

## *Open-Faced Radish Sandwiches*

Weight Watchers Magazine: May/June 2012

Mix 1/2 cup fat-free cream cheese, 1/4 cup minced fresh chives and 1 tablespoon chopped fresh dill (or dill weed) in a small bowl. Spread evenly on 4 slices multigrain bread with seeds. Top even with 1 cup thinly sliced radishes (about 16); sprinkle with evenly with kosher salt. Cut each sandwich in half. (PointsPlus value: 4)

## *Romaine and Radish Salad with Lemon Buttermilk Dressing*

M.R. Shulman / [nytimes.com](http://nytimes.com) / 5-11-12

2 hearts of romaine (the lighter, more delicate inner part of a head of romaine lettuce)

1 cup thinly sliced radishes (about 1 bunch)

1 to 2 tablespoons chopped chives, or a mixture of chives and tarragon

2 tablespoons freshly squeezed lemon juice

1 small garlic clove, puréed

Salt to taste

1 tablespoon extra virgin olive oil

5 tablespoons buttermilk

Freshly ground pepper

Combine the romaine, radishes and herbs in a large salad bowl. Whisk together the lemon juice, garlic, salt, olive oil and buttermilk. Just before serving, toss with the salad mix. Add salt and freshly ground pepper to taste, toss again, and serve.

## ***Absolutely Ultimate Potato Soup***

Karena | [allrecipes.com](http://allrecipes.com)

1 pound bacon, chopped  
2 stalks celery, diced  
1 onion, chopped  
3 cloves garlic, minced  
8 potatoes, peeled and cubed  
4 cups chicken stock, or enough to cover potatoes  
3 tablespoons butter  
1/4 cup all-purpose flour  
1 cup heavy cream  
1 teaspoon dried tarragon  
3 teaspoons chopped fresh cilantro  
salt and pepper to taste

In a Dutch oven, cook the bacon over medium heat until done. Remove bacon from pan, and set aside. Drain off all but 1/4 cup of the bacon grease. Note: if you prefer not to use the bacon grease, please substitute butter or margarine.

In the bacon grease (or butter) remaining in the pan, saute the celery and onion until onion begins to turn clear. Add the garlic, and continue cooking for 1 to 2 minutes. Add the cubed potatoes, and toss to coat. Saute for 3 to 4 minutes. Return the bacon to the pan, and add enough chicken stock to just cover the potatoes. Cover, and simmer until potatoes are tender.

In a separate pan, melt the butter over medium heat. Whisk in the flour. Cook stirring constantly, for 1 to 2 minutes. Whisk in the heavy cream, tarragon and cilantro. Bring the cream mixture to a boil, and cook, stirring constantly, until thickened. Stir the cream mixture into the potato mixture. Puree about 1/2 the soup, and return to the pan. Adjust seasonings to taste.

## *Blackened Tilapia with Radish and Cucumber Salsa*

weightwatchers.com

- 1 spray cooking spray
- 1.5 pounds uncooked farm raised tilapia
- 3 Tbsp blackening seasoning or to taste
- 5 medium radishes
- 1 medium cucumber, chopped
- 1/2 medium sweet red pepper, chopped
- 1 Tbsp fresh chopped cilantro
- 2 Tbsp fresh lime juice
- 1 tsp olive oil
- 1/8 tsp table salt
- 1/8 tsp black pepper

Coat a large nonstick sauté pan with cooking spray. Coat tilapia with blackening spice and cook over medium-high heat until fish flakes with a fork, about 2 to 3 minutes per side (do not over crowd fish in pan. Cook only as much fish as can fit in a single layer. Cook in batches if necessary.)

Slice each radish in half and then thinly slice into 1/2 moons. In a medium bowl, combine radishes, cucumber, red pepper, scallions, cilantro, lime juice and oil; season to taste with salt and pepper and serve over fish. Yields about 5 ounces of fish and a scant 1/2 cup of salsa per serving.

WeightWatcher Points Plus: 4

## *Charred Tomato Relish*

www.rocksrecipes.blogspot.com

- 2 garlic cloves, minced
- 1 1/2 tablespoons grated peeled ginger
- 3 tablespoons vegetable oil, for grill
- 6 ripe plum tomatoes, halved lengthwise
- Coarse salt and freshly ground black pepper
- 2 tablespoons fresh lime juice (1 lime)
- 1 tablespoon minced fresh jalapeno pepper
- 1 teaspoon sugar
- 1 tablespoon chopped cilantro
- 1 tablespoon chopped basil

Heat grill to hot; lightly oil grates. In a medium bowl toss plum tomatoes with remaining tablespoon oil; season with salt and pepper.

Grill tomatoes, cut side up, until skins are charred and flesh is tender, 4 to 6 minutes for the plum tomatoes. When tomatoes are cool enough to handle, remove and discard skins and seeds. Finely chop flesh and add to bowl with reserved garlic-ginger mixture. Add lime juice, jalapeno, sugar, cilantro, and basil.

## ***Chicken and Sweet Potato Curry***

Syrie Wongkaew | [australianfood.about.com](http://australianfood.about.com)

5 boneless, skinless chicken thighs  
2 Tbsp of canola or vegetable oil  
1 medium white onion, quartered  
3 garlic cloves, crushed  
1 lemongrass stem, white part only, thinly sliced  
1 tsp ground tumeric  
1 tsp curry powder  
1/2 tsp chili powder  
1 medium sweet potato (kumara), cut into 2cm cubes  
1 can of coconut milk  
1/2 cup of water  
2 Tbsp of Thai fish sauce  
1/2 tsp of sugar  
A handful of fresh cilantro, finely chopped  
1 cup of basmati rice

Cut the chicken thighs into strips or chunks. Place the rice along with scant 2 cups of water in a medium saucepan. Bring to the boil over a high heat and then cover and turn the heat down low. Cook the rice for 10-12 minutes or until fluffy. Remove from heat and set aside.

Heat the oil in a wok on a medium-high heat and partially brown the chicken for about 1-2 minutes. Transfer chicken to a plate and set aside. Add onion to the wok and fry for about 2 minutes or until translucent. Add a little more oil if the wok gets dry. Add the garlic and fry for 30 seconds. Add the lemongrass and fry for another 30 seconds. Now add the tumeric, curry powder and chili powder and fry for 1 minute. Add the sweet potato (kumara) and sugar. Stir well. Add the coconut milk, water, fish sauce and cilantro. Stir well to combine and bring to the boil. Once the curry is boiling add the chicken and then turn the heat down to low and cover. Simmer gently for 20 minutes. Serve curry on a bed of rice and garnish with cilantro.

## *Cilantro Chicken*

Sunset MARCH 2006

4 boned, skinned chicken breast halves

1/4 cup lime juice

1/2 cup chopped fresh cilantro

6 cloves garlic, chopped

1 tablespoon honey

1 tablespoon olive oil

1/2 teaspoon salt

1/4 teaspoon pepper

Pound the chicken breasts to an even thickness (about 1/2 in.) and place in a shallow baking pan.

In a small bowl, mix lime juice, cilantro, garlic, honey, olive oil, salt, and pepper. Pour over chicken and turn pieces to coat evenly. Cover and chill at least 30 minutes or overnight.

