

Anniez Ethiopian Aleecha Vegetable Stew

Ingredients

- 1/2 cup olive oil
- 1- 10 oz bag shredded carrots, washed and drained
- 3 Tbsp minced garlic**
- 3 yellow onions, slivered**
- 2 tsp sea salt
- 1 Tbsp ground black pepper
- 2 Tbsp ground cumin
- 3 Tbsp ground turmeric
- 5 white potatoes, peeled, cut into 1-inch cubes
- 1 head cabbage, shredded**

Method

1. In skillet, heat olive oil over medium-high heat. Cook carrots, onions and garlic about 5 minutes
2. Stir in salt, pepper, cumin, turmeric and potatoes and cook another 15-20 minutes.
3. Add cabbage; cover. Reduce heat to medium-low and cook until potatoes are soft, about 20-30 minutes more.

BLUEBERRY ZUCCHINI BREAD

INGREDIENTS:

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|-----------------------------|------------------------------|
| 3 eggs, lightly beaten | 1 teaspoon salt |
| 1 cup vegetable oil | 1 teaspoon baking powder |
| 3 teaspoons vanilla extract | 1/4 teaspoon baking soda |
| 2 1/4 cups white sugar | 1 tablespoon ground cinnamon |
| 2 cups shredded zucchini | |
| 3 cups all-purpose flour | 1 pint fresh blueberries |

DIRECTIONS:

1. Preheat oven to 350 degrees F (175 degrees C). Lightly grease 4 mini-loaf pans.
2. In a large bowl, beat together the eggs, oil, vanilla, and sugar. Fold in the zucchini. Beat in the flour, salt, baking powder, baking soda, and cinnamon. Gently fold in the blueberries. Transfer to the prepared mini-loaf pans.
3. Bake 50 minutes in the preheated oven, or until a knife inserted in the center of a loaf comes out clean. Cool 20 minutes in pans, then turn out onto wire racks to cool completely.

Sweet Potato Cake

- 2 1/2 C self-rising flour
- 1 tsp cinnamon
- 1 1/2 C oil
- 2 C sugar
- 4 eggs
- 1/4 C hot water
- 1 1/2 C raw sweet potatoes, peeled and grated (about 2 medium-sized)
- 1 C pecans, chopped
- 1 tsp vanilla

Mix together flour and cinnamon. In another bowl mix oil and sugar; add eggs, one at a time, beating well after each addition. Add water and sweet potatoes; mix well. Add pecans and vanilla. Add flour mixture; beat until smooth. pour into three 9" layer pans (grease and flour to prevent sticking). Bake at 350 degrees for 30-35 minutes. Frost with a coconut-pecan frosting.

*I bake this in a 9"x13" pan for about 40 minutes. I don't frost it, as my family likes it "as is."

Michelle Gemmel, *Neighborhood Coordinator*

"I made a **Kickin' Bok Choy Salad** for dinner tonight and my 7 year old had 3 helpings! It was so simple: Chopped up some bok choy, half of a cucumber diced, crunched up some uncooked ramen noodles, some sliced almonds and a handful of cranberries. I put Newman's lower fat ginger soy dressing on mine. My husband used balsamic vinaigrette on his."

Camille Conzola, *Operations Manager*

Blueberry Flax Pancakes

INGREDIENTS:

- 1 1/2 cups dry pancake mix
- 1/2 cup flax seed meal
- 1 cup skim milk
- 2 eggs
- 1 cup fresh or thawed frozen blueberries

DIRECTIONS:

1. Set a nonstick skillet over medium heat.
2. In a medium bowl, stir together the pancake mix and flax seed meal. In a separate bowl or measuring cup, whisk together the milk and eggs. Pour the liquid into the dry ingredients, and stir just until moistened.
3. Spoon 1/4 cupfuls of batter onto the hot skillet. Sprinkle with as many blueberries as desired. Cook until bubbles appear on the surface, then flip and cook until browned on the other side.

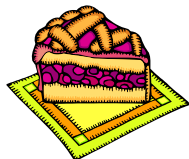
Here's an old favorite recipe that is even better with the fresh goodness from my Produce Box.

