

Jan's Cabbage and Apple Delight

½ a cabbage – grated 2 apples diced ½ an onion 1 tsp red pepper flakes 1 cup fresh cilantro (or parsley) ¼ cup lime juice
olive oil

In a frying pan sauté onion, cabbage and apples in olive oil until tender. Add red pepper flakes mid way through cooking the above ingredients. Just before removing from the heat add fresh cilantro and lime juice and simmer for a few minutes. Cooking time 20- 30 minutes.

Baked Eggplant with Feta Cheese

1 Large Eggplant (or 2 medium) Olive Oil ½ C Feta Cheese ¼ Finely Chopped and Packed Fresh Basil

Heat broiler or grill. Cut eggplant into ½ - inch slices. Brush slices with olive oil and grill or broil until lightly browned on one side. Arrange on oiled baking sheet. Sprinkle cheese over slices. Bake in 350° oven 10 minutes or until cheese is bubbly and eggplant is soft. Sprinkle basil over eggplant and serve hot. Makes 4-6 servings.

Thai Eggplant Dip

2 Eggplants, medium 2 T Soy Sauce 1 T Fresh Cilantro, minced
3-4 Garlic cloves 2 T Rice Vinegar ½ t Crushed Red Pepper Flakes
1 T Ginger, minced 1 T Sesame Oil Salt to Taste Pita bread

Cut off eggplant stems. Pierce eggplant several times with a fork. Place on a baking sheet and cook at 350° until very soft, about 1 hour. When cool enough to handle, remove skin. With the motor running on a food processor, add garlic and ginger to mince. Add eggplant and whirl until smooth. Add remaining ingredients except bread. Refrigerate up to 4 days or freeze. Serve with warm pita bread triangles. Makes about 2 ½ cups.

Summer Squash Soup

8-10 yellow squash, chopped Water, vegetable or chicken broth, enough to cover squash
1 medium onion, chopped Half and half
1 or 2 cloves garlic, chopped Salt and pepper to taste

Put squash, onion, and garlic in large soup pot. Add water or broth, enough to cover squash. Bring to a boil. Reduce heat and simmer for about 10 minutes or until squash and onions are tender. Remove from heat and cool. Add just enough half and half to make it creamy. Salt and pepper to taste and serve hot or cold. **Options** After soup cools, blend in blender then add half and half to make a smooth soup. Soup is great served hot or cold. This is a great soup to play with, add ingredients at will!

SWISS CHARD SAUTE

3 tablespoons unsalted butter
1 onion, finely chopped
1 carrot, finely chopped
1 potato, cut into 1/2 inch chunks
1 teaspoon coarse salt
1/2 teaspoon freshly ground black pepper
1 1/2 pounds Swiss chard, washed, cut into strips
3 tablespoons red wine vinegar

Heat the butter in a large saucepan over moderate heat. Add the onion, carrot, potato, salt and pepper and sauté until the vegetables are tender, 7 to 10 minutes. Add the Swiss chard, stirring to mix well, cover the pan and simmer over low heat until chard is tender, 7 to 10 minutes. Add the vinegar and simmer, uncovered for a few minutes longer. Serve warm.

CUCUMBER SALAD

nonfat yogurt, 2 cup
cucumber, 2 whole, seedless
garlic, 2 clove, minced
salt, to taste
black pepper, freshly ground
fresh mint, 1/3 cup, chopped
flat leaf parsley, 1/3 cup, chopped
olive oil, 2 teaspoon, extra-virgin
pita bread

Peel the cucumbers, cut each one in half lengthwise, and cut into 1/4 inch dice. Crush the garlic and salt together to a paste. Stir the yogurt into the garlic paste. Add the cucumbers, pepper, mint, and parsley. Toss to mix. Adjust salt and pepper to taste. Just before serving drizzle with the olive oil. Tear off pieces of the pita bread and use them to scoop up salad.