

2009 Summer Recipes from:

# Sally's Kitchen

Tasty Ways to Enjoy the  
Summer Harvest!



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# SALLY'S KITCHEN WEEK 1

## Sweet Carrot Marmalade

Yield: six 8-ounce jars



### Ingredients

Finely grated peeled carrots	1-1/2 cups
Canned pears, mashed	1-1/2 cups
Canned crushed pineapple in juice	1-3/4 cups
Lemon juice	3 tablespoons
Ground cinnamon	1 tablespoon
Ground cloves	1/2 teaspoon
Ground nutmeg	1/2 teaspoon
Regular powdered pectin	1 (1-3/4ounce) package
Granulated sugar	6-1/2 cups

### Directions

1. In a large, deep saucepan, combine carrots, pears, pineapple with juice, lemon juice, cinnamon, cloves and nutmeg.
2. Bring to a boil over high heat, stirring frequently. Reduce heat, cover and boil gently for 20 minutes, stirring occasionally.
3. Remove from heat and whisk in the powdered pectin until dissolved.
4. Return to stove and bring to a boil over high heat, stirring frequently.
5. Add sugar all at once and return to a full rolling boil, stirring constantly.
6. Boil hard, stirring constantly, for one minute.
7. Remove from heat and skim foam.
8. Ladle into six (8 ounce) hot canning jars, leaving 1/4 inch headspace.
9. Wipe jar rims with a clean cloth, place two piece lids on jars.
10. Process jars in a boiling water bath canner for 10 minutes.

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# SALLY'S KITCHEN WEEK 2

## Gingered Beets with Raisins

Yield: 4 servings

### Ingredients

Cooked and sliced beets	1 pound cooked/sliced (approx. 2# fresh)
Sugar	3 tablespoons
Cornstarch	2 teaspoons
Ground ginger	$\frac{1}{2}$ teaspoon
Salt	$\frac{1}{4}$ teaspoon
Lemon juice	2 teaspoons
Raisins	$\frac{1}{4}$ cup
Butter or margarine	2 tablespoons

### Directions:

1. Wash beets, drain. Leave 2 inches of stem and tap root on beets.
2. Place in a saucepan and add water to cover. Boil until beets are tender and skins slip off, approximately 30 minutes.
3. Reserve beet liquid. Remove skins from beets; trim and slice.
4. In a saucepan, combine sugar, cornstarch, ginger and salt.
5. Blend in reserved  $\frac{3}{4}$  cup liquid from beets and the lemon juice.
6. Add raisins.
7. Cook over medium heat, stirring until thickened and bubbly.
8. Add butter or margarine and sliced beets. Simmer.



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**SALLY'S  
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WEEK 3**

Roasted Cabbage with Spicy Sausage Stuffing

Yield: 4 servings (serving size: 1 wedge and about  $\frac{1}{2}$  cup sausage mixture)

Ingredients

Head of cabbage	1 2-pound head
Black pepper	$\frac{1}{4}$ teaspoon
Salt	$\frac{1}{8}$ teaspoon
Hot turkey sausage	2 links (about 6 ounces)
Chopped onion	1-1/2 cups
Minced garlic	2 garlic cloves
Jalapeno peppers, seeded, minced	2 each
Barbeque sauce	$\frac{1}{4}$ cup



Directions:

1. Cut core out from bottom of cabbage to create a cone-shaped cavity about 4 inches wide and 3 inches deep. Discard core. Slice a small piece of cabbage from bottom of head so that it will stand without rolling or arrange a ring of foil on the bottom of baking dish to keep cabbage upright.
2. Place cabbage, cavity side up, in greased baking dish. Sprinkle cavity lightly with pepper and salt, if desired.

3. Remove casings from sausage. Cook sausage in a large nonstick skillet over medium-high heat until browned, stirring to crumble.
4. Add onion, garlic, and jalapeno to pan. Saut 3-4 minutes or until lightly browned. Stir in barbecue sauce.
5. Spoon sausage mixture into cavity of cabbage. Make a "tent" of aluminum foil and place loosely over the cabbage.
6. Roast in a 350 degree F. oven for 1 hour, or until cabbage is tender when pierced with a fork.
7. Present the cabbage whole, then slice into wedges for serving.

