

Linda and Lori's Luscious Vegetables and Herbs



Saturday March 23, 2013

*1:00 pm Cooking with
Vegetables*

2:00 pm Cooking with Herbs

Lori Thomas EMG

Linda Courtney EMG

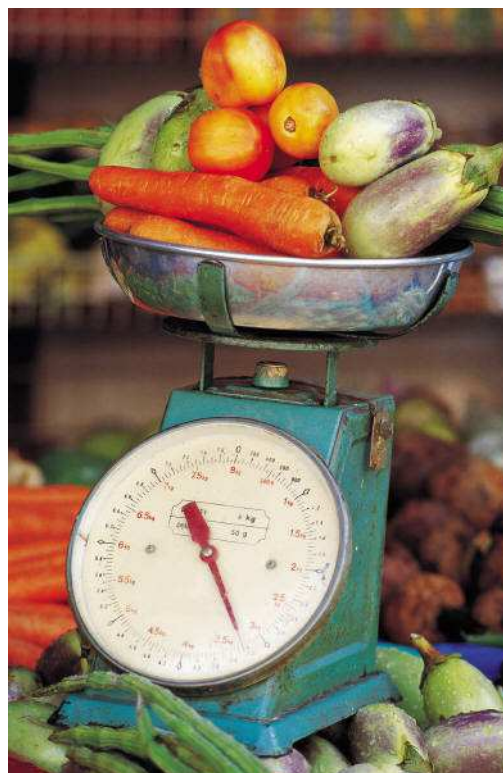


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Baby Greens with Roasted Beets, Glazed Walnuts, and Bleu Cheese

Roasted Beets:

2-3 large Beets

Parboil beets in large pan with enough water to cover. Boil until slightly softened. Drain and plunge in ice water. Peel and dice in $\frac{3}{4}$ inch dice. Place on rimmed cooking pan that has been sprayed with cooking spray. Drizzle with olive oil, salt and pepper. Roast at 400 degrees until soft enough to pierce with a fork, about 25-30 minutes. Let cool to room temperature before making salad.

Salad:

1 package baby salad greens, rinsed and drained

$\frac{1}{2}$ cup walnuts, toasted

1 can mandarin oranges, drained

$\frac{1}{4}$ cup good bleu cheese (Maytag or similar cheese) crumbled.

Divide greens onto 8 plates. Top with oranges, cooled beets, walnuts, and crumbled blue cheese. Drizzle with salad dressing. Season to taste with salt and freshly ground black pepper.

Citrus Vinaigrette:

$\frac{1}{2}$ cup freshly squeezed orange juice

1 tsp. grainy Dijon mustard

3 cloves garlic

3 TBS sherry vinegar

1 tsp. orange zest

$\frac{1}{2}$ cup olive oil

Place all ingredients in blender and blend well. If you like spicy you can add cayenne pepper to the dressing. If you have any of the flavored olive oils or vinegars, this would be a great place to switch out the vinegar and/or oils.

Cold Corn Salad

Ingredients:

2 cans white corn

1 medium onion

1 medium cucumber diced

1 large ripe tomato diced

Mix ingredients well.

Sauce:

½ cup sour cream

½ tsp. Dijon mustard

4 TBS. Mayo

½ tsp. celery salt

2 TBS. white vinegar

½ tsp. pepper

2 tsp. salt

Directions:

Pour sauce over corn mixture. Do not mix together until time to serve.

Haricot Vert Salad

2 lbs. Fresh French green beans

Place in boiling water, boil 2 minutes. Drain, rinse with cold water. Pat dry.

Dressing:

3 TBS. mayonnaise

$\frac{3}{4}$ tsp. minced garlic

3 TBS. minced red onion

$\frac{3}{4}$ tsp. salt

2 TBS. sour cream

$\frac{1}{2}$ tsp. pepper

2 TBS. horseradish

$\frac{1}{2}$ tsp. Worcestershire sauce

Mix together and pour over beans.

Garnish with 4 slices bacon, cooked and crumbled, 1 hardboiled egg, chopped, 2 TBS. chopped parsley.

Can make up to 8 hours ahead. Serve cold or at room temperature.

Grilled Sweet Potato and Scallion Salad

Ingredients:

4 large sweet potatoes, parboiled and cut into ½ slices

8 scallions, washed and trimmed (leave whole)

¾ cup olive oil

2 TBS. Dijon mustard

½ cup apple cider vinegar

¼ cup balsamic vinegar

2 tsp. honey

¼ cup coarsely chopped flat-leaf parsley

Salt and freshly ground pepper

Directions:

Preheat grill to high. Brush potatoes and scallions with oil and grill for 3-4 minutes on each side. Grill scallions until marked and soft. Remove both from grill. Place potatoes in serving bowl. Thin slice scallions and add to bowl.

In small bowl whisk together ½ cup olive oil, the mustard, vinegars, and honey. Season with salt and pepper to taste. Place potatoes and scallions in large bowl and pour over dressing. Toss gently to coat. Sprinkle with parsley. You can serve this immediately or hold it at room temperature for up to 1 ½ hours.

Cobb Salad (created at the Brown Derby Restaurant in 1930's in Los Angeles)

Ingredients:

2-3 cups diced cooked chicken (poached, roasted, or deli)

4 eggs hard-boiled peeled and diced

2-3 fresh tomatoes, diced

1-2 avocados, diced

2-8 strips bacon cooked and chopped

2-4 oz. bleu cheese crumbled (Maytag, Roquefort, or Gorgonzola)

½-1 cup sliced green onions

6-8 cups sliced romaine or mixed greens

Vinaigrette (recipe follows)

Directions:

Hard-boil eggs, peel, and dice. Meanwhile, prepare bacon, crumble the cheese, slice onions, wash and dry greens, and dice tomatoes. Not long before serving, dice avocados and, if desired, mix with a tablespoon of lemon juice or diluted vinegar to keep color. Adjust amounts as desired. Use below vinaigrette to dress traditionally or use a dressing of your choice.

