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# Recipes

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**Plant a Row**  
For The **Hungry!**  SM

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# TABLE OF CONTENTS



- ◆ Making the Most of Vegetables
- ◆ Beans, Beets & Broccoli
- ◆ Cabbage & Carrots
- ◆ Cucumbers
- ◆ Peppers & Tomatoes
- ◆ Summer Squash
- ◆ Winter Squash
- ◆ Okra
- ◆ Sweet Potatoes
- ◆ Dips & Dressings
- ◆ Desserts

## Making the Most of Vegetables

Here are a few ideas for preparing the fresh vegetables donated by gardeners through the GWA Foundation *Plant a Row for the Hungry* campaign. Our recipes are fast, easy, and tasty--even kids will enjoy squash and carrots fixed this way! Please download and use any recipe. We wrote them for you.

## Storing Fresh Garden Produce

Proper storage keeps vegetables and fruits at their prime longer. They taste better and retain more nutrients.

- \* Don't store onions and potatoes with apples: they'll sprout. Onions and potatoes keep at room temperature for several weeks.
- \* Garlic keeps well in an open container at room temperature.
- \* Don't refrigerate potatoes.
- \* Do refrigerate apples: they'll keep longer.
- \* Winter squash and pumpkins stashed in a dark, cool place keep several weeks or months. All other vegetables need to be refrigerated.

## Cooking Fresh Garden Produce

Cook fresh vegetables as soon as you can. Beans, tomatoes, summer squash and peppers, for instance, start to deteriorate within two or three days, even if they are refrigerated.\*

\*If you don't have time to cook, cut raw vegetables into bite sizes and serve them with one of our dip recipes, or serve them as a salad with one of our dressing recipes. Served with chicken noodle soup or a tuna sandwich, raw vegetables make a fast and nourishing meal.



# Beans, Beets & Broccoli



## Dilly Beans

A crunchy munchy way with beans somewhere between a salad and a vegetable.

Preparation: 15 minutes, plus 2 hours refrigeration

Serves 4-6

3 cups green or wax beans, ends snapped off & strings removed

3 cloves garlic, peeled and minced

1 teaspoon salt

1/2 cup white vinegar

1/2 cup water

1 bunch fresh dill weed

or

1 tablespoon dried dill weed

Bring two quarts of water to a boil, add the beans, and cook (blanche) just 45 seconds. Drain the beans, and rinse them in a steady stream of cold water until cool. Drain again. Combine the remaining ingredients in a large bowl. Add blanched beans; cover the bowl and chill before serving, 4 hours if possible. Refrigerated, it keeps at least a day.

## Sunshine Beets

Beets keep practically forever in a fridge, but they are best tasting when still pretty fresh.

Preparation: 25 minutes

Serves 4

4 large beets

1/4 cup frozen orange juice concentrate

2 tablespoons margarine

Dash of cinnamon

Salt and pepper to taste

Fill a medium saucepan with water and bring to boiling. Add the beets, lower temperature and simmer for 15 minutes. Drain, and cool under running water. Slip the skins off, and cut each beet into 1/4-inch thick slices. Stir the orange juice and the margarine in a small saucepan over medium heat, until well combined. Season to taste with cinnamon and salt and pepper. Toss the beets in the sauce, and heat through. Serve hot.

## Broccoli Spaghetti Chicken Bake

An excellent way to use leftover chicken; but the dish is excellent even without the chicken.

Preparation: 25 minutes, plus 30 minutes baking

Serves 4-6

1 large head of broccoli and stem  
8 ounces thin spaghetti, or vermicelli  
2 tablespoons margarine  
2 tablespoons all-purpose flour  
2 teaspoons salt  
1 teaspoon ground black pepper  
2 teaspoons prepared mustard  
2 cups milk  
2 ounces (1/2 cup) shredded cheddar cheese  
1 cup diced, cooked chicken (optional)

Preheat oven to 350° Fahrenheit. Fill a large saucepan with water and bring to boiling over high heat. Rinse the broccoli in cold water. Cut the stem off close to the head, remove the bottom inch and peel the stem back to the tender central core. Slice the core into 1/2-inch thick pieces and turn into the boiling water. Split the large florets into pieces an inch or so across. Add to the pot, reduce the heat to medium, and cook for 4 minutes. Lift the broccoli out of the water and place in a colander to drain; reserve the boiling water.

