

Alice Waters' Ratatouille

food52.com

1 medium or 2 small eggplant, cut into 1/2-inch dice
4 tablespoons olive oil, divided, plus more to taste
2 medium onions, cut into 1/2-inch dice
4 to 6 garlic cloves, chopped
1/2 bunch of basil, tied in a bouquet with kitchen twine + 6 basil leaves, chopped
pinch of dried chile flakes
2 sweet peppers, cut into 1/2-inch dice
3 medium summer squash, cut into 1/2-inch dice
3 ripe medium tomatoes, cut into 1/2-inch dice
Salt to taste

Toss the eggplant cubes with a teaspoon or so of salt. Set the cubes in a colander to drain for about 20 minutes. Heat 2 tablespoons of olive oil in a heavy-bottomed pot. Pat the eggplant dry, add to the pan, and cook over medium heat, stirring frequently, until golden. Add a bit more oil if the eggplant absorbs all the oil and sticks to the bottom of the pan. Remove the eggplant when done and set aside.

In the same pot, pour in 2 more tablespoons olive oil. Add onions and cook for about 7 minutes, or until soft and translucent. Add the garlic, basil bouquet, dried chile flakes, and a bit more salt. Cook for 2 or 3 minutes, then stir in peppers. Cook for a few more minutes, then stir in summer squash. Cook for a few more minutes, then stir in tomatoes.

Cook for 10 minutes longer, then stir in eggplant and cook for 10 to 15 minutes more, until all the vegetables are soft. Remove the bouquet of basil, pressing on it to extract all its flavors, and adjust the seasoning with salt.

Stir in the chopped basil leaves and more extra virgin olive oil, to taste. Serve warm or cold.

Baby Red Potato Salad

www.skinnytaste.com

4 cups baby red potatoes, cut in small pieces
1/2 cup green bell pepper, finely diced
1/4 cup red onion, finely diced
3 scallions, diced
1 tsp dijon mustard
1 tbsp extra virgin olive oil
1 tbsp red wine vinegar
1 tbsp reduced fat mayonnaise
salt and fresh pepper

Boil potatoes in salted water until soft, approx 10 minutes. Drain and let cool.

While the potatoes are boiling, combine red onion, green pepper, mustard, olive oil, vinegar and mayonnaise and season with salt and pepper. Mix well and let the flavors marinate while the potatoes cook. Once the potatoes are done and cool, mix into the bowl and add scallions and additional salt and pepper to taste. Serve room temperature or refrigerate until ready to serve.

Baked Zucchini Chips

Kris Rizzo

2 medium zucchini, cut into 1/4-inch slices
1/2 cup seasoned dry bread crumbs
1/8 teaspoon ground black pepper
3 tablespoons grated Parmesan cheese (other favorite
hard cheese)
Onion and/or garlic powder to taste
salt to taste
2 eggs

Preheat the oven to 475 degrees

In one small bowl, stir together the bread crumbs, pepper, salt, onion and garlic powder and cheese. Place the eggs in a separate bowl. Dip zucchini slices into the eggs, then coat the bread crumb mixture. Place on a greased baking sheet.

Bake for 5 to 8 minutes in the preheated oven (until golden brown), then turn over and bake for another 5 to 10 minutes, until browned and crispy.

Banana Pepper Salsa

www.bakespace.com | korolinski

- About 10 banana peppers
- 1 lime
- 1/2 medium onion finely chopped
- about 1/2 teaspoon salt or to taste
- about 1/2 teaspoon garlic powder or to taste
- about 2-3 oregano leaves

Slightly grill or roast the banana peppers until you can see the skin is starting to separate from the pepper. Put the peppers in a food processor (or blender) and mix until it is chopped up into smaller pieces. Add the chopped onion. Squeeze the lime juice into the peppers. Add the salt, garlic, and crushed oregano leaves to peppers. Mix again until peppers are chopped into tinier pieces but not into a liquid blend.

