

Chris Scarlett

174 WHOLE FOODS FOR THE WHOLE FAMILY

great

**STUFFED MUSHROOMS**

8 oz. fresh mushrooms

lemon juice

2 T. finely chopped onion or shallots

1 to 2 T. butter

¼ t. chopped fresh parsley

1 clove garlic, minced

½ t. salt (or less)

dash of pepper

¼ C. white wine (optional)

½ C. shredded Mozzarella

cheese

½ C. bread crumbs - whole grain

Wash mushrooms. Remove and save stems. Put caps in shallow baking dish. Fill each cap ¼ full of lemon juice. Chop stems and saute with onion in butter until soft. Add parsley, garlic and seasonings, and cook 1 minute. Add wine, cheese and enough bread crumbs for a stiff mixture. Stuff each cap and bake at 350° for 10 to 15 minutes. longer

PROTEIN: 23.5 grams; CALORIES: 568

Patty Holtz  
Geneva, Illinois

(May have extra filling.)

## Vegetarian Tortellini

Sheila

Saute two cloves garlic in a bit of olive oil then add one large can and one small can Italian tomatoes and 2 Tbsp Italian seasoning mix and simmer while pasta cooks.

Saute 2 cups any combination red, yellow, green pepper sliced, 1 1/2 cup sliced mushrooms, 1/4 cup diced carrot, and one cup sliced onion in 2 Tbsp olive oil and salt and pepper until just crisp tender then stir in 2 Tbsp Italian seasoning mix or oregano basil to taste.

2 sliced zucchini just cooked and left to drain in strainer.

about 2 pounds cooked cheese tortellini drained

ladle 1/2 sauce on bottom of 8 x 11 baking dish and 1/2 pasta, distribute evenly 1/2 vegetable mixture doing zucchini separately so they don't break up then 1/2 8 oz bag mozzarella cheese. Repeat with other half of ingredients distributing vegies evenly, topping with remaining cheese and 1/2 cup grated parmesan or combination of 4 Italian cheeses and bake 15 min at 400 or until cheese brown and bubbling

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## Roasted Vegetable Moussaka L. Hoffman

2-3 eggplant, unpeeled - 2 1/2" 30 oz. crushed tomatoes  
2-3 potatoes, peel, slice \*1/2-1 t. each - pepper, garlic powder  
2 zucchini - 1 1/2" # allspice, oregano, rosemary, sugar  
2 lg. onion, 1 sliced 1 pt. cherry tomatoes, opt.  
opt. 2 garlic cloves, crushed S+P

Slice eggplant longwise 3/8" slices. Brush lightly with olive or canola oil. Roast 400° on preheated heavy tray or gridle until golden. Turn repeat.

Do the same with zucchini and onion. Be sure to not turn too soon. Opt. tomatoes - use separate

8-9" pan lined with foil at 400°. <sup>45-60 min</sup> Drizzle with oil. Jiggle pan to rotate but don't stir til golden.

Saute other onion chopped. Add tomatoes and spices. Simmer 12-15 min. Adjust seasonings. Add 2/3 c. parmesan. Keep warm.

Topping: 1 stick butter - melt  
1/2 c flour - stir into butter  
2 2/3 c milk - Add slowly whisking  
1 egg to thicken. Whisk egg  
1/2 c. parmesan in bowl. Add 1-2 T.  
over

bechamel. Stir into sauce. Add parmesan  
Keep warm, but do not boil!

Assembly: in 9x13 casserole, greased or oiled  
layer potato, eggplant, onion, zucchini  
with a thin layer of tomatoes over each  
couple layers until veggies are use up.  
Top with more tomato sauce and bechamel.

Bake 350° for 60-80 minutes until golden.  
reduce to 325° after 25 minutes

\* Combine additional seasonings and sprinkle over veggies  
for more seasoning if desired.

## Vegetarian Chili

2 c. chopped onion  
1 c. chopped celery  
1 can tomato soup  
1 can tomato paste  
1 can baby lima beans – drained  
1 can green beans – drained  
1 can wax beans – drained  
1 can chili beans – medium spicy – do not drain  
1 can kidney beans – do not drain  
1 can black beans – rinsed  
1 can corn – drained  
1 cup BBQ sauce  
1/2 cup catsup  
1/3 cup brown sugar (optional)  
1 Tbsp. Worcestershire sauce  
1 tsp. salt  
½ tsp. pepper  
1 Tbsp. dry mustard  
1 Tbsp. chili powder

Sautee onions and celery. Combine all ingredients in a crockpot and cook on low all day. Serve with shredded cheddar cheese and plain Greek yoghurt.