Lay chicken on a grill over medium heat (you can hold your hand over the surface only 4 to 5 seconds) and cook, turning once, until no longer pink in the center, 4 to 6 minutes per side.

## ***Fresh Corn Taco***

John Mitzewich | [americanfood.about.com](http://americanfood.about.com)

2 ears fresh sweet corn, husk and silk removed  
2 tbsp vegetable oil  
8 oz chopped cooked pork, chicken, or beef (leftover barbe  
cue is perfect!)  
1/2 lime, juiced  
1/2 cup prepared salsa  
1/4 tsp ground chipotle pepper  
salt and fresh ground black pepper to taste  
1/3 cup chopped fresh cilantro leaves  
6 flour or corn tortillas

Over a large bowl, carefully shave the corn kernels off the cob. Add the oil to a large skillet, and heat over med-high flame until hot. Add the corn and chopped meat. Cook for about 3 minutes - just time enough to heat the meat and slightly caramelize the corn. Add the lime juice, salsa, chipotle, and, salt and fresh ground black pepper. Cook for 2 minutes. Turn off the heat, and stir in the cilantro. Transfer into a bowl, and wipe out the pan with a paper towel. If desired, warm the tortillas in the pan for a minute per side, and serve filled with the corn mixture.

## *Green Beans, Cilantro and Soy-Glazed Almonds*

[www.greenbeansnmore.com](http://www.greenbeansnmore.com)

1/4 cup whole almonds (about 1-1/2 ounces)  
4 teaspoons low-sodium soy sauce  
1 pound green beans, trimmed, cut into 1-inch pieces  
2 tablespoons rice vinegar  
1 tablespoon vegetable oil  
1 large garlic clove, grated  
1 teaspoon grated peeled fresh ginger  
2 tablespoons thinly sliced green onions  
1/3 cup fresh cilantro leaves

Place almonds in small nonstick skillet. Stir over medium heat until almonds are lightly toasted, about 5 minutes. Increase heat medium-high. Add 3 teaspoons soy sauce and stir until soy sauce evaporates and coats almonds, about 1 minute. Transfer to plate and cool. Chop almonds.

Cook beans in large pot of boiling salted water until just tender, about 5 minutes. Drain. Rinse beans under cold water. Drain well. Almonds and beans can be prepared 6 hours ahead. Cover almonds and store at room temperature. Cover and refrigerate beans; bring to room temperature before continuing.

Whisk vinegar, oil, garlic, ginger and remaining 1 teaspoon soy sauce in large bowl to blend. Add beans and toss to coat. Sprinkle green onions, cilantro and almonds over salad and serve.

## *Green Tomato Salsa*

Laurent Tourondel

This salsa makes inventive use of unripened tomatoes (which Laurent Tourondel found in abundance in a garden on Long Island). Alone, green tomatoes can be inedibly sour, but mixed with fresh lime juice and sweet grilled Vidalia onion, they make for a su...

- 1 medium Vidalia onion, sliced 1/2 inch thick
- 2 tablespoons extra-virgin olive oil, plus more for brushing
- Salt and freshly ground pepper
- 1 pound green, unripe tomatoes
- 2 tablespoons chopped cilantro
- 1 large red tomato, cored and coarsely chopped
- 1 tablespoon fresh lime juice

Light a grill. Brush the onion slices with olive oil and season with salt and pepper. Grill the onion slices and the green tomatoes over high heat, turning once, until nicely charred; about 6 minutes for the onion and 8 minutes for the tomato.

Chop the onion into 1-inch pieces and transfer to a bowl. Core, peel and coarsely chop the green tomatoes and add them to the bowl. Stir in the cilantro, red tomato, lime juice and the 2 tablespoons of olive oil. Season the salsa with salt and pepper and serve.

**Make Ahead** The undressed salsa can stand for up to 4 hours.

## *Grilled Poblano Frittata*

Jessica | [poblano.recipes.blogspot.com](http://poblano.recipes.blogspot.com)

“This frittata is a good dish to make at home because, unlike the restaurant variety, you can vary the amount of vegetables on it. So be creative and enjoy your frittata.” Original recipe yield: 4 servings.

2 large or 3 small poblano peppers  
3 tomatoes  
1 small onion, minced  
2 teaspoons lime juice  
3 tablespoons chopped fresh cilantro  
1/2 jalapeno pepper, seeded and minced  
salt and pepper to taste  
3 (6 inch) corn tortillas  
1 tablespoon olive oil  
7 eggs, lightly beaten  
1 cup shredded Monterey Jack cheese

Preheat the oven to 350 degrees F (175 degrees C).

**Make the salsa:** Place the poblano peppers and the tomatoes over a medium gas flame, either on a grill or right on the burners. Rotate the vegetables every few minutes so that the skins don't completely blacken. Remove the vegetables once their skins are blistering and just partially charred. Let the vegetables cool a bit. Remove the skins of the vegetables with a paring knife. Cut the poblanos into 1/2 inch wide strips, and set them aside.

Cut the tomatoes into 1/2 inch cubes, and put them into a bowl. Add onions, lime juice, cilantro, jalapeno, salt and pepper to the bowl. Mix well. Chill the salsa if you won't be making the frittata within the next few hours.

**Make the chips:** Stack the tortillas and cut the stack into six wedges. Spread the pieces on a baking sheet, lightly salt them and bake them for 10 minutes or until they are crisp. Remove the chips from the oven but keep the oven on.

**Make the frittata:** Heat the olive oil in a 10 to 12 inch non-stick oven-proof skillet over medium heat. Add the eggs, and stir them for the first minute of cooking with a plastic spatula. Let the eggs rest for a few seconds, then push the frittata to one side of the pan so the uncooked egg runs underneath.

When the frittata is still moist but no longer runny, sprinkle it with salt, pepper and the shredded Jack cheese.

Place the poblano strips in a star shape on top of the cheese. Bake the frittata in the oven for 3 to 4 minutes or until it is just set. Remove the skillet from the oven and stick the tortilla chips around the edge of the frittata. Take the skillet to the table and cut the frittata into wedges. Serve with the salsa.

## *Grilled Stuffed Jalapenos*

weightwatchers.com

- 2 sprays cooking spray
- 12 large jalapeno peppers
- 1/2 cup 1/3 less fat cream cheese, softened
- 6 Tbsp low-fat shredded cheddar or cheddar jack cheese, divided
- 2 Tbsp uncooked scallions, sliced
- 2 Tbsp fresh chopped cilantro
- 1/4 tsp table salt
- 1/4 tsp minced garlic
- 1/4 tsp paprika, smoked variety, plus extra for garnish

Before heating, coat grill rack with cooking spray; preheat grill to medium-high.

Cut off a thin slice from each side of pepper, leaving the stems intact; scoop out seeds with a grapefruit spoon or small spoon (be careful not to touch seeds with bare hands).

In a medium bowl, stir together cream cheese, 3 tablespoons shredded cheese, scallions, cilantro, salt, garlic and paprika until blended.

Fill each pepper with about 2 teaspoons cheese mixture; sprinkle with remaining 3 tablespoons shredded cheese evenly over peppers and sprinkle with more paprika, if desired.

