

Ratatouille Salad

1 (12 to 14-ounce) eggplant, cut into 1/2 inch-thick rounds
1 zucchini, quartered lengthwise
1 red bell pepper, cut lengthwise into 6 strips
1 medium onion, cut into 1/2 inch thick rounds
3 tablespoons garlic-flavored olive oil
2 to 3 teaspoons balsamic vinegar
2/3 cup crumbled feta cheese

Place eggplant, zucchini, red bell pepper and onion on baking sheet. Drizzle with oil and sprinkle with salt and pepper; turn to coat.

Grill vegetables over medium high heat until tender and tinged with brown, turning frequently, about 6 minutes for eggplant and zucchini; about 10 minutes for red bell pepper and onion. Transfer to serving platter and sprinkle top with cheese and vinegar.

Chocolate Covered Blueberries

INGREDIENTS:

1 cup semi-sweet chocolate chips
1 tablespoon shortening
2 cups fresh blueberries, rinsed and dried

DIRECTIONS:

1. Melt chocolate in a glass bowl in the microwave, or in a metal bowl set over a pan of simmering water. Stir frequently until melted and smooth. Remove from the heat, and stir in the shortening until melted.
2. Line a baking sheet with waxed paper. Add blueberries to the chocolate, and stir gently to coat. Spoon small clumps of blueberries onto the waxed paper. Refrigerate until firm, about 10 minutes. Store in a cool place in an airtight container. These will last about 2 days.

Eggplant in Garlic Sauce

About 4 cups chopped
8 cloves garlic minced
1/3 cup ketchup
1 tablespoon ginger, minced
1/4 - 1/3 cup white sugar
2 tablespoons white vinegar
1 1/2 tablespoons white soy sauce
1 tablespoon regular soy sauce
1 tablespoon Chinese chili sauce
3 tablespoons dry white wine
1/2 cup chopped green onions (green part only)
About 1 tablespoon cornstarch dissolved in water
2 tablespoons hot oil (add to finished sauce)

Fry eggplant in oil over medium heat, for about 8 min. When frying cycle was completed, the eggplant is dark yellow in color. After frying drain well and set aside.

Fry ginger and garlic in a little oil for about 30 sec. When you smell strong aroma, add ketchup and stir for a minute or so. Add Chinese chili sauce and stir well. Next, add white wine and simmer for a minute or two. After this, add all other ingredients except green onions and cornstarch. Stir and allow mixture to simmer for a couple of minutes before adding cornstarch. Just as mixture starts to thicken, add chopped green onions and hot oil, stir for a minute or so and add eggplant to sauce. Once eggplant is coated with sauce, turn off fire, remove from wok/skillet and serve over white rice.

Savoy Cabbage (Verza in tegame)

We are lucky to have this unusual cabbage in the boxes! So you'll have to try this recipe. It's so easy to prepare and so tasty too. This is a winter cabbage in Italy.

Ingredients:

2 lbs. fresh wrinkly-skinned Savoy Cabbage
2 cloves garlic
1/4 cup extra virgin olive oil
salt and pepper to taste

Instructions:

1. Peel away the outer leaves of the cabbage and discard them. Then slice the rest of the cabbage into thin 1/4" strips.
2. Heat the garlic cloves in the oil in a large nonstick pan.
3. When the oil is hot add the cabbage and salt.
4. Mix often until the cabbage is thoroughly cooked.
5. Salt and pepper to taste.

Notes:

If the cabbage gets to dry while cooking just add a little water to keep it from sticking. Note that the volume will reduce by 60 or 70% when cooked.

Honey-Glazed Wax or Green Beans

1 1/4 pounds wax (yellow) or green beans, trimmed
1 tablespoon mild honey
3/4 teaspoon finely grated fresh lemon zest
1/4 teaspoon salt

Cook beans in a 4-quart pot of boiling salted water until just tender, 6 to 8 minutes. Drain in a colander, then immediately toss with honey, zest, and salt in a large bowl.

Pasta with Fresh Tomatoes and Corn

INGREDIENTS:

8 ounces pasta
4 tablespoons olive oil
2 tablespoons red wine vinegar
1/2 cup whole corn kernels, cooked
4 tomatoes, chopped
1/2 cup chopped green onions
1 teaspoon dried basil
salt to taste
ground black pepper to taste
1 tablespoon grated Parmesan cheese
2 teaspoons chopped fresh basil
(optional)

DIRECTIONS:

1. In a large pot with boiling salted water cook pasta until al dente. Drain.
2. Meanwhile, in a large bowl whisk together the olive oil, red wine vinegar, and dried basil. Add salt and pepper to taste. Stir in the tomatoes, corn kernels, and scallions. Let sit for 5 to 10 minutes.
3. Toss pasta with tomato mixture. Sprinkle with grated parmesan cheese. Garnish with fresh basil, if desired.

SAUTÉED SAVOY CABBAGE WITH SCALLIONS AND GARLIC

1 bunch scallions
2 garlic cloves, chopped
3 tablespoons olive oil
1 lb Savoy cabbage, cored and thinly sliced (8 cups)
1/4 cup water

Method:

Chop scallions, reserving white and dark green parts separately.
Cook scallion whites and garlic in oil in a 12-inch heavy skillet over medium-high heat, stirring occasionally, until garlic is pale golden, about 3 minutes. Stir in cabbage, 3/4 tsp salt, and 1/4 tsp pepper and sauté 1 minute. Add water and cook, tightly covered, until cabbage is wilted, about 3 minutes. Add scallion greens and cook, uncovered, stirring, until most of water has evaporated and cabbage is tender, about 2 minutes. Season with salt and pepper.

Ginger/Garlic Savoy Cabbage

Ingredients

1 head savoy cabbage (about 1 1/2 lbs) or 1 head Napa cabbage, cored, shredded across in approx 3/4-inch slices (about 1 1/2 lbs)
2 tablespoons olive oil or 2 tablespoons other oil
1 tablespoon minced garlic
Salt & pepper
1 1/4 tablespoons ginger, minced
1 limes, juice of

Directions

Heat wok or large skillet medium high heat, wait until oil is hot.
Add cabbage and stir fry until cabbage just starts to wilt (do not overcook).
Add garlic, salt and pepper cook 1 minute.

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Creamy Cherry Tomato Salad with Fresh Basil, Corn and Onion