

## Marinated Cucumbers

(makes 4 servings)

- 1 ½ - 2 Cup sliced cucumbers, peeled or unpeeled
- ¼ Cup apple cider vinegar
- 1 Tablespoon sugar dissolved in 1 Tablespoon water
- Salt and pepper to taste
- Chopped fresh dill for garnish (optional)

Layer the cucumber slices in a bowl with salt. Place a plate on top of the cucumbers, weighted down with something heavy like a glass jar full of water. Let this sit for two hours in the refrigerator. Rinse the cucumbers under cold water, drain, and pat dry. Rinse and dry the bowl. Place the cucumbers back in the bowl. Toss with the vinegar, sugar/water mixture, and salt and pepper to taste. Chill for one hour.

## Glazed Parsnips

(makes 4 servings)

- 1 ½ pounds parsnips, peeled
- 1 C water
- 3 Tablespoons butter
- 2 teaspoons sugar
- 1 teaspoon salt
- ¼ teaspoon pepper

Cut parsnips in half crosswise. In a large skillet, combine the parsnips with the water, butter, sugar, salt, and pepper. Bring to a boil, then reduce the heat, cover, and simmer until you can easily pierce the parsnips with a fork, 10-15 minutes. Uncover, increase the heat to high, and boil the cooking liquid down to a syrupy glaze that coats the parsnips. Be careful not to burn the sugar.

## Just-In-Thyme Rutabaga

(makes 4 side servings)

- 1 ½ -2 pounds rutabaga
- Chicken or vegetable stock
- 1 Cup sour cream
- 1 ½ teaspoons dried thyme (or 1-2 Tablespoons fresh thyme)
- Salt and pepper to taste

Peel rutabaga, dice it, and place in a saucepan. Add stock to cover the rutabaga, bring to a simmer, and cook until tender. Drain off most of the stock, but save it in case you need it! Puree the rutabaga with the remaining ingredients in a food processor, blender, or immersion blender. Add more stock if needed to puree. Serve warm.

## Smashed Turnips ‘n Spuds

(makes 4 servings)

- 1 large turnip, peeled and cubed
- 3 white potatoes, peeled and cubed
- ¼ Cup milk
- 3 Tablespoons unsalted butter
- 1 teaspoon white sugar
- ¾ teaspoon salt
- ¼ teaspoon pepper

Preheat oven to 375 degrees. Place turnip and potatoes in a large pot with enough water to cover, and bring to a boil. Cook 25 to 30 minutes, until tender. Remove from heat, and drain. Mix milk, 2 tablespoons butter, and sugar with the turnip and potatoes. Season with salt and pepper. Mash until slightly lumpy. Put mashed turnip mixture into a small baking dish. Dot with remaining butter. Cover loosely with foil. Bake 15 minutes, then remove foil, and continue baking about 8 minutes, until lightly browned.

## Orange and Garlic Roasted Beets

(Serves 6)

1 pound medium beets, peeled and cut into 1 inch cubes  
4 medium garlic cloves, crushed with ½ teaspoon salt  
2 Tablespoons orange juice  
½ teaspoon finely grated orange peel  
2 teaspoons olive oil  
Salt and pepper to taste

Preheat oven to 375 degrees. Toss all of the ingredients until the beets are well coated. Roast the beets for about 40 minutes, shaking the pan and stirring occasionally, until they are tender. Serve warm or at room temperature.

## Pickled Beets

(Serves 4)

1 pound beets, peeled  
1 small onion, thinly sliced  
¼ Cup cider vinegar  
½ teaspoon salt  
Pepper to taste  
1 teaspoon caraway seeds  
1 Tablespoon oil (olive or vegetable)

Cut the beets into 1 inch pieces. Steam them for about 20 minutes, or until tender. Let beets cool in a medium size bowl. Combine the vinegar, salt, pepper, caraway seeds and oil and pour over the beets and onions, stirring to coat. Chill for about 1 hour before serving.

## Gingered Parsnips

(Serves 4)

1 pound peeled parsnips  
2 Tablespoons butter  
1 teaspoon finely grated fresh ginger  
A pinch of nutmeg  
Salt and pepper, to taste

Cut the parsnips into ¼ inch slices. Cut the slices in half if they are bigger than an inch around. Steam the parsnips over boiling water for about 10 minutes, or until just tender. Melt the butter in a large skillet over medium heat and add the parsnips. Saute the parsnips until lightly browned, about 4 to 5 minutes. Lower the heat and add the ginger, nutmeg, salt and pepper to taste. Cook for another minute, until thoroughly heated.

## Creamy Carrot Salad

(Serves 4-6)

1 pound carrots, coarsely grated  
2 medium apples, peeled and grated  
1 Cup yogurt  
1 Tablespoon honey  
Juice from one lemon (or 1 1/2 Tablespoons lemon juice)  
A pinch of celery seed  
½ teaspoon salt  
A few dashes ground pepper

In a large bowl, mix together the carrots and apples. In a small bowl, blend together the yogurt, honey, celery seed, lemon juice, salt, and pepper. Mix dressing into the carrots and apples. Chill.