Reduce heat to medium; grill, covered until bottoms of peppers are lightly charred, peppers are tender and cheese is melted, about 7 to 8 minutes. Let stand 5 minutes before serving. Yields 1 pepper per serving.

Notes:

1. The peppers can be prepped up to 1 day in advance and grilled just before serving.
2. If your peppers won't sit flat, cut a small slice off the bottoms to prevent them from falling over.

WeightWatchers Points Plus: 1

## *Grilled Sweet Potatoes with Lime and Cilantro*

Bobby Flay | Food Network Magazine

3 sweet potatoes, unpeeled

Kosher salt

2 teaspoons finely grated lime zest

Pinch of cayenne pepper

1/4 cup canola oil

Freshly ground pepper

1/4 cup finely chopped fresh cilantro

Parcook the potatoes: Place in a pot of water and boil until fork-tender; let cool. Slice each potato lengthwise into eighths. Preheat a grill to medium or place a cast-iron grill pan over medium heat. Mix 1 tablespoon salt, the lime zest and cayenne in a small bowl. Brush the potato wedges with the oil and season with salt and pepper. Grill until golden brown on all sides (including the skin) and just cooked through, about 1 1/2 minutes per side. Transfer to a platter; immediately season with the salt mixture and sprinkle with cilantro.

## *Jalapeno en Salsa Verde*

www.jalapenpepperrecipes.com

Salsa verde is a traditional mexican green sauce. It can be made with any green chile pepper but using jalapenos provides a nice mix of heat and flavor. The main difference between salsa verde and traditional salsas is the use of tomatillos instead of tomatoes as the base. The tomatillos provide the green coloring of in the salsa and a tangy, citrus like flavor that complements the jalapenos very well.

Jalapeno Salsa Notes:

1. While I prefer the added flavor that roasting the ingredients adds you can also make jalapeno en salsa verde by skipping to step #3 and just adding all the ingredients into the blender.
2. Letting the jalapeno en salsa verde sit overnight also help the flavors to meld but if you want you can serve the salsa right away.

6 tomatillos, husked and cut in half  
1 red onion, peeled and cut into eighths  
5 garlic cloves, cut in half  
3 jalapeno peppers, de-stemmed, de-seeded and cut in half  
1/2 cup cilantro, coarsely chopped  
1 tablespoon honey  
1/4 cup lime juice  
1 teaspoon salt  
Canola or vegetable oil

Preheat the oven or grill to 400 degrees

Put the tomatillos, onion, garlic, and jalapeno peppers onto a baking sheet, lightly coat in canola oil, and season with salt and pepper. Bake for 30 minutes until the vegetables start to blacken and are soft. You can also grill the ingredients though you'll lose some of the liquid.

Put the tomatillos, onion, garlic, and jalapeno peppers into a blender and blend until they are smooth. Add the cilantro, honey, and lime juice and pulse several times until combined well.

Serve as you would most other salsas. Salsa verde is great with tortilla chips, on tacos or burritos or even as a topping for grilled chicken or shrimp.

## *Napa Cabbage Picnic Salad Recipe*

Elise | [simplyrecipes.com](http://simplyrecipes.com)

2/3 cup slivered almonds  
8 cups (1 lb) coarsely shredded napa cabbage  
12 ounces snow peas, strings removed, rinsed and thinly sliced  
1 1/3 cups thinly sliced radishes  
1 1/3 cups thinly sliced green onions (including greens)  
1 1/3 cups lightly packed fresh cilantro leaves

### Dressing ingredients:

3 Tbsp rice vinegar (seasoned or unseasoned)  
2 Tbsp sugar  
2 Tbsp soy sauce  
1 clove peeled and minced garlic  
1/2 teaspoon toasted sesame oil  
1/2 teaspoon ground ginger  
1/4 teaspoon cayenne powder  
1 cup mayonnaise

1 Spread almond slivers out in a single layer on a rimmed baking sheet. Toast in a 350°F oven for 5-10 minutes, until nicely browned. OR toast in stick-free or cast-iron skillet on medium high, stirring frequently until browned. Set aside.

2 Combine cabbage, snow peas, radishes, green onions, cilantro in a large bowl. Can make this step a day or two ahead.

3 In a separate bowl, mix together the rice vinegar, sugar, soy sauce, garlic, sesame oil, ginger, and cayenne until sugar has dissolved. Whisk in the mayonnaise.

4 When ready to serve, gently combine the dressing and almonds with the cabbage mixture. Serves 14-16.

## *Okra, Avocado and Tomato Salad With Chili and Lime Juice*

Martha Rose Shulman

- 1 pound okra
- 1 jalapeño pepper, seeded if desired, minced
- 1 Hass avocado, cut in small dice
- 1 pound tomatoes, cut in small dice
- 1 small white or red onion, chopped, soaked for five minutes in cold water, then drained and rinsed (optional)
- Salt to taste
- 1/2 cup chopped cilantro
- 5 to 6 tablespoons fresh lime juice
- 1 to 2 ounces crumbled queso fresco or feta for serving (optional)

Trim the stems and tips from the okra, and place it in a steamer above 1 inch of boiling water. Cover and steam four minutes or until crisp-tender. Drain and rinse with cold water, then slice about 1/4 inch thick and place in a large bowl.

Add the jalapeño, avocado, tomatoes and onion, if using. Season generously with salt, and toss together. Add the cilantro and lime juice, and toss well. Serve garnished with crumbled queso fresco, if desired.

Advance preparation: Because the colors will fade and the okra will become impossibly viscous, it's best to serve this soon after assembling and tossing.

## ***Pear-Jalapeno Slaw***

[www.jalapenomadness.com](http://www.jalapenomadness.com)

1 large pear

1 jalapeno pepper

2 tablespoons fresh cilantro, coarsely chopped

Salt to taste

Peel the pear and remove stem. Grate the pear through your slaw grater, but stop before you hit the core.

Do all sides and set into a mixing bowl. Grate the jalapeno pepper all the way up to the stem and toss away the stem. Add to bowl. Add cilantro and salt to taste. Mix well.

## *Quinoa with Black Beans and Cilantro*

Bon Appétit | September 2008

1 tablespoon vegetable oil  
2 cups chopped white onions  
1 cup chopped red bell pepper  
1 cup quinoa, rinsed, drained (A grain with a delicate flavor and a texture similar to that of couscous; available at natural foods stores)  
2 teaspoons chili powder  
1/2 teaspoon ground cumin  
1/2 teaspoon salt  
1 1/2 cups water  
1 15-ounce can black beans, rinsed, drained  
1/2 cup chopped fresh cilantro, divided  
Crumbled Cotija cheese or feta cheese (optional)

Heat oil in heavy medium saucepan over medium-high heat. Add onions and red pepper; sauté until beginning to soften, about 5 minutes. Stir in next 4 ingredients. Add water; bring to boil. Cover, reduce heat to medium-low, and simmer until quinoa is almost tender, about 14 minutes. Add beans and 1/4 cup cilantro; cook uncovered until heated through and liquid is fully absorbed, about 3 minutes. Transfer to bowl; sprinkle with 1/4 cup cilantro and cheese, if desired.