Bring the water back to boiling, add the spaghetti, and cook until tender. Drain. In a small pan over medium heat melt the margarine and stir in the flour, salt and mustard. Gradually add milk, stirring constantly until the mixture thickens. Stir in the cheese and continue stirring until melted. Combine the sauce with the broccoli and the spaghetti, and chicken if you are using it, in a 13 x 9-inch baking dish. Bake 30 minutes in a preheated oven.



## Cabbage & Carrots



## Shamrock Cabbage Dinner

1 head cabbage  
2 tablespoons water  
1 tin (12 ounces) corn beef  
Black pepper to taste  
4 large steamed or boiled potatoes

Remove the two outer leaves from cabbage and the hard core at its base. Cut head in half. With a large sharp knife, slice each half into thin slices. You will end up with a large amount. Heat a large saucepan; add cabbage and water. Cover pan tightly and reduce heat. Stir every 2 minutes to keep cabbage from sticking; add more water if necessary. Cook 8-10 minutes or until cabbage is completely wilted. Break corn beef into small chunks. Add to cabbage; heat for another 3-5 minutes in covered pan. Season with pepper to taste. Serve immediately with boiled potatoes.

## Carrots with Lemon Butter Sauce

A delicious, light vegetable side dish.

Preparation: 30 minutes

Serves 4-6

4 large carrots, peeled, sliced in 1/4-inch rounds (about 5 cups)

Water to cover

1 tablespoon sugar

2 to 3 tablespoons margarine

2 teaspoons lemon juice

Salt and pepper to taste

Arrange the carrots in the bottom of a wide saucepan that has a tight lid. Cover with water and add the sugar. Over high heat, bring the water to simmering, and cook until the slices are tender, between 10 and 20 minutes. Turn off the heat, drain the carrots, return them to the pan, and shake the pan over the warm burner to dry the moisture. Sprinkle the slices with margarine and lemon juice and toss the carrots until all the slices are well coated. Serve warm or at room temperature.



## Cucumbers



## Cold Cucumber and Yogurt Salad

A refreshing side dish, chilled and flavored with either cumin or dill. Nice as a relish or a salad.

Preparation: 20 minutes, 3 hours refrigeration

Serves 6

2 medium cucumbers

1 teaspoon salt

1 small onion, peeled and thinly sliced

1 teaspoon ground cumin or dill

8 ounces (1 cup) plain yogurt or sour cream

Score the cucumber skin with a fork until there's only a little of the dark green skin showing. Remove the ends. Slice the cucumbers as thinly as you can. Arrange the slices in layers in a large bowl, sprinkle with salt, cover, and refrigerate 2 to 3 hours. Drain the cucumber liquid, and use paper towel to take up the remaining moisture. Mix the cucumbers with the onion slices, cumin, or dill, and the yogurt. Cover and chill until ready to serve.

## Baked Cucumber and Cream Cheese Melt

A delicious hot, crunchy sandwich, this makes an excellent lunch or a hearty snack.

Preparation: 10-15 minutes

Serves 4

2 medium cucumbers, peeled, seeded & sliced thinly  
1 teaspoon salt  
4 long diagonal slices of French bread, or roll  
4 teaspoons margarine  
2 ounces cream cheese, cut into 4 slices  
Sesame seeds, optional

Preheat the broiler to medium high. Spread out the sliced cucumbers and sprinkle them lightly with the salt. Place the bread under the broiler and grill until it begins to brown. Spread margarine over the bread, and heap with cucumber slices. Top each piece with a slice of cream cheese. Grill under the broiler until the cheese melts and begins to bubble. Serve hot topped with a sprinkling of sesame seeds, if you wish.