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# SALLY'S KITCHEN WEEK 4



## Summer Squash with Basil Couscous

Yield: Approximately six to eight 1-cup servings

### Ingredients

Chicken broth	2 cups
Olive Oil	2 tablespoons
Salt	1 teaspoon
Instant Couscous	1 cup
Zucchini, diced	1 cup
Yellow squash, diced	1 cup
Fresh basil, slivered	$\frac{1}{2}$ cup
Almonds, toasted and sliced	$\frac{1}{4}$ cup

### Directions:

1. Bring the chicken stock and 1 tablespoon of olive oil to a boil in a medium saucepan. Stir in salt and couscous. Remove from heat. Let stand covered for 5 minutes.
2. Saut  the zucchini and yellow squash in the remaining oil.
3. Add vegetables, almonds, and basil to couscous and mix well. Serve immediately.
4. Option: An alternative method would be to carve out the centers of the zucchini and yellow squash and steam the shells until tender. Then fill with couscous mixture. Sprinkle with sliced almonds and serve.

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# SALLY'S KITCHEN WEEK 5

Caramelized Onion and Green Bean Casserole

Yield: 8 - 10 servings

Ingredients

Fresh green beans, cut	5 cups (about a pound)
Vegetable cooking spray	
Onions, thinly sliced	3 cups
Garlic, minced	6 cloves
Sugar	2 teaspoons
Salt	$\frac{1}{2}$ teaspoon
Black pepper	$\frac{1}{4}$ teaspoon
Balsamic vinegar	2 tablespoons
Dried basil	1 teaspoon
Dried oregano	$\frac{1}{2}$ teaspoon





Cherry tomatoes, halved            4 cups  
Grated parmesan cheese             $\frac{1}{4}$  cup

Directions:

1. Preheat oven to 400 degrees F.
2. Cook green beans in boiling water for 3 minutes. Drain, rinse under cold water, set aside.
3. Heat nonstick fry pan coated with veggie spray over medium high heat.
4. Add onion, garlic, sugar, salt, and pepper. Saut 8 minutes or until lightly browned, stirring frequently.
5. Stir in vinegar, basil and oregano. Cook 2 minutes. Remove from heat.
6. Arrange beans in an 11 X 7 inch baking dish coated with veggie spray.
7. Top with onion mixture. Arrange tomatoes on top of onion mixture and sprinkle with cheese.
8. Bake at 400 degrees for 35 minutes or until the cheese is lightly browned.

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# SALLY'S KITCHEN WEEK 6

Zucchini Carrot Bread

Yield: Two loaves (8 X 4 inch pans)

Ingredients

Egg whites, whipped	3 each
Applesauce, at room temp.	$\frac{1}{2}$ cup
Orange juice, at room temp.	$\frac{1}{2}$ cup
Orange extract	1 teaspoon
Vanilla	2 teaspoons
Grated zucchini	2 cups
Grated carrot	1 cup

Flour	3 cups
Sugar	$\frac{1}{2}$ cup
Cinnamon	1 tablespoon
Salt	$\frac{1}{2}$ teaspoon
Baking powder	$\frac{1}{2}$ teaspoon
Baking soda	$\frac{1}{2}$ teaspoon



Directions:

1. Preheat oven to 350 degrees F. Prepare pans with cooking spray and dust with flour.
2. In a large bowl, whip egg whites until foamy.
3. Add applesauce, orange juice, orange extract, vanilla, grated zucchini and grated carrots.
4. In another mixing bowl, combine the flour, sugar, cinnamon, salt, baking powder and baking soda.
5. Mix wet ingredients with dry ingredients, just until moistened.
6. Pour batter into pans. Bake for 60 minutes.

