

Baked Polenta

1 qt water

1½ c yellow cornmeal

1 t thyme

1/8 t pepper

1½ t salt

1 c diced cheese

1 c diced red pepper

Bring 3 c water and salt to a boil. Mix cornmeal with remaining 1 c water to make a smooth paste. Slowly add cornmeal and keep water boiling. Stir until wooden spoon stands upright. 20 to 30 minutes. Remove from heat and stir in remaining ingredients. Spread into greased pan and refrigerate if possible. Bake for 20 minutes. Cut into squares.

Variations

Can sauté garlic and add to cornmeal mixture.

Barley Pilaf

4 dried Chinese mushrooms (shitake)	1¾ c pearl barley
2 small onions finely chopped	10 oz can beef bouillon
5 T butter	1 c water
½ lb mushrooms	

Soak dried mushrooms in 1 c water. Set aside. Slice the mushrooms finely - discarding the stems. In 2 T butter, sauté onions until slightly tender, Add dried and fresh mushrooms and sauté slightly. Remove from pan and drain juices. (I would save the juices). In pan melt butter and add barley. Toss until well coated and golden.

Place in casserole dish with mushrooms, onions, water and beef bouillon. Cover and bake 350 for 50-60 minutes until tender. Can be refrigerated and reheated 350 for 30 minutes.

Black Bean Tart with Chili Crust

Crust

1¼ c flour

1 t each cumin, chili pwdr, paprika

½ t salt

½ c unsalted butter in bits

2 T ice water

In food processor or with pastry blender , cut in butter into flour and spices until like coarse meal. Add ice water a little at time until mixture just forms a dough. Press dough into 10" tart pan with removable sides. Chill 15 min and then line with foil and weight with beans or rice. Bake 350 for 8-10 min, remove weights and bake 10 minutes more. Cool

Filling

½ lb dried black beans or 3 c canned,
rinsed and drained

1 bay leaf

1 med red onion

2 T sour cream

1 T oil

10oz frozen corn

1 red pepper chopped

½ c Monterey Jack cheese grated

½ c coriander chopped

2 jalapeno chilies seeded and
chopped fine

½ c chopped gr onions

Soak dried beans overnight and cook with bay leaf, onion and water to cover by 2 " until tender (simmer about 1 hr) Drain, discard bay leaf. Mash 1 c of beans (canned or cooked) with sour cream and season with salt and pepper. Sauté corn about 2 min. Cool. Stir corn, seasonings, pepper, cheese and green onions together. Spread bean puree in crust and mound with remaining filling, pressing down gently. Bake 20 min until hot and cheese is melted. Let cool 15 minutes and remove sides. Serve warm or at room temperature.

Serve with lime sour cream: 1 c sour cream whisked with 2 t fresh lime juice. Salt and pepper to taste.

Broccoli Onion Deluxe

2 c sliced onion	3 T butter
1 bunch broccoli chopped	3 T flour
4 oz cream cheese (or half cream and half cheddar cheeses)	1 c bread crumbs
2 T melted butter	1¼ c milk

Boil onion in salted water until tender. Cook broccoli until crunchy tender. Melt butter and stir in flour and milk. Stir until slightly thickened. Add cheese a little at a time and stir until well mixed and melted. Place broccoli in greased casserole dish and top with onion - pour sauce over all and combine melted butter and crumbs and Parmesan cheese and sprinkle on top. Bake 350 until lightly browned about 30 minutes

Source: Based on recipe in The Harrowsmith Cookbook Volume Two

Bulgar Wheat Pilaf

2 T butter

½ c finely chopped green onions

1 c uncooked bulgar wheat

1/3 c currants

¼ t oregano

salt and pepper

2 c chicken stock

2 T chopped parsley

1T grated orange rind

1/3 c chopped pecans (optional)

Melt butter in large sauce pan and sauté onions and bulgar until golden- about 4 minutes. Add rest of ingredients except parsley, rind and nuts. Simmer for about 15 minutes covered until all liquid is absorbed. Refrigerate,. To reheat, bake at 350 for 25 to 30 minutes until hot. Add parsley, rind and nuts. Toss and serve.

