

Eggplant Extravaganza

Baked eggplant and fontina

Source:

Williams Sonoma

Healthy Dish of the Day

365 Recipes for Every Day of the Year

Ingredients

- 15 oz of tomato sauce, fresh/can
- 2 tbsp dry white wine
- 2 tsp dry oregano
- salt and pepper
- ½ cup olive oil
- ½ cup fresh basil
- 2 tbsp flat leaf parsley
- 3 tbsp fresh lemon juice
- 2 tsp Dijon mustard
- 1 clove garlic, finely chopped
- 2 large eggplant (about 2.5 lbs)
peeled and cut into ½ inch slices
- 2 oz fontina cheese
- ¼ cup grated parmesan reggiano
cheese

Directions

Combine tomato sauce, wine, and pepper and bring to a boil over high heat. Reduce to medium and simmer until the sauce thickens (about 10 minutes). Set aside. In a blender or food processor, combine oil, garlic, basil, lemon juice, mustard and ½ tsp salt and process until smooth. Preheat the broiler. Line 2 rimmed baking sheets with foil. Brush the eggplant slices on both sides with the oil mixture and arrange on the prepared baking sheets. Broil until golden (about 7 minutes) then rotate the baking sheet and turn the slices over. Broil again about 6 minutes longer. Repeat for second baking sheet. As each sheet comes out of the oven, stack the eggplant slices and wrap in foil. Let stand 5 minutes to soften the eggplant fully.

Set oven to 375°. Remove slices from foil. Place 7-8 slices on baking sheet, spread each with 1-2 tsp of tomato sauce and a thin layer of fontina cheese. Repeat the layers twice. Sprinkle the parmesan on top of each stack. Bake until cheese is melted and layers are heated through, 10-12 min. Divide among warm plates. Garnish the stacks with the parsley.

Everybody in the Pool

Gazpacho

Source:

My Paris Kitchen
David Lebovitz 2014

Ingredients

- 3 lbs tomatoes
- 1/2 large pepper (yellow/orange red or green), finely diced
- 1 cucumber, finely diced
- 2 garlic cloves, peeled and minced
- 2 tbsp chopped fresh cilantro or parsley
- ¼ cup olive oil
- 2 ½ tsp kosher salt
- ½ tsp smoked paprika or chili powder
- 1 ½ tbsp red wine vinegar
optional 1 tbsp vodka

Directions

Remove the cores of the tomatoes and blanch for 30 seconds to loosen skin then rinse in cold water – peel tomatoes, discard skins. Slice into wedges and divide in half. Pulse half of the tomatoes in a food processor or blender. Cube the other half and set aside. Mix cut tomatoes in a large bowl with processed tomatoes and the other ingredients except the parsley/cilantro. Chill thoroughly. Garnish with parsley/cilantro and sour cream before serving.

Nutrition

The good: Tomatoes are low in sodium, saturated fat, and cholesterol. It is also a good source of Vitamin E, Thiamin, Niacin, Vitamin B6, Folate, Magnesium, Phosphorus and Copper, and a very good source of Dietary Fiber, Vitamin A, Vitamin C, Vitamin K, Potassium, and Manganese.

The bad: A large portion of the calories in this food come from sugars.

Crazy about Cabbage

Golumpki soup

Source:

Buzzle

2000-2015, 2016

Ingredients

- 16 oz. ground beef
- 8 oz. ground pork
- 1 chopped cabbage
- 1 onion diced
- 1/2 cup rice (uncooked)
- 1 can diced tomatoes
- 4 cups beef broth
- 3 tbsp. flour
- 2 cups vegetable broth
- 1 can fire roasted tomatoes
- 3 cloves garlic
- 1 tbsp paprika
- 1 tsp thyme
- Salt and pepper to taste

Directions

In a large pan, sauté the onion, garlic, beef, and pork. Drain the fat. Add the chopped cabbage and cook for a couple of minutes. Add the flour and cook for two minutes. Add all of the remaining ingredients and bring to a boil. Simmer for 30-40 minutes. Serve hot. Alternative cooking method: Sauté the onion, garlic, and meat. Drain the fat. Place ALL remaining ingredients in a crock pot and cook on high for 4 hours.

