

EVERYDAY CHEF

Recipes from Winter 2013

TURKEY BURRITOS

1 pound left over turkey loaf

1 small diced onion

1 can diced tomatoes in juice

3/4 cup shredded cheese

1 ripe avocado

6 flour tortillas

1. In a large skillet over medium high heat, brown onion in a little oil. Stir in diced tomato. Reduce heat to medium and

let simmer, stirring occasionally, until liquids reduce (about 20 minutes).
2. In a separate medium skillet, heat beans over medium-low heat. One by one, heat tortillas over stove burner for 1 to 2 minutes, flipping a few times. Top with beans, then meat mixture, then slice of avocado and cheese. Add Salsa. Fold over and serve while still warm.

BAKED SWEET POTATOES WITH GINGER & HONEY

3 sweet potatoes

3 tbsp honey

1/4 tsp powdered ginger

1 tbsp oil

1/4 tsp cardamom

1. Heat oven to 400 degrees.
2. Wash potatoes and cut in wedges.

3. In a large bowl, combine the potatoes, honey, ginger, oil, cardamom and cayenne.
4. Transfer to a foil lined baking pan.
5. Bake for 10-15 mins, turn the potatoes on the pan.
6. Bake for another 20-25 minutes, until outsides are caramelized.

LIGHTER MEXICAN MEATLOAF

- 1 Pan spray
- 2 lbs. ground turkey
- 1 can black beans (drained and rinsed)
- 1 can whole kernel corn (drained)
- 1 cup mild salsa
- 4 cup bread crumbs
- 3 egg whites
- 1 can enchilada sauce
- 1 tsp. chili powder
- 1 tsp cumin.

1. Preheat oven to 400 degrees. Spray pans with oil.
2. Mix Ground Turkey, black beans, corn, salsa, seasoning, bread crumbs and egg whites.
3. Form mixture into loaf and place in pan.
4. Pour half the enchilada sauce over the meatloaf.
5. Bake for 45 minutes.
6. Check loaf, pour remaining sauce over meat loaf.
7. Bake 10 - 15 more minutes or until the juices run clear.

ITALIAN TURKEY MEATLOAF

- 2 lbs ground turkey
- 2 eggs beaten
- 1.5 cups rolled oats
- 1/2 cup chopped onion
- 1/2 cup milk
- 1 tsp italian seasoning
- 1/2 tsp garlic powder
- 1/2 tsp salt
- 1 tbsp worcestershire sauce
- Topping: 1 cup spaghetti sauce and 1 tbsp worcestershire sauce.

1. Preheat oven to 350 degrees.
2. In a large bowl, combine ground turkey, eggs, oats, onion, milk, worcestershire, italian seasoning, garlic powder and salt. Mix well.
3. Shape into loaf and put in oiled pan.
4. In a small bowl, mix the spaghetti sauce and worcestershire. Spread on the loaf.
5. Bake in preheated oven 50-60 minutes.

MEXICAN CONFETTI RICE

- 1 tbsp vegetable oil
- 1 1/2 cups long-grain white rice
- 1 medium onion, chopped
- 2 tsp minced garlic
- 3 cups canned low-salt chicken broth
- 1/4 cup tomato sauce
- 1 tsp salt
- 1 1/2 cups thinly sliced, peeled carrots
- 1 cup frozen corn kernels
- 1/2 cup frozen peas

1. Heat oil in heavy large pot over medium heat.
2. Add rice and stir, 5 minutes
3. Add onion and garlic. Saute until onion is slightly softened
4. Add broth, tomato sauce and salt.
5. Bring to a boil over medium heat. Boil uncovered until half the liquid is gone. At 10 minutes, add the carrots, cor and peas to rice.
6. Cover pot, reduce heat to very low.
7. Cook until rice is tender and liquid is absorbed, about 15 minutes.
8. Remove from heat, let stand covered 10 minutes before serving.