Cauliflower Cheese Pie

Grate 2 or 3 large potatoes
Grate or finely chop 1 onion.

Mix together with 1 egg and 2 T flour and salt and pepper. Spread in a greased baking pan. Bake in 375 oven for 20-30 minutes until lightly brown.

Filling: Cut cauliflower or broccoli into small pieces. Lightly cook (in microwave or in small amount of water) until just barely tender. Drain. Grate or dice cheese (any kind though Swiss or gruyere is traditional) Place in a layer on top of the potato crust, layer on vegetables. Mix up about 4 eggs and 1 qt of milk (adjust according to the size pan you have) and mix in salt and pepper and a pinch of dried thyme. Pour over vegetables and bake in 350 oven for about 40 minutes until set.

Chutney Cheese Torte

Cheese

12 oz cream cheese	1 t curry powder
2 c Monterey Jack cheese grated	1 T med dry sherry
2 c med cheddar grated	1 T mayonnaise
¼ t Dijon mustard	1 T sour cream
1/8 t Worcester sauce	1/3 c chopped green onions
1 clove garlic crushed	

Put all ingredients in food processor and process in two batches. Blend together until smooth and creamy. (Can cream together in mixer) Spread cheese in 9 to 10 inch spring form pan with removable bottom. Cover and chill at least 1 day. Just before serving spread on mixture of ½ c finely chopped green onions and ½ c finely chopped chutney(Major Grey's) Remove from pan and set on serving plate. Serve with plenty of plain crackers or water biscuits. Serves 25 to 30 as appetizer.

Curried Barley

Mince 1 inch piece ginger and 3 garlic cloves together (either by hand or in processor) Add ¼ c water until is smooth paste.

Heat ¼ oil in pan and fry 1 bay leaf, and 2 t cumin seed until seeds turn a shade darker (5 seconds). Add 1 large onion minced, and ¼ t red pepper flakes.

Cook until onion turns golden brown. Add 2 cups barley (washed well and drained) and fry gently until barley is golden brown 2-4 minutes). Add ginger garlic paste and cook stirring until liquid evaporates.

Add

4 cloves

½ t cinnamon

¼ t nutmeg

¼ t turmeric

Cook for 1 minute longer stirring all the while. Add 4 c chicken stock and bring to boil. Cover and bake 350 oven for 45 minutes until barley is tender. Fluff and let stand 10 minutes.

Fry 1 onion sliced in some oil over mod high heat for 2 to 3 minutes until golden brown. Drain on paper towel and sprinkle over barley.

Eggplant Parmigiana

2 small eggplants

salt

2 c ricotta cheese

2 eggs

¼ c grated Parmesan

1 c chopped Italian parsley

½ c olive oil

2 c tomato sauce

½ lb mozzarella

Slice eggplant into ½" slices and layer in colander, salting each layer. Set aside for 30 min. Combine ricotta, eggs, parmesan, and parsley. Season to taste. Rinse eggplant slices and pat dry.

Heat 2 T of oil in Teflon pan and add a single layer of eggplant. Turn slices quickly to coat and fry until lightly browned on both sides. Do not add more oil. (Alternatively, can brush lightly with oil and broil in oven until lightly brown on both sides - uses less oil)

Spread $\frac{1}{2}$ c tomato sauce over bottom of 9 X 12 pan. Layer one layer eggplant. Spread about 1T ricotta mixture over each eggplant and the $\frac{1}{3}$ c mozzarella over all. Repeat, making sure next layer of eggplant covers gaps in first layer.

Add final layer of eggplant then cover well with remaining tomato sauce and spoon on remaining ricotta and mozzarella. Bake 400F for 25 - 30 min or until well browned and bubbling. Let sit 10 min before serving.