Bell Pepper Soup

www.theveggietable.com

¼ c olive oil

1 small onion, chopped

4 large bell peppers (any color*), seeded and diced

1 medium potato, diced

½-1 t salt

1 t red pepper flakes

1½-2 c vegetable stock

Heat the olive oil in the large saucepan. Add the onion and sauté for 3-4 minutes.

Add remaining ingredients except the stock. Cover, reduce heat, and sauté, stirring occasionally, until the peppers are tender, about an hour.

Pour half of the soup into the blender and purée, followed by the other half. Meanwhile, put the stock in the small saucepan and bring to a simmer. Optional: if you want a smoother soup, you can sieve it at this point.

Return the soup to the saucepan, stir in the stock (use more for a thinner soup), taste, and season.

Serve hot or cold, with any of these toppings: crème fraîche, sour cream, plain yogurt, chives, dill, scallions

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

Bob's Stuffed Banana Peppers

lisapav | www.allrecipes.com

8 banana peppers
2 tablespoons butter
1/2 cup chopped onion
1/2 cup chopped celery
1 (28 ounce) can crushed tomatoes
1 (8 ounce) can tomato sauce
2 cloves garlic, minced
1 teaspoon dried basil
1 teaspoon dried oregano
2 1/2 teaspoons salt, divided
1/2 teaspoon ground black pepper, divided
1 egg
1 teaspoon Worcestershire sauce
1/2 cup grated Parmesan cheese
1 pound hot Italian sausage
1 pound mild Italian sausage
1 1/2 cups bread crumbs

Cut off tops of peppers, and remove ribs and seeds. Chop edible portions of tops; set aside. Bring a large pot of salted water to a boil. Add peppers, reduce heat, and simmer until tender but still firm, about 5 minutes. Drain and set aside.

Heat butter in a medium skillet. Saute reserved chopped pepper, onion and celery until tender, 3 to 5 minutes. Stir in crushed tomatoes, tomato sauce and garlic. Season with basil, oregano, 1 1/2 teaspoons salt and 1/4 teaspoon pepper. Simmer uncovered for 10 minutes. Preheat oven to 350 degrees F (175 degrees C).

Meanwhile, in a large mixing bowl, combine egg, 1 teaspoon salt, 1/4 teaspoon pepper, Worcestershire sauce and Parmesan. Mix in hot sausage, mild sausage, bread crumbs and 1 cup of the tomato sauce mixture. Using a piping bag or sausage stuffer, fill each pepper with the meat mixture. Place in a 3 quart casserole dish, and pour remaining tomato sauce mixture over peppers.

Bake uncovered in preheated oven for 1 hour

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2 eggs

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1½-2 c vegetable stock

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2 cloves garlic, minced
1 teaspoon dried basil
1 teaspoon dried oregano
2 1/2 teaspoons salt, divided
1/2 teaspoon ground black pepper, divided
1 egg
1 teaspoon Worcestershire sauce
1/2 cup grated Parmesan cheese
1 pound hot Italian sausage
1 pound mild Italian sausage
1 1/2 cups bread crumbs

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Heat butter in a medium skillet. Saute reserved chopped pepper, onion and celery until tender, 3 to 5 minutes. Stir in crushed tomatoes, tomato sauce and garlic. Season with basil, oregano, 1 1/2 teaspoons salt and 1/4 teaspoon pepper. Simmer uncovered for 10 minutes. Preheat oven to 350 degrees F (175 degrees C).

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Bake uncovered in preheated oven for 1 hour

Cucumber Salad

Gourmet | December 2008 by Ruth Cousineau

- 2 seedless cucumbers (1 1/2 to 1 3/4 pounds total)
- 1 tablespoon sugar
- 1/4 cup distilled white vinegar
- 2 teaspoons grainy mustard
- Bibb or Boston lettuce leaves
- 2 tablespoons mild extra-virgin olive oil

Cut cucumbers into thin (1/16-inch) rounds with slicer. Toss with 2 teaspoons salt in a colander, then drain 30 minutes. Squeeze excess liquid from cucumbers.