On large platter or wide bowl mound greens. In wide strips, line up chicken down the middle, then tomatoes, avocado, green onions, eggs, bacon, and bleu cheese or just layer all. Pour vinaigrette over and toss. (Prepping everything, putting in small bowls in advance, and chilling works well. Omit chicken for a side salad)

Vinaigrette:

1 TBS. Lemon juice

1 TBS red wine vinegar

¼ tsp. salt

¼ tsp. dry mustard or Dijon

¼ cup olive oil

¼ cup salad/canola oil

Fresh cracked pepper to taste

Mix all ingredients well. (Optionally add minced fresh chives, tarragon, basil, garlic, and/or few drops hot pepper sauce.)

Salmon Niçoise

Ingredients:

1 lemon, juiced and zested	2 large or 3 small tomatoes, halved and sliced
1 lb. small red or Yukon gold potatoes	1 clove minced garlic
1 TBS olive oil	3 hardboiled eggs, peeled and quartered
8 oz. green beans stemmed	1 ½ lbs. salmon filets (or tuna)
2 tsp. Dijon	4-6 cups mixed lettuce, torn

Directions:

For marinade, whisk juice, oil, Dijon, and garlic in glass baking dish. Add Salmon, turn salmon over to coat. Let sit 10 minutes. Bake Salmon for 20 minutes at 400 degrees or until done. Let rest 10 minutes. Remove skin. Meanwhile, boil potatoes until tender. Quarter and let cool. Cook beans in boiling salted water to desired tenderness. Drain and put in ice water to keep cold.

Vinaigrette: Use recipe from Cobb salad or use your own

To assemble, on a large platter, arrange lettuces then make separate mounds of potatoes, eggs, tomatoes, and beans. Drizzle with vinaigrette. Serve with or under salmon. Serve slightly warm or chilled. Can add sliced black olives or quartered artichoke hearts.

Greek Salad and Chicken

Ingredients:

3-4 boneless, skinless chicken breasts or thighs

Chicken marinade:

3 TBS fresh lemon juice

1 tsp. dried oregano or 1 TBS fresh

2 TBS olive oil

Salt and pepper to taste

Salad:

1 head torn Romaine, or 6 cups mixed greens

2 tomatoes, halved and sliced

½ red onion, halved and sliced

½ cucumber, peeled, halved, and sliced

2-4 oz. feta cheese crumbled

Salad Dressing:

½ cup olive oil (can be half canola)

2 cloves garlic, minced

2 TBS. fresh lemon juice

Salt and pepper to taste

2 TBS. red wine vinegar

Pinch of sugar (optional)

1 tsp. dried oregano (or 1 TBS.) fresh

Directions:

Soak chicken in marinade in fridge for 1-2 hours. Meanwhile, mix salad dressing and chill. Assemble salad and chill. Remove chicken from marinade and discard marinade. Sauté or grill chicken 5-6 minutes per side, and let sit, covered for 10 minutes. Slice. Shake dressing and toss with salad. Serve chicken over or beside salad. (Can serve with fresh pita or toasted pita broken on top of salad, or a rice and orzo pilaf with red bell pepper strips.)

Asian Salad with Chicken and Honey Sesame Dressing

Dressing:

4 TBS. Rice wine vinegar	2 tsp. sesame oil
3 TBS. creamy peanut butter	¼ tsp. red chili flakes (or more to taste)
2 TBS. honey	4 tsp. soy sauce
2 tsp. grated fresh ginger root	¾ cup cooking oil

Salad:

5-7 cups mixed greens torn (can be half romaine)	¼ cup chopped peanuts (or sliced almonds, toasted)
1 large carrot shredded	½ cup chopped bell pepper in thin strips
1 bunch green onions, sliced diagonally	½ - 1 cup sliced red cabbage
1-4 TBS. fresh cilantro minced	½ cup drained canned mandarin oranges
2 cups chopped cooked chicken	

Directions:

Whisk together the dressing. Season to taste. If needed thin with a bit of water. Toss all salad ingredients, and then add dressing. (Can make dressing 1 day in advance).

Curried Chicken Salad with Melon

Ingredients:

2 cups cooked diced chicken	½ tsp. each salt and pepper
1 8 oz. can pineapple chunks, drained	½ cup mayo
½ cup sliced celery	½ cup sour cream
1 TBS. minced or grated onion	Mixed greens as desired
½ tsp. curry powder (or more to taste)	½ cantaloupe sliced or cubed

Directions:

Mix chicken with pineapple, adding some pineapple juice from can if desired. Toss in celery, onion and any additional items as desired such as ½ c. toasted sliced almonds or cashews, 1 apple cored and chopped, 1 cup halved seedless grapes, ½ cup chutney, cook chilled green beans.

Mix curry powder with salt, pepper, mayo and sour cream. Toss with chicken. Adding more mayo if desired. Serve on mixed greens, with cantaloupe around edge. Can add hard-boiled egg quarters or sliced tomatoes.

Zucchini Oven Fries

Ingredients:

Two zucchini, cut into sticks 3 inches long	1 tsp. salt
½-cup fine bread crumbs	1 TBS olive oil
¼ cup shredded parmesan	2 eggs whites, beaten until frothy
2-3 dashes each cumin, dried oregano, garlic powder, and paprika	

Directions:

Dip zucchini sticks in egg whites, mix all remaining dry ingredients. Toss coated zucchini in dry ingredients. Lay on greased baking sheet. Bake at 425 degrees about 15 minutes until tender.

Green Beans Gremolata

Ingredients:

1 lb. French green beans, trimmed	3 TBS freshly grated parmesan cheese
2 tsp. minced garlic (2 cloves)	2 TBS toasted pine nuts
1 TBS grated lemon zest	2 ½ TBS good olive oil
3 TBS minced fresh flat leaf parsley	Kosher salt and freshly ground black pepper

Directions:

Bring a large pot of water to boil. Add the green beans and blanch them for 2-3 minutes, until tender but still crisp. Drain the beans in a colander and immediately put them in a bowl of ice water to stop the cooking and preserve their bright green color.

For the gremolata, toss the garlic, lemon zest, parsley, Parmesan, and pine nuts in a small bowl and set aside.