Feta Cheese Pie

$\frac{3}{4}$ lb feta cheese

1 c light cream (half & half)

3 eggs

$\frac{1}{2}$ t dried thyme

1 t cornstarch

dash pepper

1 small garlic clove, crushed

9 large black olives

7 large green olives

1 pimento in strips

Make pie shell and prick with fork. Bake pie shell for about 10 min at 425 (210). Cool. In blender or processor, blend cheese, cream and eggs. Add thyme, cornstarch, pepper and blend again. Stir in garlic and pour into pie shell.

Bake 10 minutes. Arrange olives attractively on top and bake 25 minutes longer or until filling is set. Decorate with pimento strips. Can be made the day before and reheated in 350 (180) oven for 15 minutes. Serve warm.

Filo Triangles

Keep unused sheets covered with damp cloth. Brush sheet with butter and cut into fifths the short way. Place teaspoon of filling in center of strip about 1" from top. Fold a corner across the filling and continue to fold keeping triangle shape. Do not fold too tightly.

Place on buttered sheet and brush top with butter. (Can be refrigerated for up to 24 hours before baking or can be frozen on the sheets overnight then bagged in plastic bags. DO NOT THAW before baking, as they get soggy)

To bake 350F for 25 minutes in upper third of oven (frozen triangles bake for 45 minutes) 1lb of filo will make about 60 triangles.

Spinach Feta filling

10 oz frozen chopped spinach - thawed, drained and squeezed well.

Sauté ½ c finely chopped onion in 3T olive oil - about 20 minutes until tender and golden. Add spinach and cook over low heat stirring constantly (15 minutes) until mixture is dry. Season to taste with salt and pepper, nutmeg.

Put into bowl and let cool to room temp.

Stir in

½ c fresh mint or dill (or 1 T dried)

¼ c feta cheese

1/3 c ricotta cheese

Fulford's Black Beans

Wash and soak overnight 1 lb black beans. Cook in lots of water (cover beans by about 1 inch) until tender but not soft. 1- ½ hours

Sauté lots of chopped onions and garlic in some olive oil (about 2 or 3 onions). Chop and add 1 green pepper. Add 1 T cumin, 2 T chili powder, crushed red pepper flakes and aji molido (if possible), 2 Bay leaves.

Stir over low heat for a few minutes (do not burn) stirring constantly. Add the beans and liquid and 1 small can of tomato paste (or 1 can tomatoes and 3 T tomato paste) Let simmer until beans become quite soft. Serve over rice.

Note: Can also add chorizo and ginger or anything else you might fancy.

Garden Vegetable Curry

Heat 3 T oil in pan and add and fry lightly (do not brown):

2 med onions finely chopped
2 cloves garlic minced

¼ inch slice ginger finely minced

Add

2 T curry powder
1 t tumeric

1 t cumin (seed or powder)

Continue to cook for 3 to 4 minutes stirring all the time to prevent burning.

Add 1 c chopped tomatoes (or canned tomatoes)

Add various vegetables:

½ cabbage cubed
1 cauliflower in florets
3 med carrots diced

4 or 5 potatoes in ¾" cubes
3 c green beans

Stir until all are covered by sauce. Add a pinch of salt and reduce heat and simmer 30-40 minutes until vegetables are cooked. Add more water or chicken stock if sauce gets to be below the 2/3 depth on vegetables. About 15 minutes before serving add 1T lemon juice and more salt if needed.

Gingery Carrots

1 lb carrots
1 inch piece ginger cut into 4 slices
4 T butter

3 T finely chopped green onions or shallots
1 T lemon juice
1 T honey

Peel carrots and slice into julienned strips. Steam over a little water until barely tender - or in microwave. Melt butter in pan and add onions and ginger and sauté until soft. Add lemon juice and honey and simmer for a minute or so over low heat. Add carrots and coat well. Can be prepared to this stage and refrigerated. Just before serving reheat gently until carrots are tender and hot. Remove ginger and serve.