Whisk together sugar, vinegar, and mustard in a large bowl, then stir in cucumbers. Marinate, chilled, at least 2 hours.

Drain cucumbers, reserving marinade, and mound on lettuce. Whisk oil into reserved marinade and drizzle over salad.

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

Eggplant Lasagne

PattiCake B | www.food.com

Note: You can replace the sauce recipe with your own sauce or canned sauce.

2 large eggplants, peeled, sliced lengthwise into 1/4 inch noodle-like strips
cooking spray (olive oil spray is best)
salt and pepper
1 1/2 lbs ground sirloin or 1 1/2 lbs turkey breast or 1 1/2 lbs Italian sausage
2 tablespoons olive oil
2 onions, chopped
3 cloves chopped garlic
1 red pepper, chopped
1 (16 ounce) package sliced mushrooms
2 tablespoons italian seasoning (or mix of oregano, basil and thyme)
1 teaspoon fennel seed (optional)
salt and pepper
1 teaspoon red pepper flakes (if you dare!) (optional)
1 (10 ounce) package frozen chopped spinach
1 cup red wine (optional)
1 (28 ounce) can tomato sauce (or large jar sugar free sauce if you can find it)
1 (15 ounce) can diced tomatoes (for less sugar, 3 chopped roma tomatoes)
2 cups low-fat ricotta cheese
2 eggs
3 green onions, chopped
3 cups shredded lowfat mozzarella cheese
1/2 cup parmesan cheese

Preheat oven to 425 degrees.

Spray cookie sheet, arrange eggplant slices and season with salt and pepper. Cook slices 5 minutes on each side. Remove from oven. Lower oven temp to 375.

Brown meat, onion and garlic in olive oil for 5 minutes. Add red pepper and mushrooms, and cook 5 minutes. Add spinach, tomatoes, spices and wine and simmer for 5-10 minutes. Blend ricotta, egg and onion mixture. Spread 1/3 of meat sauce in bottom of 9" x 13" glass pan. Layer 1/2 eggplant slices, 1/2 ricotta, 1/3 mozzarella and parmesan. Repeat. Add last layer of sauce, then mozzarella and parmesan on top.

Cover with foil and bake at 375 degrees for 1 hour. Remove foil and bake or broil another 5-10 minutes until cheese is browned. Let it rest 10 minutes before slicing, if you can wait that long!

Green Bean Succotash

Tina Miller | Bon Appétit | June 2009

- 8 ounces green beans, trimmed
- 2 tablespoons olive oil
- 1 cup frozen lima beans, thawed
- 1 cup fresh corn kernels (cut from 2 medium ears)
- 3/4 cup diced red bell pepper
- 2 tablespoons (1/4 stick) butter
- 1/2 teaspoon Old Bay seasoning

Blanch green beans until crisp-tender, about 4 minutes. Transfer to bowl of ice water to cool; drain.

Heat oil in large skillet over medium-high heat. Add green beans and sauté 1 minute. Add lima beans, corn, and bell pepper. Sauté until vegetables are crisp-tender, about 4 minutes. Mix in butter and Old Bay; season to taste with salt and pepper.

Grilled Vegetable Tacos

adapted from

WeightWatchers Annual Recipes for Success 2012

1 red onion, quartered

1 large zucchini (or 3 small/medium zucchini or variety of summer squashes) cut into 1/4" slices

1 yellow bell pepper, halved and seeded

Cooking spray

1/2 teaspoon chili powder

1 1/2 teaspoons Worcestershire sauce

1/4 teaspoon salt

1/4 teaspoon freshly ground black pepper

1/2 cup refrigerated guacamole

6 (6 inch) flour tortillas

6 (0.3 ounce) hard taco shells

1/2 cup pico del gallo

1 cup shredded Monterey Jack cheese

Preheat grill to medium high heat.