## Hungarian Cucumber Salad

A tasty, substantial mix of thinly-sliced raw vegetables that makes a side dish, or salad. Nicest if chilled but very good at room temperature as well.

Preparation: 10 minutes, plus 2 hours refrigeration, optional

Serves 4

2 cucumbers, ends removed, sliced thinly  
1 red or yellow onion, peeled and sliced into thin rings  
1 sweet pepper, seeded and sliced into thin rings  
1/2 cup sugar  
1/2 cup white or cider vinegar  
2 teaspoons salt  
2 teaspoons dried dill weed  
    or 1/4 cup minced fresh dill weed  
1/2 teaspoon celery seed (optional)

Slice the vegetables into a salad bowl, and set aside. Stir the sugar, vinegar, salt and dill together until the sugar and salt dissolve. Pour over the vegetables and toss well. Serve at once, or chill 2 hours and toss again before serving.

## Stuffed Cucumbers

At last, here's a recipe designed to do great things to big old cucumbers! Excellent as part of a vegetarian meal, and great with sliced tomatoes.

Preparation: 15 minutes

Serves 4

2 extra large cucumbers  
1 package (3 ounces) cream cheese, softened  
1 can (4 ounces) deviled ham, potted meat, or cooked leftover meatloaf  
2 tablespoons minced green onions  
1/2 cup shredded carrots

Cut each cucumber in half, lengthwise. Use a teaspoon to scoop out the seedy interior. You will end up with a solid-fleshed cucumber boat. In a small bowl, combine the softened cream cheese, deviled ham, onions and carrot shreds. Stuff the cucumber boats with the mixture. Serve at room temperature.



# Peppers & Tomatoes



## Spanish Rice Peppers

A top favorite main dish! And so easy!

Preparation: 10 minutes, plus 20 minutes baking

Serves 4-6

- 6 sweet bell peppers
- 2 cups cooked white or brown rice
- 1/2 cup picante sauce
- 1 cup shredded Cheddar cheese

Preheat the oven to 350° Fahrenheit. Cut each pepper in half lengthwise, right through the stem. Remove the seeds and membranes, and rinse the interiors with warm water. Combine the cooked rice, picante sauce and the cheese, and use the mixture to stuff the pepper halves. Place the stuffed peppers on an oiled baking sheet, and bake for 20 minutes, or until cheese is melted and golden.

## Red Pepper Chowder

A whole bowlful of this hearty vegetable and bacon chowder is guaranteed to lift your spirits on a cold day! And it's ready in minutes! Wonderful with crispy bread.

Preparation: 30 minutes

Serves 4

- 4 large red peppers, stems removed, seeded and cut into large chunks
- 3 large white potatoes, peeled, cooked and cubed
- 4 strips bacon
- 1 large onion, peeled and diced
- 1 garlic clove, minced
- 2 1/2 cups water
- 2 teaspoons chicken bouillon powder, or  
2 chicken bouillon cubes
- Salt and pepper to taste

Puree the peppers and the potatoes in a food mill, a food processor or a blender. In a heavy pan that has a lid, sauté the bacon over medium high heat until crisp. Remove the bacon strips to paper towel, and crumble. Remove all but 1 tablespoon of bacon drippings from pan. Add the onion and the garlic to the drippings, and sauté until the onion is softened, 4 to 6 minutes. Return the bacon to pan and add the pepper-potato puree, the water, and the bouillon powder or cubes. Bring to boiling, cover, reduce the heat and simmer for 15 minutes. Season with salt and pepper to taste, ladle into soup bowls and serve hot.

