

# Annie's Organic Buying Club

*making organics affordable for everyone!*



## Summer Borscht by Ina Garten

- 5 medium fresh beets (about 2 pounds without tops)
- Kosher salt
- 2 cups chicken stock, preferably homemade
- 16 ounces sour cream, plus extra for serving
- 1/2 cup plain yogurt
- 1/4 cup sugar
- 2 tablespoons freshly squeezed lemon juice
- 2 teaspoons Champagne vinegar
- 1 1/2 teaspoons freshly ground black pepper
- 2 cups medium-diced English cucumber, seeds removed
- 1/2 cup chopped scallions, white and green parts
- 2 tablespoons chopped fresh dill, plus extra for serving



Place the beets in a large pot of boiling salted water and cook uncovered until the beets are tender, 30 to 40 minutes. Remove the beets to a bowl with a slotted spoon and set aside to cool. Strain the cooking liquid through a fine sieve and also set aside to cool.

In a large bowl, whisk together 1 1/2 cups of the beet cooking liquid, the chicken stock, sour cream, yogurt, sugar, lemon juice, vinegar, 1 tablespoon salt, and the pepper. Peel the cooled beets with a small paring knife or rub the skins off with your hands. Cut the beets in small to medium dice. Add the beets, cucumber, scallions, and dill to the soup. Cover with plastic wrap and chill for at least 4 hours or overnight. Season, to taste, and serve cold with a dollop of sour cream and an extra sprig of fresh dill.

## Chilled Beet Cucumber Soup

- 1-2 Beets
- 1-2 Cucumbers
- 1/2 - 1 Vidalia Onion
- 2-3 tablespoons chopped Dill, a small handful
- 3/4 cup orange juice
- 2 Tablespoons red wine vinegar
- 3 cups Vegetables or Chicken
- 1 tablespoon sour cream per serving

Wash beets and remove greens to save for another dish. Rub with oil and place in a covered pot in a preheated 375F oven for about 30 minutes until tender. Once cool enough to handle, rub the skins off with a paper towel.

Roughly chop beets, cucumbers and onion.

Puree the beets, cucumbers, orange juice and 2 cups chicken stock in a blender. Chill for at least 3 hours before serving. You may need to add more chicken stock for the right consistency after it's refrigerated. Serve chilled with a dollop of fresh sour cream and a few sprigs of dill.

### **Dill and Beet-Cured Salmon with Cucumber Salad** by Cooking Light

#### Salmon:

- 2/3 cup chopped fresh dill
- 1/3 cup kosher salt
- 1/4 cup sugar
- 2 teaspoons coarsely ground black pepper
- 1 teaspoon crushed coriander seeds
- 1 (3-pound) salmon fillet, cut in half crosswise
- 1 1/2 cups shredded peeled beets (about 2 medium)

#### Salad:

- 2 medium cucumbers, peeled, halved lengthwise, seeded, and thinly sliced
- 1 tablespoon kosher salt
- 1/4 cup rice vinegar
- 2 tablespoons chopped fresh dill
- 2 teaspoons sugar
- 1/2 teaspoon crushed coriander seeds
- 1/4 teaspoon freshly ground black pepper
- Fresh dill sprigs



To prepare salmon, combine first 5 ingredients in a small bowl. Sprinkle one-third of dill mixture in bottom of a 13 x 9-inch baking dish. Arrange 1 salmon half, skin-side down, on dill mixture. Combine one-third of dill mixture and beets in a small bowl; spread over salmon. Top with remaining salmon half, skin-side up. Spread remaining dill mixture evenly over salmon. Cover loosely with plastic wrap. Place a cast-iron skillet or other heavy object on top of salmon to weigh it down; refrigerate 24 hours.

Remove skillet; set aside. Uncover salmon; carefully turn salmon stack over. Cover loosely with plastic wrap. Place skillet on top of salmon, and refrigerate 24 hours. Repeat procedure one more time.

To prepare salad, place cucumbers in a colander; sprinkle with 1 tablespoon salt. Toss well. Drain in sink 1 hour. Place cucumbers on several layers of paper towels; cover with additional paper towels. Let stand 5 minutes, pressing down occasionally. Combine cucumbers, vinegar, and remaining ingredients except dill sprigs. Cover and chill 1 hour or up to 4 hours, stirring occasionally; drain well.

Scrape off and discard beet and salt mixtures from salmon. Discard liquid. Cut salmon into (1/8-inch-thick) slices; discard skin. Serve with salad. Garnish with dill sprigs, if desired.