ROASTED VEGETABLES AND COUSCOUS

- 1 tbsp olive oil
- 1 red bell pepper
- 1 zucchini
- 1 small eggplant
- 1 large sweet onion
- 1 14.5 oz can diced tomatoes, drained
- 2 tbsp balsamic vinegar
- 1 cup couscous
- 1 cup vegetable stock
- 1 tbsp italian seasoning

1. Preheat oven to 400
2. Remove the seeds from the pepper, and chop into strips about 1 to 2 inches long. Cut the eggplant crossways into rounds about 1/2 inch thick, and cut each one

- into 6 to 8 even chunks. Peel the onion, and chop into 8 portions. Trim the zucchini, and cut into slices.
3. Combine the vegetables in large bowl with olive oil, vinegar and seasoning
4. Spread vegetables on foil covered baking pan. Place in hot oven. Turn occasionally to prevent burning. Cook for about 15 minutes, or until the vegetables are evenly browned and cooked through.
5. Add chopped tomatoes and bake for a few minutes while the couscous is prepared.
6. Bring vegetable stock to a boil.
7. Place couscous in a medium bowl.
8. Add boiling stock, stir with a fork.
9. Keep lifting the couscous occasionally to prevent it sticking. It only takes 2 or 3 minutes to become soft. Place couscous in a large bowl or serving platter and serve the vegetables on top.

SPAGHETTI BOLOGNESE

2 tbsp olive oil
1 small onion, chopped
2 cloves garlic, chopped
1/2 red bell pepper, chopped
1 lb turkey meatloaf
1 14 oz can peeled and diced tomatoes
1 6 oz can tomato paste
1 stalk celery, chopped fine
2 bay leaves
1 tbsp italian seasoning

1. Heat olive oil in a large skillet over medium heat. Saute onions and garlic until onions are tender. Stir in red bell pepper and saute 2 minutes.
2. Place crumbled meatloaf in skillet.
3. Stir in diced tomatoes and tomato paste.
4. Bring to a boil and add celery, bay leaves and italian seasoning.
5. Reduce heat and simmer for 20-30 minutes.
6. Serve over cooked pasta.

LENTIL LOAF

1 1/2 cups lentils
3 1/2 cups water or vegetable broth
2 onions, diced
2 cloves garlic, minced
3 tbs olive oil
2 cups pre-cooked rice
1/2 tsp salt
1/4 ketchup or bbq sauce
1/2 tsp sage
1/2 tsp italian seasoning.

1. Pre-heat oven to 350 degrees.

2. In a large soup or stock pot, simmer the lentils in water or vegetable stock until cooked, about 30 mins. Drain thoroughly then mash the lentils until they are half-mashed.
3. Saute the onions and garlic in olive oil for 3 to 5 minutes or until soft.
4. Combine the onions, garlic and olive oil with the mashed lentils and add the rice, salt, ketchup or bbq sauce, sage and italian seasoning.
5. Gently press the mixture into a lightly greased loaf pan. Drizzle a bit of extra ketchup on top if desired.
6. Bake for 1 hour. Allow to cool slightly before serving, as this will help the lentil loaf to firm up.

DRY RUB FOR PORK

1/2 cup paprika

2 tbsp salt

1 tbsp black pepper

1 tbsp white pepper

1 tbsp cayenne pepper

1 tbsp garlic powder

1 tbsp onion powder

1. Vary the "heat" by how much cayenne you add. This can be

made up and stored for a long time in a sealed container or baggie.

2. The original recipe had a cup of brown sugar. Omit this so you can store it longer and for other things. You can always add sugar.

3. When you use it to grill, rub it on the meat early, grill the meat until nearly done, then add BBQ sauce for the last few minutes to add a sweet glaze.

DRY RUB FOR CHICKEN

1 tbsp ground white pepper

2 tsp cayenne pepper

2 tbsp chili powder

1 tbsp ground cumin

1 tbsp garlic powder

1 tbsp powdered rosemary

1 tbsp ground sage

4 tbsp paprika (the sweet kind, not the hot kind)

1 tsp dry mustard

1 tbsp celery salt

1. This is a good all-around rub for chicken. I have taken out most of the salt; you may wish to add some.

BALSAMIC DRESSING

1/2 cup extra virgin olive oil
1/2 cup white balsamic vinegar
1 clove crushed garlic
1 tsp ground mustard
1 pinch salt
ground black pepper to taste

1. In a small bowl, whisk together olive oil, balsamic vinegar, garlic, and mustard powder. Season to taste with salt and black pepper. Stir in minced fresh herbs if desired.