Nutrition

Cabbage, a prominent part of the Polish cuisine (also one of the main ingredients of Golumpki soup), is very nutritious and a low-calorie food. In fact, a cup of cabbage holds around 15 calories only. Moreover, it is low in cholesterol, saturated fat, and high in dietary fiber, vitamin A, thiamin, vitamin B6, calcium, iron, and magnesium.

Holler for Collards!

Braised beans with collard greens and ribs (ham or beef)

Source:
Southern Living,
One-Dish Meals,
Spring 2016

Ingredients

- 1 lb white beans
(cannellini or Northern)
 - 1 medium onion
 - 9 cups reduced sodium
chicken broth, divided
 - 6 sprigs fresh Thyme*
 - 5 sprigs fresh parsley*
 - 3 sprigs fresh basil*
- *tie sprigs together with kitchen string*
- 1 lb ham hock or beef ribs bone-in
 - 1/4 cup parmesan reggiano cheese -
grated
 - 4 cups chopped collard greens or kale
 - 2 garlic cloves, chopped
 - 1 tbsp olive oil
 - 15 oz fire roasted tomatoes
(can or fresh), dices

Directions

Rinse and soak dry beans – or use canned. Place prepared beans in a large saucepan. Add onion and 8 cups broth. Add tied sprigs. Add ham hocks or beef ribs. Add cheese. Bring to boil over medium-high heat. Reduce to low and simmer uncovered one hour or until beans are tender. Remove meat and pull from bones. Return pulled meat to bean mixture. Add greens, garlic, and tomatoes and cook for 20 minutes. Discard herb bundle. Serve immediately. Leftovers can be stored in fridge for about 5 days. *Alternative cooking method: place all ingredients in CROCKPOT and cook on high for 4 hours.*

Nutrition

Collard Greens are low in Saturated Fat, and very low in Cholesterol; also a good source of Protein, Vitamin E (Alpha Tocopherol), Thiamin, Niacin, Magnesium, Phosphorus and Potassium, and a very good source of Dietary Fiber, Vitamin A, Vitamin C, Vitamin K, Riboflavin, Vitamin B6, Folate, Calcium, Iron and Manganese.

All Hail Kale

Skillet kale pizza

Source:
Southern Living
One-Dish Meals
Spring 2016

Ingredients

- Vegetable cooking spray
- 1 tbsp red wine vinegar
- 1 lb pizza dough
- 1/2 cup sliced red onion
- 1 sliced garlic clove
- 2 tbsp olive oil, divided
- 4 cups firmly packed kale (coarsely chopped)
- 1 tsp chopped fresh rosemary
- 1 tbsp chopped fresh rosemary
- 2 tsp plain yellow cornmeal
- 1/2 cup crumbled blue cheese
- 1/2 cup fontina cheese
- 1/4 tsp crushed red pepper
- 1 tbsp chopped fresh cilantro or parsley
- Salt and pepper to taste

Directions

Place dough in large bowl coated with cooking spray. Lightly coat dough as well. Cover and let rise 1 hour. Roll dough to 14 inch circle on floured surface and cover with plastic wrap. Preheat oven to 450°. Cook onion and garlic in 1 tbsp hot oil in **hot** cast iron skillet 2 minutes. Add kale and rosemary stirring constantly until wilted. Stir in vinegar and add salt/pepper. Transfer to bowl. Wipe skillet clean. Reduce heat to medium. Coat skillet with 2 tsp oil, sprinkle with cornmeal. Arrange dough in skillet, stretch edges to cover bottom and sides. Cook at medium 2 minutes. Remove skillet from heat. Top with kale mixture and cheeses. Brush edges with remaining 1 tsp oil. Bake at 450° for 12-15 minutes, until crust is golden. Garnish with cilantro or parsley and crushed red pepper.

Nutrition

Kale is low in Saturated Fat, and very low in Cholesterol. It is also a good source of Dietary Fiber, Protein, Thiamin, Riboflavin, Folate, Iron, Magnesium and Phosphorus, and a very good source of Vitamin A, Vitamin C, Vitamin K, Vitamin B6, Calcium, Potassium, Copper and Manganese.