Serves 6

Source: More Chef on the Run

Grilled Eggplant Vinaigrette

1 large eggplant

Cut eggplant into 1 inch slices, sprinkle with salt (coarse preferably) and let sit for about 1/2 hour (this step isn't really necessary but removes any bitter flavor) then rinse off and pat dry. Brush with olive oil and either grill on BBQ or under broiler until brown on both sides.

Put in dish and pour over a balsamic vinaigrette. maybe 1/2 cup oil and 1/2 c balsamic vinegar, 2 t sugar, some Dijon mustard, Worcester sauce, lots of garlic and s and pepper.

Indonesian style grilled eggplant with spicy peanut sauce

1 eggplant cut into ½ inch slices	2 t sesame oil
1 garlic clove minced	¼ c ground roasted peanuts (or peanut butter)
1 shallot or green onion minced	2 t soy sauce
2 inch long fresh hot chili chopped fine (use rubber gloves) or ¼ t hot pepper flakes	1 t sugar
	2 t fresh lime juice

Sprinkle eggplant with salt and let drain in colander for one hour and then pat dry. In small saucepan, cook garlic, shallot, the chili in sesame oil over moderately low heat until vegetables are softened. Add peanuts and cook, stirring, for one minute. Add soy sauce, sugar, lemon juice and 1 cup water. Boil the mixture until is thickened slightly and add salt and pepper to taste. Brush eggplant with vegetable oil and then grill on oiled rack until just cooked. About 10 minutes.

Serve with spicy sauce.

Marinated Vegetable Platter

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|-------------------------------------|-----------------------------|
| 1 head cauliflower in florets | 1 4½ oz jar pimento chopped |
| 5 carrots peeled and into 2" strips | 1 cup large green olives |
| 5 stalks celery into 2" strips | 1½ c white wine vinegar |
| 2 green peppers in 2" strips | 1 c salad oil |
| 1 t oregano or 3t fresh oregano | 1 c water |
| 2 t basil or 6t fresh basil | |

Two or three days before serving, combine vinegar, oil and water in large pot and bring to boil. Add rest of ingredients. Reduce heat, cover pot and simmer for about 8 minutes. Do not over cook; the vegetables should still be crisp. Cool and refrigerate everything in covered container for at least 24 hours. To serve, drain well and arrange on serving plate.



No Fry Falafels

1/3 c bulgar	½ t coriander
2 cloves garlic	1 t cumin
1 19oz can chickpeas	salt and pepper
1 small onion chopped	hot sauce (or hot chillis)
1 c cubed whole wheat bread	½ c parsley
2 T lemon juice	

Soak bulgar in hot water for 30 minutes then drain well. Process the rest (except parsley) in food processor till smooth then pulse in parsley and bulgar.

Make into 12 patties and place on well greased baking sheet. Flatten slightly and bake 20 minutes at 400F (turn over half way) Brush with oil and broil under broiler for 2 minutes to brown. Place 2 or 3 patties in opened pita bread. Top with chopped onions, tomatoes, shredded lettuce and yogurt mixed with crushed garlic and some cumin or yogurt mixed with lemon juice and tahinee.

One Step artichokes

6 whole artichokes trimmed	¼ c lemon juice
3 carrots peeled and finely diced	1T dried oregano
1 med onion peeled and finely diced	1T dried basil
½ c olive oil	1 t black pepper
¼ c parsley	½ t salt

Place artichokes in deep heavy pot and just cover with water. Add rest of ingredients and cook partially covered at gentle boil until leaves pull away easily- about 40 minutes.

Transfer to a large serving platter. Strain cooking liquid and strew vegetables and herbs over artichokes. Garnish with more parsley.

Serve hot or at room temp. Serve with lemon butter (8 T sweet butter, juice of 2 lemons and 2 T chopped Italian Parsley) or herb mayonnaise (1 c good quality

mayo combined with 1 c water cress minced, $\frac{1}{4}$ c Italian parsley, $\frac{1}{4}$ snipped chives - blended in process till smooth).