## Doreen Howard's Favorite Tomato Salad

A great way to fix fresh tomatoes...if fresh basil isn't available, substitute fresh cilantro, oregano, or parsley. It will be almost as good. To make a heartier dish of it, sprinkle the tomato slices with crumbled feta. Great with any grilled meat!

Preparation: 5 minutes

Serves 4

2 large ripe beefsteak-type tomatoes,  
or 4 medium tomatoes  
2 teaspoons olive or salad oil  
1 tablespoon wine or white vinegar  
1/2 cup fresh basil leaves, minced,  
or 1 teaspoon dried basil  
Salt and pepper to taste

Cut the tomatoes into thin slices and arrange on a platter. Drizzle oil and then vinegar over slices, and scatter a little basil over slices. Season with salt and pepper.

## Tomato Salsa Cruda

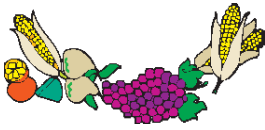
Make your own hot, hot salsa! Great with corn chips!

Preparation: 10 minutes, plus 30 minutes refrigeration

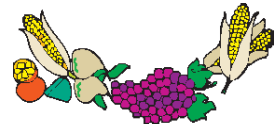
Serves 4

4-6 medium tomatoes  
3 green onions  
1/2 cup fresh cilantro  
1 Jalapeno pepper, or  
1 can (4 oz.) diced chile peppers  
1 teaspoon garlic salt  
2 teaspoons fresh or bottled lemon juice

Cut the tomatoes into bite-size pieces. Cut the onions into thin slices, and mince the cilantro. Combine the three in a medium bowl. Before you start handling the pepper, cover your hands with a plastic bag or gloves to keep your skin from burning. Cut the Jalapeno pepper in half. Remove and discard the seeds and the membrane from the pepper. Dice the pepper and add to the salsa. Stir in garlic salt and lemon juice. Toss well. Refrigerate 30 minutes before serving so that flavors can develop.



# Summer Squash



Summer squash can be yellow or green, and are either long, like a cucumber, or round with a crooked neck. It is almost always prepared without being peeled, and cooks quickly. Two halves of a 6-inch summer squash and 1/4 cup of water, covered, cooks in a microwave on High in 3-5 minutes. Slices of summer squash can be steamed or braised in about the same time.

## Zucchini Wedges

A great way to prepare any of the long (as opposed to round) summer squashes. Nice with any grilled meat or fish.

Preparation: 10 minutes, plus 15 to 18 minutes baking  
Serves 6

6 zucchini about 6 inches long, unpeeled  
1/4 cup olive or salad oil  
1/2 cup fresh basil leaves, minced,  
or 2 tablespoons dried basil  
1/4 cup grated Parmesan cheese

Preheat the oven to 450° Fahrenheit. Rinse the zucchini, trim off the ends, and cut each in half, lengthwise. Cut these halves in half again, creating 24 long wedges. Brush oil over all the cut surfaces, and roll the wedges in basil. Place the coated wedges in an oiled baking dish. Cover loosely with aluminum foil. Bake uncovered 10 to 12 minutes, or until the zucchini is tender when pierced with a fork. Sprinkle the Parmesan cheese over the wedges and bake, uncovered, another 5 minutes or until the cheese begins to melt. Serve hot.

## Zucchini Griddle Cakes

Serve in place of potatoes or rice. Or ladle creamed corn or spinach over them for a hearty side dish. Excellent with grilled fish, chicken or meat.

Preparation: 30 minutes  
Serves 6

2 cups unpeeled shredded zucchini (4 small or 2 large)  
1/2 cup minced onion  
1 teaspoon salt  
1 teaspoon ground black pepper  
1 egg, slightly beaten  
1/4 cup milk  
1/3 cup all-purpose flour  
Salad oil

Combine the shredded squash, the onion, and the salt and pepper, and let rest 15 minutes. Mix with the beaten egg, the milk and the flour until the consistency of pancake batter. Add a little more milk or flour if the batter seems too runny or too stiff. Pour 1/4 inch of salad oil in the bottom of a heavy skillet. Heat over medium-high heat. Drop batter by the tablespoon into hot oil and fry until cakes are golden on each side. Drain on paper towels and serve.