### Thai Cucumber Salad by [cookincanuck.blogspot.com](http://cookincanuck.blogspot.com)

- 1 English/European cucumber
- 1/2 small red onion, cut into half-moon slices
- 1 1/2 tbsp fish sauce
- 1 1/2 rice vinegar
- 1 tbsp sugar
- 1 red chili, minced or 1/2 tsp crushed red chile flakes
- 1/4 cup chopped fresh cilantro
- 3 tbsp crushed peanuts



Peel 1-inch strips, alternating with unpeeled strips, on an English/European cucumber. Cut the cucumber in half lengthwise and then in 1/4-inch slices, on the diagonal. Place the cucumber slices in a serving dish, along with half-moon slice from half of a red onion.

In a small bowl, combine fish sauce, rice vinegar, and sugar. Stir well until the sugar is dissolved. Add the red chili or dried chile flakes. Just before serving, toss the cucumber and onion mixture with the dressing. Top the salad with the chopped cilantro and crushed peanuts. Toss well and serve.

### Thai cucumber and shrimp salad by [ChezPim.com](http://ChezPim.com)

- 2 large cucumbers (about 2 cups)
- 2/3 lbs shrimp, preferably shells on (optional, but remember to add more cucumber if you're not using any protein at all)
- about 1/4 cup of roughly chopped Vietnamese Perilla (use more or less to taste)
- about 1/4 cup cilantro leaves (ditto)
- 1 cup of shallots, cut into thin slices
- 1/4 cup of coconut flakes (desiccated coconut)

#### *For the dressing*

- about 1/4 cup fish sauce
- 3 tablespoons lime juice
- about 2 tablespoon rice vinegar
- about 1 tablespoon of palm sugar (white sugar will do just fine, but start with only 1/2 tablespoon)
- 5-10 Thai bird-eye chilli, chopped (to taste)



In a small pot, add 1/2 cup of water and the shrimp. Place the pot with the lid on over high heat, bring it to a boil. As soon as the water comes to a full boil, turn the heat off and let the steam finishes the cooking for a couple more minutes. Drain the water and let the shrimp rest until they are cool enough, then peel and devein them and set aside.

Peel, seed, and cut the cucumbers into thin slices.

Place a dry wok over low heat, add the coconut flakes and stir constantly until they are evenly brown.

Set aside. Wipe the wok clean, add 1 1/2 cup of frying oil into it and place it over medium heat. When the oil is hot, add the shallot slices and fry, stirring occasionally, until brown and crisp. Be careful not to over cook them. Fish out the fried shallots from the pan onto a plate lined with paper towel and set aside. You can strain the oil and keep it for another use. The perfumed oil will be perfect for a stir-fry, for example.

To make the dressing, first you nuke the palm sugar (in a bowl in the microwave) for 20-30 seconds just to melt it and make it easier to blend with the other ingredients. Then add the fish sauce, stir to blend.

Add the lime juice, then the rice vinegar. Taste it and see if you need more acidity, if so, add more rice vinegar to taste. Add the chopped chilli.

In a salad bowl, add the shrimp and cucumber slices. Reserve a bit of the fried shallots, coconut, and the herbs for garnish. Dump the rest into the salad bowl. Pour in about 2/3 of the dressing, toss well. Taste it and see if you'd like a bit more dressing, then add more as needed. Sprinkle the reserved shallots, coconut, and herbs and serve.

#### **Asian Cucumber Salad** by MyRecipes.com

- 3/4 cup seasoned rice vinegar
- 1/4 cup water
- 1 tablespoon sugar
- 1 tablespoon minced garlic
- 1 tablespoon lite soy sauce
- 1 teaspoon sesame oil
- 1/2 teaspoon freshly ground pepper
- 2 large cucumbers, peeled and sliced
- 2 tablespoons sesame seeds, toasted

Stir together first 7 ingredients in a large bowl. Add cucumbers, tossing to coat. Cover and chill 1 hour. Add sesame seeds, and toss; serve immediately.

#### **Thai Cucumber Salad**

- 3 tablespoons mirin rice wine vinegar
- 1 teaspoon fish sauce
- 2 tablespoons honey
- pinch of red pepper flakes
- 2 scallions chopped
- 1 small handful chopped cilantro
- 1 cucumbers, sliced thinly

Pour into salad bowl: vinegar, fish sauce, honey and pinch of red pepper flakes. Whisk until combined. Add thinly sliced cucumbers, chopped cilantro, and scallions and toss in dressing.

## Chinese Cucumber Salad by ChineseFood.About.com

- 5 pickling cucumbers (about 1 1/4 pounds)
- 2 teaspoons salt
- 3 tablespoons red wine vinegar
- 1 tablespoon light Chinese soy sauce
- 1 1/2 teaspoons Asian sesame oil
- 2 1/2 tablespoons brown sugar
- 1 teaspoon minced fresh gingerroot, or to taste
- 1/2 teaspoon red pepper flakes, or to taste

Traditionally, [Chinese cucumber salad is made by heating cucumbers](#) in a spicy mixture of sesame oil, chili peppers, and Szechuan peppercorns. In this quick and easy recipe for cucumber salad, cucumbers are tossed in a red wine vinegar dressing spiked with minced ginger and chili flakes.