When ready to serve, heat the olive oil in a large sauté pan over medium-high heat. Drain the beans and pat them dry. Add the beans to the pan and sauté, turning frequently, for 2 minutes, until coated with olive oil and heated through. Off the heat, add the gremolata and toss well. Sprinkle with ¾ teaspoon salt and ¼ teaspoon pepper and serve hot.

Palmer's Go-to Sautéed Cauliflower

Ingredients:

1 head cauliflower

3-6 TBS of olive oil

3-5 TBS Cajun Seasoning (adjust to taste)

Directions:

Wash cauliflower and break into pieces. In a large Sauté pan, heat enough oil to cover the bottom of the pan over medium heat. Add in cauliflower, liberally seasoning with Cajun seasoning to taste. Sauté until cauliflower is tender crisp. Serve warm. Sprinkle with parmesan cheese if desired.

Simple Spaghetti Squash

Ingredients:

1 whole spaghetti squash

1 clove garlic minced

2-3 TBS olive oil

Salt and freshly cracked black pepper

Directions:

Pierce the squash in several places, then place on rimmed baking sheet. Bake in 350-degree oven for 1 hour or until tender. Let cool enough to handle. Split squash, scoop out seeds, and shred pulp with fork to make spaghetti strands. In a large skillet heat olive oil over medium heat. Add garlic and stir for 30 seconds. Add squash and sauté until the oil is absorbed. Salt and pepper to taste. This is a very easy tasty side dish with almost anything.

Easy Eggplant Parmesan

Ingredients:

2 medium-large eggplants	½-cup sour cream
Kosher salt, for purging	4 TBS basil chiffonade
4 TBS olive oil	¼ cup freshly grated Parmesan
1 tsp. garlic minced	Freshly ground pepper
½ tsp. chili flakes	1 cup seasoned croutons, crushed
4 small tomatoes, seeded and chopped	

Directions:

Peel each eggplant leaving 1-inch of skin at the top and bottom unpeeled. Slice the eggplant thinly lengthwise, about ¼-inch thick. Evenly coat each slice with the salt and purge on a sheet pan fitted with a rack for 30 minutes. Rinse with cold water and roll in paper towels to dry. Slice the pieces into thin strips to resemble pasta.

In a large sauté pan, heat the oil. Add the garlic and chili flakes and toast. Add the eggplant "pasta" and toss to coat. Add the tomatoes and cook for 3 minutes. Add the cream and increase heat to thicken sauce. Finally add the basil and Parmesan and toss to combine. Season with pepper, no salt needed, as the eggplant will have residual salt from the purge. Serve immediately.

Ratatouille with Goat Cheese

Ingredients:

½-cup olive oil	5 large garlic cloves minced
2 lbs. tomatoes, cored and finely chopped	1 zucchini, 1 yellow squash, 1 large onion, and 1 bell pepper cut in ½-inch dice
1 lb. eggplant, peeled and chopped in 1 inch cubes	½ tsp. lemon zest and lemon juice
1 cup loosely packed sliced basil leaves	½ cup crumbled goat cheese

Directions:

In a large heavy Dutch oven, heat ¼ cup of the olive oil until hot. Add eggplant and cook over medium high heat stirring occasionally until almost tender about 5 minutes. Add ⅓ of garlic and season with salt and pepper. Cook 1 minute longer. Using a slotted spoon transfer eggplant to a medium bowl.

Next, into the same pan, add 2 TBS olive oil along with the zucchini and yellow squash. Cook over medium heat about 5 minutes or until lightly browned. Add ⅓ of the garlic and season with salt and pepper. Cook 1 minute longer. Transfer squash to bowl with eggplant.

Next, into the same pan, add 2 TBS olive oil along with the onion and bell pepper. Cook over medium heat until softened and lightly browned. Add the remaining garlic and cook for 1 minute. Add the tomatoes, ⅓ of the basil and the reserved veggies and cook over medium low until the tomatoes have cooked down and the other veggies are tender about 15 minutes.

Stir in the rest of the basil, along with the lemon zest and juice. Sprinkle with goat cheese and drizzle with a little olive oil then serve.

Cheesy Corn Fritters

Ingredients:

⅓ cup mayo	⅓ cup milk
¼ cup flour	2 TBS. chopped parsley
⅓ tsp. cumin (to taste)	1 egg
½ tsp. salt	½ cup cheddar or Colby jack shredded
¼ tsp. hot sauce (to taste)	½ tsp. baking powder
1 ½ cup fresh corn, cut from cob	⅓ cup canola oil
	¼ cup cornmeal

Directions:

In a small bowl mix mayo, cumin, and hot sauce. Chill. Mix milk, egg, baking powder, cornmeal, flour, and salt. Then stir in raw corn, parsley, and cheese. Pour oil into large skillet and heat. Drop batter by spoonfuls into skillet, turning over when golden. Serve with sauce.

Tomato and Zucchini with Dill

Ingredients:

1 zucchini, thinly sliced	1-2 TBS. fresh dill, chopped (no stems)
2 small tomatoes, thinly sliced	3 TBS. olive oil
2-4 garlic cloves, minced	

Directions:

Grease a round casserole dish or cake pan. Alternate laying slices of both vegetable, partly propped on their sides and half overlapping in circles around edge of pan, working inward in a spiral. Add 4 TBS water. Mix all other ingredients and pour over. Cover with foil and bake at 400 degrees for 30-40 minutes, until tender. Check after 20 minutes that there is enough liquid so it does not burn. (Options add a little chopped onion and/or bell pepper).

Honey Sweet Potatoes

Ingredients:

2-3 sweet potatoes, peeled, cut into
eighths/long wedges

2-3 TBS. olive oil

1 TBS. honey

⅓ tsp. each cinnamon and cayenne

1 TBS. lemon juice or balsamic vinegar

Directions:

Toss all together in a bowl, adding salt and pepper to taste. Spread on foil-lined cookie sheet. Roast at 375 degrees for 40-50 minutes, until tender. Sprinkle with juice or balsamic.

Rosemary Roasted Potatoes

Ingredients:

2 lbs. small Yukon gold or red potatoes,
quartered or in eighths

2 TBS. olive oil

1 tsp. salt

½ tsp. pepper

3 cloves garlic minced

1-2 TBS. fresh rosemary minced

Directions:

Toss all ingredients together and spread onto foil lined cookie sheet. Roast at 400 degrees for 1 hour or a few minutes longer. Flip over halfway through roasting.