Place first 3 ingredients on grill rack coated with cooking spray; grill 10 minutes or until vegetables are tender, turning occasionally. Cut vegetables into bite sized pieces. Combine vegetables, chili powder and next 3 ingredients.

While vegetables grill, spread about 1 tablespoon guacamole in center of each tortilla, leaving a 1 inch border. Place a hard taco shell in center of each tortilla, and gently press flour tortillas around shells, allowing guacamole to adhere.

Spoon vegetable mixture evenly into taco shells, top with 1 tablespoon pico del gallo and about 2.5 tablespoons cheese.

Points Plus value per serving: 8

Honey Glazed Roasted Vegetables

www.eggplantrecipes.net

1/4 cup Honey

1/4 cup Olive Oil

3 tablespoons Balsamic Vinegar

1 Garlic Clove, peeled and crushed

Salt, Pepper, and Dried Thyme, to taste

4-6 cups mixed halved Red Potatoes, sliced Zucchini,

thickly sliced Onions, Red Peppers, Carrots, Sweet

Potatoes, sliced Eggplant

Preheat oven to 400 F. Combine honey, olive oil, balsamic vinegar, crushed garlic, salt, pepper, and thyme in small bowl. Mix well. Arrange red potatoes, zucchini, onions, red peppers, carrots, sweet potatoes, and eggplant in roasting pan. Brush honey mixture over vegetables. Bake 30 minutes. Stir occasionally

Marinated Garden

aargersi | www.food52.com

makes approx 2 quarts or so

eggplant - sliced about 1/2 inch thick. Enough slices to cover a 12x18 cutting board twice. I have a variety of eggplants - get the ones that look prettiest

sliced tomatos - I have green zebra, heat wave, sweet tangerine and black krim - again - use what you like and what looks best

thinly sliced sweet onion

1 whole head garlic

thinly sliced chilis - I used Mucho nacho - not so hot - and cowhorn - super hot

chopped herbs - I used oregano and pine apple mint, but thyme, basil, lemon verbena, chives, marjoram would all be good

extra virgin olive oil

red wine vinegar

salt and pepper

mason jars and a grill

Heat the grill to medium high - or if you are grill challenged you can use a griddle pan. Slice the eggplants - I did it one cutting board load at a time. Sprinkle one side with salt, flip them, sprinkle the other side with salt. Flip them back and drizzle with olive oil, flip back and get the other side with olive oil. Cut the top off the garlic so you can see the tops of the cloves, drizzle with olive oil and wrap loosely in heavy foil.

Put the garlic on the top rack or on indirect heat on the grill. Or in the oven if you are grill-less. Grill the eggplants until they have good grill marks and are softened but not cooked all they way through - you want them to maintain some texture. I grilled maybe 4-5 minutes per side but it will depend on your heat. Take them in and pile them on a plate while you slice, salt, oil, and grill you second load.

After the second batch of eggplant is done the garlic will be too. Time to pack the jars. I use wide mouth mason jars but whatever works for you ... Put a layer of a couple / three eggplant in the bottom of the jar. Layer in tomato, onion, some garlic. some sliced peppers. Grind some pepper and add a pinch of chopped herbs. Drizzle in oil and vinegar - I do this simultaneously so the amounts are fairly equal. Add another layer of each, and now you want to press the veggies in - you can do this with a spoon (the ladylike/gentlemanly way) or your clean hands (the Abbie way) Layer and squish until the jar is full. I lay a big slice of eggplant on top, give it one last glug of olive oil, and screw the top on.

Put the jar in the fridge at least overnight before you head off to your picnic. I am guessing they COULD last a couple weeks in the fridge, but they won't, you will eat them way before that. Pack your basket with veggies, some good rustic bread, some slicing cheese, and something cold and pink (Tavel - yum) and off you go!

