

Fresh & Local Recipes

from

American University

Contents

Tomato-Avocado Salsa.....	1
Peach/Mango Salsa.....	1
Three Green Salad Dressing.....	2
Tabouli Salad.....	3
Lambsquarters Antipasto.....	4
Beet Salad.....	5
Danish Potato Salad (warm).....	6
Roasted Garlic Dill Potatoes.....	6
Yummy Greens.....	7
Lebanese-Style Okra and Eggplant.....	8
Zucchini and Eggplant Towers.....	9
Roasted Potatoes with Herbs and Garlic.....	10
Kale (Soup).....	11
Sag Paneer (Spinach & Ricotta Cheese).....	11
Okra Curry.....	12
Ghormeh Sabzi (Persian Green Herb Stew).....	13
Sweet Red Pepper Frittata with Capers and Fresh Basil.....	14
Pesto (and Basil for Later).....	15
Swiss Chard with Ziti.....	16
Goat Cheese & Arugula Pasta.....	16
CSA Ratatouille.....	17
Fresh Tomato Risotto.....	18
Zucchini Bread.....	19

*Note: a * indicates that the ingredient is probably available through the CSA.*

Tomato-Avocado Salsa

1 avocado, peeled and diced
1 ripe firm tomato, seeded and finely chopped *
2-3 scallions, including half the greens, thinly sliced *
1 jalapeno chile, seeded and finely diced *
1 garlic clove, minced *
Salt
Few drops of sherry vinegar
1 T chopped cilantro *

Combine the avocado, tomato, scallions, chile, and garlic in a bowl. Add ¼ t salt and the vinegar to bring up the flavors. Stir in the cilantro and let the salsa stand for 20 minutes before serving for the flavors to emerge.

Brooke Sabin, from *Vegetarian Cooking for Everyone* by Deborah Madison

Peach/Mango Salsa

2-3 tomatoes *
1 pint cherry tomatoes (or some other variety)
1 habenero *
1 little purple pepper *
1 mango or 2 peaches *
3 cloves garlic *
Sprinkle of Kosher salt
1 lime
Cilantro to taste*
Salt to taste

Crush garlic with the flat end of a knife and grind with kosher salt into a fine paste. Place paste in a bowl. Slice lime in half and squeeze juice into bowl. (You may wish to add the zest for extra flavor.) Finely slice/chop all remaining ingredients and place them in the bowl. Stir. Salt to taste. Let flavors marinate for several hours or enjoy immediately.

John Anderson



peach/mango salsa

Three Green Salad Dressing

Combine in a blender and puree:

- 2 C spinach leaves (tightly packed) *
- ¾ C fresh parsley (packed)
- 2 T lemon juice (only if foods are raw)
- ⅛ C herb tarragon vinegar
- 1 t dried basil
- ½ t ground cumin
- 1 small clove garlic (chopped) *
- ½ C extra virgin olive oil

Note: to keep oils from going rancid, add 400 units of vitamin E to a bottle when first opened

Riley Neugebauer



tabouli salad

Tabouli Salad

- 1 C bulgur
- Tomatoes *
- Green peppers *
- Cucumbers *
- Scallions *
- Feta cheese
- Chickpeas
- Mint
- Parsley
- ¼ C lemon juice
- 6 T olive oil
- Salt
- Sumac

Put bulgur in bowl, cover with boiling water, and allow to soak for a ½ hour or so until bulgur is chewy. Add chopped tomatoes, peppers, cucumbers, scallions, and whatever other veggies you want. Add diced feta cheese and sometimes chickpeas, chopped mint, and parsley.

Blend together ¼ C lemon juice and 6 T olive oil to make a dressing and pour over salad. Season with salt and ground sumac.

Stacey Marien

Lambsquarters Antipasto

4 C tender Lambsquarters leaves *
1 can garbanzo beans
1 6.50-oz jar artichoke hearts
½ C roasted red peppers *
¼ C sliced olives
½ C pepperoni slices, cut in half
½ C shredded parmesan cheese

Dressing:

2 T olive oil
1 T + 1 ½ t vinegar
¼ t dry mustard
¼ t worchestershire sauce
1 clove garlic
1 dash pepper

Toss everything together in a large bowl. Add the salad dressing just before you serve to avoid wilting.

Sidsel Overgaard



Beet Salad

6-8 beets *
1 orange
1 clove garlic *
½ C chopped parsley
2-3 green onions *
¼ C walnut oil
¼ C sherry vinegar
Salt and pepper to taste
½ C chopped walnuts

Steam or boil beets 45 min to 1 hour. Plunge a fork into them to see if they're done. Let them cool overnight, or cool them in cold water. Peel them by hand - no peeler needed - under running water. (You can save the beet water to use in soup.)

