

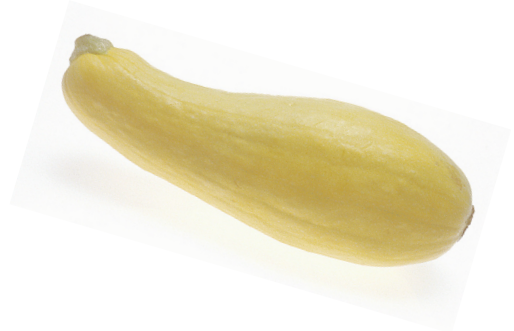
2011 Summer Recipes from:

# SALLY'S KITCHEN WEEK 1

## Squash Soup

### Ingredients

- ◆ 2 onions, diced
- ◆ Butter
- ◆ 5 potatoes, diced
- ◆ 2 cups well-seasoned chicken stock (chicken bouillon may be used)
- ◆ 5 medium yellow squash or zucchini, unpeeled and chopped
- ◆ 2 teaspoons curry powder
- ◆ Salt and pepper to taste
- ◆ 1 cup milk, cream, or sour cream
- ◆ Fresh squash, chopped
- ◆ Fresh dill, chopped
- ◆ Parsley
- ◆ Chives



### Preparation

Sauté onions in a small amount of butter. Next, cook the potatoes in the chicken stock until tender. Add the squash and sautéed onions; cook until tender. Add the seasonings and milk; cook until hot. Do not boil. Purée in a blender until very smooth. Serve in cups or small bowls with a garnish of chopped fresh squash and finely chopped fresh dill, parsley and chives.

Makes 3 cups.

# SALLY'S KITCHEN WEEK 2

## Spinach-Filled Lasagna

### Ingredients

- ◆ 2 bunches spinach
- ◆  $\frac{1}{4}$  pound mushrooms, sliced and sautéed
- ◆ 1 cup ricotta or cottage cheese
- ◆  $\frac{1}{4}$  teaspoon nutmeg
- ◆ Salt and pepper
- ◆ 8 cooked lasagna noodles
- ◆ 2 cloves garlic, minced
- ◆  $\frac{1}{2}$  cup onions, sautéed
- ◆ 1 green pepper, chopped and sautéed
- ◆ 2 cups tomato sauce
- ◆  $\frac{1}{2}$  teaspoon basil
- ◆  $\frac{1}{2}$  teaspoon oregano
- ◆ Grated Mozzarella cheese



### Preparation

Steam the spinach until limp; chop. Mix with sautéed mushrooms, ricotta, and seasonings. Coat each noodle with 2 to 3 tablespoons of this mixture, roll up, turn on its end so you can see the spiral and place each in a shallow baking pan.

Combine the remaining ingredients except Mozzarella and pour over the rolled up noodles. Sprinkle with grated cheese. Bake in a 350° oven for 20 minutes.

### Yield

Serves 8

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2011 Summer Recipes from:

# SALLY'S KITCHEN WEEK 3

## Cheddar and Vegetable Omelet

### Ingredients

- ◆  $\frac{3}{4}$  cup chopped fresh vegetables  
(such as summer squash, green peppers, mushrooms, onions, etc.)
- ◆ 2 tablespoons butter
- ◆ 9 eggs
- ◆  $\frac{1}{2}$  cup plain yogurt
- ◆  $\frac{1}{2}$  cup milk
- ◆  $\frac{1}{2}$  teaspoon salt
- ◆  $\frac{1}{2}$  teaspoon basil
- ◆ 6 ounces Cheddar cheese, grated



### Directions

Sauté the vegetables in butter for a few minutes, then drain and place in a 9-inch pie pan. Whisk the eggs, yogurt, milk, salt, and basil in a blender. Pour over the vegetables and sprinkle with cheese. Bake at 325° oven for 35 minutes. Let sit 5 minutes and serve.

### Yield

Serves 4 to 6.

# SALLY'S KITCHEN WEEK 4

## Rhubarb Muffins

### Ingredients

- ◆ 1  $\frac{1}{4}$  cups brown sugar , firmly packed
- ◆ 1 egg
- ◆  $\frac{1}{2}$  cup oil
- ◆ 2 teaspoons vanilla extract
- ◆ 1 cup buttermilk
- ◆ 1  $\frac{1}{2}$  cups diced rhubarb
- ◆ 2  $\frac{1}{2}$  cups all-purpose flour
- ◆ 1 teaspoon baking soda
- ◆ 1 teaspoon baking powder
- ◆  $\frac{1}{2}$  teaspoon salt
- ◆ 1 tablespoon butter, melted
- ◆  $\frac{1}{3}$  cup sugar
- ◆ 2 teaspoons cinnamon



### Directions

In a bowl, combine the brown sugar, egg, oil, vanilla, and buttermilk. Add the rhubarb. In a separate bowl, stir together the flour, soda, baking powder and salt. Add the dry ingredients to the wet batter. Stir until just blended. Use muffin papers and fill each  $\frac{2}{3}$  full. Sprinkle with a mixture of butter, sugar, and cinnamon and bake in a 400° oven for 20 to 25 minutes.

