

Spaghetti Squash

You're looking to lower your carbs and you've heard spaghetti squash is a great substitute for pasta.

Now what do you do?

Cooking Spaghetti Squash Whole

Method: Pierce the squash several times with a sharp knife. (Do this especially if you're microwaving it, or you may end up with a "Squash Explosion.")

Bake about an hour in the oven at 375 F.

Microwave 10 to 12 minutes, then let stand for 5 minutes or so afterward to finish steaming.

Boil for half an hour or so.

Slow Cooker/Crock Pot: Put it in with a cup of water and let it go on low all day (8 to 10 hours).

When done, cut open "at the equator", remove seeds and pulp and separate strands with a fork. (See photo.)

Quick Tip: Any squash seeds can be roasted just like pumpkin seeds (pumpkin is a kind of squash). They are low-carb, nutritious, and delicious:

How to Roast Pumpkin or Squash Seeds

Ingredients:

Pumpkin or squash seeds

If you want to add salt or seasonings, you'll need a bit of oil so it will stick

Preparation:

1. Preheat oven to 350 F. (or see below for lower slower method).
2. Clean the pulp off the pumpkin seeds (or squash seeds), and dry with paper towels.
3. If desired, toss with a little olive or other oil. You only need enough to barely coat, otherwise, they will be greasy. Add salt and any kind of seasoning you want - garlic powder, Cajon seasoning, dried chile powder, or whatever sounds good to you!
4. Cover a baking sheet with parchment paper and spread the seeds out in one layer.
5. Bake for 3-5 minutes, until seeds just start to color and are fragrant. Sometimes I use a longer but safer method of using a lower temperature. If you roast the seeds at 250 degrees F., you don't have to watch them as carefully. It takes about 45 -60 minutes.



Members Offer Ideas on Cooking Eggplant on Our Facebook Page!

Jessica: "My fave is to slice lengthwise 1/2 inch thick and cook on grill pan. Drizzle with balsamic and top with parm or goat cheese. I'll try to think of others."

Amy: "We had ours on Friday nite...sautéed diced eggplant and tomatoes until soft and added a couple spoonfuls of premade pesto at the end...top with a little grated parmesan before seving...delicious!"

Michelle: "slice, brush on olive oil and garlic, grill on bbq. Even my husband eats it this way and he's not a big veggie eater. This week I cubed the eggplant, squash, okra, onions and red peppers. Tossed with olive oil and herbs. Roasted in oven for about 1/2 hr. so they were all a little brown. Tasty."

Kelly: Just saw something with eggplant parmesan sandwiches. Cut slices long and prepare them as you would chicken parm. Place on a long sub roll and top with tomato sauce and provolone cheese. Pop under broiler to melt cheese a bit...

Martin: Slice or dice, spread it on paper towels and salt LIGHTLY. You have much more control over how much salt you are using with a salt mill. I usually don't need to rinse off any extra salt.

Find MORE ideas on our Facebook page!

Raw Corn and Zucchini Salad

This salad pairs well with steamed fish, sautéed shrimp or scallops.

Ingredients

3 ears corn, husks and silks removed
2 medium zucchini, thinly sliced
2 tablespoons fresh lime juice
2 tablespoons extra-virgin olive oil
2 tablespoons coarsely chopped fresh cilantro
Coarse salt and ground pepper

Directions

Cut off tips of ears of corn; stand corn in a wide, shallow bowl. With a sharp knife, slice downward to release kernels (you should have about 2 cups); discard cobs. Transfer kernels to a medium bowl. Add zucchini, lime juice, olive oil, and cilantro. Season with salt and pepper and toss well to combine.

Everyday Food, June 2010

THE PRODUCE BOX

Last year I had only cooked **eggplant** a couple times and thought it was overall rubbery and tasteless. But, by learning how to cook it correctly, it has quickly become one of my favorite items in **THE PRODUCE BOX**. I find that the mistake most people make- like myself- is they don't cook it long enough. When eggplant is cooked properly it's tender and melts in your mouth. I also always pair it with other veggies, spices, and either olive oil or butter. Now my family and I enjoy delicious eggplant sautés in a variety of flavors. My favorite is ratatouille and I use whatever veggies are in my box. I also love to make it Mediterranean style with curry and raisins.

