hennepin County Public Health, A Backyard Farm, and especially UCare for funding this wonderful project.



Hennepin County
Public Health