## Mouthwatering Squash Casserole

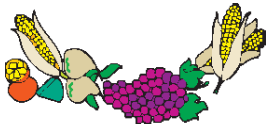
An excellent baked side dish.

Preparation: 25 minutes, plus 40 minutes baking

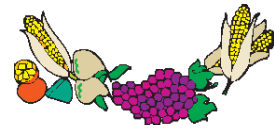
Serves 6-8

6-8 summer squash, unpeeled, ends removed, cut into chunks  
3 slices bacon, diced  
3 green onions, chopped  
1 sweet pepper, diced  
1 can (10-3/4 ounces) cream of mushroom soup  
1 cup shredded Cheddar cheese  
1 cup bread crumbs

Preheat oven to 350° Fahrenheit. Fill a medium saucepan with water, and bring to boiling over high heat. Add the squash, cover, and boil until soft. Drain and mash the squash. Sauté the bacon with the onion and peppers until the bacon is crisp and the vegetables are soft. Stir the soup into the mixture, and remove from the heat. Stir half the cheese and bread crumbs into the mixture. Stir in the squash. Turn into an 8 x 8-inch greased baking dish. Top with the remaining bread crumbs and cheese. Bake for 30 to 40 minutes.



## Winter Squash



Pumpkins belong to the winter squash group, which are great prizes as they keep forever, almost, at room temperature, and have delicious and nutritious flesh. All have tough outer skin, and the seeds and membrane in the interior must be removed. Microwave any of the winter squash (except acorn squash) on High for 8 minutes, or bake them at 400° Fahrenheit for 20 minutes, and it will be easy to halve, and to remove the seeds and membrane. In the microwave, the flesh is also likely to be cooked through, and ready to mash and serve with a little margarine.

The seeds of pumpkin and other winter squash, by the way, make an excellent and nutritious snack: soak them for 5 hours in very salty water, then spread them out in one layer on cookie sheets and place them in an oven at 275° Fahrenheit for several hours, until dry and crisp. Toss with salt to taste before serving.

## Sausage and Butternut Squash Sauté

This is an excellent and very easy main course. The butternut type of winter squash looks like a tallish, tan-colored gourd, and has excellent orange flesh. But before you can use it, you must peel away the tough outer skin. Then cut it in half, and use a spoon to scoop out the seeds and scrape away the stringy membrane.

Preparation: 30 minutes

Serves 6

1 large butternut squash (about 2 pounds)  
1/4 cup margarine (1/2 stick)  
1 tablespoon granulated sugar  
1 teaspoon salt  
1/2 teaspoon ground black pepper  
1/2 cup water  
1 pound smoked sausage, cut into 1/2-inch thick slices

Peel and remove seeds and membrane from squash, and cut the flesh into cubes. Melt the margarine in a large skillet over medium high heat, and add the squash cubes and season them with sugar, salt and pepper. Add the water and the sausage. Bring the water to boiling, cover the skillet and reduce the heat. Simmer 20 minutes, or until squash is tender. Serve hot.

## Baked Acorn Squash

Acorn squash is a deeply ridged, roundish vegetable with a pointed tip. Most are dark green all over, though some are flecked with bright orange. The only way to cook an acorn squash really is to cut it in half and bake it. One half makes a serving. Baked with a dash of something sweet and a little lemon juice, acorn squash is truly delicious!

