

Broadmead Friends' Recipes for

Breakfast, Salads, Sides, and Main Dishes

Bean Salad

1 can yellow wax beans
1 can green beans
1 can chickpeas
1 onion, chopped
1 green pepper, chopped
½ cup celery

Sauce ½ c. sugar, 1 tsp. Salt, ½ tsp. Pepper, 13 cup salad oil, 23 cup vinegar, ¼ tsp. Oregano. Whip sauce together and pour over bean mixture.

Memphis Corn Pudding

Mary Igoe Meyers

1 box Jiffy Corn Muffin mix or organic equivalent
1 16-17 oz can whole corn with juice
1 16-17 oz can creamed corn
1 cup sour cream
1 stick butter or margarine

Cut the butter into the corn muffin mix.
Add all the rest and mix by hand (not beaters) until blended.
Grease a shallow 2 quart or 8x12 pan and pour in batter.
Bake 350 for 45-50 min. until set but not dry.

Curried Eggs and Brown Rice

Dan Bell

Cook according to the package directions:
brown rice - 2 c. dry

Hard boil, shell, and slice:
eggs - 6

Make a sauce:

Patak's Mild Curry Paste - 3 T

Tomato sauce - 1/2 c.

Water - 1 c.

Bring to a boil.

Dissolve in at least 2T water - more if needed (whisk together):

Corn starch - 2 1/2 T

Add to sauce and simmer, stirring constantly, til thickened, or at least two minutes.

Put 1/3 rice, 1/3 eggs, and 1/3 sauce in a casserole dish. Continue for two more layers.

Bake at 350 until hot (20-30 minutes) or heat in a microwave.

Notes:

* You can purchase the curry paste at Kroger's in the international foods aisle, other stores, or through UNFI. It comes in a 10 oz. jar, which will keep practically forever in the fridge once opened. It's great for making other curry dishes as well.

* Can also be made with white rice.

* The more tomato sauce you add, the milder the curry, and vice versa. Buy canned sauce (or make your own); its considerably thinner than spaghetti sauce.

No-Fat Granola

Mathilda

In a small saucepan, combine:

- Honey - 1/2 c.
- Frozen apple juice concentrate - 1/4 c.

Heat until it stirs easily, just a minute or two (or put in the microwave for 30 seconds).

In a mixing bowl, combine:

- Oats - 5 c.
- Wheat germ, toasted - 1/4 c.
- Coconut, flaked - 1/4 c.
- Cinnamon - 1-3 t., depending on taste
- Nuts - 1/4 - 1/2 c. (optional)

Add the honey mixture and stir til all the oats are coated.

Spread in 2 non-stick pans (13x9 or jelly roll pans) or if you have only one pan, cook two batches.

Bake 18 minutes at 350 or until the oats are lightly browned.

Stir. Let the granola cool.

Stir in:

- Raisins - 1/2 c.
- Cranberries, dried & sweetened - 1/2 c.

Store in an air-tight container.

Notes: I find that the oats brown best in a dark metal pan. Vary the recipe according to your own tastes. You can substitute other frozen fruit juice concentrates such as cranberry juice cocktail. You can also substitute other dried fruits. I prefer unsweetened flaked coconut, which is available at bulk or health food stores, but you can use sweetened coconut. You can use part brown sugar or other sweetener in place of some of the honey. Omit the coconut or cinnamon if you don't care for it. Vary the kind of nuts. The only constants are the oats, frozen juice concentrate, and a sweetener of a similar consistency to honey. Toasted wheat germ is packed full of nutrients and disappears into the mix. Store it in the refrigerator.

Sweet Carrot Raita (Carrot Salad)

Jon and Sally Sommer

2 cups finely chopped or grated carrots
2 tablespoons lime juice
1 tablespoon honey
Pinch of cayenne

Combine all ingredients, mixing well and pressing lightly to make juicy.
Adjust seasoning so raita is mildly sweet and mildly hot.

Serve at room temperature. If made in advance and chilled,
remove from refrigerator at beginning of meal preparation so salad is not too cold.

Serves 6.

From Whole Foods Cuisine

Uzvar (Dried Fruit Compote)

Mathilda

This is a Ukrainian dish, featured on Christmas Eve and at feasts at which the dead are honored. It is also made in Russia. The version I brought to potluck was made with raisins, apricots, dried apples, dried sweetened cranberries, dates, and a few prunes and figs.

2 cups mixed dried fruits
1 cinnamon stick
1 1/4 cup cider
1/2 cup raisins
2 T honey
Juice of 1/2 lemon (about 1 1/2 T.)

Put the mixed dried fruit in a large pan with cinnamon and cider.
Heat gently until almost boiling, then cover the pan, lower the heat
and cook gently for 12 to 15 minutes to soften the fruit.
Remove the pan from the heat and stir in the raisins and honey.
Cover the pan and leave to cool.
Remove the cinnamon stick and then stir in the lemon juice.
Transfer to serving bowl, cover and refrigerate until needed.
Allow to come to room temperature before serving.

Spinach Pie

Mathilda

Preheat oven to 350.