## *Roasted Squash Pie*

leitesculinaria.com | Ted Allen

1/2 package (1 pound) frozen filo dough  
One 2 1/2-pound winter squash  
2 medium red onions, sliced through the equator, 1/2 inch thick  
1 red bell pepper, halved, stemmed, and seeded  
2 teaspoons kosher salt  
5 tablespoons extra-virgin olive oil, plus 1/3 cup for brushing the filo, or as needed  
1 tablespoon finely chopped ginger (about 1 inch, peeled)  
1 teaspoon ground cumin  
1/4 teaspoon round cinnamon  
1/4 cup coarsely chopped fresh cilantro  
1/4 teaspoon freshly ground black pepper  
1/3 cup raisins  
1/4 cup walnut pieces  
2 medium garlic cloves, chopped  
One 16-ounce bag spinach, large stems removed

Preheat the oven to 425°F (220°C). Remove the filo from the freezer and thaw at room temperature for 1 hour.

Trim off both ends of the squash. Cut it in half crosswise, where the neck joins the rounded body. Working with the neck end, peel off the tough skin with a vegetable peeler (or stand it on end and cut off the skin with a large knife). Cut into 3-inch chunks. Cut the rounded end in half, scoop out and discard the seeds. Peel with a vegetable peeler or a knife and cut into 3-inch chunks.

Put the squash chunks, onion slices, and red pepper halves on a baking sheet so that the vegetables are in a single layer. Sprinkle with 1 teaspoon of the salt and 3 tablespoons of the oil. Toss to coat the vegetables with the oil. Roast for 30 minutes, turning the vegetables once with a spatula. Remove the pepper halves and turn everything again. Roast for 10 more minutes, or until the vegetables are tender and lightly browned. Dump the squash into a large bowl. Quarter the onion slices and cut the pepper into 1-inch cubes; dump them both into the bowl. Sprinkle the vegetables with the ginger, cumin, cinnamon, cilantro, 1/2 teaspoon salt, and the pepper. Add the raisins and toss gently; set aside.

Turn the oven temperature down to 375°F (190°C). Put the walnuts on a baking sheet and toast in the oven, shaking the pan twice for even cooking, until lightly browned, 5 to 7 minutes. Remove from the oven and chop; dump them into the bowl with the vegetables and stir gently.

Heat the remaining 2 tablespoons olive oil with the garlic in a large frying pan over a medium flame. Cook, stirring occasionally, for 2 minutes to flavor the oil. Add about one third of the spinach

and cook, turning it in the oil with tongs until wilted, about 1 minute. Add more spinach and cook, turning as before, and then add the remaining spinach. Sprinkle with the remaining 1/2 teaspoon salt and cook until all the spinach is wilted, 2 to 3 minutes total.

To assemble the pie, have ready a 9-X-13-inch baking dish and a pastry brush. Pour 1/3 cup olive oil into a small bowl. Set that on a work area with the filo and the vegetables. Open the package of thawed filo and unroll the pastry sheets so that they lie flat. Brush the baking dish with olive oil. Arrange the dish so that one long side faces you. Starting at the left edge of the dish, lay one sheet of filo in the dish crosswise so that it covers about half of the bottom, and half of the sheet hangs over the side facing you. Brush the part that covers the bottom with olive oil. Now lay a second sheet along the right-hand side of the dish, overlapping the first sheet in the middle of the dish and overhanging the side facing you. Brush with olive oil. Repeat with two more sheets, but this time, arrange them in the dish so that they overhang the other long side of the dish (at the top). Continue in the same way until you've used fourteen sheets of filo. As you're working, you'll come across some sheets of pastry that stick together and rip. Discard them if you need to — you have more sheets than you need.

Line the bottom of the dish with about half of the spinach, using your hands to open up the leaves and spread them out. Spoon the squash mixture on top and gently flatten with the spoon. Cover with the rest of the spinach. Still working with one long side of the dish facing you, fold one of the filo sheets over the filling and brush with oil. Fold the sheet next to it over and brush with oil. Do the same for the two sheets on the opposing side of the dish. Continue in this way until all of the filo is folded over the filling.

Then cover with two more sheets of filo, brushing each with more oil. (You may run out of oil. That's fine, just pour more into the dish.)

Put the baking dish in the oven and bake until the pastry is golden brown, 30 to 35 minutes. Let stand for 15 minutes before serving, or let cool to room temperature.

## ***Southwestern Spaghetti Squash***

RR | allrecipes.com

1 spaghetti squash, halved and seeded  
1 tablespoon olive oil  
1 (15 ounce) can black beans, rinsed and drained  
2 tomatoes, chopped  
1 green bell pepper, chopped  
1 clove garlic, minced  
1 tablespoon olive oil  
1 tablespoon red wine vinegar  
1/4 cup chopped fresh cilantro  
salt and pepper to taste

Preheat an oven to 425 degrees F. Place squash halves in a shallow baking pan with about 1 inch of water.

Bake squash in the preheated oven until soft, about 1 hour.

Scrape flesh of squash from the rind using a fork and place in a large serving bowl.

Heat 1 tablespoon olive oil in a large skillet over medium heat. Cook and stir the black beans, tomatoes, bell pepper, and garlic in the hot oil until the vegetables are soft and the liquid has reduced, about 10 minutes; pour into the bowl with the squash; toss to combine. Add 1 tablespoon olive oil, the vinegar, and cilantro and toss again. Season with salt and pepper to serve.

## *Thai Red Curry with Kabocha Squash*

Lisa Lavery | [www.chow.com](http://www.chow.com)

1 tablespoon vegetable oil  
1 medium yellow onion, medium dice  
1 1/2 teaspoons kosher salt, plus more for seasoning  
2 medium green bell peppers, seeds and ribs removed and cut into 1/4-inch strips  
4 medium garlic cloves, finely chopped  
1 tablespoon peeled and finely chopped fresh ginger (from about a 1-1/2-inch piece)  
3 tablespoons Thai red curry paste  
1 (13- to 14-ounce) can unsweetened regular coconut milk  
1/2 cup water  
1 tablespoon soy sauce  
1 medium kabocha squash (about 2 1/2 pounds), peeled, seeded, and cut into 1-inch cubes  
2 teaspoons freshly squeezed lime juice  
1/4 cup coarsely chopped fresh cilantro  
Steamed white rice or steamed brown rice for serving

Heat the oil in a large frying pan over medium heat until shimmering. Add the onion and 1 teaspoon of the salt and cook, stirring occasionally, until the onion has softened, about 6 minutes. Add the peppers, garlic, and ginger, stir to combine, and cook until fragrant, about 1 minute.

Add the curry paste, stir to coat the onion-pepper mixture, and cook until fragrant, about 1 minute. Add the coconut milk, water, soy sauce, and remaining 1/2 teaspoon of salt, stir to combine, and bring to a simmer.

Stir in the squash, return to a simmer, reduce the heat to medium low, and continue to simmer, stirring occasionally, until the squash is fork-tender but still firm, about 20 to 25 minutes. Remove the pan from the heat and stir in the lime juice. Taste and season with salt as needed.

Sprinkle with the cilantro and serve immediately over steamed rice.