Dice beets and put them in a bowl. Wash the orange thoroughly (use soap) and use a carrot peeler to peel some of the zest (not the white pith); use between half and all of the orange peel. Mince the orange zest and garlic and add to beets. Finish peeling the orange and cut it up; chop green onions and add orange and onions to beet mixture.

Make a dressing of walnut oil and sweet wine vinegar. Add salt and pepper. Pour over beet salad.

Top with toasted walnuts. (To toast: Put them in a small frying pan, dry. Watch them & stir them or they'll burn.)

If you're not going to eat the whole thing at once, put the walnuts on your individual serving, and save the rest separately from the salad, probably in the fridge. The walnuts turn rather soggy if they are mixed in with the rest of the stuff and stay there overnight.

Beth Scudder

Danish Potato Salad (warm)

Before you balk at the butter and cream, remember: food is meant to be enjoyed! Just do as the Danes do and bike to work tomorrow.

1 ½ pounds small, cooked potatoes *
2 medium onions *
4 T butter
½ C water
¼ C vinegar
1 ½ t sugar
1 t salt
Pepper
1 C heavy cream
Crumbled bacon (optional)

Slice the potatoes (thickly) and onions (thinly). Bring butter, water, vinegar and spices (in Denmark, sugar and salt are spices) to a boil. Toss in the onions and cook for about 10 minutes. Add the potatoes and warm through. Add the cream, bacon, and season to taste.

Sidsel Overgaard

Roasted Garlic Dill Potatoes

Makes 4 servings

⅛ C olive oil
6-8 potatoes, cleaned and diced *
1 garlic bulb, peeled and cloved *
Fresh or dried dill weed (~2 T dried)
Salt and pepper to taste

Preheat oven to 475 degrees F.
In a large bowl, combine oil, dill weed, salt and pepper.
Stir in potatoes and garlic cloves until evenly coated. Place potatoes and garlic in a single layer on a roasting pan or baking sheet.
Roast for 20 to 30 minutes in the preheated oven, turning occasionally to brown on all sides.

Rosie Perez

Yummy Greens

Greens *
Olive oil
Garlic *
½ C dried cranberries
½ C lightly toasted pine nuts
Salt and pepper to taste

Chop greens into small pieces. Saute them with olive oil and garlic until soft (add water if needed). When cooked, mix in a few handfuls of dried cranberries and lightly toasted pine nuts. Season with salt and fresh ground black pepper.

Shoshanna Sumka



yummy greens

Lebanese-Style Okra and Eggplant

2 small or 1 medium eggplant, cubed *
8 okra, sliced into half-inch slices (tops removed) *
1 medium onion, chopped *
2 cloves garlic, crushed *
¼ C olive oil
2 tomatoes *
1 T tomato paste
½ C water
1 t salt
Black pepper to taste
½ t sugar
2 T chopped parsley

Gently fry eggplant and okra in ¼ C olive oil until lightly browned. Add onion, fry until tender. Add garlic and fry for additional 5 minutes. Add tomatoes, tomato paste, and water. Cover and simmer for 15 minutes. Add salt, pepper, sugar, and parsley; simmer 5-10 minutes. Serve hot or warm.

Beth Scudder



lebanese okra

Zucchini and Eggplant Towers

Olive oil
1 zucchini, cut into half inch rounds, skin still on *
1 eggplant, cut into half inch rounds, skin still on *
Cracked salt
Fresh pepper
Basil, shredded *
either an interesting cheese or hummus

In a skillet (preferably cast iron), pan fry the rounds in a little olive oil to desired doneness. (I like them a little brown, but not overcooked.) At the end of the frying, if you're using cheese, place little slices on top of half of them (either eggplant or zucchini) and cover for 3 minutes while cheese melts. Salt and pepper to taste.

The "tower" part comes when it's served. Place three or four rounds on each plate, the one with the cheese first. If you are using hummus, then it doesn't matter what's stacked on top of what. Then add another layer (pasta sauce also tastes good on these things). Make small towers. Top with fresh basil. Serve immediately.

Good stuff.