Preparation: 10 minutes, plus 1 to 1 1/2 hours baking  
Serves 6

3 small acorn squash  
1/2 lemon  
Salt and pepper to taste  
6 teaspoons margarine or butter  
6 teaspoons honey or brown sugar

Preheat the oven to 375° Fahrenheit. Halve squash across the middle, and remove the seeds and membrane. Place the halves cut side up on a baking pan, and squeeze over each piece a few drops of lemon juice. Dot each half with margarine, and season with salt and pepper to taste. Drizzle each half with honey or 1 teaspoon of brown sugar. Bake 1 to 1 1/2 hours, or until a fork goes through the skin easily.

## Acorn Squash Stuffed with Cream Cheese

A delicious, and nutritious, variation on the recipe above.

Preparation: 10 minutes, plus 1 to 1 1/2 hours baking  
Serves 4

2 small acorn or butternut squash  
2 teaspoons lime or lemon juice  
Salt  
4 teaspoons margarine or butter  
1 package (3 ounces) cream cheese  
4 teaspoons granulated sugar

Preheat the oven to 375° Fahrenheit. Halve each acorn squash across the middle, and remove the seeds and membrane. Place the halves cut side up on a baking pan, and sprinkle each with a few drops of lime or lemon juice, salt, and 1 teaspoon of margarine. Bake 30 minutes. Remove the squash halves from the oven. Spread cream cheese inside each half and over the top. Bake 30 minutes more, or until the halves are easily pierced by a fork. If the cheese begins to burn, turn the heat down to 300° Fahrenheit.

## Microwave Orange-Honey Butternut Squash

A quick and easy, and very popular, side dish. Most children love it!

Preparation: 15 to 20 minutes  
Serves 6

1 large butternut squash  
2 tablespoons orange juice  
6 teaspoons honey or brown sugar  
6 teaspoons margarine or butter  
Salt and pepper to taste

Remove the stem and peel the squash, halve it, and scoop out the seeds and membrane. Cut into large chunks. Place the squash and the orange juice in a glass bowl; cover and cook in a microwave oven on High until tender, 12 to 15 minutes. Remove, top with honey or brown sugar, margarine or butter, and mash with a fork. Season with salt and pepper to taste. Serve hot.

## Jack O'Lantern Soup

Not all pumpkins sold at Halloween are good for cooking: the good ones make excellent pumpkin pie, and this very nice soup.

Preparation: 1 to 1 1/2 hours

Serves 4 to 6

6 cups raw pumpkin meat (skin, seeds and membrane removed)

1 large tomato, halved

1 small onion, chopped

2 cups whole milk

1 teaspoon granulated sugar

2 egg yolks, beaten until thick

2 tablespoons margarine

Salt and pepper to taste

Place the pumpkin, tomato, and onion in a large saucepan, cover, and bring to boiling over high heat. Reduce the heat and simmer 1 hour. Mash the vegetables in the pot, then stir in the milk and the sugar. Whip a little of this puree into the beaten egg yolks, then stir the mixture back into the pot. Turn off the heat. (Do not allow the soup to boil or the eggs will curdle.) Season with salt and pepper to taste, ladle into bowls. Serve hot topped with a little butter.



## Okra



## Okra Gumbo

An easy side dish that makes use of what's ready in the garden during the dog days of summer. Add chicken, smoked sausage or shrimp to it for a main entrée.

Preparation Time: 30 minutes

Yield: 6-8 servings

1/2 pound bacon

1 pound okra

2 onions, peeled and chopped

1 can (16 oz.) whole tomatoes

or

4 large fresh tomatoes, skinned

Slice the bacon and the okra into 1/2-inch pieces. Sauté the bacon over medium high heat until almost crisp. Add the onions and cook until they become almost transparent. Add the okra and sauté 10 minutes, or until tender. Stir often to keep okra from sticking. Add the canned tomatoes and their juice, or fresh tomatoes. Cover the pan, lower the heat and simmer 15 minutes. Remove the cover and simmer until the dish is as thick as you like your gumbo.

## Fried Okra

The true junk food of the South! Any Southern gardener who plants okra can hardly wait for the first tender pods to make this beloved appetizer.

