

PS 107 2009 HARVEST DAY RECIPES

Sesame-Gingered Kale Slaw

1 bunch chopped kale (stem and center vein removed)
1/2 c chopped scallions
1 c thinly sliced purple cabbage
2 grated carrots
Any other greens or veggies you want to use: play around!
1 c mayonnaise or yogurt
1/2 c minced ginger
1 T Toasted Sesame Oil
3 T Tamari
1/2 cup toasted sesame seeds
1 sm. dollop of honey

Mix first five ingredients, the veggies, and set aside. Blend the next six ingredients together in a food processor, or using a wire whisk. Pour and toss over the mixed greens.

Rice with Fresh Herbs

1 box of your favorite rice mix (brown rice, full grain rice or medley, or white rice)
Olive oil
Chicken stock, preferably low-salt
A mixture of your favorite herbs (basil, oregano, rosemary etc would all be nice), roughly chopped

Sauté rice in some of olive oil briefly, about 4 minutes.

Add chicken stock at a proportion of 2:1 (1 cup of rice & 2 cups of chicken stock, or 2 cups of rice & 4 cups of stock, etc), or if using brown rice, use slightly more liquid. Bring to a boil and reduce heat to a simmer. Cover pot tightly, and let rice cook till it's done (use package directions).

When rice is done, toss with chopped herbs and serve.

Hummus

1/2 cup lemon juice
2 cups canned, cooked garbanzo beans, drained, reserve 3 tablespoons liquid
4 medium garlic cloves, peeled, quartered
4 tablespoons tahini
1-1/2 tablespoons olive oil
2 teaspoons salt
1/4 cup chopped parsley
2 teaspoons salt

Place lemon juice, garbanzo beans, reserved liquid, garlic, tahini, olive oil and salt in a blender, in the order listed and process on until smooth. Scrape blender jar with a spatula and process an additional 40 - 60 seconds until smooth. Transfer to a serving dish and sprinkle with parsley; serve with veggies or bread for dipping.

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Eggplant Caponata

5 eggplants, diced
2 red peppers, diced
2 green peppers, diced
2 onions, diced
½ cup olive oil, plus enough to coat vegetables when roasting
3 tbs garlic, chopped, plus enough to mix with veggies when roasting
4 cups crushed tomatoes
2 tbs fresh basil, chopped
4 tbs fresh parsley, chopped
Salt and pepper to taste
1 tbs fresh thyme

Preheat oven to 400 degrees.

Season eggplant, peppers and onion with olive oil, salt, pepper and some chopped garlic.

Roast veggies separately in oven until lightly browned.

Heat olive oil in large sauté pan or sauce pot. Add garlic and cook until translucent, do not brown.

Add tomatoes, basil, salt, pepper, parsley and thyme and bring to a low simmer.

Add roasted veggies and continue to simmer for 20 minutes.

Remove from heat. Can be served warm or at room temperature.

Chive & Dill Dip

1 cup cottage cheese
1 cup plain yogurt
Dill and chives, to your liking

Mix together, serve with veggies for dipping.

Sour cream & Dill Dip

16 oz sour cream
1 clove minced garlic
Dill, to your taste
A few drops of olive oil

Mix together, serve with veggies for dipping.

Minted Yogurt Dip

2 cups vanilla yogurt
1 tablespoon sugar
3 tablespoons fresh mint leaves

Mix together, serve with veggies for dipping.