Sam Reggio



zucchini & eggplant towers

Roasted Potatoes with Herbs and Garlic

¼ C olive oil
1 T herbes de Provence
3 garlic cloves, minced *
2 pounds white or red-skinned potatoes, cut into bite-size pieces *
Salt and pepper to taste

Preheat the oven to 400 degrees. In a large bowl, whisk the oil, herbes, and garlic. Add all the potatoes and salt and pepper and toss to coat. Using a slotted spoon, transfer the potatoes to a large, heavy baking sheet or shallow casserole dish, spacing evenly. Set the bowl aside (do not clean).

Roast the potatoes until they are tender and golden, turning occasionally, about 1 hour. Transfer the potatoes to the reserved bowl and toss to coat with the remaining herb oil in the bowl. Season with more salt and pepper to taste.

Brooke Sabin, from *Everyday Italian* by Giada De Laurentiis



kale soup

Kale (Soup)

2 cloves garlic, chopped *
Olive oil
Kale, chopped *
1 C or more broth (vegetable or chicken)
1 can cannellini beans
Salt to taste
Pepper to taste
Parmesan cheese

Sautee garlic in olive oil. Add kale, cook a little bit, then add broth - about 1 C - more if you want it soup like. Add a can of cannellini (white kidney) beans to the pot (don't drain it). Cook for a few minutes, season with salt and pepper and ladle into bowl. Top with Parmesan cheese.

Stacey Marien

Sag Paneer (Spinach & Ricotta Cheese)

1 bag spinach (leaves only)
250 gm ricotta cheese, cubed
Oil for frying
2 t dried fenugreek leaves
1 large onion, finely sliced
2 t finely chopped garlic
1 t finely chopped fresh ginger
2 t ground cumin
½ t ground turmeric
1 medium tomato, chopped
1 t salt
Juice of half a lemon

Boil spinach in 1 C of water for 5 minutes, drain, chop and set aside. Fry cheese to a golden brown and set aside. Heat 3 T oil in a saucepan, stir in fenugreek leaves then onion and fry till soft and golden. Stir in garlic, ginger, cumin, turmeric, tomato, salt, and lemon juice. Cook until oil comes to the surface and the mixture smells fragrant.

Mix in the spinach and cook for further 5 minutes. Gently stir in the cheese cubes, heat through and serve with rice and accompaniments.

Chris Tudge

Okra Curry

8-12 okras, sliced into 1/2" rounds *
1 large onion, chopped *
2 tomatoes, chopped *
1 inch ginger, peeled and minced
2 cloves garlic *
1/4 t cumin
1/4 t turmeric
2 bay leaves
6 cardamom pods
1/2 t garam masala
Olive oil for frying

Slice okra into 1/2 inch sections. Fry in olive oil until golden on each side. Remove. Fry onion until transparent; add garlic and ginger and fry 2 more minutes. Add tomato and spices. Reduce heat, cover, and simmer until it breaks down into a sauce, at least 15 minutes. Add okra, and cook 10 minutes more. Serve with rice.

Remove bay leaves (and cardamom pods, if possible) before eating.

Optional: add a cooked protein source (tempeh, tofu, chicken, etc.) when you add the okra.

Beth Scudder



Ghormeh Sabzi (Persian Green Herb Stew)

1 large yellow onion, finely chopped *
1 t turmeric
1 boneless chuck roast or 1 1/2 lbs of lamb stew
1 C green onions, green parts only, finely chopped *
1 1/2 C spinach, finely chopped *
1/2 C Italian flat leaf parsley, finely chopped
1/4 C cilantro leaves, finely chopped
1/4 C chives or scallion tops, finely chopped *
1/4 C fenugreek leaves, finely chopped
Juice from one lemon
4-5 dried Persian limes, leemoo-amonee
1 can red kidney beans

Saute the onion over medium high heat in a couple of tablespoons of canola oil until it is a deep golden brown. We call this piaz-daagh. Add the turmeric, frying another minute or two, then add the stew meat. Toss well to coat in turmeric, and cook until the meat is browned well on all sides.

Meanwhile, fry the herbs in a healthy splash of canola oil until they are fragrant and deepening in color. Watch them carefully as they will go bitter if burned. You want them to be a deep, dark green without blackening. Add the fried greens to the meat & onion mixture, stirring well. Add 1 1/2 – 2 cups of water (you want slurry, but not soupy mixture). Season with salt & pepper to taste (easy on the pepper). Add the lemon juice, turn the heat down, and let the whole thing simmer, covered, for 1 1/2 – 2 hours, or until the greens are mostly softened. (Note: if you are using dried beans, you will want to add them at this point).