## ***Tomatillo Chicken Stew Recipe***

Elise | [simplyrecipes.com](http://simplyrecipes.com)

### ***Tomatillo Sauce:***

1 1/2 lbs tomatillos  
1-2 jalapeño peppers, or 2-3 serrano peppers, chopped  
1 clove garlic, chopped  
1 teaspoon salt  
2 Tbsp lime (or lemon) juice  
Pinch of sugar

### ***Stew:***

2 lbs boneless, skinless chicken, cut into 1-inch cubes  
Salt and pepper  
Olive oil  
2 yellow onions, chopped  
2 cloves garlic, minced  
1 teaspoon ground cumin  
1 teaspoon ground coriander  
1 1/2 cup chicken stock  
2 cups tomatillo sauce  
1 teaspoon dry oregano or 1 tablespoon fresh, chopped  
1/2 cup packed chopped cilantro

Make the tomatillo sauce. Remove the papery husks from the tomatillos and rinse well. Cut the tomatillos in half and place them cut-side down on an aluminum foil-lined roasting pan. Broil for 5-7 minutes until blackened in spots. Let cool enough to handle. Place the tomatillos, any juice they have released, chile peppers, garlic, salt, lime juice and sugar in a blender, and pulse until well blended. If you make ahead, refrigerate until needed. Heat a couple tablespoons of olive oil in a large, thick-bottomed pot on medium high heat. Pat dry the cubed chicken with paper towels. Sprinkle salt and pepper over them. Brown both sides in skillet. Remove the chicken pieces from the pan and lower the heat to medium. There should be a nice layer of browned bits left in the pan. Add the onions to the pan, and a tablespoon or two more olive oil if needed (likely). Add ground cumin and coriander. Cook a few minutes, stirring occasionally until onions are softened and the browned bits from the chicken have been picked up by the onions and are no longer sticking to the pan. Add the garlic and cook for 30 seconds more, until fragrant. Add the browned chicken, the tomatillo sauce, chicken stock, and oregano to the pan. Stir to combine. Bring to a boil and reduce to a simmer. Cook, partially covered, for 20 minutes until chicken is cooked through. Add the cilantro to the stew in the last minute or so of cooking. Serve over white rice, accompanied with sour cream if desired. The stew will thicken as it cools.

***Tomato Salsa Recipe***  
www.WasabiBratwurst.com

1½ pounds firm ripe tomatoes, diced  
1 jalapeño chile, white ribs and seeds removed, flesh minced  
2 serrano chiles, white ribs and seeds removed, flesh minced  
½ cup minced red onion  
One small garlic, minced  
¼ cup chopped fresh cilantro leaves and stems  
½ teaspoon kosher salt  
⅛ teaspoon cumin powder (optional)  
fresh ground pepper, to taste  
lime juice, to taste  
sugar (optional)

1. Place tomatoes in a colander over the sink (or bowl) and let drain for 20~30 minutes.

2. Discard the juice and transfer tomato to the bowl. Add the rest of the ingredients and stir to combine. For more heat, include both the ribs and seed of the chilies.

3. This is where I add the cumin. Adjust the flavor with lime juice, salt and pepper. Measurement of the lime juice will depend on your preference and also the ripeness of both the tomato and lime. If the tomato is too acidic, add a little sprinkle of sugar to balance things out.

4. The fresh salsa should be covered, and placed in refrigerator for 30 minutes. Doing this will allow the ingredients to marry, creating a more intense and well-incorporated flavor. Serve with chips & guacamole, atop of your favorite grilled fish, burrito, beef tacos or anything for that matter; the possibilities are endless.

## ***Watermelon, Black Bean and Corn Salsa***

www.watermelon.org

2 cans corn kernels, drained and rinsed or 2 cups fresh

2 cans black beans, drained and rinsed

1 piece purple onion, chopped

2 pieces jalapeno peppers, seeded and chopped

2 cloves garlic, minced

1/4 cup chopped cilantro

1 tablespoon ground cumin

2 teaspoons mild chili powder

2 pieces juice from 2 fresh limes

1/4 cup olive oil

1 dash salt to taste

3 cups chopped seedless watermelon

If using fresh corn, boil on the cob for 5 minutes then put in an ice bath until cool to the touch. Cut the kernels off the cob.

Mix together all ingredients except watermelon until well combined. Gently fold in watermelon. Chill.

## *Dilled, Crunchy Sweet-Corn Salad with Buttermilk Dressing*

food52.com

1 clove shallot, halved lengthwise and thinly sliced  
3 ears of fresh, uncooked corn, the kernels scraped from the cobs with a sharp knife (about 2 3/4 cup)  
4 cucumbers, quartered lengthwise and sliced crosswise into 1/2 inch dice  
1 long red sweet pepper, seeded, ribs removed and diced  
1 small handful fresh dill (about 4 smallish sprigs), minced  
1/4 cup minced fresh parsley  
crumbled Feta cheese, rinsed, as a garnish  
1/4 cup buttermilk  
2/3 cups plain European style thin yogurt, stirred  
1 tablespoon white-wine vinegar  
3 tablespoons minced Vidalia or other sweet onion  
1 small clove garlic, minced and mashed with a pinch of salt  
1/4 cup extra-virgin olive oil  
salt and freshly ground pepper to taste.

Salt the shallot slices in 1/2 t. salt and allow to sit about 20 minutes to draw out any harshness. Rinse well with water and pat dry with a paper towel. In a large bowl toss the corn kernels lightly to separate them, add the shallot and the remaining salad ingredients and toss again to combine.

In a smaller bowl combine the buttermilk, vinegar, onion, yogurt, and garlic and whisk to combine. Add the oil in a slow stream, whisking, until amalgamated. Season with freshly ground pepper and salt to taste.

Serve the salad slightly chilled, garnished with the feta cheese. Pass the dressing separately

## *Dilly Beans*

RIIHI | [www.allrecipes.com](http://www.allrecipes.com)

6 cups water  
1 cup pickling salt  
6 cups distilled white vinegar  
8 heads fresh dill weed  
1/2 cup pickling spice  
1/2 cup mustard seed  
8 dried red chile peppers  
16 cloves garlic, peeled  
1 teaspoon alum  
5 pounds fresh green beans, rinsed and trimmed

Sterilize 8 (1 pint) jars in boiling water for at least 5 minutes.

Combine the water, pickling salt and vinegar in a large pot, and bring to a boil. When it begins to boil, reduce heat to low, and keep at a simmer while you pack the jars.

In each jar place the following: 1 head of dill, 1 tablespoon of pickling spice, 1 tablespoon of mustard seed, 1 dried chile pepper, 2 cloves of garlic, and 1/8 teaspoon of alum. Pack beans into the spiced jars in a standing position.

Ladle the hot brine into jars, leaving 1/2 inch of space at the top. Screw the lids onto the jars, and process in a hot water bath for 6 minutes to seal. Store for at least 2 weeks before eating.