Preparation time: 20 minutes

Yield: 4-6 servings

1 pound okra  
1 egg, beaten  
1 teaspoon salt  
1/4 cup buttermilk  
1 cup yellow cornmeal  
Oil for frying  
Salt, or grated Parmesan cheese, optional

Wash the okra and rub off as much fuzz as you can with a paper towel. Pat it dry and remove stems. Beat the egg, salt and buttermilk until well combined. Dip okra pods in mixture then roll the pods in cornmeal. This can be done up to an hour ahead of time. Refrigerate until you are ready to fry the okra.

Pour 2 inches of cooking oil into a heavy skillet and set over medium high heat until the oil crackles when a few drops of water are splashed into the pan. Add the okra a handful at a time. Do not crowd the pan. Sauté until golden. Drain on paper towels. Keep warm in a 250° Fahrenheit oven while you finish sautéing the rest of the okra. Season with additional salt or with Parmesan cheese, if you wish. Serve hot.



## Sweet Potatoes



### Sweet Potato Bake

Sweet potatoes, and yams, can be cooked any way that regular potatoes are cooked, but don't need quite as much cooking time. They turn out as sweet as candy, good with just a hint of salt, but delicious moistened with margarine or butter.

Preparation time: 5 minutes, plus 45 minutes baking.

Yield: 4 servings

4 sweet potatoes  
4 tablespoons margarine, or more  
Salt to taste

Heat the oven to 425° Fahrenheit. Scrub the potatoes, and remove stringy bits of root and cut out any dark sunken spots. Place the potatoes in the oven and bake 45 minutes, or until a fork easily pierces the potatoes all the way through. Halve the potatoes, fluff the meat with fork, press butter into each half, salt to taste. Serve hot.

### Sweet Potato Mash

In boiling water, peeled, cut up sweet potatoes cook tender in about 20 minutes, and are delicious mashed.

Preparation time: 10 minutes, plus 20 to 30 minutes cooking

Yield: 6 servings

4 sweet potatoes  
4 tablespoons milk  
4 tablespoons margarine, or more  
Salt and pepper to taste

Scrub the potatoes, and remove stringy bits of root and dark spots. Cut the potatoes in half, then cut each half into 3 or 4 chunks. Place them in boiling water, bring the water back to boiling, cover and simmer on medium heat about 20 minutes, or until the chunks pierce easily with a fork. Drain the potatoes, and mash with the milk and the margarine. Season with salt and pepper to taste.



## Salsa Fresca

Rather like Tomato Salsa Cruda, but subtly different. Serve with chips as a dip, or use as a topping on grilled meats and fish.

Preparation: 10 minutes

Serves 2 cups

- 2 pounds ripe tomatoes
- 1 small onion, peeled
- 2 cloves garlic, peeled
- 1 to 4 Jalapeno peppers,  
or 1 Anaheim chile or bell pepper
- 1/2 cup chopped cilantro leaves (and a few stems)
- 1 tablespoon lemon or lime juice
- 1 teaspoon salt

Coarsely chop the tomatoes and the onion. Mince the garlic and the chiles or peppers. If you use Jalapenos, cover your hands with plastic wrap or gloves and remove the seeds and membrane. Combine the vegetables with the cilantro, lemon juice and salt. Mix to blend the flavors.

## Savory Summer Dip

Nice as a dip with raw vegetables and crackers. Also can be used as a baked potato topping or a salad dressing.

Preparation: 10 minutes, plus 1 hour chilling

Serves 4 cups

- 1 carton (16 ounces) small curd cottage cheese
- 4 green onions, trimmed and finely chopped
- 2 tomatoes, seeded and diced
- 1 sweet bell pepper, seeded and diced
- 1 large or 2 small cucumbers

Process cottage cheese in a blender or food processor until smooth. Turn into a bowl, and stir in the onions, tomatoes and peppers. Cut the ends off the cucumbers and slice them lengthwise; scoop out the seedy interior and discard. Dice the remaining flesh and stir into the cottage cheese mixture. Chill 1 hour before serving or even overnight.