Multi Pepper Salad with Fontina

adapted from From the Cook's Garden by Ellen Ogden

www.mariquita.com

- 1.5 pounds Sweet peppers, roasted and cut into 1/4 inch strips
- 12 black olives, such as kalamata, pitted and coarsely chopped
- 6 ounces Fontina cheese, cut into 1/2 inch cubes (about 1.5 cups)
- 2 Tablespoons heavy cream
- 1 teaspoon fresh lemon juice
- 1 teaspoon dijon mustard
- 1 teaspoon finely chopped cutting celery OR tarragon OR parsley
- 1/4 cup best extra virgin olive oil
- Salt & Pepper to taste

Combine the peppers, olives, and cheese. Mix the cream, lemon juice, mustard, and herb in a small bowl. Gradually whisk in the oil. Season with the Salt & Pepper. Pour over the peppers and mix. Serve immediately.

Okra and Corn Maque Choux

Southern Living July 2010

1/4 pound spicy smoked sausage, diced
1/2 cup chopped sweet onion
1/2 cup chopped green bell pepper
2 garlic cloves, minced
3 cups fresh corn kernels
1 cup sliced fresh okra
1 cup peeled, seeded, and diced tomato
Salt and freshly ground pepper to taste

Sauté sausage in a large skillet over medium-high heat 3 minutes or until browned. Add onion, bell pepper, and garlic, and sauté 5 minutes or until tender. Add corn, okra, and tomato; cook, stirring often, 10 minutes. Season with salt and pepper to taste.

Peperonata

John D. Lee

A dozen or so mixed sweet red and yellow peppers
1 medium onion
2 cloves of garlic
¼ cup of olive oil, plus a little bit more
2 or 3 plum tomatoes, chopped
A pinch of dried chili powder
Salt and pepper

Heat your oven to 400. Cut the sweet peppers in half from top to bottom and take out the seeds and stem from each. Rub a little olive oil all over the peppers and then sprinkle on a little salt and pepper. Arrange the peppers cut side down on a baking tray (using a little foil or parchment paper on the tray will make cleanup easier) and roast the peppers for about 30 minutes, or until the skin is blistering, but not blackened. Transfer the cooked peppers to a bowl and cover the bowl with cling film to steam the peppers as they cool – this will make them easier to peel.

Meanwhile, chop up the onion and mince the garlic. Heat a heavy frying pan or skillet over medium and add the olive oil. Once the oil is hot, toss in the onions and cook, stirring, until they are softened but not browned (about 7 minutes) and then add in the garlic and stir for another minute or so before finally adding in the chopped tomatoes. Cook the tomatoes, stirring, until all the juice has evaporated from the tomatoes and the whole thing is looking pretty mushy and incorporated (about 10 minutes)

By the time you're cooking the tomatoes, the peppers should have cooled somewhat and be ready to peel – so peel them! Do not use water to help take the skin off the peppers, as this can remove a lot of great flavor...if little bits of skin remain in hard to remove spots it won't matter at all in the end. Chop the peppers into half inch strips and once the tomatoes are cooked through, add the peppers to the pan and stir to combine well. Reduce the heat to medium low, add in about ¼ cup of water and let the pepper mixture percolate for a while, to meld the flavors. Once the water has evaporated and things are looking thickened again, add salt and pepper to taste and you are done!

Peperonata is great on grilled bread as a crostini, good with pasta and very good with eggs in the morning

Pepper Jelly

Paula Deen

3/4 cup chopped green bell pepper or green pimento pepper
1/4 cup chopped fresh hot green pepper, such as jalapeno or serrano
1 1/2 cups apple cider vinegar
6 cups sugar
4 ounces pectin (recommended: Certo)
4 drops green food coloring
Special Equipment: 6 (1/2-pint) canning jars with lids

Process bell pepper and hot pepper in a food processor until finely minced. Combine pepper mixture, vinegar, and sugar in a saucepan and bring to a rolling boil. Remove from heat and add pectin and food coloring. Pour into sterilized jars and seal*.

*Cook's Note: Follow USDA guidelines for proper sterilization and canning procedures.