## ***Garlic Dill Spears***

Canadian Living Test Kitchen | [canadianliving.com](http://canadianliving.com)

6 lbs 3-4 inch pickling cucumbers  
12 cups ice cubes  
1/3 cup pickling salt  
3 cups water

4 cups white vinegar  
4 cups water  
1/2 cup pickling salt  
2 tablespoons pickling spices  
3 tablespoons mustard seed  
9 heads fresh dill  
9 cloves peeled garlic

Scrub cucumbers. Cut 1/8 inch off ends. Layer cucumbers and ice in large deep glass or stainless steel container. Dissolve salt in water, pour over cucumbers. Add enough cold water to cover cucumbers completely. Fill resealable bags with water and place over cucumbers to keep them submerged. Refrigerate for 4 hours (max of 8 hours). Drain cucumbers, trim to 3 1/2 inches, then cut lengthwise into 4 to 6 wedges.

In large saucepan, bring vinegar, water, pickling salt and pickling spice to boil, reduce heat and simmer for 15 minutes. Strain.

Into each of the nine pint canning jars, place 1 tsp mustard seeds, 1 head dill and 1 clove garlic. Tightly pack cucumbers to within 3/4 inch of rim. Add hot pickling liquid to cover cucumbers, leaving 1/2 inch headspace. Cover with prepared lids. Screw on bands until resistance is met, then increase to fingertip tight. Boil in boiling water canner for 10 minutes. Let stand for 3 weeks before opening.

*Maroulosalata:*  
*Greek Cos (Romaine) Lettuce Salad*

Nancy Gaifyllia

1 head of Cos (Romaine) lettuce  
4 - 5 spring onions, cleaned and finely chopped (bulb and stalk)  
1/3 cup of fresh dill, finely chopped (or 2 tablespoons of dried)  
3/4 cup of extra virgin olive oil  
1/4 cup of high quality red wine vinegar  
1 1/2 teaspoons of crushed Greek oregano (rigani)  
pinch of freshly ground pepper  
1 teaspoon of sea salt

Clean the lettuce, removing the stem and discarding damaged leaves. Separate and rinse leaves individually to remove any soil and debris. Pat dry with paper towels. Shred the lettuce using a food processor or by hand (cutting as thinly as possible). Refrigerate until ready to serve.

Whisk together the oil and vinegar, add oregano, salt, and pepper (if using dried dill, add it now to the dressing). In a salad bowl, combine lettuce, fresh dill, and spring onions. Toss with dressing and serve cold or at room temperature.

## *Open Face Cucumber Sandwiches*

*C. Ecarius*

- 1 loaf of thin rye bread (the tiny loaf usually found at the deli - or the bread of your choice)
- 1 to 2 cucumbers
- Fresh dill
- Real mayonnaise

Spread mayo on bread and sprinkle with dill. Slice cucumbers 1/4" thick diagonally. Lay one slice on bread and sprinkle with more dill. Refrigerate for minimum of 1 hour to let flavors meld. Serve cold.

## *Open-Faced Radish Sandwiches*

Weight Watchers Magazine: May/June 2012

Mix 1/2 cup fat-free cream cheese, 1/4 cup minced fresh chives and 1 tablespoon chopped fresh dill (or dill weed) in a small bowl. Spread evenly on 4 slices multigrain bread with seeds. Top even with 1 cup thinly sliced radishes (about 16); sprinkle with evenly with kosher salt. Cut each sandwich in half. (PointsPlus value: 4)

## *Cucumber Salad*

WeightWatchers Fresh and Easy 20 Minutes Meals

Combine 1/3 cup rice vinegar, 2 teaspoons olive oil and 2 tablespoons sugar in a small bowl, stirring with a whisk. Set aside.

Combine 2 cups thinly sliced cucumber, 1 small red bell pepper (seeded and thinly sliced), 3/4 matchstick cut carrots, 2 chopped green onions and 1/4 cup chopped fresh mint in a large bowl. Pour vinegar mixture over the cucumber mixture and toss gently to coat.

Points Plus value per serving: 2

## *Stuffed Cusa*

cucinapanzano.blogspot.com

- 1 lb ground lamb or ground hamburger
- 4 medium sized cusa- pulp & seeds removed and chopped into bite sized pieces
- 2 cloves garlic, smashed
- 2 shallots, minced
- Olive oil to sauté
- 1 cup long grained rice, uncooked
- 3 fresh tomatoes, chopped fine & pulsed in processor
- 1/2 cup freshly chopped mint
- 1 tsp ground cinnamon
- 1/8 tsp ground allspice
- Sea salt, white pepper, sumac pepper to taste
- 3/4 cup vegetable or chicken stock

Preheat oven to 375 degrees. Halve squash lengthwise and scoop out pulp and seed with a spoon and chop into bite size pieces, then set aside. Sauté in olive oil ground meat, shallots, garlic and squash pulp until squash is just tender and meat just about browned. Once cooked, add rice along with a little bit of the tomato to hold all it together and give it some texture. Add seasoning and mint and mix all together well. Line a baking pan with the emptied cusa squash shells and begin to stuff them with the meat/rice/tomato mixture. Sprinkle a little cinnamon on top and a drizzle of more tomato sauce. Pour vegetable stock around each stuffed squash to come up to about half way up the squash in baking dish. Cover with foil and bake 30 minutes. Enjoy!

## *Vegetarian Stuffed Swiss Chard Leaves*

Elana @ The Inventive Vegetarian

8 large leaves of Swiss chard with stem  
1 3/4 cups water, divided  
1/4 cup lentils  
1/2 cups bulgur  
1 1/2 tablespoons Tahini  
1/4 Mint leaves, julienned  
3/4 cup Craisins  
2 cloves garlic, minced  
1/2 Red Pepper, finely chopped  
1-2 tablespoons of lemon juice  
1-2 tablespoons of agave nectar  
1 jar marina sauce, your choice or your own  
1/3 cup grated parmesan cheese  
Salt and pepper to taste

Preheat the oven to 400F. Put 1.5 cups of water and the lentils in a sauce pan and bring to a boil. Lower it to a simmer, and let it cook, covered, for 15 minutes. After 15 minutes, add the bulgur and another 1/4 cup of water to the pot. Bring it to a simmer and let it cook, covered, for 5 minutes. Then take the pot off the heat, give it a stir, and let it sit, covered for 15 minutes. In a large bowl, mix the tahini, lemon juice, and agave to form a loose paste. If the mixture looks too thick, add in a little water, a teaspoon at a time. Add the julienned mint and the peppers. When the bulgur and lentils are done, add those to the bowl, along with the craisins, and mix thoroughly. Add salt and pepper to taste. Bring a large pot of boiling water to a boil. Dunk the Swiss chard leaves into the water and hold for 10 seconds, then remove.

Pour a cup of the marinara sauce over the bottom of a 9 x 13 baking dish. Cut each leaf in half down the center, removing the stalk as you do so. Now it gets a little tricky. Place a heap of the bulgur-lentil filling 3/4 of the way up the leaf. Fold the top half of the leaf over the filling. Using your best burrito-folding skills, fold the sides of the leaf up (to contain the filling), and roll the leaf towards you. \*\*If you end up with extra filling, toss it with some fresh baby spinach and red wine vinegar for a great salad. Place the stuffed leaf into the baking dish, and repeat until all the leaves have been stuffed. Pour the rest of the marinara sauce over the top of the stuffed leaves, and sprinkle the cheese on top of everything.

Bake for 25-30 minutes, until the cheese is nice and bubbly and the dish is heated throughout.

