



THE GREEN SCENE Recipe List for the Week of March 5th, 2008

Carottes Rapées à l'Avocat

One small ripe avocado, diced. The juice of a lemon or an orange - A dash of balsamic vinegar, Fine sea salt, freshly ground pepper - Tabasco sauce or similar (I use Bayou Red) or strong mustard, to taste - 4 medium carrots, peeled and grated. (9 ounces) firm tofu or cooked chicken, diced - Toasted seeds -- sunflower, sesame, flax, or a mix there of

Serves 2.

Combine the avocado, lemon juice, and balsamic vinegar in a medium salad bowl, and mash the avocado roughly with a fork. Sprinkle with salt, pepper, and Tabasco sauce. Fold in the carrots and tofu, and stir until well combined. Cover and refrigerate for half an hour or up to a day. Toss again before serving, adjust the seasoning, and sprinkle with liberal amounts of toasted seeds.

American Beauty Roasted Asparagus with Sauce Recipe

Ingredients 1 pound medium asparagus, peeled 1 tablespoon olive oil Salt and white pepper to taste Orange sauce 1 cup orange juice 1 tablespoon lemon juice 1 tablespoon balsamic vinegar 1/2 teaspoon rose water Zest of 1 orange

Instructions For asparagus: Preheat oven to 450 degrees F. Toss asparagus in olive oil; place in low-sided pan in single layer. Sprinkle with salt and pepper. Bake for 10 to 12 minutes, or until a fork pierces stalk easily.

For sauce: Bring orange juice to boil; cook until reduced by half. During last minute of boil add lemon juice, balsamic vinegar, and rose water. Pour juice over asparagus. Sprinkle with zest.

Yield: 4 servings

Credits Recipe from: Los Angeles cooking teacher and caterer Jean Brady

Shredded Carrot Salad (Gajjar Ka Salaad)

The Washington Post, October 19, 2005

Cuisine: Indian

Course: Salad, Side Dish

Features: Fast, Healthy, Meatless

Summary:

This salad traditionally is served as a side dish.

4 servings

Ingredients:

2 cups carrots, peeled and shredded

2 tablespoons roasted salted peanuts, chopped

1 serrano chili pepper, seeded and minced

2 tablespoons lemon juice

1 tablespoon vegetable oil

1/2 teaspoon black mustard seeds

Salt

Shredded unsweetened coconut , for garnish (optional)

Cilantro leaves, for garnish (optional)

Directions:

In a medium bowl, combine the carrots, peanuts, chili pepper and lemon juice. Mix well. Set aside.

In a small skillet, heat the oil. Add the mustard seeds. When the seeds begin to crackle, after about 1 minute, remove from heat and pour over the carrots. Add salt to taste and mix well. Garnish with coconut and cilantro, if desired. Serve immediately.

Marinated Cherry Tomatoes

I like to eat these beauties for a snack, but here is another way to enjoy.

1 bunch cherry tomatoes

1/4 cup vegetable or olive oil

3 tablespoons cider vinegar or good quality balsamic

1 teaspoon dried parsley

1 teaspoon dried basil

1 teaspoon dried oregano

1/2 teaspoon salt

1 1/2 teaspoons agave

whisk together everything but the tomatoes. Use fresh herbs when available.

Add the tomatoes to the marinade and let set for a couple of hours. Other vegetables may be added, artichoke hearts, purple onion, cukes, zucchini, olives, top with feta or goat cheese if you wish. Bring to room temp when serving. The flavors are much better. Great for the boat!!!

ORANGE & BEET SALAD

Here's an orange and beet salad to brighten up a Winter day. The peppery arugula complements the sweetness of the beets and oranges.

1 bunch of beets, leaves removed (save them for beet greens!) - about 4 or 5 medium sized 2 large navel oranges, peels cut off with a small small knife and sliced 1 bunch of arugula leaves, cleaned, and any thick stems removed Several thin slices of red onion *optional* 1/4 cup chopped walnuts *dressing* In a small jar, mix the following ingredients. The mustard is there to act primarily as an emulsifier. 1/4 cup white wine vinegar 1/4 cup olive oil 1/4 teaspoon dried mustard Salt and pepper to taste

1 Cook the beets with their peel on. I prefer the boiling method because it's more efficient - cover the beets with water, bring to a boil, and simmer for 30 minutes or until beets can easily be pierced through with a fork. Alternatively you can wrap the beets in aluminum foil and bake them in the oven at 400°F for an hour or until done. After cooking, allow the beets to come to room temperature and remove their peels. Slice or quarter them. If you have time, place them in a small bowl and marinate them in half of the oil and vinegar dressing, ingredients listed above.

2 Compose individual salad plates with arugula, a few slices of orange, a few beets, a few slices of red onion and a few chopped walnuts. If you want some added color, gently add a few slices of the orange to the beet juice from your bowl of beets. Let the oranges absorb the beet color and use in your salad. Sprinkle dressing over the individual salads.

Serves 4.