PASTA PRIMAVERA

12 oz package of whole grain penne pasta
1 yellow squash, chopped
1 zucchini, chopped
1/2 red bell pepper, julienned
1/2 pint grape tomatoes
1 cup fresh green beans, trimmed and cut to 1 inch pieces
5 spears asparagus, trimmed and cut into 1 inch pieces
2 tbsp olive oil, divided
1/4 tsp salt
1/4 tsp coarsely ground black pepper
1/2 tsp lemon juice
1 tbsp italian seasoning
1 tbsp butter
1/4 large yellow onion, thinly sliced
2 cloves garlic, thinly sliced
2 tsp lemon zest (optional)
2 tbsp basil

2 tbsp parsley
3 tbsp balsamic vinegar
1/2 cup grated parmesan cheese

1. Preheat oven to 450 degrees. Line a baking sheet with aluminum foil.
2. Bring a large pot of lightly salted water to a boil. Add pasta and cook for 10-12 mins or until al dente. Drain.
3. In a bowl, toss all vegetables with olive oil, salt, pepper, lemon juice and italian seasoning. Arrange vegetables on baking sheet and roast 15 mins until tender.
4. Remove vegetables from oven and while still warm, put in large bowl. Mix in cooked, still warm pasta, lemon zest, basil, parsley and balsamic vinegar.
5. gently toss to mix pasta and vegetables. Salt and Pepper to taste.
6. Sprinkle with parmesan cheese to serve.

CRUNCHY OVEN WHITE FISH

1/2 cup all-purpose flour

1/2 tsp salt

pepper

3 eggs

2 pound fish fillets

1/2 cup dried bread crumbs

1/2 cup cornmeal

1 tsp dried basil, crushed

1. Preheat oven to 450 degrees
2. Sift and stir flour, salt, pepper together

3. Whisk eggs in a separate bowl

4. In another bowl, combine bread crumbs with cornmeal and basil.

5. To bread the fillets, dip first in flour, shaking off any excess, then into eggs, then into the bread crumb mixture.

6. Spray a shallow baking dish with nonstick cooking spray. Lay fillets flat in the dish, tucking under and thinner ends or edges for more even cooking. Bake in the preheated oven for 10 to 15 minutes, or until the fish flakes easily with a fork.

BROILED FISH PARMESAN

1/3 cup parmesan cheese

2 tbsp butter, softened

2 tbsp mayonnaise

2 tbsp fresh lemon juice

1/4 tsp dried basil

1/4 tsp black pepper

1/8 tsp garlic powder

1/8 tsp celery salt

2 lbs white fish fillets

1. preheat your oven's broiler. Grease a broiling pan or line pan with aluminum foil.

2. In a small mixing bowl, mix together parmesan cheese, butter, mayonnaise and lemon juice. Season with dried basil, pepper, onion powder and celery salt. Mix well and set aside.

3. Arrange fillets in a single layer on the prepared pan.

4. Broil a few inches from the heat for 2 to 3 minutes. Flip the fillets over and broil for a couple more minutes.

5. Remove the fillets from the oven and cover them with the parmesan cheese mixture on the top side.

6. Broil for 2 more minutes or until the topping is browned and the fish flakes easily with a fork. Be careful no to overcook the fish.

BAKED WHITE FISH

- 3 tbsp extra version olive oil**
 - 1/2 cup tomato paste**
 - 2 tsp garlic powder**
 - 1 tsp dried oregano**
 - 1/2 tsp salt**
 - 1/4 tsp ground black pepper**
 - 2 1/2 lbs white fish fillets (tilapia)**
 - 1/2 large onion, *Very thinly sliced**
 - 1/2 green bell pepper, *Very thinly sliced**
1. Preheat the oven to 400 degrees F.

2. Coat the bottom of a medium baking dish with about 1 tbsp live oil.
3. In a small bowl, blend remaining olive oil, tomato paste, garlic powder, oregano, salt and pepper.
4. Arrange fillets in the prepared baking dish, skin side up. With a spatula, spread the olive oil and tomato paste mixture over the fish, heaping the majority in the centers of the fillets. Arrange onion and green pepper slices on and around the fillets.
5. Bake in the preheated oven 15 mins, until fish is easily flaked with a fork.

BAKED CHICKEN BREASTS

- 3 tbsp extra version olive oil**
- 1/2 cup tomato paste**
- 2 tsp garlic powder**
- 1 tsp dried oregano**
- 1/2 tsp salt**
- 1/4 tsp ground black pepper**
- 2 lbs boneless skinless chicken**
- 1/2 large onion, *Very thinly sliced**
- 1/2 green bell pepper, *Very thinly sliced**

1. Preheat the oven to 400 degrees F.
2. Coat the bottom of a medium baking dish with about 1 tbsp live oil.
3. Arrange chicken pieces in pan, swirl about to coat lightly with olive oil. Season with salt and pepper. Place in oven, bake 8-10 minutes.
4. In a small bowl, blend remaining olive oil, tomato paste, garlic powder, oregano, salt and pepper.
5. Remove chicken from oven. With a spatula, spread the olive oil and tomato paste mixture over the chicken, heaping most of it in the centers of the chicken. Arrange onion and pepper slices on and around the chicken.
6. Bake another 10 minutes, until the juices run clear on chicken.