Polynesian Rice Mingle

¾ c wild rice

1¼ c uncle Ben's long-grain rice

2/3 c butter

4 c chicken stock

dash garlic salt

3 T minced green onions

3 T soy sauce

½ c coarsely chopped macadamia nuts

chopped parsley

Put wild and white rice in a casserole dish and pour over enough boiling water to cover. Let sit about 30 minutes, then strain rice and rinse well with cold water until all starch is removed. Drain well. Melt the butter in a large casserole, add drained rice and stir over medium heat until all the butter is absorbed – about 5 minutes. Pour chicken stock over the rice and sprinkle with garlic salt, green onion and soy sauce. Stir well. Cover and refrigerate for up to two days ahead of time, or overnight.

On the day of serving, remove casserole from the refrigerator two hours before baking. Stir rice gently and bake at 375F for about 1 ½ hours. Seal casserole well

with aluminum foil under the lid to keep it airtight. Check rice after an hour – it must not dry out. When done, the rice should have absorbed all the liquid and be light and fluffy. Sprinkle with macadamia nuts and parsley and garnish with slices of orange.

Potatoes Romonoff

6 or more large potatoes

1 bunch green onions

1 large container sour cream

1½ t salt

1½ c shredded cheddar cheese

¼ t pepper

Cook potatoes in their jackets until tender. Peel and shred in large bowl. Mix in other ingredients (save ½ c cheddar cheese for topping) and turn into buttered 2 qt casserole, Top with remaining cheese. Cover and refrigerate if desired, Bake uncovered 350 for 30 to 40 minutes. Serves 8

Note: This is good for a buffet

Source: Based on Recipe In More Chef on the Run

Roasted Eggplant with Tomato and Feta

2 small eggplants cut in half lengthwise and each half cut into 4 slices (keeping stem intact) Sprinkle with coarse salt and let stand 30 minutes on wire rack. Rinse and pat dry.

2 med tomatoes into 2 inch slices

2 T white wine vinegar

1 clove garlic

1 t olive oil

1 t sugar

30 grams feta

1 T fresh basil shredded

Place tomato slice between each eggplant slice. Mix vinegar, garlic, oil and sugar together and drizzle over each eggplant slice. Sprinkle with crumbled feta. Bake 350 for 30 minutes. Baste with pan juices and Bake another 35 min. Serve with shredded basil.

Roasted Vegetable Napoleons

½ c olive oil

1 lb eggplant cut into 1/3" slices
crosswise

1¼ lb zucchini into 1/3" slices
crosswise

4 lg plum tomatoes lengthwise into
1/3" slices

2 red onions cut 1/3"

1 lb red potatoes into 1/3" slices

¾ c ricotta

½ lb mozzarella

6 sprigs fresh rosemary

Oven 450F and brush two baking sheets with oil. Arrange as many vegetables as possible in one layer on the baking sheets. Brush with remaining oil and roast in middle and lower third of oven until just tender and lightly browned - 10 - 15 min. (Can be done the day before, chilled and wrapped. Bring to room temp before proceeding) Stir together ricotta, thyme and salt and pepper. Place eggplant on lightly oiled sheet and spread on ricotta mixture. Cover with 2 slices potato, 2 slices zucchini, 1 onion, 1 mozzarella, 2-3 tomato, 2 more zucchini and 1 onion. Spread 1 T ricotta over onion and top with eggplant. Make 5 more napoleons in

same way. Insert skewer through center to make hole and insert sprig of rosemary. Bake 450 for 5 min until mozzarella is melted.

Sarah's Spinach Triangles

Dough

2 T yeast
2 c water
2 t sugar

5 1/3 cup flour
2 t salt
2 T olive oil

Mix yeast with water and sugar let stand 10 min. Put dry ingredients in food processor bowl. With steel blade running pour yeast mixture and let run 40 to 50 seconds (until all ingredients become a ball). Let rise in greased bowl about 1-1 1/2 hour. (Do this in two batches so it fits in processor). If you do not have a processor kneed until smooth then let rise.