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 WEEK 7**

Peach and Avocado Salsa  
 Yield: 3-1/2 to 4 cups salsa

Ingredients

Fresh peaches, peeled* and diced	2 medium
Diced tomato	1 large
Diced avocado (not too ripe)	1 medium



Minced Red Onion	1 tablespoon
Lime Juice	1 tablespoon
Olive Oil	1 teaspoon
Salt	$\frac{1}{4}$ teaspoon
Cayenne Pepper	$\frac{1}{4}$ teaspoon



**Directions:**

1. Peel peaches and dice into  $\frac{1}{4}$  -  $\frac{1}{2}$  inch pieces.
2. Dice tomato. Peel and dice avocado.
3. Mince red onion. Combine peaches, tomatoes, avocado and onion in a bowl.
4. Combine lime juice, olive oil, salt and pepper. Pour over the peach and tomato mixture. Stir gently.
5. Cover bowl and refrigerate for several hours to blend flavors.

\* To peel peaches, bring a saucepan of water to a rolling boil. Place unpeeled peach into water for approximately 20-30 seconds. Remove peach carefully from boiling water with a slotted spoon and plunge into icy water. Using a paring knife, gently pull skin away from the flesh of the peach, being careful not to damage the fruit.

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# SALLY'S KITCHEN WEEK 8

## Cilantro-Veggie Fajitas

Yield: 4 fajitas

### Ingredients

Green onions, chopped	$\frac{1}{2}$ cup (approx. 1 bunch)
Zucchini	1 medium (6-7 ounces)



Carrot	1 large
Fresh mushrooms, chopped	4 ounces (about 1 cup)
Red onion, chopped	1 small (about 1/3 cup)
Fresh cilantro, chopped	4 tablespoons
Soft flour tortillas (9-10")	4 each
Nonfat cream cheese	4 tablespoons
Shredded Parmesan cheese	4 tablespoons (about 1 ounce)

Directions:

1. Quarter zucchini and slice thinly. Thinly slice the carrot.
2. Spray a large nonstick skillet with nonstick cooking spray. Add green onions, zucchini, carrot, mushrooms, red onion and cilantro.
3. Sauté vegetables over high heat until heated through and just starting to wilt, approximately 3 to 5 minutes. Cover and set aside.
4. Warm tortillas.
5. Spread 1 tablespoon cream cheese on each warm tortilla. Divide vegetables evenly among tortillas. Sprinkle each with 1 tablespoon Parmesan and roll up. Serve immediately or refrigerate and serve cold.

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 WEEK 9**

Grilled Sweet Potato Fingers

Yield: 8 servings



### Ingredients

Light mayonnaise	1-1/2 cups
Lemon juice	2 tablespoons
Grated onion	$\frac{1}{2}$ small
Curry powder	2 teaspoons
Salt and pepper	to taste
Sweet potatoes, peeled	4 (about 10 oz. each)
Olive Oil	2 tablespoons
Cayenne pepper	$\frac{1}{4}$ teaspoon

### Directions:

1. To prepare dip: Mix mayonnaise, lemon juice, onion and curry powder in a bowl. Add a pinch of salt and a dash of pepper. Cover and chill until ready to serve.
2. Prepare a charcoal fire, let burn to a gray ash and set grill about 8 inches from the coals. OR preheat a broiler and set broiling rack 8 inches from heat source.
3. Peel sweet potatoes. Cut in half crosswise. Then cut each in half lengthwise and then into thirds to form "fingers". Each potato should yield about 12 pieces (fingers).
4. Place sweet potato fingers in a large bowl. Add oil, salt, pepper and cayenne. Toss well to coat.
5. Grill or broil fingers for about 10 minutes, turning often, until partially charred and soft enough to easily penetrate with a knife.
6. Remove to a plate. Serve warm with the curry dip.

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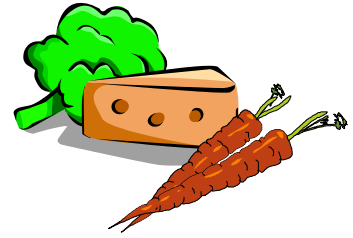
# **SALLY'S KITCHEN WEEK 10**

## Vegetable Macaroni and Cheese

Yield: 8 - 10 servings

### Ingredients

Butter or margarine	1 tablespoon
Onion, finely chopped	1 medium-size
All-purpose flour	$\frac{1}{4}$ cup
Milk	1 cup
Canned vegetable broth	1 cup
Sharp Cheddar Cheese, shredded	3 cups (about 12 ounces)
Dijon mustard	1 tablespoon
Carrots, thinly sliced	about 3 large
Broccoli flowerets	4 cups
Cauliflowerets	2 cups
Elbow macaroni	1-1/2 cups dry
Salt and pepper	to taste
Paprika	for garnish