Herbed Eggplant or Zucchini

Ingredients:

1 medium (1-1 1/4 lb.) eggplant or 3
zucchini

1/3 cup olive oil

3 cloves garlic, minced

1/3 cup Italian parsley, minced

1/3 cup fresh basil, minced

Directions:

Slice eggplant or zucchini from stem to end for long slices about 1/2 inch thick. Brush with oil. Mix all other ingredients with salt and pepper to taste. Spread a bit on each slice. Lay on platter in single layer. Cover and let stand 1-2 hours. Grill on both sides.

Minty Fresh Pea Soup

Ingredients:

2 TBS. olive oil	¼ cup chopped fresh mint leaves, loosely packed
2 leeks, washed and chopped	
1 medium onion, chopped	1 ½ - 2 tsp. salt
4 cups chicken or vegetable broth	½ tsp. freshly ground black pepper
2 10-oz. packages frozen peas or 20 oz. fresh peas	½ cup sour cream
	¼ cup freshly chopped chives

Directions:

Heat the olive oil in a large saucepan, add the leeks and onions, and cook over medium-low heat for 5 minutes, until the onion is tender.

Add the broth, increase the heat to high, and bring to a boil. Add the peas and cook for 3-5 minutes, until the peas are tender. Remove from heat and add mint, salt, and pepper.

Puree the soup in batches in a blender. When pureeing hot liquids, always leave the vent hole open with a clean towel over it for the steam to escape. Pour the pureed soup into a large bowl and repeat until all the soup is pureed. Whisk in the sour cream and chives; taste and adjust seasonings to taste. Serve hot with croutons.

Croutons:

French bread sliced and brushed with butter and garlic and sprinkled with parmesan cheese. Bake in 350-degree oven until crisp.

Baked Crispy Kale Chips

Ingredients:

Kale, de-stemmed and torn into bite sized pieces

Salt and pepper

Other spices, optional

Olive oil

Directions:

Preheat oven to 350 degrees. Line a baking sheet with parchment paper or a silicone-baking mat. Wash kale, and dry thoroughly. Place on the baking sheet. Drizzle with olive oil and toss to coat the leaves. Place in the oven and bake for 10-15 minutes. Kale is done when it is paper thin and crackly, but not turning brown. Remove from oven and sprinkle with salt, pepper, and other seasonings.

Spicy African Kale and Sweet Potatoes

Ingredients:

1 large bunch Kale, about 4 cups chopped, pressed firm	3 TBS. soy sauce
4 cups sweet potatoes, chopped	2 TBS. salt, or to taste
1 ½ TBS. olive oil	1 TBS. minced garlic
2 cups purple cabbage, sliced	1 TBS. ginger, peeled and minced
1 ½ cup onion, chopped	1 tsp. Serrano chili, seeded and diced
	Hot sauce to taste

Directions:

Rinse and drain kale well. Steam kale and potatoes. Kale should still be colorful and potatoes should still have some firmness.

While kale and potatoes are steaming, place oil in a large sauté pan and heat on medium high. Add onion, garlic, ginger, and chili pepper, cook for 5 minutes, stirring frequently.

Add cabbage and cook for 5 minutes, stirring frequently. Add small amounts of water if necessary to prevent sticking. Place in a large mixing bowl with remaining ingredients, add kale, and mix well.

Add sweet potatoes and gently mix well.

Sautéed Kale with Bacon and Cider

Ingredients:

2 bacon slices	1 TBS. apple cider vinegar
1 ¼ cups thinly sliced onions	1 ½ cup diced Granny Smith apple
1 LB bag chopped kale	½ tsp. salt
⅓ cup apple cider	¼ tsp. freshly ground black pepper

Directions:

Place Dutch oven over medium heat. Add bacon; cook 5 minutes or until crisp, stirring occasionally. Remove bacon from pan, reserving 1 teaspoon drippings in pan. Crumble bacon, and set aside.

Increase heat to medium-high. Add onion to pan, cook 5 minutes or until tender, stirring occasionally. Add kale, and cook 5 minutes or until wilted, stirring frequently. Add cider and vinegar, cover and cook 10 minutes, stirring occasionally. Add apple, salt, pepper, cook 5 minutes or until apple is tender, stirring occasionally. Sprinkle with bacon.

Honey-Roasted Radishes

Ingredients:

1 ¾ lb. radishes (about 2 bunches), tops removed and reserved

2 TBS honey

1 TBS unsalted butter melted

1 TBS white balsamic vinegar

Kosher salt and freshly ground black pepper

Directions:

Position a rack in the center of the oven, set a 12-inch ovenproof skillet (preferably cast iron) on the rack, and heat the oven to 450 degrees.

Trim the radishes and then halve or quarter them lengthwise, depending on their size. Trim and discard the stems from the tops, wash the leaves thoroughly, and pat dry or dry in a salad spinner.

In a medium bowl, combine the honey, butter, vinegar, ½ tsp. salt, and ½ tsp. pepper. Add the radishes and toss until coated. Transfer to the hot skillet, spread in a single layer, and roast, stirring occasionally, until the radishes are crisp-tender, 15-20 minutes. Remove from the oven, add the radish leaves, and toss until the leaves are just wilted; serve.

Butter-Braised Radishes

Ingredients:

1 $\frac{3}{4}$ lb. radishes (about 2 bunches) tops removed and reserved	1 TBS cider vinegar
1 $\frac{1}{2}$ TBS unsalted butter	1 tsp. granulated sugar
$\frac{3}{8}$ cup lower-salt chicken or vegetable broth	Kosher salt

Directions:

Trim the radishes and slice them crosswise into $\frac{1}{8}$ inch thick rounds. Trim and discard the stems from a small handful of the tops, wash the leaves thoroughly, pat dry, and then finely chop enough to measure 2 TBS (Save the rest of the tops for another use)

In a 10-inch skillet, melt the butter over medium heat. Add the radishes and cook, stirring occasionally, until they begin to soften, 5-7 minutes. Add the broth. Bring to a simmer, cover, and cook until the radishes are crisp-tender, 5-7 minutes. Uncover, raise the heat to high, and add the vinegar, sugar, and $\frac{1}{2}$ tsp. salt. Cook, stirring occasionally, until the liquid is reduced to a glaze, 2-3 minutes. Garnish with the chopped leaves and serve.