About an hour into the simmer, add the dried Persian limes (any sooner and they will turn the stew bitter), pushing them down into the liquid. They will want to pop back up, so try to cover them with a few pieces of meat to keep them submerged. Finally, add the drained kidney beans, and cook another 30 minutes. Check your seasoning level, adding more lemon juice if needed (before you do, though, press down on the dried limes to get them to release the liquid they've absorbed). Serve with Polow (rice) or lavash bread. Remove the dried Persian limes before serving.

Chris Tudge

Sweet Red Pepper Frittata with Capers and Fresh Basil

1 small red bell pepper *
6 large eggs
¼ C Parmesan cheese, finely grated
2 T capers, drained and minced
Several grinds of pepper
1 ½ T olive oil
2 cloves garlic, minced
½ C fresh basil leaves, slivered *

Remove and discard the stem, seeds, and white membranes of the pepper. Slice the pepper into thin 1-inch-long strips and set aside. In a bowl, lightly beat the eggs with the Parmesan, capers, and pepper. Set aside.

Place the oil in a well-seasoned cast-iron skillet or nonstick skillet (oven-proof). Heat the oil over medium heat, add the garlic, and cook one minute. Add the pepper strips, and stir and saute about 7 minutes, until the pepper has released its liquid and most of it has evaporated. Stir in the basil, then distribute the mixture evenly over the bottom of the pan.

Preheat the broiler. Pour the egg mixture evenly over the pepper mixture and reduce heat to low. Cook, stirring occasionally, until frittata is firm on the bottom and only a thin layer of uncooked egg remains on top. Place the skillet under the broiler and cook 1-2 minutes, until the top is firm and lightly browned.

Allow the frittata to cool a few minutes, then invert it onto a plate or serve it from the pan if it is sticking. Cut into wedges and serve hot, at room temperature, or even cold.

Brooke Sabin, from *The Best 125 Meatless Italian Dishes* by Susann Geiskopf-Hadler and Mindy Toomay

Pesto (and Basil for Later)

½ to ¾ C good olive oil (Note: this is what will make the difference between so-so pesto and yummy pesto. I used a brand called Aria.)
2 C chopped basil leaves *
2 to 4 cloves fresh garlic, chopped (don't be wimpy here) *
½ to ¼ C grated Parmesan cheese
⅓ to ¼ C pine nuts
salt and pepper to taste

Put everything in a blender and blend for several minutes.

Enjoy on hunks of good bread, tomato slices, pasta of any kind, cheese, crackers, and anything else that comes to mind. Or, if your shares of summer squash (yellow or green) have been piling up, you can make a tasty Squash “Noodle” Salad. Using either a spiral vegetable slicer or peeler, cut the squash into long ribbons. Then just toss with pesto! It's surprisingly “noodley.”

If you're not going to make it through that beautiful bunch of basil this week, why not save it to enjoy in the dark of winter? Just whip up a batch of pesto and spoon it into an ice cube tray. When the pesto cubes are ready, pop them out and store in an air-tight bag. Later, add them to pasta, spaghetti sauce...anything!

Miriam Radakovich and Sidsel Overgaard



pesto

Swiss Chard with Ziti

2 cloves garlic *
Olive oil
Swiss chard *
Ziti
Salt to taste
Pepper to taste
1/8 t hot red pepper flakes

Sautee up a couple of chopped cloves of garlic (more if you want) in lots of olive oil. Add chopped swiss chard and cook until chard is wilted. Mix with cooked ziti, salt, pepper and some shakes of hot red pepper flakes.

Stacey Marien

Goat Cheese & Arugula Pasta

5 1/2 ounces goat cheese
2 C coarsely chopped arugula, stems included *
1 C quartered cherry tomatoes *
1/4 C olive oil
2 t minced garlic *
1/2 t ground black pepper
1/2 t salt
8 ounces penne pasta

Cook pasta in a large pot of boiling salted water until al dente. Crumble goat cheese into a large serving bowl. Add arugula, cherry tomatoes, olive oil, garlic, and salt and pepper. Drain pasta, and toss with goat cheese mixture.

Variations:

Add sauteed mushrooms or some grilled chicken. The heat and extra liquid makes the goat cheese smoother

Makes 6 servings.