Peggy

## Carmel Tapioca

2 c. cold water

Dick Oakley's Mom~Martha Oakley's recipe

1/3 c. Minute Tapioca

1 1/2 c. brown sugar

1/2 tsp. salt

1 tsp. vanilla

Mix tapioca, brown sugar and salt in a bowl.

Bring water to a boil, reducing heat, slowly adding tapioca mixture, stirring and cooking until mixture has thickened. Remove from heat and stir in vanilla.

Place in a bowl and allow to cool, covering with saran wrap and place in refrigerator. When serving, mix in an 8oz. container of thawed Cool Whip.

# Vegetable Chowder

2 tbsp. chopped onion

Marty Oakley

¼ c. chopped celery

¼ c. chopped pepper (various colors)

1 tbsp. butter

1 c. diced potatoes

1 lg. can tomato juice + 1 c. water

¼ tsp. dried marjoram

¼ tsp. salt

¼ tsp. ground pepper

1 c. corn

1 c. diced carrots

½ c. green beans 1" pieces

2 tbsp. whole wheat flour

1 1/2 c. milk

Cook onion, celery and pepper in butter until almost tender. Add potatoes, juice, water and seasonings. Cover and simmer approx.. 20 min. until potatoes are tender. Add carrots, corn, beans~cover and simmer until beans are tender. Mix flour with a sm. amt. of milk and add to the rest of the milk~adding to the vegetable mixture, stirring constantly until mixture sl. thickened.

Adapted from Reader's Digest "Eat Better, Live Better"

# Thai Red Curry with Vegetables

Author: Cookie and Kate   Prep Time: 10 mins   Cook Time: 30 mins

Total Time: 40 minutes   Yield: 4 servings   Category: Entree   Cuisine: Thai

★★★★★

4.8 from 288 reviews

This Thai red curry recipe is so easy to make at home! It's much tastier than takeout and healthier, too. Feel free to change up the vegetables (you'll need about 3 cups total) and skip the kale if you want a more traditional Thai curry. This recipe is vegetarian, vegan and gluten free for all to enjoy. Recipe yields 4 servings.

## INGREDIENTS

- 1 ¼ cups brown jasmine rice or long-grain brown rice, rinsed
- 1 tablespoon coconut oil or olive oil
- 1 small white onion, chopped (about 1 cup)
- Pinch of salt, more to taste
- 1 tablespoon finely grated fresh ginger (about a 1-inch nub of ginger)
- 2 cloves garlic, pressed or minced
- 1 red bell pepper, sliced into thin 2-inch long strips
- 1 yellow, orange or green bell pepper, sliced into thin 2-inch long strips
- 3 carrots, peeled and sliced on the diagonal into ¼-inch thick rounds (about 1 cup)
- 2 tablespoons Thai red curry paste\*
- 1 can (14 ounces) regular coconut milk\*\*
- 1/2 cup water
- 1 1/2 cups packed thinly sliced kale (tough ribs removed first), preferably the Tuscan/lacinato/dinosaur variety
- 1 1/2 teaspoons coconut sugar or turbinado (raw) sugar or brown sugar
- 1 tablespoon tamari or soy sauce\*\*\*
- 2 teaspoons rice vinegar or fresh lime juice
- Garnishes/sides: handful of chopped fresh basil or cilantro, optional red pepper flakes, optional sriracha or chili garlic sauce



## INSTRUCTIONS

1. To cook the rice, bring a large pot of water to boil. Add the rinsed rice and continue boiling for 30 minutes, reducing heat as necessary to prevent overflow. Remove from heat, drain the rice and return the rice to pot. Cover and let the rice rest for 10 minutes or longer, until you're ready to serve. Just before serving, season the rice to taste with salt and fluff it with a fork.

2. To make the curry, warm a large skillet with deep sides over medium heat. Once it's hot, add the oil. Add the onion and a sprinkle of salt and cook, stirring often, until the onion has softened and is turning translucent, about 5 minutes. Add the ginger and garlic and cook until fragrant, about 30 seconds, while stirring continuously.
3. Add the bell peppers and carrots. Cook until the bell peppers are fork-tender, 3 to 5 more minutes, stirring occasionally. Then add the curry paste and cook, stirring often, for 2 minutes.
4. Add the coconut milk, water, kale and sugar, and stir to combine. Bring the mixture to a simmer over medium heat. Reduce heat as necessary to maintain a gentle simmer and cook until the peppers, carrots and kale have softened to your liking, about 5 to 10 minutes, stirring occasionally.
5. Remove the pot from the heat and season with tamari and rice vinegar. Add salt (I added 1/4 teaspoon for optimal flavor), to taste. If the curry needs a little more punch, add 1/2 teaspoon more tamari, or for more acidity, add 1/2 teaspoon more rice vinegar. Divide rice and curry into bowls and garnish with chopped cilantro and a sprinkle of red pepper flakes, if you'd like. If you love spicy curries, serve with sriracha or chili garlic sauce on the side.