New World Soup

Ingredients:

¾ cup chopped onion	3 cups chicken or vegetable broth
1 TBS olive oil	2 potatoes, peeled and diced
2 cloves garlic, chopped	1 cup corn, fresh or frozen
2 cups chopped fresh tomatoes (or 1 can diced)	½ cup ham (optional)
	1 fresh green chili, minced (optional)

Herbs: 1 bay leaf, ¼ cup chopped parsley, ¼ tsp. dried basil, dash each of thyme and cumin or chili powder (or more to taste) Salt and freshly cracked black pepper

Directions:

Sauté onions in oil. Add garlic and sauté 30 seconds more. Add everything else and simmer 20-30 minutes. Cool, chill, then reheat. May add hot pepper sauce to taste.

Adam's Gazpacho

Ingredients:

¼ cup Worcestershire Sauce	1 cucumber diced
½ cup chopped basil	¼ cup red onion, diced
15 tomatoes, finely diced	¼ cup chopped cilantro
10 tomatoes, pureed	¼ cup ground horseradish
1 cup capers	¼ cup freshly squeezed lime juice
¼ cup group fresh garlic	½ cup Spanish olives, finely chopped

Directions:

Combine all ingredients and chill overnight. If the consistency is satisfactory, the soup is complete. If you prefer a smoother consistency, you can place the soup in a food processor or mixer, and blend the texture to your liking. This will keep for several days. We served this at our fundraiser Garden Party 2 years ago and everyone loved it. Serves 20.

Mediterranean Spinach Buns

Ingredients:

16 frozen dinner rolls, thawed	2-3 TBS pine nuts
8-10 cups washed, chopped fresh spinach	⅓ cup lemon juice
4 oz. feta cheese, crumbled	⅓ tsp. each salt and pepper
4 oz. cream cheese softened	2 TBS olive oil
1 cup onion, diced	⅓ tsp. dried oregano or ½ tsp. fresh

Directions:

In large saucepan sauté onions and pine nuts in oil for 3-4 minutes until golden. Add spinach, toss, and cook just until wilted. Transfer to a mixing bowl and stir in both cheeses until melted. Add juice and seasonings. Roll each dinner roll into a 5-inch circle, add heaping spoonful of mixture, and pinch shut. Place on a greased cookie sheet, spaced a little apart. Cover and let rise until nearly double, about 40 minutes. Bake at 375 degrees for 30 minutes until golden.

Tuscany Steak with Herbs

Ingredients:

1 large porterhouse or two rib-eye steaks	1 TBS fresh rosemary, minced
1 large clove garlic, minced	6 sage leaves minced

Directions:

Season steaks with salt and pepper and grill as desired. Mix all remaining ingredients and put on a rimmed plate. Place steak and marinade and turn to coat. Let rest 5-10 minutes then carve.

Chicken McHerb

Breading Ingredients:

1-cup dry bread crumbs	1 tsp. dried basil (or 1 TBS fresh)
¼ cup chopped fresh parsley	¾ tsp. dry mustard
¾ tsp. dried oregano	Salt and freshly cracked pepper to taste
½ cup freshly grated Parmesan cheese	

Directions:

Mix ingredients together and place on plate, set aside.

Ingredients:

3-4 chicken breasts or thighs, or 1 cut up chicken	2 TBS melted butter and 1 TBS olive oil
	1-2 cloves garlic, minced

Directions:

Mix together melted butter, olive oil, and garlic. Coat chicken with oil mixture, then roll in crumb mixtures. Lay in a foil lined baking dish. Bake at 400 degrees for 30 minutes or until done.

Shrimp Étouffée

Ingredients:

2 cups (1 can) chicken broth	2 cup diced fresh tomatoes or 1 can diced
1 tsp. each dried thyme and basil	2 tsp. Cajun seasoning (or more to taste)
1 bay leaf	1 ½ tsp. minced garlic
¼ cup butter	¼ tsp. each salt, pepper, and cayenne
¼ cup oil	2 tsp. Worcestershire sauce
½ cup flour	½ cup chopped green onions
1 ½ cup diced onion	¼ cup chopped fresh parsley
1 cup diced celery	1 lbs. medium shrimp, peeled and deveined
1 cup diced green and or red bell pepper	4 cup hot cooked rice

Directions:

Simmer chicken broth with thyme, basil, and bay leaf for 5 min. Cover and set aside. Melt butter and oil over medium heat in a heavy large saucepan. Add flour. Whisk for 5-8 minutes until very brown, stirring constantly. Make sure to not overcook, as the roux will burn quickly. Remove from heat. Stir in onion, celery, and bell pepper for 1 minute. Whisk in herbed broth to thicken. Bring to a boil. Slowly add tomatoes, then the remaining ingredients except for shrimp and rice. Cook at a simmer for 10 minutes, stirring frequently. Add shrimp and cook for 3-5 minutes. Discard bay leaf. Serve over rice.

This improves overnight in the refrigerator.

Chicken Provençal

Ingredients:

2 cloves minced garlic	2 large tomatoes, diced (or 1 can diced)
1 cup diced onion	1 TBS. balsamic vinegar
1 cup diced bell pepper	15 halved pitted Kalamata olives
2 TBS olive oil	4 boneless chicken breast halves
½ tsp. each rosemary, sage, thyme, salt, and pepper (or use 1 tsp. of fresh)	1 TBS. olive oil
2 TBS. sherry (or red wine vinegar)	½ tsp. brown sugar
1 cup chicken stock	Chopped parsley to garnish

Directions:

Sauté onion and bell pepper in oil. When tender, add garlic, herbs, salt, and pepper. Then add sherry, stock, tomatoes, balsamic vinegar, and olives. Simmer 20 minutes. Set aside to cool for at least 20 minutes. Meanwhile, sauté chicken in olive oil. Add cooled sauce and brown sugar. Serve over rice or pasta. Sprinkle with fresh parsley or more herbs.