### Directions:

6. Melt butter or margarine in a 2- to 3-quart pan over medium-high heat. Add onion and cook, stirring often, until soft but not browned (approx. 5 minutes). Stir in flour; remove from heat and blend in milk and broth until smooth.
7. Return to high heat and cook, stirring, until mixture comes to a boil. Reduce heat to low, add cheese and mustard. Cook, stirring, until cheese is melted. Keep sauce warm.
8. Bring 3 quarts water to a boil in a 6- to 8-quart pan over high heat. Add carrots, broccoli, cauliflower, and macaroni. Cook until vegetables are just tender when pierced with a fork and macaroni is just tender to bite (about 7 minutes)
9. Pour macaroni mixture into a bowl and lightly mix in cheese sauce. Season to taste with salt and pepper. Sprinkle with paprika.

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# WEEK 11

## Okra and Shrimp

Yield: 4 servings

### Ingredients:

Young okra pods	1 pound
Shrimp	1 pound
Tomatoes	4 large
Onion, chopped	1 medium
Green bell pepper, chopped	1 medium
White wine	$\frac{1}{2}$ cup
Olive oil	6 tablespoons
Lemon juice	2 tablespoons
Parsley, finely chopped	2 tablespoons
Salt and pepper, to taste	



### Directions:

1. Wash okra and cut off ends. Cut the pods into approximately  $\frac{1}{4}$  inch rounds.
2. Peel and devein the shrimp.
3. Peel the tomatoes by placing them in a saucepan of boiling water for 30 seconds. Remove tomatoes from the boiling water with a slotted spoon and plunge into icy water. The skins should peel off easily.
4. Peel and coarsely chop the onions. Seed and coarsely chop bell pepper.
5. Heat the oil in a large skillet. Place the chopped onion and bell pepper in the skillet and saut $\ddot{e}$  until the onion becomes translucent.
6. Add all the other ingredients, except the shrimp, and bring to a boil. Reduce the heat immediately and simmer until the tomatoes are soft. Stir occasionally.
7. Add the shrimp and continue cooking for about 4 minutes or until the shrimp becomes opaque. Do not overcook or shrimp will become tough.
8. Serve hot over brown rice.

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# SALLY'S KITCHEN WEEK 12

## Pumpkin Cheesecake

Yield: One 9-inch pie



### Ingredients

9-inch prepared pie shell	One
Cream cheese, softened	6 ounces
Cooked pumpkin*	$\frac{3}{4}$ cup
Eggs	2 medium
Sugar	1-1/2 cups
Flour	$\frac{1}{4}$ cup
Ground nutmeg	$\frac{1}{2}$ teaspoon
Ground cinnamon	$\frac{1}{2}$ teaspoon

### Directions:

1. Preheat oven to 350 degrees F.
  2. Beat the cream cheese, eggs and sugar together in a large bowl until the mixture is smooth.
  3. Add the pumpkin. Stir in flour, nutmeg and cinnamon. Beat well.
  4. Pour into the prepared pie shell. Bake for one hour in a 350 degree F. oven.
- \*To prepare cooked pumpkin, wash pumpkin under running water. Cut in half. Remove the seeds and strings. Place the cut side down on a baking sheet and bake for 45-60 minutes in a 325 degree F. oven until it is tender and begins to fall apart. Scrape the pulp from the shell and press it through a strainer, or puree it in a food processor. Use  $\frac{3}{4}$ th cup of the fresh cooked pumpkin for the cheesecake recipe above. Refrigerate or freeze remaining pumpkin puree to use in other recipes.
  - An alternative method to baking the pumpkin is to boil it. This method is faster than baking, but boiling the pumpkin may dilute the flavor slightly. To boil, prepare pumpkin as described above, washing, cutting it in half, and removing the strings and seeds. Next, peel each half and cut into small pieces. Place pieces in a small amount of boiling water. Cook until tender, approximately 8-12 minutes. Puree or press through a strainer.

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