## Green Cabbage and Rice Soup

(Serves 4-6)

- 2 Tablespoons olive oil or butter
- 1 14.5 ounce can diced tomatoes, including juice
- 4 cloves garlic, minced
- 1 ½ teaspoons dried basil
- 1 teaspoon dried oregano
- ¼ Cup chopped fresh parsley (optional)
- 1 small cabbage (1 to 1 ½ pounds) shredded
- 9 Cups vegetable or chicken broth, or water
- Salt and pepper to taste
- 1 Cup cooked brown or white rice
- Parmesan Cheese for garnish (optional)

Heat butter or oil in a large soup pot. Add the garlic, sautéing briefly. Add the tomatoes, basil, oregano, and parsley. Cover and cook, stirring frequently for about 5 minutes. Add the cabbage and mix well. Cook over low heat, stirring occasionally, for 10-15 minutes. Add the broth, taste and season with salt and pepper. Simmer, covered, for 35-40 minutes. Add rice and heat through.

## Oven Baked French Fries

(Serves 4-6)

- 4 medium potatoes
- 2 Tablespoons olive or vegetable oil
- Salt and/or pepper to taste

Preheat oven to 450. Wash and slice potatoes into thin strips. Place in mixing bowl and toss with oil. Arrange on baking tray, sprinkle with salt and pepper and bake 30 minutes or until golden. For crispier potatoes place under the broiler for last few minutes.

## Winter Squash Soup

(Serves 4-6)

- 1 medium-sized winter squash (approximately 1 lb.)
- 3 apples, peeled & coarsely chopped (tart are best)
- 1 medium onion, peeled & chopped
- ¼ teaspoon rosemary or marjoram
- 1 teaspoon salt
- ¼ teaspoon pepper
- 3 (10 ½ oz.) cans chicken broth
- 2 soup cans of water
- ¼ Cup heavy cream, half and half, or whole milk

Peel squash and remove seeds. Cut into 1 -inch chunks. Combine squash with apples, onions, rosemary or marjoram, salt and pepper, broth and water in large soup pot. Bring to boil and simmer uncovered for 30 minutes. Puree soup in blender or food processor. Return mixture to saucepan and bring just to a boil, then turn off and add cream, half and half, or milk. Serve hot. Can be made up to 2 days in advance and reheated.

## Roasted Root Veggies

(Serves 4-6)

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|--------------------------------|--------------------------------------|
| 2 beets, peeled                | 1 onion, red or yellow               |
| 2 carrots, peeled if necessary | 2 Tablespoons olive oil              |
| 2 potatoes, unpeeled           | 1 teaspoon soy sauce (or ½ tsp salt) |
| 2 rutabaga, peeled             | 3 cloves garlic, chopped             |

Preheat oven to 400 degrees. Chop all the vegetables into 1-inch chunks. If you have parchment paper, line a large baking pan with it. Otherwise, put the vegetables into the pan and add garlic, oil, and soy sauce. Mix thoroughly.



Cover the pan with foil and bake 30 minutes. Remove foil, stir, and continue to bake until the vegetables are lightly browned, 15-20 minutes more.

to the dry and mix just until the dry ingredients are moistened. Do not over mix. The batter should be lumpy. Divide batter among the muffin cups. Bake until a toothpick comes out clean, about 17 minutes. Let cool for 2-3 minutes before removing from the pan.

## Coleslaw

(Serves 4)

- 1 small head green or red cabbage, shredded
- 3 medium carrots, shredded
- ½ Cup mayonnaise
- 3 Tablespoons sugar
- 2 Tablespoons apple cider vinegar

In a large bowl, mix cabbage and carrots. In a small bowl, combine the mayonnaise, sugar and vinegar. Pour dressing over cabbage mixture and toss to coat. Serve immediately or refrigerate.

## Greens and All

(Serves 2-4)

- 2 Tablespoons olive oil
- 2 teaspoons whole cumin seeds
- 2 medium beets, peeled
- 2 medium carrots, sliced ¼ inch thick
- 2 teaspoons soy sauce or tamari
- Beet greens, fresh spinach, or Swiss chard

In a skillet, heat olive oil. Add cumin, cooking and stirring for 1 minute. Add beets and carrots, frying until tender and lightly browned. Add chopped greens, cover, and cook until soft. Toss with tamari or soy sauce and serve. This dish can also be made without the greens.

## Squash Muffins

(Makes 12-16 muffins)

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|----------------------------|---------------------|
| 2 Cups flour               | 1 Cup cooked squash |
| 1 Tablespoon baking powder | 2 large eggs        |
| ½ teaspoon salt            | 1 Cup milk          |
| 1 teaspoon ground nutmeg   | 2/3 Cup sugar       |
| 1 teaspoon ground cinnamon | ½ Cup vegetable oil |
| 1/3 Cup sugar              | 1 teaspoon vanilla  |

Preheat oven to 400 degrees. Grease a 12-muffin tin or line with papers. Mix flour, baking powder, salt, nutmeg, cinnamon, and 1/3 C sugar in a large bowl. In another bowl, combine eggs, milk, 2/3 C sugar, oil, squash, and vanilla. Add wet ingredients

## Onion Frittata

(Serves 2-4)

- ¼ Cup butter (plus 1 Tablespoon extra)
- 4 large thinly sliced onions
- 6 eggs
- 2 garlic cloves, minced
- Salt and pepper to taste

Put the butter, garlic, and onions in a frying pan and fry gently until the onions are lightly browned. Beat the eggs with the salt and pepper. Remove onions from the pan and mix with the eggs. Melt the extra butter in the pan and pour the egg mixture into the





pan. Cook on both sides until browned. Slice in wedges and serve hot.