Filling

2 pkg frozen chopped spinach
squeezed VERY dry
juice from 2 lemons
2 chopped onions

2 hot chili peppers chopped (optional)
1/2 to 1 c olive oil
salt & pepper

Mix all ingredients in a bowl. Make little balls of the dough about 1" in diameter. Roll out to about 4" circles. Place about 2 T spinach mixture in middle of circle and close in mixture by folding up dough at three places to make a triangular package (like a tricorn hat).

Place seam side down on cookie sheet with olive oil on it and brush with olive oil and bake 35 minutes at 350F or until golden brown on top. Makes about 25

Scalloped Potatoes

8 Potatoes

½ c butter

¼ c flour

1½ c milk

Salt & Pepper

Peel and slice potatoes (about ¼"). Layer in casserole. Sprinkle each layer with flour, butter, salt and pepper. Pour milk over it until potatoes are submerged. Bake in oven. This always takes longer than you think (over an hour). Bake with lid on until the end then take it off to brown the top.

The other way to make it is to make a white sauce on the stove and pour it into the casserole. Janice thinks it seems like twice the effort that way.

Sky High Vegetable Pie

1T butter

½ c each chopped celery and onion

1 clove garlic minced

6 cups slightly stale whole wheat
bread cubes

½ t each oregano, basil, sage, thyme
and pepper (or 2t poultry seasoning)

1/3 c chicken broth

Sauté celery, onions and garlic in butter till softened. Toss with bread crumbs and seasonings. Sprinkle broth over all and toss again. Line a spring form pan with foil and press crumb mixture in bottom of pan.

Filling

Sauté 2 c sliced mushrooms and ½ c chopped onions in non-stick pan for 5 min. Remove from heat and stir in 5 oz of thawed, squeezed dry spinach. Spread ½ c shredded cheese over crust. Top with ½ of spinach mixture and then sprinkle with ½ c thinly sliced red peppers and 1 c broccoli florets. Sprinkle with cheese then remaining spinach mixture and top with tomato slices. Beat 4 eggs and add

1½ c milk. Pour over vegetable. Bake 45 min until set. Let cool 5 min and loosen sides to serve.

Spanakopetes

½ lb Filo pastry

½ lb feta

3 eggs

8 oz small curd cottage cheese

1 med onion chopped fine

½ lb fresh spinach chopped

or 2 pkg frozen spinach thawed and drained

½ c finely chopped parsley

2 T fresh dill (1T dill weed)

½ c bread crumbs

½ c butter or margarine

Combine cheeses and eggs and beat well. Sauté onions in ¼ c butter and add spinach. Sauté until all moisture is gone. Add spices and breadcrumbs. Stir well and let cool. Stir in egg and cheese mixture.

Preheat oven 375F. Butter a 9 X 13 pan well and line with 8 or 9 sheets filo buttering each layer. Spread filling on top and to with 8 or 9 more layers. Gently push the edges of the filo down the sides of the pan. Sprinkle with a few drops of water to prevent curling and bake for 1 hour. Serve hot or room temp.

Spinach Casserole

4 eggs beaten

1 t Worcester sauce

2/3 c milk

1 t salt

1/4 c melted butter

1/2 c chopped onion

1/2 t thyme

4 T chopped parsley

1/2 t nutmeg

Combine all ingredients and then add 2 (10 oz) pkg frozen spinach (thawed and squeezed) or 3 bags fresh (chopped, cooked and drained) and 2 cups cooked rice and 2 c shredded cheddar cheese. Pour into 9 X 12 greased pan and bake 30 minutes at 350F for 30 minutes or until center is set. Cut into squares and serve.