Prepare or buy:

shallow pie crust (9") ("regular" rather than "deep-dish" if bought)

In a food processor or blender, process:

butter - 2 Tbl

sugar - 1 Tbl

Add and process, scraping down sides as needed:

spinach, canned - 14 oz. (if thin, drain some)

eggs - 3

cinnamon - 1 tsp

ginger - 1 tsp

Pour into shell.

Bake at 350 degrees 45 min. or until a knife inserted in the center comes out clean.

This is a modern version of a medieval recipe.

Cauliflower and Black Bean Curry

Phyllis Bixler

2 tablespoons or more olive oil
1 large onion, finely chopped
1 tablespoon chopped garlic
2 teaspoons minced peeled fresh ginger
2 teaspoons curry powder
1/2 teaspoon ground cumin
1 small can tomato sauce (8oz.)
1 1/2 cups water
1 large cauliflower steamed and then cut into small pieces
2 cans black beans with liquid (15 oz. each)

1. Heat the oil in a large nonstick skillet over medium-high heat. Add onion and ginger; cook, stirring frequently, until the onion is softened, 4-5 minutes. Stir in the curry powder and cumin, stirring constantly, about 1 minute.

2. Stir in the tomato sauce and water and black beans. Reduce the heat and simmer, covered, stirring occasionally, about 15 minutes. Remove from the heat and let cool slightly.

3. Place cauliflower in a serving bowl, top with the sauce.

Optional: you can sprinkle top with chopped parsley or cilantro.

Sheet Pan Ricotta Frittata

8 eggs
1 cup ricotta cheese
½ cup milk
1 tsp. Baking powder, 1 tsp. Salt and ½ tsp. Pepper
chopped onion and chopped bell pepper
6 oz. Chopped fresh spinach

Preheat oven to 350 and spray baking sheet with nonstick baking spray. Mix ingredients and spread into baking sheet. Sprinkle with ¼ cup Parmesan cheese. Bake 30 minutes.

Greek Salad (vegan)

2Tbs. Olive oil
2 Tbs. Vinegar
1 tsp. Oregano
2 chopped tomatoes
½ cucumber, sliced
¼ chopped red onion (or sweet onion)
feta cheese, crumbled

Mix first 3 ingredients. Combine vegetables and pour oil over. Add cheese and kalamata olives. Allow to set 5 minutes before eating.

Mexican Casserole

1 cup cooked quinoa or rice
15 oz. Can of black beans
1 cup fresh or frozen corn kernels
1 cup halved cherry tomatoes
2 diced bell peppers
½ cup chopped onion
1 tsp. Cumin
1 tsp. Salt
½ cup grated Monterey Jack cheese

Mix all ingredients in a large bowl. Spoon into an 8" baking dish. Bake for 30 minutes. Sprinkle cheese on top and bake another 5 minutes.

Serves 6

Moroccan Stew (vegan)

2Tbs. Olive oil
12tsp. Crushed red pepper
1 eggplant, cubed (3-4 cups)
1 medium onion, chopped
½ bell pepper, chopped
2 cloves garlic, minced
1 cup tomato sauce
1 cup vegetable broth (or bouillon)
1 15 oz. can chick peas (garbanzo beans)
1 cup corn
1 tsp. Ground cumin
½ cup fresh basil (or 3 Tbs. Dried)

Heat olive oil in a large skillet with the red pepper. Add the eggplant and saute 5 minutes. Add onion, pepper, and garlic and saute until soft. Pour in the rest of the ingredients. Bring the stew to a boil and then reduce heat and simmer, covered. Stew is ready when the eggplant is tender.

Serves 4-6

Moussaka

3 lbs. Eggplant, peeled and sliced thin
olive oil

For the lentils

2 cups uncooked brown lentils
1 Tbs. Olive oil
1 tsp. Asafetida powder
1 cup peeled or canned tomatoes
2 TBS. Tomato paste
2 tsp. Brown sugar
2 Tsp. Salt
¼ tsp. Pepper
2 Tbs. Chopped parsley

<1>For the cheese sauce

¼ cup butter
13 cup flour
2 cups milk
¼ tsp. Nutmeg
¼ cup grated Parmesan (or Grana Padano) cheese
½ tsp. Salt
¼ tsp. Pepper

Fry each eggplant slice in olive oil. Drain on paper towel and set aside. Using a large saucepan, add several cups of water and lentils and cook on high heat. Bring to a boil and reduce to simmer until lentils are soft. Drain. In a saucepan, heat olive oil, add asafetida and tomatoes. Cook about 5 minutes. Stir in the lentils, tomato paste, brown sugar, salt, pepper and parsley. Reduce heat and simmer for about 10 minutes. Meanwhile, melt the butter in a saucepan, stir in flour, and cook over gentle heat a few minutes. Add the milk, increase the heat, and bring to a boil, stirring constantly. Remove from the heat and whisk in the nutmeg, cheese, salt and pepper. Assemble the dish. Butter a 13X9" pan. Place one third of the eggplant, top with half the lentils, add a layer of eggplant and spoon last of lentils and top with remaining eggplant. Spread cheese sauce on top and sprinkle with Parmesan. Bake in a 350 degree oven for 1 hour. Allow the moussaka to stand for 10 minutes before serving.