### Yield

12 muffins

# SALLY'S KITCHEN WEEK 5

## Spanish Cauliflower

### Ingredients

- ◆ 1 head cauliflower
- ◆  $\frac{1}{4}$  cup butter (1/2 stick), melted
- ◆ 1 tablespoon sugar
- ◆  $\frac{1}{2}$  teaspoon salt
- ◆  $\frac{1}{2}$  teaspoon pepper
- ◆ 1 cup cracker crumbs
- ◆  $\frac{1}{2}$  cup diced green pepper
- ◆ 1 16-ounce can tomatoes, chopped
- ◆ 1 medium onion, chopped
- ◆ 1  $\frac{1}{2}$  cups shredded Cheddar cheese



### Directions

Wash the cauliflower and remove the leaves. Break into florets. Cook for 5 minutes in salted water. Drain. In a large mixing bowl, combine the butter, sugar, salt, pepper, and cracker crumbs. Stir in the green pepper, tomatoes, onion, 1  $\frac{1}{4}$  cups cheese, and hot drained cauliflower. Pour into a 2-quart casserole. Sprinkle with the remaining cheese. Bake in a 350° oven for 1 hour. Serve hot.

### Yield

Serves 8 to 10.

*Source: The American Country Inn and Bed & Breakfast Cookbook*

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2011 Summer Recipes from:

# SALLY'S KITCHEN WEEK 6

## Pear Bread

### Ingredients

- ◆  $\frac{1}{2}$  cup butter or margarine (1 stick) softened
- ◆ 1 cup sugar
- ◆ 2 eggs
- ◆ 2 cups all-purpose flour
- ◆  $\frac{1}{2}$  teaspoon salt
- ◆  $\frac{1}{2}$  teaspoon baking soda
- ◆ 1 teaspoon baking powder
- ◆  $\frac{1}{8}$  teaspoon nutmeg
- ◆  $\frac{1}{4}$  cup plain yogurt or buttermilk
- ◆ 1 cup coarsely chopped pears (not peeled, must be fresh)
- ◆ 1 teaspoon vanilla extract



### Directions

In a mixing bowl cream the butter; gradually beat in the sugar. Beat in the eggs, one at a time. Combine the dry ingredients, then add to the egg mixture, alternating with the yogurt. Stir in the pears and vanilla. Pour into a buttered 9x5x3-inch loaf pan. Bake in a 350° oven for 1 hour.

2011 Summer Recipes from:

# SALLY'S KITCHEN WEEK 7

## Marinated Vegetables

### Ingredients

- ◆ ½ cup virgin olive oil
- ◆ ½ teaspoon minced garlic
- ◆ 2 tablespoons dill, chopped
- ◆ 1 teaspoon salt
- ◆ 1/8 teaspoon white pepper
- ◆ 12 medium mushrooms
- ◆ 2 cucumbers
- ◆ 3 tomatoes
- ◆ 1 pound asparagus



### Directions

Mix together the olive oil, garlic, dill, salt, and pepper in a large bowl. Cut the stems from the mushrooms. Peel, seed, and slice the cucumbers. Peel and quarter the tomatoes. Briefly steam and cool the asparagus. Place all the vegetables in the bowl, cover, and refrigerate 24 hours. Drain the oil and arrange on chilled platters.

Serves: 6

2011 Summer Recipes from:

# SALLY'S KITCHEN WEEK 8

## Stuffed Eggplants

### Ingredients

- ◆ 6 medium eggplants
- ◆ 4 bell peppers
- ◆ 4 medium onions
- ◆ 3 cloves garlic
- ◆ 1 pound small shrimp
- ◆ 1 pound white lump crab meat
- ◆  $\frac{1}{2}$  cup parsley
- ◆ Bread crumbs
- ◆ Salt and pepper to taste
- ◆ Paprika



### Directions

Boil the eggplants until soft; then remove the pulp. Save eggplant shells. Sauté bell peppers, onion, celery and garlic until limp, then add the eggplant meat. Simmer on medium heat until most of the water is cooked out, then add the shrimp. Cook for another 20 minutes, then put all of this in another bowl. Fold in crab meat and parsley. Let cook a little, then add enough bread crumbs for the mixture to hold together, add salt and pepper to taste, and stuff the shells. Add a few bread crumbs, paprika, and butter on top. Bake in 350° oven until done.

**Serves: 12**



2011 Summer Recipes from:

# SALLY'S KITCHEN WEEK 9

## Banana Pumpkin Bread

### Ingredients

- ◆ 3 to 4 bananas
- ◆ 1 cup cooked pumpkin
- ◆ 3 eggs
- ◆ 1 ½ cups sugar
- ◆ 1 cup oil
- ◆ 5 cups all-purpose flour
- ◆ 1 tablespoon baking soda
- ◆ 2 teaspoons cinnamon
- ◆ ½ teaspoon ground cloves
- ◆ 2 cups chopped walnuts
  
- ◆ 1 8-ounce package cream cheese, softened
- ◆ ½ cup sugar
- ◆ 2 teaspoons orange or lemon extract



### Directions

Purée bananas and pumpkin, add eggs and sugar, mix well. Add oil. Stir in flour, baking soda, cinnamon, cloves, and walnuts, mixing until just blended. Pour into 3 greased loaf pans. Bake in a 350° oven for 50 to 60 minutes. In a small mixing bowl, blend together the cream cheese, sugar, and extract. Place in a pastry bag. Make little rosettes on the serving plate so your guests can choose the amount they desire to use on their bread.

Makes 3 loaves.