Spinach Squares

2 pkg (10oz each) frozen chopped
spinach, thawed
3 T butter/margarine
1 med onion finely chopped
½ lb mushrooms thinly sliced
4 eggs

¼ c fine dry bread crumbs
½ c grated Parmesan
1/8t each of pepper, basil, oregano
1 c light cream
¼ t salt

Drain spinach and squeeze out as much liquid as possible. Melt butter in pan over med heat and cook onions and mushrooms until onion is soft and mushroom are lightly browned and liquid has evaporated about 12-15 min.

Beat eggs, stir in cream, ¼ of cheese, seasonings, mushroom mixture, spinach. Turn into well-greased 9" pan. Sprinkle with remaining cheese. Bake 325F oven for about 35 min or until set when lightly touched in center. Cool slightly then cut into 1 inch squares. Serve warm or at room temperature. Can refrigerate and reheat in 325F oven for 15 minutes.

Turnip Puff

6 cups sliced raw turnip (about ½ large turnip)	1 T brown sugar
2 T butter	¾ t salt
2 eggs, beaten	1/8 t pepper
2 T flour	pinch nutmeg
1 t baking powder	½ dry breadcrumbs
	2 T melted butter

Butter a 1 ½ quart casserole dish. Boil turnip until soft. Drain well and mash. Add butter and eggs, beat well with a wooden spoon. In a separate bowl mix the flour, baking powder, brown sugar, salt, pepper, and nutmeg. Add this to the turnip mixture and mix well. Pour it into the casserole dish and sprinkle with the breadcrumbs and melted butter mixture.

Bake in a 350 oven for 25 minutes until puffy and golden brown. Will keep for three days in the fridge or can be frozen.

Twice Baked Potatoes

6 medium potatoes

½ t salt

Pepper

4 T butter

¼ c sour cream

Shredded mozzarella cheese

Parsley

Wash potatoes and bake at 400F until done, about 1 hour. Remove from oven, split tops and scoop out insides. Place this in a bowl and mash, combining with all other ingredients except cheese and parsley.

When well blended, scoop mixture back into potato shells. Top with cheese, sprinkle with parsley. Put back into oven at 300f. Serve when cheese has melted.
Serves 6

Note: Almost any filling can be mixed with the cooked potatoes. Some suggestions are cooked bacon, ham, mushrooms, onions or other vegetables.

Source: Based on the recipe in 'The Harrowsmith Cookbook Volume 1'

Veggie Burgers

1 t vegetable oil	½ c quick cooking oats
1 onion finely chopped	3 T parmesan cheese
1 c chopped mushrooms	2 T pine nuts or pecans
½ t thyme	¼ t pepper
1 can (19 oz) lentils, drained & rinsed	

In skillet, heat oil and add onions. Sauté until translucent. Add mushrooms and cook until mushrooms are softened. Add thyme and continue to cook until all liquid is evaporated. In bowl mash lentil coarsely and add oats, cheese, nuts and mushroom mixture.

Shape into 4 patties and then cook over medium high heat about 4 minutes per side or until lightly brown.

Vietnamese Spicy Tofu Stir Fry

Marinade

½ t chili garlic sauce or dried hot
pepper flakes
2 t soy sauce

2 t Chinese cooking wine (or white
wine)
2 t sesame oil

Ingredients

1 pkg extra firm tofu cut into ¼" slices
¼ veg oil
1T ginger chopped
1 or 2 cloves garlic minced
1½ c mushroom sliced

2 green onions sliced on the diagonal
2 celery stalks sliced on the diagonal
1 small zucchini sliced
2 cups bok choy chopped
¼ c water

Sauce

1 T soy sauce
1 T sesame oil

½ t chili garlic sauce
1 T cornstarch dissolved in 2 T water

Prepare marinade. Add tofu and let sit 15 minutes. Combine sauce ingredients in a bowl. Heat oil in frying pan and fry tofu until golden brown. Remove tofu and drain and remove almost all oil from pan. Sauté ginger and garlic then add rest of vegetables, and water and cover with a lid. Let simmer 5 minutes. Pour sauce over and add tofu. Stir gently until heated through and sauce comes to a boil.