Note: If you find the sesame flavor a little too strong, reduce it to 1 teaspoon.

Cut the ends off the pickling cucumbers. Cut in half, then lengthwise into quarters, and into strips about the width of French fries. Place the cucumber strips in a colander and sprinkle the salt over. Let the cucumbers sit for 30 minutes.

**Note:** I find that weighing down the cucumbers during salting so they release more water keeps them crisp and helps prevent a watery dressing from collecting at the bottom of the bowl. I used 2 resealable plastic bags about 3/4 full with water; you can also use a saucer. Pat dry with paper towels to remove the excess water. While the cucumbers are desalting, make up the dressing: Whisk together the red wine vinegar, soy sauce, Asian sesame oil, brown sugar, fresh gingerroot, and red pepper flakes. Lay out the cucumber strips in a dish and pour the dressing over. Cover with plastic wrap and chill the cucumbers for 4 hours or overnight. Serve the cucumber salad cold.

## Tzatziki by Ina Garten

- 1 pound (1 pint) plain yogurt (whole milk or low fat)
- 1 hothouse cucumber, unpeeled and seeded
- 1 tablespoon plus 1/2 teaspoon kosher salt
- 1/2 cup sour cream
- 1 tablespoon Champagne vinegar or white wine vinegar
- 2 tablespoons freshly squeezed lemon juice (1 lemon)
- 1 tablespoon good olive oil
- 1 1/2 teaspoons minced garlic
- 1 1/2 teaspoons minced fresh dill
- Pinch freshly ground black pepper

Place the yogurt in a cheesecloth or paper towel-lined sieve and set it over a bowl. Grate the cucumber and toss it with 1 tablespoon of kosher salt; place it in another sieve, and set it over another bowl. Place both bowls in the refrigerator for 3 to 4 hours so the yogurt and cucumber can drain.

Transfer the thickened yogurt to a large bowl. Squeeze as much liquid from the cucumber as you can and add the cucumber to the yogurt. Mix in the sour cream, vinegar, lemon juice, olive oil, garlic, dill, 1/2 teaspoon salt, and pepper. You can serve it immediately, but I prefer to allow the tzatziki to sit in the refrigerator for a few hours for the flavors to blend. Serve chilled or at room temperature.

### **Cucumber Dill Yogurt Dip** by Aida Mollenkamp

- 2 cups plain whole milk yogurt
- 1/4 English hothouse cucumber, small dice (about 3/4 cup)
- 2 tablespoons minced fresh dill
- 1 teaspoon ground coriander
- 3/4 teaspoon red pepper flakes
- 1/2 teaspoon white wine vinegar
- 1 teaspoon kosher salt
- Freshly ground black pepper
- Serving Suggestion: Assortment of vegetables such as green beans, celery, cucumber, mushrooms, roasted beets, or boiled potatoes

In a medium bowl, mix together yogurt, cucumber, dill, coriander, red pepper flakes, vinegar, and salt until evenly combined. Season well with freshly ground black pepper, taste, and adjust seasoning, as needed. Serve with an assortment of vegetables for dipping.

### **Cheddar Dill Scones** by The Barefoot Contessa

- 4 cups plus 1 tablespoon all-purpose flour, divided
- 2 tablespoons baking powder
- 2 teaspoons salt
- 3/4 pound cold unsalted butter, diced
- 4 extra-large eggs, beaten lightly
- 1 cup cold heavy cream
- 1/2 pound extra-sharp yellow Cheddar, small-diced
- 1 cup minced fresh dill
- 1 egg beaten with 1 tablespoon water or milk, for egg wash



Preheat the oven to 400 degrees F. Combine 4 cups of flour, the baking powder, and salt in the bowl of an electric mixer fitted with a paddle attachment. Add the butter and mix on low speed until the butter is in pea-sized pieces. Mix the eggs and heavy cream and quickly add them to the flour-and-butter mixture. Combine until just blended. Toss together the Cheddar, dill, and 1 tablespoon of flour and add them to the dough. Mix until they are almost incorporated.

Dump the dough onto a well-floured surface and knead it for 1 minute, until the Cheddar and dill are well distributed. Roll the dough 3/4-inch thick. Cut into 4-inch squares and then in half diagonally to make triangles. Brush the tops with egg wash. Bake on a baking sheet lined with parchment paper for 20 to 25 minutes, until the outside is crusty and the inside is fully baked.

### **Cucumber Dill Salad**

- 1-2 cucumbers
- 1 tablespoon apple cider vinegar
- 1 tablespoon fresh chopped dill
- Sea salt & black pepper

Toss it all together and chill.