Rosie Perez

CSA Ratatouille

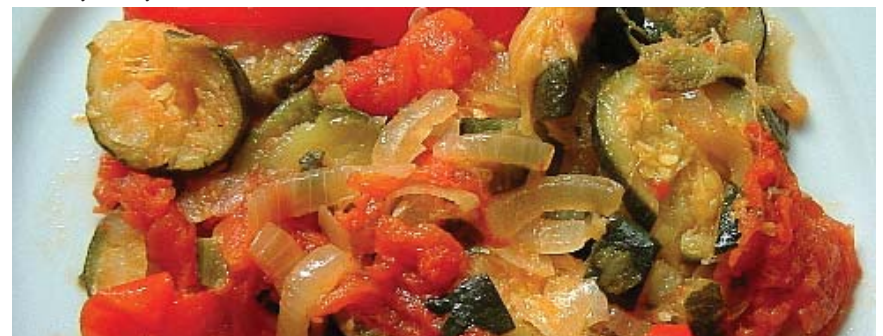
This recipe works well for CSA because you can put almost all veggies in it, in varying quantities. I never make the same Ratatouille twice!

1 T olive oil
1 large onion, coarsely chopped *
Up to 5 cloves garlic, chopped *
1 can crushed or chopped Italian tomatoes in sauce
1 t sugar
1/2 t salt
1/4 t freshly ground black pepper
Eggplant, unpeeled and cubed *
Squash, unpeeled and cubed *
Green pepper, seeded and cut into 1 inch pieces *
Red bell pepper, seeded and cut into 1 inch pieces *
1/4 C finely chopped fresh basil *
(Optional - add your favorite beans - I use cannelli (or canelli) for a vegetarian's main dish)

Heat olive oil in heavy skillet with lid, or a Dutch oven; add onion and garlic. Saute until golden, about 7 minutes. Throw in everything else except basil; bring to a boil, stirring occasionally. Reduce heat and simmer, covered, until veggies are softened and the flavors blended, about 30 minutes. Stir in optional beans the last 5-10 minutes. Stir in basil during the last 2-3 minutes of cooking time.

1 generous cup has only about 160 calories & 5 grams of fiber. This is excellent served with grilled pork chops or with pasta, or on broiled polenta rounds & Parmesan cheese. It makes great leftovers!

Kathryn Ray



ratatouille

Fresh Tomato Risotto

1 medium onion, chopped *
1 T olive oil
1 t butter
Salt to taste
6 C vegetable broth
2 C tomato sauce or 2 lbs. ripe tomatoes *
1 additional T olive oil
2-3 cloves garlic, chopped *
2 C Arborio rice
¾ C dry white wine
1-2 T chopped fresh parsley
1-2 T chopped fresh basil *
½ C grated Parmesan cheese

Garnishes: additional Parmesan cheese, slivered fresh basil, toasted pine nuts

In a large non-stick sauté pan, sauté the onion in the olive oil and butter, with a dash of salt, until it begins to turn golden. In separate skillets, heat the vegetable broth and the tomato sauce, and keep them both just below a simmer.

If you are starting with fresh tomatoes: Scald and peel them, and chop them or process them in a blender for a few seconds. Heat a tablespoon of olive oil in a non-stick pan, sauté the chopped garlic in it for about 2 minutes, then add the tomatoes and cook them down for about 15 minutes.

Add the rice to the sautéed onion and stir it gently in the pan for about 2 minutes. Pour in the white wine and stir as it is absorbed. Add a soup ladle of the heated broth and stir, keeping the mixture just at a simmer. Keep stirring until the broth is nearly absorbed into the rice, then add a ladle of tomato sauce and the chopped herbs, and stir until that is nearly absorbed. Continue this way, alternating broth and sauce until the sauce is used up, then carry on with the broth until the rice is al dente. This process will take about 25 minutes, and at the end a creamy sauce will form around rice grains that are tender but firm.

At the moment the rice is no longer crunchy, stir in the last ladle of hot broth and the grated parmesan cheese, and serve the risotto at once.

Scatter slivered basil and toasted pine nuts over each serving, and pass additional Parmesan.

Serves 6 – 8.

Chris Tudge

Zucchini Bread

3 C all-purpose flour
1 T salt
1 T baking soda
3 T ground cinnamon
¼ T baking powder
3 eggs *
2 C white sugar
3 t vanilla extract
1 C vegetable oil
3 C grated zucchini *
1 C chopped walnuts (optional)

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

Sift together flour, salt, soda, cinnamon, baking powder.

Beat eggs. Add and mix well sugar, vanilla, and oil. Add zucchini to egg mixture. Add dry ingredients, mixing well. Stir in nuts if desired. Pour into 2 ungreased loaf pans.

Bake at 350 degrees F (175 degrees C) for 1 hour.

Makes 2 loaves.

Rosie Perez



zucchini bread