This dish is full of the tastes of the south of France in summer. If desired you can dice the chicken before cooking and or sauté with additional rosemary.

Hot Summer Night Pasta

Ingredients:

3 TBS olive oil	½ cup packed, sliced fresh basil
3 large onion, chopped about 4 ½ cup	¾ cup half-and-half
2 cloves garlic minced	2 oz. ham or prosciutto, chopped
1 ½ cup chicken or vegetable stock	2 TBS minced Italian parsley
1 lb. dried linguine or fettuccine	1 bunch green onions, sliced
¼ cup packed fresh herbs (any mixture of minced fresh rosemary, sage, thyme, and marjoram)	8 oz. grated Parmigiano-Reggiano cheese, about 4 ½ cups

Directions:

Heat oil in sauté pan. Add onions. Season with some salt and pepper. Over medium heat, sauté 5 minutes. Over low heat, cook 15 min, until onions are soft and brown. Add garlic. Stir 1-2 minutes, then add stock and simmer to reduce by one quarter. Boil pasta as desired. Add half-and-half to onion mixture, bring to boil. Add ham, parsley, green onions, and herbs. Cook 1 minute. Season to taste. Toss with drained pasta, then add half of the cheese. Serve with remaining cheese on the side.

Rosemary Tomato Bread

Ingredients:

1 tube refrigerated pizza dough	½ tsp. dried rosemary or 1 ½ tsp. fresh
2TBS olive oil	2-3 tomatoes halved and sliced
1 lb. fresh mozzarella, thinly sliced	Fresh basil chopped
1 tsp. Italian seasoning	Salt and pepper to taste

Directions:

Press dough flat onto a greased cookie sheet. Press with fingertips to make indentations. Sprinkle with oil, salt, pepper, Italian seasoning, and rosemary. Top with half of cheese, then tomato. Bake at 375 degrees until golden about 30 minutes. Sprinkle with basil and remaining cheeses.

Stuffed Jalapeños

Ingredients:

20-25 jalapenos	1 8 oz. block cream cheese
1 lb. ground Italian sausage browned	2 cup grated parmesan cheese, divided

Directions:

Mix sausage, cream cheese, and 1-cup parmesan cheese together while still warm. Stuff jalapeno half with mixture. Top with remaining cup of grated cheese.

Bake at 350 degrees for 20 minutes

Santa Fe Egg Rolls

Ingredients:

1 cup finely chopped cooked chicken	1 tsp. Each cumin and chili powder
¼ cup minced green onions	½ tsp. salt
¼ cup minced bell pepper	1 cup shredded Monterey jack cheese
½ cup corn	1 TBS oil to sauté
½ cup canned black beans, drained	8-12 6 in flour tortillas
¼ cup cooked, chopped spinach	2 ½ c oil to deep fry
1-4 TBS diced jalapeno	Ranch dressing or guacamole to dip
2 TBS minced fresh parsley	

Directions:

In a large saucepan sauté onion, bell pepper, and jalapeno in 1 TBS oil. Add chicken, corn, beans, spinach, parsley, cumin, chili powder, and salt. Cook for 3-5 minutes stirring frequently. Remove from heat. Stir in cheese until melted. Spoon two spoonfuls onto tortilla, fold in the ends, and roll tightly. Secure with toothpicks. Repeat with all tortillas. Arrange in a dish. Cover and put in the freezer for 1-2 hours. In a deep pan, heat oil to 375 degrees. Deep-fry each stuffed tortilla until golden brown. Drain on paper towels. Slice each diagonally into two and arrange around little bowl with ranch or guacamole.

Option: turn into enchiladas by omitting toothpicks, freezing, and deep-frying. Place into a greased casserole, cover with enchilada sauce, and bake until hot. Top with more cheese.

Zucchini Cake or Bread

Recipe Courtesy of Dea Deutsch

Ingredients:

3 cup grated zucchini	2 tsp. baking powder
3 cup sugar	1 cup nuts
1 cup cooking oil	3 cup flour
4 eggs	½ tsp. salt
1 ½ tsp. cinnamon	

Directions:

In a bowl mix, all dry ingredients and set aside. In another bowl mix liquids, oil, zucchini, and eggs. Add dry ingredients to the zucchini mixture. Pour into oil sprayed 13x9 cake pan or 2-3 loaf pans. Bake 1 ½ hours or until toothpick comes out clean.

Frosting:

1 3 oz. pkg cream cheese	2 tsp. vanilla
1-2 TBS butter	2 cup powdered sugar

Mix all ingredients. Thin with milk if needed. This is the best zucchini bread I have ever had.

Texas Bread and Butter Jalapeños

Ingredients:

5 lbs. Jalapenos, thinly sliced	4 cups cider vinegar
6 medium sweet onions, thinly sliced	1 ½ tsp. turmeric
¼ cup kosher salt	2 TBS mustard seed
10-12 cups ice cubes	2 tsp. celery seed
4 cups sugar	¼ tsp. ground cloves

Directions:

Mix together jalapenos, onions in large glass bowl. Layer with salt and ice. Cover and let stand for 3 hours. Drain well and remove any unmelted ice. Combine sugar, vinegar, and spice in large cooking pan and add drained peppers and onions. Bring to a boil. Immediately ladle into sterilized jars and seal. Makes enough to fill a dozen 8 oz. jars or about 6 pints.

Garden Sandwiches

Ingredients:

1 clove garlic, minced, then mixed with 2 TBS soft butter

1 carrot grated, mixed with 3 sliced green onions, ½ chopped bell pepper, and ½ chopped cucumber.

Directions:

Mix all with 1 or 2 8 oz. packages cream cheese, softened. Stir in ½ tsp. dried dill weed, and salt and pepper to taste. Will keep 3-5 days in refrigerator. Spread on any bread or roll.

To avoid too much moisture, you can finely chop cucumbers, mix with ½ tsp. salt, and put in a strainer over a bowl for 30 minutes. Pour off accumulated liquid.