White Beans and Cherry Tomato Salad

1 15-ounce cans of white beans, such as Great Northern or cannellini beans, drained and rinsed 1 pint cherry tomatoes, halved 1/3 cup coarsely chopped parsley. **Could use dried beans, just soak, rinse well and cook gently.**

Dressing ingredients 1/4 cup extra virgin olive oil 3 cloves garlic, peeled and smashed 1 3-inch sprig of fresh rosemary 3 anchovy fillets, coarsely chopped (omit for vegetarian option) 1/4 cup freshly grated Parmesan cheese 3/4 teaspoon Kosher salt 1/4 teaspoon freshly ground pepper 1 teaspoon lemon zest 1/4 cup of lemon juice

1 Start by making the dressing. Put the garlic and rosemary in olive oil in a small saucepan. Heat on medium until the rosemary begins to sizzle. Remove the pan from the heat and let sit for 20 minutes, allowing the rosemary and garlic to infuse in the oil.

2 Remove rosemary sprig from the oil, discard. Remove the garlic from the oil,

reserving the oil. Add the garlic, anchovies (omit for vegetarian option), Parmesan cheese, salt, pepper, lemon zest, and lemon juice to a food processor. Pulse until smooth.

3 In a medium bowl, gently fold the garlic mixture in with the beans until they are well coated. Let sit for a few minutes for the beans to absorb. Gently mix in the reserved olive oil, tomatoes, and parsley.

Serves 6 to 8.

Simply Recipes

Garlic-Toasted Quinoa with Vegetables

Posted February 19th, 2008

"The produce manager is more important to my children's health than the pediatrician." Meryl Streep

The quinoa series continues with another great recipe.

1 cup quinoa, rinsed

4 cloves garlic, diced

5 tablespoons olive oil

2 cups vegetable or chicken broth

1 bay leaf

1 bunch spinach or baby chard, rinsed and chopped

1 bunch asparagus, washed and chopped, with woody ends removed

10 shiitake mushrooms, sliced

1/4 cup slivered almonds

1 tablespoon tamari or Bragg's liquid aminos

Saute garlic in 2 tablespoons oil in a large pot over high heat for 2 minutes or until tender. Add quinoa and another tablespoon of oil to coat the quinoa.

Reduce heat to medium and toast, stirring constantly, until the quinoa turns brown (about 10 minutes). Add the broth and bay leaf and bring to a boil. Reduce heat, cover and simmer for 15 minutes (until liquid is absorbed).

While the quinoa is cooking, sauté the mushrooms in remaining 2 tablespoons of oil until soft. Add asparagus and cook until just tender. Add the greens and cook until wilted. Remove bay leaf and add the mushroom and greens to the quinoa. Add the almonds, and stir well to combine. Season with tamari or Bragg's.

Prawn Salad With Butter Lettuce, Avocado And Tomatoes

Preparation time: 25 minutes. Serves 4

Ingredients:

1 head of butter lettuce, hand torn into bite size pieces
1 pound of cooked prawns, peeled and de-veined (20-25 count - per pound)
Kosher salt
2 diced tomatoes
2 diced (or sliced) avocados (DO NOT CUT until preparing the salad)
1-2 lemons cut into wedges
Thousand Island Dressing

Instructions:

Prepare your Thousand Island Dressing and refrigerate
Toss the cooked prawns with a generous amount of Kosher salt and juice from a few lemon wedges
Cover the prawns and refrigerate until serving
To serve:
On chilled plates, mound the lettuce in the center of each plate and arrange the tomatoes on one side and the avocados on the other side
Place 5-6 prawns in front of the greens tail up
Place lemon wedges to the side of the prawns
Serve with Thousand Island Dressing on the side

Original Thousand Island Salad Dressing

Preparation time: 20 minutes. Makes 1 quart

Ingredients:

3 eggs, hard boiled, peeled, cooled and chopped
1/4 cup Worcestershire sauce
1 tablespoon white sugar
1/4 cup white vinegar
1 pinch ground cloves
1 quart mayonnaise
3/4 cup sweet pickle relish
1/2 cup chopped black olives
1/2 cup diced red bell pepper

Instructions:

In a large bowl, whisk together (or use a spatula) the chopped eggs, Worcestershire, sugar, vinegar, cloves, mayonnaise, relish, olives and red pepper until well blended

Pour into a container, refrigerate and serve chilled

YELLOW SQUASH BISQUE

This recipe was my grandmother's. She lived in New Orleans, Louisiana. 1 lg. onion 2 med. baking potatoes, peeled and sliced 2 carrots, sliced 4 c. yellow crook-neck squash (1 1/2 lb.) 3 tbsp. all purpose flour 1 1/2 qt. canned chicken stock, seasoned to taste 1/4 tsp. red pepper (cayenne) 1/2 pt. whipping cream (1 c.) 1/4 tsp. freshly grated nutmeg 2 1/2 tsp. Hungarian paprika

In a 4 quart heavy saucepan, melt butter. Add onion; saute until transparent or wilted, about 5 minutes. Add potatoes, carrots, and squash; stir gently in pan until well covered with butter. Add flour and pepper. Slowly add stock and cook over medium heat for 5 minutes. Cover; cook until all vegetables are tender, about 30 minutes.

Puree soup in batches in a blender or food processor fitted with a steel blade. When all the soup has been pureed, return to soup pot. Stir in cream. Taste and adjust seasoning if necessary. Heat, stir in nutmeg; cook 3-4 minutes. **DO NOT BRING TO A BOIL.** Sprinkle 1/4 teaspoon of paprika into each serving bowl, ladle the soup into serving bowls and stir. Make sure the paprika is mixed in thoroughly. Serve.

NOTE: Don't be afraid to substitute! Instead of squash you can try chicken, fish, or even shrimp.