* Sterilizing Jars

Tips: Jars should be made from glass and free of any chips or cracks. Preserving or canning jars are topped with a glass, plastic or metal lid, which has a rubber seal. Two-piece lids are best for canning, as they vacuum-seal when processed. To sterilize jars before filling with jams, pickles or preserves, wash jars and lids with hot, soapy water. Rinse well and arrange jars and lids open sides up, without touching, on a tray. Boil the jars and lids in a large saucepan, covered with water, for 15 minutes. Use tongs when handling hot sterilized jars, to move them from boiling water. Be sure tongs are sterilized too, by dipping the ends in boiling water for a few minutes. As a rule, hot preserves go into hot jars and cold preserves go into cold jars. All items used in the process of making jams, jellies and preserves must be clean. This includes any towels used, and especially your hands.

After the jars are sterilized, you can preserve the food. It is important to follow any canning and processing instructions included in the recipe and refer to USDA guidelines about the sterilization of canned products.

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 Green Bell Pepper and Roasted Tomato Breakfast Casserole
with Feta and Oregano***

www.kalynskitchen.com

1 green bell pepper, seeds removed and cut into thin strips
olive oil, for brushing baking pan (or use nonstick spray)
1/2 tsp. dried oregano (optional, but good)
1 cup cherry or grape tomatoes, sliced in half
3/4 cup crumbled Feta cheese
10 eggs
1 tsp. Spike Seasoning
salt and fresh ground black pepper for seasoning eggs

Preheat oven to 375F/190C. Brush baking dish with olive oil, including the sides, or spray with nonstick spray.

Cut out seeds from green pepper, then cut into short thin slices. Put green pepper into baking dish, sprinkle dried oregano over, and roast for 10 minutes. While green pepper roasts, cut cherry tomatoes in half. Break eggs into a bowl and beat until egg yolks and whites are well combined. Season eggs with Spike Seasoning, salt, and fresh ground black pepper. After peppers roast for 10 minutes, add cut cherry tomatoes and stir to combine. Put dish back in oven and roast 15 minutes more, or until tomatoes start to look slightly shriveled. Sprinkle Feta cheese over roasted peppers and tomatoes, then pour beaten eggs over. (I used a fork to stir slightly so the roasted peppers and tomatoes were evenly distributed in the eggs.) Return pan to oven and cook for 25-28 minutes, or until the top is lightly browned and eggs are set. (It will puff up a bit when it cooks, but after it cools for a few minutes the casserole will settle.) Serve hot. This is good served with a dollop of low-fat sour cream or plain yogurt.

Roasted Peppers, Onion, and Eggplant

Gourmet | March 2000

3 large colored sweet peppers (bell, Italian roaster, etc)

3 small Italian eggplants (1 lb total), halved lengthwise

2 1/2 tablespoons extra-virgin olive oil

1 large sweet onion, halved through root end and cut into 1/2-inch wedges

Sea salt

Preheat oven to 400°F. Place whole peppers in one third of an oiled, large 1-inch-deep baking pan. Brush cut sides of eggplants with 1/2 tablespoon oil and arrange next to peppers in pan. Toss onion with 1 tablespoon oil and spread in remaining third of pan.

Roast vegetables, turning peppers occasionally, until skins of peppers blister on all sides, about 40 minutes. Transfer peppers to a bowl, cover, and let steam 10 minutes. Continue roasting eggplants and onion until tender and browned, 20 to 30 minutes more, and keep warm, covered.

Peel peppers and cut into 1/2-inch-thick strips, discarding stems and seeds. Season vegetables with sea salt and pepper. Serve eggplants topped with peppers and onion. Drizzle with remaining oil and season with sea salt.