Pickled Onions

Ingredients:

1 medium red onion	½ tsp. sugar
¼ cup red wine or apple cider vinegar	Kosher salt or sea salt to taste
½ cup warm water	

Directions:

Thinly slice onion. Place slices in a bowl and pour vinegar and warm water over them. Stir in sugar and season with kosher salt. Let stand until slightly pickled, about 30 minutes. Drain. The onions can be made ahead. Cover and keep refrigerated.

Pickled Eggplant

Ingredients:

1 large eggplant	1 tsp. oregano
White vinegar	Salt
2-3 garlic cloves, whole	Olive oil

Directions:

Peel and slice lengthwise 1 large eggplant. Julienne cut the long eggplant slices. Place eggplant in a large bowl. Salt generously, cover, and weigh down. Uncover and squeeze eggplant as dry as possible. Repeat if necessary. DO NOT RINSE. Bring enough white vinegar to cover eggplant to boil. Pour over eggplant. Let stand for 15 minutes.

Drain and squeeze again just not as dry. Season with salt and pepper to taste, 1 tsp. oregano, and 2-3 garlic cloves. Drizzle with olive oil, stir taste, and adjust if necessary.

Place eggplant in clean sterilized jars.

Using fresh white vinegar, bring to a boil. Pour over eggplant. After cooled, pour 2-3 TBS olive oil on top. Seal and refrigerate. Keeps for a long time.

Basil Vinaigrette

Ingredients:

½ cup white balsamic vinegar

1 cup fresh basil

2 TBS lemon juice

½ cup extra virgin olive oil

1 tsp. Dijon mustard

Directions:

Cut basil into thin strips. Whisk together vinegar, juice, and mustard. Slowly add olive oil whisking until all the oil is used. Add strips of basil. Season to taste with salt and freshly cracked black pepper.

Chimichurri Sauce

Ingredients:

½ cup coarsely chopped garlic

4-5 jalapenos, seeded

1 bunch oregano

¼-½ cup extra virgin olive oil

1 bunch scallions

1 bunch Italian parsley

3 TBS red wine vinegar

Salt and pepper

Directions:

Prepare herbs by washing and discarding tough stems. Place all ingredients except olive oil in food processor. Pulse 3-4 times to coarsely chop. Slowly add olive oil through feed tube of processor. Salt and pepper to taste. Great on meats especially grilled steaks, pork, and fish. Keeps 3-4 days in refrigerator with plastic wrap directly on surface of sauce.

Pesto

Ingredients:

4 cups packed basil	¾ cup freshly grated parmesan cheese
2 cups packed flat leaf parsley	½ tsp. salt
3 cloves peeled garlic	½ cup extra virgin olive oil
½ cup pine nuts toasted	

Directions:

Wash and trim basil and parsley discarding thick stems (small stems may stay on). Place clean herbs with garlic, nuts, and cheese in food processor fitted with a steel blade and pulse 2-3 times. Slowly add olive oil and pulse 2-3 more times. Salt to taste. Pesto must be used within 24 hours. You can freeze pesto in ice cube trays, then wrap in plastic wrap, then put in freezer bags for extended storage.

Spinach- Walnut Pesto

Ingredients:

1 ¼ cup washed, trimmed baby spinach	2 cloves peeled garlic
1 cup freshly grated Romano cheese	2 TBS Lemon juice
1 cup walnut pieces, toasted	1 cup extra virgin olive oil

Directions:

Place clean spinach in food processor fitted with a steel blade. Pulse 1-2 times. Then add cheese, nuts, garlic, and lemon juice. Pulse 2-3 times. Slowly add olive oil, then pulse 2-3 times. Salt to taste. Pesto must be used within 24 hours. You can freeze pesto in ice cube trays, then wrap in plastic wrap, then out in freezer bags for extended storage.

Spicy Herb Salt

Ingredients:

1-cup rosemary leaves	½ cup coarse sea salt
1 cup thyme leaves	1 tsp. crushed red pepper
2 large, thinly sliced garlic cloves	

Directions:

Place herbs and garlic in food processor and pulse until coarsely chopped. Add salt and pulse until finely chopped. Add red pepper and pulse to blend. Spread salt in an even layer on large rimmed baking sheet and let stand, stirring occasionally, until dried, about two days. Transfer mix to a tightly sealed jar.

Hot Pepper Vinegar

Ingredients:

About 24 small fresh peppers, red, green, or combo	White wine vinegar
3-4 cloves garlic	Kosher salt

Directions:

Wash and sterilize a 375 ml wine bottle. Pour white wine vinegar in a small saucepan and 2 TBS kosher salt. Bring to a boil. Pack peppers and garlic in clean bottle. Pour hot vinegar over peppers. Wipe top of bottle with clean dry cloth. Seal and store for two weeks before using.

Creamy Dill Salad Dressing

Ingredients:

1-cup buttermilk	1 TBS chopped fresh parsley
3 TBS Mayonnaise	1 TBS lemon juice
4 TBS chopped fresh dill	1 tsp. Dijon mustard
3 TBS chopped fresh chives	

Directions:

Combine all ingredients in blender or food processor. Blend until smooth (or your desired consistency). Refrigerate at least 1 hour. Serve over salad greens, or sliced cucumbers. Will keep 4-5 days.

Sherry Vinaigrette

Ingredients:

1 medium shallot, finely minced	1 TBS fig preserves or 1 TBS honey
2 tsp. chopped capers	½-cup olive oil
2 TBS sherry wine vinegar	Salt and pepper
1 tsp. Dijon mustard	

Directions:

Whisk together the shallot, vinegar, preserves or honey, capers, and mustard in a small bowl. Whisk in the olive oil until the dressing is emulsified. Taste and adjust vinegar or add more olive oil. Season with salt and pepper. Alternate instructions throw everything in a small mason jar, put the lid on it and shake, shake, shake. Taste and adjust as before.

Way Cool Pink Salad Dressing

Ingredients:

½ cup red wine vinegar	1 tsp. seasoning salt
½ cup sugar	1 tsp. dry mustard
¼ - ½ red onion	1 cup canola oil

Directions:

Place everything but oil in food processor. Pulse 2-3 times. Slowly add oil and pulse until desired consistency. This keeps for a couple of weeks. If it separates, let it come to room temperature then shake. My daughter named this salad dressing. We had eaten in a local restaurant and loved it. Of course, they would not give me the recipe so I worked until I thought that it was close. The first time my daughter saw the finished result she said, “that is a way cool pink” and the name has stuck.