BAKED CHICKEN PARMESAN

- 1/3 cup parmesan cheese**
 - 2 tbsp butter, softened**
 - 2 tbsp mayonnaise**
 - 2 tbsp fresh lemon juice**
 - 1/4 tsp dried basil**
 - 1/4 tsp black pepper**
 - 1/8 tsp garlic powder**
 - 1/8 tsp celery salt**
 - 2 lbs boneless skinless chicken**
1. Preheat oven to 400 degrees F. Grease a baking pan or line pan with aluminum foil.

2. In a small mixing bowl, mix together parmesan cheese, butter, mayonnaise and lemon juice. Season with dried basil, pepper, onion powder and celery salt. Mix well and set aside.
3. Arrange fillets in a single layer on the prepared pan.
4. Bake for 8-10 minutes. Flip the fillets over and bake for a couple more minutes. Cook until juices run clear.
5. Remove from the oven and cover with the parmesan cheese mixture on the top side.
6. Bake for 2 more minutes or until the topping is browned. Be careful not to overcook.

VEGETABLE BEAN SOUP

- 1/2 cup chopped onion**
- 1/2 cup chopped celery**
- 1/2 cup chopped carrot, diced small**
- 2 tbsp olive oil**
- 3 15 oz. can black beans**
- 1 15 oz. can black-eyed peas**
- 2 cups vegetable stock**
- 2 tsp lemon pepper seasoning (or preferred seasoning)**

1. Sauté onion, celery and carrots until onion is golden.
2. Add 1 cup of stock, simmer on high until carrots are fork tender.
3. Open cans of beans, rinse well with cool water and drain all liquids.
4. Add all beans, second cup of stock and seasoning to pot. Simmer until beans are soft enough. about 20 mins.

THREE BEAN SOUP

1/2 cup chopped onion
1/2 cup chopped bell pepper
1/2 cup carrot, diced small
2 tbsp olive oil
1 15 oz can kidney beans
1 15 oz can garbanzo beans
2 15 oz cans pinto beans
1 15 oz can diced tomatoes
2 cups vegetable stock
1 tsp each Cumin and Chili Powder

1. Sautee onion, pepper and carrots until onion is golden.
2. Add diced tomatoes. Simmer on high heat until carrots are fork tender and liquid is reduced by 1/2
3. Open cans of beans, rinse well with cool water and drain all liquids.
4. Add beans, stock and seasoning. Cover and simmer until beans are tender enough. About 20 mins.

BEANS AND GREENS STEW

1/4 lb bacon
1/2 cup diced onion
3 cloves garlic, finely chopped
1/2 lb Kale, Collard greens or Spinach
2 1/2 cups Chicken Stock
4 15 oz cans of White Beans

1. Open cans of beans, rinse well with cool water and drain all liquids.
2. Remove stems from greens and chop leaves fine. If using stems, chop very fine.
3. Chop bacon into small pieces. Brown over medium heat in pan until oil is rendered. About 8-10 minutes.
4. Over medium heat, brown onions and garlic until golden. If adding stems, do so now with 1/2 cup of stock. Simmer 10-12 mins
5. Add greens and saute until bright green
6. Add 1 1/2 cups stock and simmer greens for 3-5 minutes, until limp.
7. Add beans and remaining stock, season with black pepper. Cover and simmer until beans are tender. About 20 minutes.

LENTILS AND GREENS SOUP

- 1 medium onion, chopped**
- 5 garlic cloves, minced**
- 1 lb Kale, Collard Greens or Spinach**
- 1 cup lentils**
- 4 cups vegetable stock**
- 1 tsp ground cumin**
- Pepper and Salt to taste.**

1. Heat oil in heavy pan over medium heat. Saute onion for about 10 minutes, until golden.

2. Add minced garlic and saute for another minute.
3. Add greens to pan and saute until tender. This can vary a great deal depending on what type of greens used. Kale and collards take longer than spinach.
4. Add lentils and stock to the saucepan. Bring mixture to a boil. Cover, lower heat and simmer about 35 minutes, until lentils are soft (this may take less time, depending on your water and the lentils)