## NOTES

*Recipe adapted from my [Thai green curry recipe](#).*

**\*RED THAI CURRY PASTE:** Look for it in the Asian section of the grocery store. I like Thai Kitchen brand, which is vegetarian. Not all brands are (they can contain fish sauce and/or shrimp paste).

**\*\*COCONUT MILK:** For rich and creamy curry, you need to use regular (not light/reduced fat) coconut milk that contains guar gum. My favorite is Native Forest Classic. The varieties without guar gum (which are becoming more widely available) aren't nearly as creamy, even though their fat content is the same.

**\*\*\*MAKE IT GLUTEN FREE:** Be sure to use gluten-free tamari instead of regular soy sauce.

**IF YOU WANT TO ADD TOFU:** I'd suggest [baking it first](#) and adding it with the coconut milk in step 4. If you add raw tofu, it will soak up too much of the liquid, and baking it greatly improves the texture, anyway.

**UPDATE 8/10/2016:** I tweaked this recipe a tiny bit to make it richer and more flavorful (decreased water from 3/4 cup to 1/2 cup, and increased tamari to 1 tablespoon and vinegar to 2 teaspoons). I also updated the post with better photos!

**IF YOU LOVE THIS RECIPE:** Be sure to check out my other [Thai-inspired recipes here!](#) Don't miss the [Thai pineapple fried rice](#).

## ***Did you make this recipe?***

Please let me know how it turned out for you! Leave a comment below and share a picture on [Instagram](#) with the hashtag [#cookieandkate](#).

*Recipe from Cookie and Kate: <https://cookieandkate.com/2015/thai-red-curry-recipe/>*



# ALTON BROWN'S ROASTED THANKSGIVING SALAD

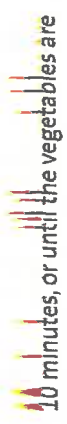
FEEDS 4 AS A MAIN, FEEDS 8 AS A SIDE

- 1 1/2 pounds sweet potatoes, peeled and cut into 1/4-inch pieces
- 4 pound parsnips, \* peeled and cut into 1/4-inch pieces *or white carrots*
- 1 small red onion, diced
- 1/4 cup plus 2 tablespoons olive oil
- 2 teaspoons kosher salt, *divided*
- 1 cup quinoa  rinsed in cool water and drained *\*\**
- 1/4 teaspoon ground cinnamon
- 3 tablespoons apple cider vinegar
- 2 tablespoons maple syrup
- 1 tablespoon Dijon mustard
- 2 tablespoons fresh thyme leaves
- 1 teaspoon finely chopped fresh sage
- 1 small apple, preferably Gala or Honeycrisp, cut into 1/4-inch pieces
- 3 ounces roasted pepitas 



This may be the most nutritiously sound recipe in this book. In fact, if I had to pick one recipe from this book to live on for say a month, it would be... Chocolate Chess Pie (page 193)! Just kidding. It would be this. After all, quinoa delivers a complete protein, and sweet potatoes and parsnips deliver just about everything else. And then there are the pepitas, which are packed full of micronutrients, and as you know, doctors hate apples. By the way... this is what Thanksgiving tastes like.

1. Heat the oven to 425°F.
2. Toss the sweet potatoes, parsnips and red onion with 2 tablespoons of the olive oil and 1 teaspoon of the salt, and spread evenly onto two half sheet pans. Roast for 15 minutes, then toss the vegetables, rotate the pans and roast for another
4. Combine the remaining 1/4 cup olive oil, the vinegar, maple syrup, mustard and the remaining 1/2 teaspoon salt in a small canning jar. Cover and shake the dressing like a martini to emulsify.
5. Toss the warm vegetables, quinoa, thyme, sage and dressing together in a



3. Bring 2 cups water and 1/2 teaspoon of the salt to a boil in a 2-quart saucepan. Whisk the rinsed quinoa into the boiling water, add the cinnamon, cover, reduce the heat to low and simmer for 15 minutes. Remove from the heat and cool, covered, for 5 minutes. Fluff with a fork.

\* Larger parsnips can have a tough woody core toward their top end, which is not ideal for roasting. Chop the skinny root end into rounds, then cut around the core and chop the remaining sides into 1/4-inch cubes.

\*\* Rinsing the quinoa before cooking removes the grain's natural coating (saponin) that would otherwise leave the stuff tasting bitter or soapy. So, don't skip that part!