Everybody in the Pool

Pasta salad

Source:

My Ann Arbor, St. Augustine
Ormond Beach Kitchen
Karen Diedo

Ingredients

- Whatever vegetables are in your garden! *This recipe uses tomatoes and Brussels sprouts*
- Garlic
- Onion
- Spinach
- Salt and pepper to taste
- Pesto
- Pasta (rotini or penne)

Directions

Chop all green veggies except Brussels sprouts into similar size and lightly steam to soften (about 2 minutes). Set aside. Remove stem and slice Brussels sprouts in half or quarters and steam twice as long (about 4 minutes). Add onion and garlic to veggies in large bowl. Cut fresh tomatoes into wedges and put aside. Cook pasta according to instructions on package. Drain pasta, rinse in cold water, and drain again. Place pasta in large bowl with vegetables spinach, and pesto. Toss and serve.

For hot version, drain pasta and place in medium skillet with 1 tbsp olive oil and toss. Add vegetables and cook 1-2 minutes to heat. Place in large bowl with tomatoes, spinach, and pesto. Toss and serve.

Nutrition

Varies depending on vegetables used.

Eggplant Extravaganza

Garden fresh roasted vegetables

Source:

Southern Living,
One Dish Meals,
Spring 2016

Ingredients

- 1 medium eggplant, cut into 1 inch pieces
- 2 large peppers (yellow/orange red or green), cut into 1 inch pieces *can substitute 1 cup of string beans*
- 1 fennel bulb, leek or onion cut into ¼ inch slices
- 3 garlic cloves, thinly sliced
- 2 tbsp chopped fresh basil
- 3 tbsp olive oil
- 1 tsp kosher salt
- ½ tsp freshly ground black pepper
- 1 tbsp white balsamic vinegar

Directions

Preheat oven to 450°. Toss together everything but the vinegar and the basil. Spread the tossed veggies in a single layer on a cookie sheet, lined with foil. Bake until vegetables are tender and slightly charring (about 45 minutes). Let cool slightly.

Toss with basil and vinegar. Serve immediately.

Nutrition

The good: Eggplant is low in saturated fat and cholesterol. It is also a good source of Vitamin K, Thiamin, Vitamin B6, Folate, Potassium and Manganese, and Dietary Fiber.

The bad: This food is very high in sodium, and a large portion of the calories in this food come from sugars.

Zany About Zucchini

Rosemary zucchini supper bread

Source:
Edible Northeast
Florida Magazine
Spring 2016

Ingredients

- 1 1/2 cups all-purpose flour
- 1 1/2 cups whole-wheat pastry flour
- 1 tsp baking soda
- 1/2 tsp baking powder
- 1/4 cup scallions (finely chopped)
- 1/2 tsp pink salt
- 1/2 tsp garlic powder
- 1 tbsp parsley (finely chopped)
- 2 tbsp rosemary (finely minced)
- 3 large eggs
- 2 tbsp milk
- 1 cup Greek yogurt
- 1 cup olive oil
- 2 1/4 cups zucchini (shredded and squeezed dry)

Directions

Preheat oven to 350°. Spray two 9x5 inch loaf pans with coconut oil cooking spray. Mix flours, baking soda, baking powder, salt, parsley, garlic powder and rosemary until well combined – set aside. In a larger bowl, add eggs, milk, yogurt and olive oil. Mix until thoroughly combined. Add zucchini and scallions and mix well. Carefully stir in flour mixture until just combined. DO NOT OVER MIX. Divide batter evenly between loaf pans. Bake for 30-40 minutes OR until a toothpick inserted in the center comes out clean.

Nutrition

The good: Zucchini is very low in Saturated Fat, Cholesterol and Sodium. It is also a good source of Thiamin, Riboflavin, Niacin, Vitamin B6 and Phosphorus, and a very good source of Dietary Fiber, Vitamin A, Vitamin C, Vitamin K, Folate, Magnesium, Potassium, Copper and Manganese.

The bad: A large portion of the calories in this food come from sugars.