## *Zucchini, Mint and Yogurt Spread*

Joanna Miller | [www.thekitchn.com](http://www.thekitchn.com)

- 1 large zucchini, cut into 1-inch half-moons
- 2 tablespoons olive oil
- 1/2 cup Greek yogurt
- 2 tablespoons mint, roughly chopped
- zest of 1 lemon
- salt and pepper

Heat oil in a skillet over medium-high heat. Sprinkle zucchini slices with salt and pepper and add to the pan. Cook for about 5 minutes, turning once, until both sides are nicely browned. Remove from heat. Once zucchini have cooled to room temperature, place in a food processor. Add mint and lemon zest (reserving a bit of both for garnish), a pinch of salt, pepper and yogurt. Pulse until pureed. Spread dip onto a serving plate, drizzle with remaining olive oil and sprinkle with reserved mint and lemon zest. Add olives if desired.

## ***Green Beans with Sage and Pancetta***

Bon Appetit | December 2007 | Molly Stevens

2.5 pounds green beans

8 ounces thinly sliced pancetta (or bacon) chopped

2 tablespoons extra virgin olive oil

3 tablespoons coarsely chopped fresh sage

Sea salt

Cook beans in large pot of boiling water until crisp-tender, about 4 to 6 minutes. Drain, spread beans on paper towels.

Combine pancetta and 1 T oil in skillet, saute over medium heat until pancetta is crisp. Add sage and until together for about 1 minute. Add 1 T oil in skillet, add beans and saute until heated through, about 5 minutes. Add pancetta mixture and toss. Season to taste with sea salt and pepper.

## ***Lemon Sage Marinade***

8 garlic cloves

1/2 cup olive oil

1 tablespoon honey

2 teaspoons sea salt

1 1/2 teaspoons freshly ground black pepper

Grated zest of 2 lemons

Juice of 2 lemons

1/2 cup fresh sage leaves

Puree garlic in a food processor, add olive oil, honey, salt and pepper - process to combine. Add lemon zest, lemon juice and sage. Pulse until sage is roughly chopped. Place the marinade in a plastic bag, then add meat - really good for chicken, pork or lamb. Seal the bag, toss to coat meat and let the excess air out of bag. Refrigerate minimum of 6 hours. Cook meat in your favorite method - grilling is great!

# German Food Guide

The complete online guide to German food in America

Maultaschen mit Kohlrabi - Füllung (Pasta Stuffed with Kohlrabi)

Number of Servings: 6

## Ingredients

### For the Pasta Dough

2 1/2 cups All-Purpose [Flour](#), sifted  
2 Eggs  
1/2 teaspoon Salt  
Water

### For the Filling

1 [Kohlrabi](#)  
2 Kohlrabi Leaves, green and fresh  
1 small Onion, finely chopped  
4 Sun-Dried Tomatoes (in oil)  
1 Clove Garlic  
1 tablespoon Pine Nuts  
2 stems Sage  
4 slices Bacon, cut into small pieces  
5 tablespoons Butter  
Salt  
Pepper

## Instructions

To make the pasta dough, combine flour, eggs, and salt. Slowly drizzle in just enough water until the dough holds together. Knead dough until it becomes soft and elastic. Wrap dough in plastic wrap and refrigerate for 30 minutes.

Wash and peel kohlrabi. Cut into tiny cubes. Cut the leaves of the Kohlrabi into small strips.

Chop sun-dried tomatoes into tiny cubes. Chop pinenuts into tiny pieces.

Melt 2 tablespoons butter in a frying pan. Add chopped onions and cook until golden brown. Remove cooked onions from the pan and allow to cool.

Using the same frying pan, melt remaining butter. Add bacon pieces and cook until crispy. Remove bacon from pan (leaving all the grease in the pan) and add to onions. Add the kohlrabi cubes and kohlrabi leaf strips to the pan and cook in the bacon grease until soft. Add garlic and sage and cook for another 2 minutes. Remove from heat.

Combine the kohlrabi, kohlrabi leaves, onions, sun-dried tomatoes, pinenuts, and bacon. Add salt and pepper to taste.

Fill a small bowl with water. On a floured work surface, thinly roll out the dough. Using a cookie or biscuit cutter, cut out round pieces. Place some filling on one side of a dough-round. Dip your finger in the water and gently moisten the edge of the dough. Fold empty side over the side with the filling and gently press edges together. Repeat with all dough-rounds.

In a large pot, bring salt water to a boil. Add pasta to boiling water. When they come to the top of the water, reduce heat and cook them for another 10 minutes. Remove pasta from water and serve with melted butter or a sauce.

[More Information on Maultaschen](#)

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## ***Sweet Dumpling Squash Stuffed with Lemon-Herb Rice***

Susanv | [blog.fatfreevegan.com](http://blog.fatfreevegan.com)

Note: If you want to make the rice look more lemony, add a little turmeric with the lemon juice.

3 Sweet Dumpling or other small winter squash  
1 onion, chopped  
3 cloves garlic, minced  
3 cups cooked brown rice  
1/4 cup water  
juice of 1/2 large lemon (such as Meyer)  
1/2 teaspoon lemon zest  
1 tablespoon soy sauce  
1/8 cup minced fresh parsley  
1/8 cup minced fresh sage  
1 teaspoon minced fresh rosemary  
1/2 teaspoon dried thyme (or 1 tablespoon fresh, minced)  
2 tablespoons pine nuts, lightly toasted  
salt and pepper

Preheat oven to 400F. Cut the squash in half and remove seeds and strings. Sprinkle with salt and pepper and place face-down on an oiled baking sheet (I used a silicone sheet liner). Bake for 30 minutes, or until tender. (Different types of squash will take different lengths of time. Test by piercing with a fork in thickest areas.) Remove from oven but keep oven turned on.

While the squash are cooking, prepare the lemon-herbed rice. Spray a non-stick pan with olive oil, heat, and sauté the onion until it begins to brown, about 5 minutes. Add the garlic and cook for another minute. Add the rice, 1/4 cup water, lemon juice and zest, soy sauce, and herbs. Stir well, cover, and cook on low heat just until warm. Add the toasted pine nuts and salt and freshly ground black pepper to taste.

Stuff the rice into the cavities of the squash. Place them upright in a baking dish and drizzle about a teaspoon of water over each. Cover tightly with aluminum foil and bake for about 20 minutes, until hot throughout. Serve warm, garnished with additional fresh herbs, if desired.

## *Easy Herb Biscuits*

2 cups flour

1-1/2 teaspoons chopped fresh basil (or your favorite herb)

1-1/2 teaspoons chopped fresh thyme (or your favorite herb)

1/4 cup mayonnaise

1 cup buttermilk

Preheat oven to 400 F. Grease muffin tin with oil.

Whisk herbs into flour, add mayonnaise and buttermilk until combined - Do Not Over mix. Divide batter into muffin tin. Bake for 12 to 15 minutes until golden brown.