Roasted Red Pepper Cream Sauce

Bob Bailey | www.allrecipes.com

2 large colored sweet peppers (bell, Italian Roaster, etc)

2 tablespoons minced garlic

1/4 cup fresh basil

3 tablespoons extra virgin olive oil

2 cups half-and-half

1/4 cup grated Romano cheese

4 tablespoons butter

salt and pepper to taste

Preheat broiler. Lightly coat the red peppers with olive oil. Grill peppers under the broiler until the skin is blackened, and the flesh has softened slightly. Place peppers in a paper bag or resealable plastic bag to cool for approximately 45 minutes. Remove the seeds and skin from the peppers (the skin should come off the peppers easily now). Cut peppers into small pieces.

In a skillet, cook and stir the garlic, basil, and red peppers in 3 tablespoons olive oil over medium heat. Cook for 10 minutes, so that the flavors mix. Place mixture in blender (careful it is hot), and puree to desired consistency. Return puree to skillet, and reheat to a boil. Stir in the half-and-half and the Romano cheese; cook and stir until the cheese melts. Add the butter, and stir until melted. Season with salt and pepper to taste. Simmer for 5 minutes.

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.

Sandy's Lemon Pepper Chicken Salad

S. Brewer

- 1 chicken breast per person (I prefer bone in, skin on for this)
- Mixed salad greens (anything fresh from the garden: romaine, spinach, swiss chard, leaf lettuce, etc)
- tomato (my favorite is Sunstream, a strawberry shaped cherry tomato)
- cucumber (my preference are small English cucumbers or pickling cucumbers)
- bell peppers (I don't eat green peppers, so in my salad these would be red, yellow or orange)
- dried pineapple (cut in bite size pieces)
- pine nuts
- cheese (I often use goat cheese crumbles)
- lemon pepper
- sea salt
- seasoned salt
- lemon juice

Preheat oven to 350.

Clean the chicken breast, season with lemon pepper, sea salt and seasoned salt. In a baking disk, add water to 1/2" and lemon juice (to taste, I generally add about 1/2 cup). Put the chicken into the pan, skin side up and bake until the skin is brown and crispy (usually around an hour to an hour and fifteen minutes)

Shred salad greens, cut tomato and cucumber and bell peppers then add to salad greens. Add pine nuts and cheese. After removing chicken from the oven, remove skin and cut off bones into chunks, then add to top of salad. Use dressing of your choice.

Sausage, Peppers, and Onions

www.simplyrecipes.com

You can use different colored bell peppers, or just stick with green. This recipe uses a combination of sweet and hot sausages, but if you want a milder dish, use only the sweet sausages and reduce the amount of chili pepper flakes in the recipe. (Likewise if you want it hotter, use hot sausages and/or bump up the amount of chili pepper flakes.)

- 4 Italian sausage links (sweet, hot, or a couple of each)
- 2 Tbsp olive oil
- 1 green bell pepper, sliced into 2 to 3 inch long strips
- 1 red bell pepper, sliced into 2 to 3 inch long strips
- 1 bell pepper of another color (yellow or orange or purple), sliced into strips 2-3 inches long
- 4 garlic cloves, sliced into slivers
- 1 large sweet or yellow onion, sliced into 1/4 inch half-moons
- 1 small (15 ounce) can of crushed tomatoes
- 1 Tbsp of dried oregano
- 1/2 cup Marsala or red wine (optional)
- 1/2 teaspoon red pepper flakes (optional)
- Salt to taste

Heat the olive oil over medium heat in a large pan that has a lid. When the oil is hot, add the sausages and brown them slowly. If they sizzle and crackle too much, turn the heat down. You want a gentle browning, not a sear. Cook for several minutes, turning them occasionally so they brown on all sides. When the sausages are browned, remove from the pan and set aside.

Increase the heat to high and add the onions and peppers. Toss so they get coated with the oil in the pan and sear them as well as you can, stirring every so often. You want some blackening. Once the onions and peppers soften, sprinkle some salt on them. Once you get some searing on the onions and peppers, add the garlic and cook for 1 more minute.

Add the Marsala or red wine if you are using, and with a wooden spoon scrape the bottom of the pan to release all the browned and blackened bits. Let the wine cook down by half.