Amy Landis, Neighborhood Coordinator

Easy Eggplant ala Landis

Ingredients

2 Baby eggplants (or other variety)
1 hot pepper
1 Bell Pepper or variety
1/4 onion or less to taste
Few leaves of fresh basil
Yah's seasoning
Butter

Dice hot pepper, pepper and onions. I sliced the eggplant in strips about a quarter of an inch thick. Dicing would work as well, just depends on your preference. Place veggies in a foil pack. Add 1-2 tablespoons of butter, some chopped fresh basil leaves, and sprinkle with Yah's Seasoning. Close up foil pack and cook grill top on medium-high for about 20 minutes until eggplant and veggies are done, turning half way through. Open up and enjoy! Season with salt to taste.

*Tip- Make sure foil pack is big enough so veggies and not piled on top of each other. They will cook better, and faster.

Too Hot to Cook!

By Debbie Orol RN, BSN

As a Holistic Health Coach I have come to learn that there are many food philosophies and ways of eating. Some people do great as vegetarians others cannot go without it. One philosophy out there is that food should be eaten raw and that cooking harms the natural enzymes and vitamins in our fruits and vegetables. Though I personally have not bought into the raw food philosophy 100 percent, I do know that on these hot, hot days I have not wanted to cook inside and the thought of standing outside and grilling seemed like torture. So I have been whizzing things up in my Vitamix- there must be thousands of ways to make gazpacho- chopping things into salads and enjoying food au natural. Have you ever tasted corn raw? Now, if you buy corn in a grocery store that has been sitting on a truck and in the store for days, you may not enjoy the raw corn experience: shucking an ear of corn fresh-picked right out of your Produce Box- yum, yum. You can cut the kernels off for delicious salads. Mixed with sweet peppers, tomatoes, cucumbers, avocado, maybe even a jalapeno for some bite; squeeze a lime or lemon over it; add a bit of salt and maybe some cumin- and you have a delicious Mexican salad. But what about something like okra raw- really! Well I found this recipe as I was searching for raw okra ideas:

Yummy Raw Okra

Ingredients:

15 Okra, Sliced very thin
1 slice Onion, Chop fine
1 Roma Tomato, Chopped
1 Garlic clove, Crushed
¼ Yellow Pepper
dash Braggs Liquid Aminos -or- low sodium soy sauce
3 tablespoon Olive Oil

Preparation:

Wash okra
Slice very thin into little okra circles
Cut one Roma tomato into chunks
Cut a slice of onion, then chop it fine
Crush 1 garlic clove
Chop 1/4 yellow pepper
Season with low sodium soy sauce and olive oil
Toss lightly with a fork... and enjoy!



Caramelized Corn with Onions and Bell Peppers

Janet H, Member

2 cups fresh corn kernels (about 3 medium ears)
2 tablespoons olive oil
2 bell peppers, chopped (green, red, lavender)
1/2 cup chopped onion
1 garlic clove (I add in a lot more, because I can never have too much garlic)
1/4 cup chopped cilantro (or parsley)
1/2 teaspoon chili powder (I prefer jalapenos if you can get them)
Fresh lime juice (or lemon) for flavor

Heat large nonstick skillet over medium-high heat and add corn. Stir until beginning to dry and brown, about 8 minutes. Transfer to a bowl and set aside. Add oil to the skillet (still over medium-high heat). Add peppers, onion and garlic. Saute until peppers are tender, about 8 minutes. Mix in cilantro and chili powder, then corn. Add in lime juice and stir until heated through, about 2 minutes. Season with salt and pepper. *Note:* This is great for leftovers or fresh off the stove. The lavender peppers added some nice color to the mix.