## *Eggplant Crisps with Skordalia and Oven-Dried Tomatoes*

Chef John Harris | Bon Appétit | September 2003

### *Oven-Dried Tomatoes:*

- 6 plum tomatoes, cored, halved lengthwise, seeded
- 1/4 cup extra-virgin olive oil
- 1 garlic clove, chopped
- 1 teaspoon chopped fresh thyme

### *Skordalia:*

- 1 head of garlic
- 1 tablespoon extra-virgin olive oil
- 1 pound russet potatoes, peeled, cut into 3/4-inch cubes
- 6 tablespoons whipping cream
- 1/4 cup (1/2 stick) butter
- 1 tablespoon sour cream
- 1 cup sliced almonds, toasted, cooled, finely ground
- 1 tablespoon fresh lemon juice
- 1 garlic clove, minced

### *Eggplant:*

- 18 1/4-inch-thick round eggplant slices
- 4 cups whole milk
- 6 large egg whites
- 2 cups dry bread crumbs
  
- 4 cups vegetable oil (for frying)
- 3/4 cup thinly sliced fresh basil
- 1 cup oil-cured olives

**For tomatoes:** Preheat oven to 300°F. Line rimmed baking sheet with parchment paper. Mix all ingredients in large bowl. Arrange tomatoes, cut side down, on prepared baking sheet; drizzle any remaining mixture from bowl over tomatoes. Bake 1 hour; turn tomatoes over and bake until slightly dried but still tender, about 1 hour longer. Peel skin off warm tomatoes. (Can be made 2 days ahead. Cool, then cover and refrigerate.)

**For skordalia:** Preheat oven to 350°F. Cut top 1/2 inch off garlic head, exposing cloves. Place garlic in small ovenproof dish; drizzle with 1 tablespoon oil. Cover tightly with foil and bake until cloves are soft, about 50 minutes. Cool. Squeeze garlic head from bottom to release garlic from skins. Cook potatoes in medium saucepan of simmering salted water until tender when pierced with fork, about 12 minutes; drain. Bring cream and butter to simmer in large saucepan. Remove from heat; whisk in sour cream. Add potatoes to cream mixture and mash. Mix roasted garlic, ground almonds, lemon juice, and minced fresh garlic into potatoes. Season with salt and pepper. (Can be made 2 hours ahead. Cover and let stand at room temperature. Rewarm before using.)

**For eggplant:** Soak eggplant slices in milk in large bowl 1 hour. Drain; pat dry. Sprinkle eggplant lightly with salt. Whisk egg whites in medium bowl until frothy. Dredge eggplant in egg whites, then bread crumbs, coating completely; place on baking sheet. (Can be made 2 hours ahead. Cover and refrigerate.) Heat vegetable oil in heavy large skillet over medium-high heat to 350°F. Working in batches, add eggplant slices to skillet and fry until golden, about 2 minutes per side. Using slotted spatula, transfer to paper towels to drain. Sprinkle with salt and pepper.

*For serving:* Place 1 tablespoon skordalia in center of each of 6 plates. Top skordalia with 1 eggplant slice, 1 tablespoon skordalia, 1 tablespoon sliced basil, 1 oven-dried tomato half, 1 eggplant slice, 1 tablespoon skordalia, 1 tablespoon basil, 1 oven-dried tomato half, and 1 more eggplant slice. Garnish with olives and serve.

## *Golden Summer Squash & Corn Soup*

Eating Well | July/August 2009

- 1 tablespoon extra-virgin olive oil
- 1 medium shallot, chopped
- 2 medium summer squash (approx 1 lb), diced
- 3 teaspoons chopped fresh herbs, such as thyme or oregano, divided
- 1 14 oz can chicken or vegetable broth
- 1/4 teaspoon salt
- 1 cup fresh corn kernels (from 1 large ear) - note: after cutting off kernels, use dull edge of knife to press down the length of the ear to push out the rest of the corn and milk
- 1 teaspoon lemon juice
- 1/4 cup crumbled feta cheese

Heat oil in large saucepan, add shallot and cook, stirring, 1 minute. Add squash and 1 teaspoon herbs and cook, stirring occasionally, until squash starts to soften, 3 to 5 minutes. Add broth and salt, bring to a boil. Reduce heat to a simmer and cook until squash is soft and mostly translucent, about 5 minutes. Transfer to a blender and puree until smooth. Return soup to pan, add corn. Bring to a simmer over medium heat, stirring occasionally, until corn is tender, 3 to 5 minutes. Remove from heat, stir in lemon juice. Serve garnished with the remaining herbs and feta.

## *Lettuce and Green Garlic Soup*

M.R. Shulman / [nytimes.com](http://nytimes.com) / 5-11-12

1 tablespoon extra virgin olive oil

1 medium onion, chopped

1 bulb green garlic, stalks and papery layers removed, roughly chopped

1/2 cup rice

7 cups chicken or vegetable stock

1/2 cup parsley leaves

A bouquet garni made with a bay leaf and a few sprigs each parsley and thyme, tied together

Salt to taste

3/4 pound lettuce leaves, washed and coarsely chopped (8 cups)

A generous amount of freshly ground pepper

2 tablespoons chopped flat-leaf parsley or chives for garnish

Freshly grated Parmesan for garnish

Heat the olive oil in a large, heavy soup pot over medium heat and add the onion. Cook, stirring, until it is tender, about 5 minutes. Add a generous pinch of salt and the garlic and cook, stirring, until the garlic is fragrant, about 1 minute. Add the rice, stock, parsley leaves and bouquet garni, and bring to a boil. Add the lettuce and salt to taste, reduce the heat, cover and simmer over low heat for 30 minutes. The tough ribs of the lettuce leaves should be thoroughly tender.

Using an immersion blender or a regular blender (working in batches and covering the blender with a kitchen towel to prevent the hot soup from splashing), blend the soup until smooth. If using a regular blender, return the soup to the heat. Add lots of freshly ground pepper, taste and adjust salt. Heat through and serve, garnishing each bowl with chopped fresh parsley or chives and freshly grated Parmesan.

## ***Risotto with Butternut Squash, Leeks, and Basil***

Bon Appétit | December 2010 | Bon Appétit Test Kitchen

- 3 tablespoons olive oil, divided
- 4 cups 1/2-inch cubes peeled butternut squash
- 3 cups 1/2-inch-wide slices leeks
- 1 tablespoon chopped fresh thyme
- 2 cups arborio rice
- 4 14-ounce cans (or more) vegetable broth
- 1 cup chopped fresh basil
- 3/4 cup freshly grated Parmesan cheese plus additional

Heat 2 tablespoons oil in heavy large pot over medium-high heat. Add squash and sauté until beginning to soften and brown around edges, about 5 minutes. Transfer squash to medium bowl.

Reduce heat to medium; add remaining 1 tablespoon oil, leeks, and thyme to same pot and stir until tender but not brown, about 5 minutes. Add rice and stir 1 minute. Add 1 cup broth and simmer until absorbed, stirring frequently, 3 to 4 minutes. Add remaining broth by 1/2 cupfuls, allowing each addition to be absorbed before adding next, stirring often, about 15 minutes. Return squash to pot. Continue to cook until rice is just tender but still very creamy, stirring gently and often, about 10 minutes longer (about 25 minutes total cooking time). Remove from heat. Stir in basil and 3/4 cup freshly grated Parmesan cheese. Season to taste with salt and pepper. Transfer to large bowl and serve with additional Parmesan cheese.