Serves 6

Mushroom Bean Medley (vegan)

½ lb. Fresh mushrooms
1 small onion, chopped
2 Tbs. Butter
Mix of wax beans, green beans and carrots
½ cup of vegetable broth
¼ tsp. Salt
½ tsp. Pepper

In a large skillet saute mushrooms and onion until tender. Add vegetables and broth and bring to a boil. Cover, and simmer on low until carrots are tender. Drain.

Serves 4

Asparagus Quiche

8 oz. Asparagus, trimmed to 1&12" lengths
4 large eggs
¼ c. whipping cream
1 tsp. Dijon mustard
18 tsp. Cayenne pepper (or more)
¼ tsp. Paprika
1. small curd cottage cheese
1 cup Gruyere cheese (or Swiss)
¼ cup Parmesan

Preheat oven to 350 degrees. Steam asparagus in ½ cup of water. Beat eggs, add cream, mustard, pepper, paprika. With a spoon, stir in cheeses. Drain asparagus, put it in a buttered 9" pie pan. Pour in egg mixture. Bake 35-40 minutes. Allow to cool before slicing.

Zesty Quinoa Salad

Linda D.

1 cup quinoa
2 cups water
1/4 cup extra-virgin olive oil
2 limes, juiced
3 teaspoons ground cumin
1 teaspoon salt
1/2 teaspoon red pepper flakes, or more to taste
1 1/2 cups halved cherry tomatoes (I used sun dried tomatoes)
1 (15 ounce) can black beans, drained and rinsed
1 (15 ounce) can red pinto beans, drained and rinsed
5 green onions, finely chopped
1/4 cup chopped fresh cilantro
salt and ground black pepper to taste

Directions

Rinse quinoa, bring quinoa and water to a boil in a saucepan. Reduce heat to medium-low, cover, and simmer until quinoa is tender and water has been absorbed, 10 to 15 minutes. Set aside to cool.

Whisk olive oil, lime juice, cumin, 1 teaspoon salt, and red pepper flakes together in a bowl.

Combine quinoa, tomatoes, black beans, and green onions together in a bowl. Pour dressing over quinoa mixture; toss to coat. Stir in cilantro; season with salt and black pepper. Serve immediately or chill in refrigerator.

Indian Potato Stew (vegan)

4 medium russet potatoes
1 Tbs. Olive oil
1 medium onion, chopped
1 clove garlic, minced
1 small onion, chopped
1 small pepper, chopped (bell, jalapeno, serrano, or other, depending on heat you wish)
1tsp. Cumin
1 tsp. Ground coriander
1 Tbs. Tbs. Ginger
1 tsp. Garam masala (you can also use curry but flavor will be different)
1 plum tomato, chopped
1 cup water
2 tsp. Salt
1 cup peas fresh or frozen
¼ cup cilantro, chopped

Scrub potatoes and cut into 1” cubes (do not peel). Boil until slightly tender and then drain. In a large saucepan, heat the oil, add onion, garlic and pepper and saute until tender. Stir in cooked potatoes and rest of ingredients, except cilantro. Bring to a boil and reduce heat. Simmer 20-30 minutes, until potatoes and peas are tender and sauce is thick. Stir in cilantro. Serve over rice.

Serves 4-6

Spinach Pie

2 Tbs. Butter
1 Tbs. Sugar
14 oz. Spinach
3 eggs
1 tsp. Cinnamon
1 tsp. Ginger

Make or buy a pie crust. In a food processor, blend all ingredients. Pour into pie crust in a pie pan. Bake at 350 degrees for 45 minutes.

Heirloom Tomato Tart

2 Tbs. Mustard (we like Dijon)
2 Tbs. Mayonnaise
4 oz. Swiss cheese, grated
4 large tomatoes (home grown tastes best)
18 tsp. Of each - oregano, basil, marjoram, tarragon, thyme
3 fresh basil leaves, thinly sliced
2 tsp. Sea salt
1 tsp. Black pepper
3 Tbs. Bread crumb
1 Tbs. Parmesan cheese
1 tsp. Olive oil

Preheat oven to 425 degrees. Place pie crust in pie pan and pinch the edges. Prick crust all over and place in the oven for 20 min. Take it out and allow to cool. Turn oven down to 375.

Slice each tomato in half and squeeze out the seeds. Slice each half into $\frac{1}{4}$ in. slices and let them drain in a colander for 10 minutes. Stir together mustard, mayonnaise, salt, pepper, and herbs. Spread half the mixture on the crust, then half the cheese. Layer half the tomatoes over the cheese. Repeat with remaining half. Stir together the bread crumbs and Parmesan cheese, and sprinkle over the pie. Sprinkle basil leaves over crumbs. Drizzle with olive oil. Cover pie with aluminum foil and bake 15-20 minutes until pie is cooked through.

Serves 4