## Turkish Chick Pea Dip

Just about as nutritious as dips get to be! And delicious! Excellent with all raw vegetables, and with crackers or bread sticks.

Preparation: 15 minutes

Serves 2 cups

- 1 can (15-3/4 ounces) chick peas, drained, rinsed
- 2 tablespoons lemon juice
- 2 tablespoons chopped cilantro
- 2 tablespoons slivered roasted red peppers, optional
- 1 large clove garlic, peeled, minced
- 1/2 teaspoon ground cumin
- Salt and pepper to taste

Place all of the ingredients in a processor and puree until smooth. Allow to rest an hour before serving. Keeps in a refrigerator for up to 7 days.



# Desserts



## Baked Apples

Baked apples are a treat! So easy to prepare--if you have a little vanilla ice cream or whipped topping to add, baked apples are heaven!

Preparation: 5 minutes, plus 35 minutes baking

Serves 4

4 large apples

1/4 cup water

1/4 cup brown sugar

Cinnamon

1/4 cup raisins or other dried fruit, such as apricots, dates or cranberries

Preheat oven to 350° Fahrenheit. Wash and dry the apples, core each, and place in an 8 x 8-inch, or 9 x 9-inch, baking dish. Add 1/4 cup of water to the bottom of the dish. Push 1 tablespoon brown sugar down into each apple core cavity, and top with a dash of cinnamon. Divide the dried fruit among the apples, pushing them into the brown sugar. Cover the baking dish with foil and bake for 35 minutes. Remove foil about 5 minutes before the apples finish cooking to brown them. Serve warm.

## Easy Fruit Cobbler

A truly easy and delicious fruit dessert. Leftovers keep well in the refrigerator.

Preparation: 15 minutes, plus 45 minutes baking

Serves 6-8

1 1/2 pounds apples, pears, or peaches

2 teaspoons cinnamon

1 teaspoon ground nutmeg

1 teaspoon vanilla extract

1/2 cup granulated sugar

1 box (9 ounces) yellow single-layer cake mix

1/4 cup (1/2 stick) margarine

3 tablespoons chopped nuts (optional)

Preheat the oven to 350° Fahrenheit. Peel the fruit and slice thinly. Arrange in a 9 x 9-inch baking dish. Add the spices, vanilla extract and sugar. Toss to combine. Sprinkle the cake mix over the top of the fruit. Pat to even out. Dot with margarine and sprinkle with nuts. Bake for 45 minutes, or until crust is lightly browned.

## Doreen Howard's Favorite Zucchini Cake

A delicious, moist, not-too-sweet cake, rather like carrot cake. It needs no frosting, but can be served with whipped cream or ice cream. It's easy to prepare, and keeps well in the refrigerator for a day or two, and is nice served chilled.

Preparation: 20 minutes, plus 40 to 45 minutes baking

Serves 6 to 8

2 eggs

2/3 cup vegetable oil

1 cup brown sugar

2 teaspoons vanilla extract

1 1/2 cups all-purpose flour

1 teaspoon baking powder

1/2 teaspoon baking soda

2 teaspoons cinnamon

1/2 teaspoon each cloves, ginger and nutmeg, or substitute 1 tablespoon pumpkin pie spice

1 1/2 cups coarsely grated zucchini (about 2 large zucchini)

Preheat the oven to 350° Fahrenheit. Grease an 8 x 8-inch baking pan. Blend the eggs, oil, brown sugar, and vanilla in a large bowl. Sift together the flour, baking powder, baking soda and spices and blend into the egg mixture. Stir in the zucchini. Spoon the batter into the greased pan. The batter should be very thick. Bake for 40 to 45 minutes, or until a straw inserted into the center of the cake comes out rather dry. Cool on a rack before serving.