Basic Herb Butter

Ingredients:

4 TBS unsalted butter
1-2 TBS chopped fresh herbs

Directions:

Beat softened butter until creamy. Add herbs. Shape as desired. Chill.

Herbed Potato Salad

Use your favorite mayonnaise based or olive oil based potato salad recipe, adding fresh tarragon or dill, and a little freshly squeezed lemon juice. You will be amazed at what a little change will do for it.

Scalloped Potatoes with Herbs

Toss buttered breadcrumbs with minced fresh herbs and top casserole before baking. You can use rosemary, thyme, basil, oregano, sage, and /or parsley.

Helpful Herb Tips and Tricks

Handling:

Refrigerate unwashed fresh herbs in an open bag. To extend life, wash trim, and place in a container of water. Cover top with a plastic bag.

Preparation and serving:

Wash and pat dry herbs. Mince herbs with sharp knife for cooking. Add just before serving for best flavor.

Preserving:

Drying herbs – use a dehydrator or set your oven for 140 degrees. Layer herbs on paper towels in a rimmed sheet pan. Bake until crumbly to touch. Store in a clean dry jars with tight fitting lids. The best herbs for drying are rosemary, sage, oregano, marjoram, thyme, tarragon, and bay leaves.

Freezing to freeze herbs, you can wash and dry and place in freezer zipper bags. However, the best way is to chop or mince and freeze in ice cube trays with either olive oil or any of your stocks or tomato juice. That way you can pop them straight into whatever you are cooking.

More on Herbs (start with just a little bit):

- When grilling chicken, fish, or meat, first tie together 2 branches of sage, 1 of rosemary, and 3 of thyme. Pour ¼ cup olive oil into a bowl with salt and pepper. Steep the herbs in slightly warmed oil for 30 minutes. Lay meat on top a few minutes, if desired, then grill, using the herbs to brush with oil. For chicken kabobs, spear chicken cubes on a rosemary branch.
- Before roasting a whole turkey or chicken, or their breasts on the bone, put rosemary and sage under the skin. Or use a packaged “poultry herb blend” (rosemary, thyme, sage) from the grocery produce section.
- Add chopped fresh parsley or a bit of thyme to any meatloaf mixture
- Enliven chicken noodle soup or nearly any soup with some fresh parsley and rosemary.
- When preparing a pot roast (boneless beef chuck roast), add rosemary and thyme to the liquid, removing before carving. The gravy is delicious as is the meat.
- Jazz up mashed potatoes by adding a little herb cheese (homemade or Boursin).
- To beef steaks, add any or all of these: dried oregano, basil, thyme, marjoram.
- Mince some fresh tarragon, to add to chicken salad with a bit of lemon juice.
- When roasting vegetables, add dried oregano, basil, rosemary or thyme to the oil.
- Try adding a little chopped fresh rosemary to your homemade white bread dough.
- Bouquet garni, a French herb blend, is thyme, parsley, bay leaf, and any other herb tied together or wrapped in a bit of cheesecloth, added to soups, etc. to enliven the flavor.
- Herbs de Provence, from France’s southern coast, is thyme, rosemary, lavender, fennel seed, and bay leaf, crumbled or chopped, for meat, fish, and vegetable dishes. Can add basil, chervil, savory, or sage.
- Gremolata, an Italian condiment, is finely minced fresh parsley and garlic, mixed with lemon zest to brighten the flavor of simple meat, poultry, or fish dishes, sautéed, or grilled.

Common Uses for Herbs

Basil: Pesto, salad dressing, salads, sandwiches, Italian foods, poultry, and fish

Bay leaves: Soups, stews, always remove leaf before serving

Chives: Vinegars, butters, salads salad dressings, baked potato

Cilantro: Salsas, Mexican foods, African and Caribbean foods

Coriander: Salsas, Mexican foods

Dill: Salads, salad dressing, pickling

Mint: Teas, vinegars, sugars, desserts, drinks

Oregano: Italian foods, chimichurri sauces, Greek

Parsley: Pesto, salad dressings, soups, Italian – Spanish

Rosemary: Roasting meats, breads, desserts, potatoes

Sage: Sauces, roasting meats, stuffing

Tarragon: Vinegars, oils, sauces, salads, poultry, fish

Thyme: Roasted meats, sauces, drinks

Common Uses for Vegetables

Arugula: Salads, sandwiches, sauces

Asparagus: Grilled, roasted, pastas

Beans, Green: Casseroles, salads, soups, steamed, blanched

Beets: Salads, roasted, preserved

Broccoli: Raw, salad, soups, casseroles

Brussels sprouts: Roasted, sautéed, salads

Cabbage: Coleslaw, stuffed, sautéed

Carrots: Raw, soups, stews, salads

Cauliflower: Raw, salads, sautéed

Cucumbers: Raw, salads, dips, and spreads

Corn: Grill, roasted, soup, salad

Eggplant: Baked, grilled, roasted

Leeks: Braised, soups, salads

Mushrooms: Sautéed, stir-fry, casserole, grilled

Okra: Fried, grilled, gumbo, preserved

Onions: Raw, grilled, sautéed, roasted, soups, almost ANYTHING

Parsnips: Sautéed, soups, mashed

Peas: Steamed, soups, salads

Pepper, Hot: Roasted, salsas, chili's

Peppers, Mild: Roasted, grilled, stuffed

Radish: Raw, salads, braised, roasted

Spinach: Salads, sautéed, gratins, casseroles

Squash, Summer: Grilled, baked, roasted, soups, pastas

Turnips: Braised, casserole, roasted

Vegetables and Herbs Grown in the Extension Office Demo Garden

Spring – Spinach, Beets, Green Onions, Radish, Carrots, Baby Lettuces, Peas

Summer – Green Beans, Tomato, Cucumber, Corn, Bell Peppers, Eggplant

Fall – Sweet Potatoes, Pumpkin, Turnips, Regular Potatoes, Acorn Squash

Herbs – Chives, Basil, Rosemary, Sage, Thyme

Enjoy Cooking with Herbs and Vegetables!