Tomato/Saltine Salad

1 sleeve saltine crackers
 1-2 tomatoes, diced
 several green onions or any other medium onion, finely chopped; to equal 1/3 cup
 1 cucumber, chopped
 1 boiled egg, chopped
 1 c. mayonnaise
 salt and pepper

Coarsely crush the crackers in a bowl using your hands; leave fairly large pieces.
 Stir in the other ingredients; add additional mayonnaise, if necessary to ensure all ingredients are well-coated. Season to taste with salt and pepper (I like lots of pepper!)
 Serve over a bed of torn Romaine lettuce. Garnish with any fresh herb from your Produce Box, as desired.
 Enjoy!
 (Best if used immediately so the crackers are still crunchy.)

Molly Beck, *New member from Raleigh*



Unstuffed Cabbage (Kids love this!)

Ingredients

12 oz ground turkey, chicken, beef or tofu crumbles
 5 cups coarsely shredded cabbage
 2- 14.5 oz cans diced tomatoes with garlic & onions
 1/2 raisins
 2 Tbsp lemon juice
 1 Tbsp brown sugar
 1 Tbsp chopped fresh dill, or 1 tsp dried
 1/2 tsp ground allspice
 1/2 tsp ground black pepper

Method

1. Coat large non-stick skillet with non-stick spray. Over medium-high heat, brown meat or tofu, breaking up with wooden spoon. Add Cabbage; cover and cook 3 minutes, or until wilted.
2. Stir in remaining ingredients and bring to a boil. Reduce heat; cover and simmer 5 minutes to blend flavors. Good with rice.

From **Get Fresh! Eat Local NC**
getfresheatlocalnc.blogspot.com

Spaghetti with Green Garlic and Olive Oil

Serves 2

Ingredients

Kosher salt
 2 T bs. extra-virgin olive oil
 2 oz. green garlic, green parts cut into 3-inch julienne strands, white parts thinly sliced
 6 oz. thin spaghetti
 2 T bs. freshly grated Parmigiano-Reggiano; more for serving
 Freshly ground black pepper

Method

Bring 3 quarts of well-salted water to a boil in a large pot over high heat.

Meanwhile, heat the oil in a 10-inch straight-sided sauté pan over low heat. Add the green garlic and 2 big pinches of salt; stir to coat. Cover and cook, stirring frequently, until wilted and softened, 5 to 7 minutes. Remove the pan from the heat.

Boil the spaghetti until just al dente, about 1 minute less than package timing. Set aside about 1/2 cup of the cooking water and drain the pasta.

Return the sauté pan to low heat. Add the spaghetti and 1/4 cup of the cooking water; toss well. Add the Parmigiano and 2 Tbs. of the water; toss again. Season to taste with salt and pepper, adding the remaining water if the pasta seems dry. Serve in heated pasta bowls, sprinkled with additional Parmigiano.

Five-Minute Blueberry Pie

Ingredients

1/2 cup sugar
 2 tablespoons cornstarch
 3/4 cup water
 4 cups fresh or frozen blueberries, thawed
 1 (9 inch) graham cracker crust
 Whipped cream

Directions

In a saucepan, combine sugar and cornstarch. Stir in water until smooth. Bring to a boil over medium heat; cook and stir for 2 minutes. Add blueberries. Cook for 3 minutes, stirring occasionally. Pour into crust. Chill. Garnish with whipped cream if desired.

Summer Berry Parfait with Yogurt and Granola

INGREDIENTS:

3/4 cup sliced strawberries 1 tablespoon wheat germ
 3/4 cup blueberries 1/2 banana, sliced
 1 (6 ounce) container vanilla yogurt 1/3 cup granola

DIRECTIONS:

1. Layer 1/4 cup strawberries, 1/4 cup blueberries, 1/3 container yogurt, 1/3 tablespoon wheat germ, 1/3 of the sliced banana, and about 2 tablespoons of granola in a large bowl. Continue to build the parfait, repeating the layers until all of the ingredients are used completely.