DELICIOUS VEGETABLE STEW

- 1 1/2 lb kale leaves, center ribs and stems removed.**
- 3 tbsp olive oil**
- 1 cup chopped carrots**
- 1 cup chopped celery**
- 1 cup chopped shallots**
- 2 garlic cloves, finely chopped**
- 1 cup dry white wine**
- 2 15 oz cans white beans**
- 4 cups (or more) vegetable broth**
- 3 fresh thyme sprigs**
- 1 bay leaf**
- 1 tbsp sherry wine vinegar**
- 2 tbsp assorted chopped fresh herbs (such as tarragon, parsley and chives)**

1. Heat olive oil in medium pot over medium heat
2. Add carrots, celery, shallots and garlic. Cook until soft, stirring, about 15 minutes (do not brown)
3. Add kale and saute 5 minutes longer
4. Add white wine and simmer until liquid is slightly reduced, about 7 minutes.
5. Add white beans, 4 cups of broth, thyme sprigs and bay leaf and bring to boil. Reduce heat to medium-low and simmer 20 minutes.
6. Remove thyme sprigs and bay leaf.
7. Add more broth and 1/2 cupfuls to thin stew, if desired.
8. Mix in sherry wine vinegar and chopped fresh herbs. Season with salt and pepper to taste.

ASPARAGUS BARLEY

- 12 oz asparagus, trimmed, cut into 3/4 inch pieces**
- 2 cups pearl barley**
- 3 tbsp butter**
- 1 cup finely chopped onion**
- 3 large garlic cloves, finely chopped**
- 8 1/2 cups canned vegetable broth**
- 2 cups drained canned diced tomatoes in juice**
- 1/2 cup freshly grated parmesan cheese**
- 1/2 cup chopped arugula or 3 tbsp fresh parsley**
- 2 tsp grated lemon peel**

1. Cook asparagus in pot of boiling salted water until crisp-tender, about 3 minutes. Drain. Transfer to bowl of ice water and cool. Drain.

2. Stir barley in heavy large saucepan over medium heat until lightly toasted, about 5 minutes. Transfer barley in bowl.
3. Melt butter in same saucepan over medium heat. Add onion and garlic, saute until tender, about 5 minutes.
4. Add barley and stir to coat.
5. Add 2 cups broth; reduce heat to medium-low and simmer until liquid is absorbed, stirring frequently, about 7 minutes.
6. Mix in 2 1/2 cups broth and simmer until absorbed, stirring frequently.
7. Add 3 cups broth and simmer until barley is tender and creamy but still slightly firm to bite, stirring frequently and adding more broth if mixture is dry, about 45 minutes.
8. Add tomatoes and asparagus; stir until heated through, about 3 minutes.
9. Mix in cheese, arugula and lemon peel. Season with salt and pepper.

BROWN RICE AND BARLEY

- 2 cups short or medium grain brown rice**
- 1/2 cup pearl barley**
- 3 1/2 cups water**

1. Rinse rice and barley in a medium mesh sieve, then drain and transfer to a 4-5 quart heavy pot

2. Add water (3 1/2 cups) and bring to rolling boil
3. Reduce heat to low and cook, covered, 45 minutes.
4. Stir from top to bottom with a rubber spatula.

CORN BREAD

1 1/3 cups sifted all-purpose flour
1/4 cup plus 2 tbsp sugar or honey
1 tbsp plus 1 tsp baking powder
1 tsp salt
2 cups yellow cornmeal
1 cup unsalted butter, melted
2 1/2 cups milk
2 large eggs, slightly beaten
Optional: 1/2 cup of any of these: Chopped green chiles or roasted whole kernel corn, Diced roasted bell pepper and onion, browned crumbled breakfast sausage, grated cheese.

1. Heat oven to 400 degrees
2. Spray baking dish
3. Combine cornmeal, flour, sugar, baking powder and salt in a large bowl. Set aside.
4. Combine the butter, milk and egg.
5. Stir into the dry ingredients just until blended. Stir in chiles or other ingredient, if desired.
6. Pour batter into pan, filling each triangle about 2/3 full. Bake until golden brown, 35 to 40 mins. Cool on a wire rack for 5 minutes. Remove from pan, cool completely on rack.

Shopping List

- ◆ Lentils
- ◆ Vegetable Broth
- ◆ Onions
- ◆ Garlic
- ◆ Olive Oil
- ◆ Rice
- ◆ Salt
- ◆ Ketchup
- ◆ Sage
- ◆ Italian Seasoning
- ◆ Bell Pepper
- ◆ Diced Tomatoes
- ◆ Tomato Paste
- ◆ Celery
- ◆ Bay Leaf
- ◆ Zucchini
- ◆ Eggplant
- ◆ Balsamic Vinegar
- ◆ Couscous