Add the tomatoes, oregano and red pepper flakes (if using) and stir well to combine. Add the sausages back in. Bring to a simmer then reduce the heat to low. Cover and simmer until the peppers are soft the sausages are cooked through, about 20 minutes.

Sausage, peppers and onions will keep in the fridge for several days.

Serve over polenta, or with penne pasta, or load up in a hoagie roll. Any leftover sauce makes a great sauce for pasta.

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.

Stir Fried Veggies

S. Brewer

Baby bok choy

Greens

Carrots, Onions (green onions or regular onion), Garlic and Peppers (color your choice)

Any other veggies in your frig or freezer (corn, peas, green beans, etc)

Sesame oil

Salt and pepper to taste

Slice bok choy, greens, carrots, onions and garlic (you can chop the garlic or use a press) in 1/4" slices. Add sesame oil to wok or skillet and let heat. Then add carrots, peppers, onions and garlic. Saute for about 5 minutes, then add other veggies. Cover and let cook for about 10 minutes. Add bok choy and greens. Cover and cook for about 3 - 5 minutes (just till the greens are wilted). Salt and pepper to taste. The amount of time to cook depends on how you like your veggies. I like mine with a bit of crunch still to them. The amount of each veggie you use depends on how much you like them and how many you're feeding.

Thai Red Curry with Kabocha Squash

Lisa Lavery | 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.

Three-Cheese Baked Eggs with Roasted Peppers

Gourmet | November 2001

3 medium colored sweet peppers (bell, Italian roasters, etc)

1/4 cup plus 2 tablespoons all-purpose flour

1 teaspoon salt

3/4 teaspoon baking powder

9 large eggs

3 tablespoons unsalted butter, melted

1 1/2 cups coarsely grated extra-sharp Cheddar (6 oz)

1 cup whole-milk ricotta (8 oz)

1 cup grated Parmigiano-Reggiano (2 oz)

3 scallions, finely chopped (1/2 cup)

Garnish: thin slivers of scallion greens

Roast peppers on racks of gas burners over high heat, turning with tongs, until skins are blackened, 10 to 12 minutes. (Or broil peppers on a broiler pan about 5 inches from heat, turning occasionally, about 15 minutes.) Transfer to a bowl and cover tightly with plastic wrap, then let stand 20 minutes. When cool enough to handle, peel peppers, discarding stems and seeds, and cut into 1/3-inch dice.

Preheat oven to 350°F.

Sift together flour, salt, and baking powder into a small bowl. Beat eggs in a large bowl with an electric mixer at medium-high speed until doubled in volume, about 3 minutes. Add butter, flour mixture, and cheeses and mix well at low speed, then stir in peppers and scallions.

Pour into a buttered 10-inch (6-cup) glass pie plate and bake in middle of oven (or lower third of oven if baking with bacon) until top is golden brown and a tester comes out clean, 30 to 35 minutes. Let stand 5 minutes before serving.

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.

Veggie Slaw

Vera Wiesmeur and cece | allrecipes.com

1/4 cup chopped sweet red pepper

1/4 cup thinly sliced green onions

1/4 cup mayonnaise

1 tablespoon vinegar

2 tablespoons sugar

1/4 teaspoon salt

1/4 teaspoon pepper

4 cups shredded peeled turnips, broccoli stems, carrots and cabbage

In a bowl, combine all ingredients except shredded veggies. Pour over veggies and toss well to coat. Refrigerate several hours for flavors to blend.

Yellow Squash Relish

www.cooks.com

8 c yellow squash, thinly sliced

2 c onions, thinly sliced

2 red bell pepper, thinly sliced

2 green bell pepper, thinly sliced (if you don't like green peppers, just add another color)

3 c sugar

2 c white vinegar

2 tsp mustard seed

2 tsp celery seed

Prepare vegetables and salt to taste. Let stand 2 hours and drain. In a large pot, combine sugar, vinegar and spices and bring to a boil. Add vegetables and bring to a boil. Boil for 5 minutes. Pour into hot jars and seal.