### **Tomato Dill Soup** by Recipesource.com

- 1/8 cup olive oil
- 1/2 tablespoon Butter
- 1 large Onion -- chopped
- 2 cloves garlic, minced
- 2-4 large Tomatoes, chopped
- 1/4 cup flour
- 1 tablespoon tomato paste
- 3 cups chicken broth
- ½ bunch dill, chopped
- 1 cup sour cream
- Sea salt & black pepper

Saute onion and garlic in melted butter and heated olive oil just until the onion turns translucent. Add chopped tomato and cook 5 minutes. Add flour to coat and cook another minute. Add broth and tomato paste and bring to a boil. Add dill and simmer 1 more minute. Add sour cream and seasoning and puree.

### **Salmon with Tomato, Dill, and Garlic Soup** excerpted from *Into the Vietnamese Kitchen* by Andrea Nguyen

- 1 pound salmon fillet, skin removed
- 1 tablespoon plus 1/2 teaspoon canola or other neutral oil
- 1 small yellow onion, thinly sliced
- 2/3 pound ripe tomatoes, cored and coarsely chopped
- 3/4 teaspoon salt
- 1 tablespoon fish sauce
- 6 cups water
- 3 tablespoons chopped fresh dill, feathery tops only
- 2 cloves garlic, finely minced
- Black pepper

Briefly blot the salmon dry with a paper towel before cutting it into 1-inch chunks. In a nonstick skillet, heat the 1/2 teaspoon oil over medium-high heat. Add the salmon and sear, turning once, for 1 to 2 minutes on each side, or until lightly browned. The fish will cook further in the soup. Transfer to a plate and set aside.

In a 3- or 4-quart saucepan, heat the remaining 1 tablespoon oil over medium heat. Add the onion and cook gently, stirring occasionally, for about 4 minutes, or until fragrant and soft. Add the tomatoes and salt, cover, and simmer for about 4 minutes, or until the tomatoes have collapsed. Uncover and add the salmon, fish sauce, and water. Raise the heat to high and bring to a boil, using a ladle to skim and discard any scum that rises to the surface. Lower the heat to a gentle simmer, so that the ingredients dance in the broth. Cook for 15 minutes to develop and concentrate the flavors. If you are not serving the soup right away, turn off the heat and cover.

Just before serving, return the soup to a simmer. Taste and add extra salt or fish sauce, if necessary. Add the dill and garlic and turn off the heat. Ladle into a serving bowl and sprinkle with the pepper. Serve immediately.

### **Cucumber Cilantro And Tomato Raita** Recipe by GroupRecipes.com

- 2 cups lowfat or natural yogurt
- 1 cucumber, seeded and shredded – Dutch/English cucumbers are my favorite for this
- 1 small tomato, finely chopped
- About ½ cup cilantro, finely chopped
- ½ red pepper, diced
- ¼ cup mint leaves, finely chopped (optional)
- 1 - 2 cloves garlic, crushed
- 1 tsp cumin seed, toasted, not ground
- Sea salt and freshly ground black pepper

Combine all ingredients, and chill until ready to serve. To save time, I roughly chop everything, then process all together in a food processor until fairly smooth, about 30 seconds.

### **Seared salmon with cilantro-cucumber salsa** by MayoClinic.com

- 1/2 cucumber, peeled, halved lengthwise, seeded, halved lengthwise again and thinly sliced crosswise
- 1 cup cherry tomatoes, quartered
- 1/2 yellow or orange bell pepper (capsicum), seeded and cut into 1-inch julienne
- 2 tablespoons chopped shallot or red onion
- 1 tablespoon chopped fresh cilantro (fresh coriander), plus sprigs for garnish
- 1 tablespoon fresh lime juice
- 1 1/2 teaspoons canola oil
- 1 teaspoon honey
- 1/2 teaspoon red pepper flakes
- 1 teaspoon salt
- 4 salmon fillets, each 5 ounces and about 1-inch thick
- 1/4 teaspoon freshly ground black pepper
- Lime wedges for garnish

In a bowl, combine the cucumber, tomatoes, bell pepper, shallot and chopped cilantro. Toss gently to mix. In a small bowl, whisk together the lime juice, 1 teaspoon of the canola oil, the honey, red pepper flakes and 1/2 teaspoon of the salt. Pour the lime juice mixture over the cucumber mixture and toss gently to mix and coat evenly. Set aside.

Sprinkle the salmon fillets on both sides with the remaining 1/2 teaspoon salt and the black pepper. In a large, nonstick frying pan, heat the remaining 1/2 teaspoon canola oil over medium-high heat. Add the fish to the pan and cook, turning once, until opaque throughout when tested with the tip of a knife, about 4 to 5 minutes on each side. Transfer the salmon fillets to warmed individual plates and top each with 1/4 of the salsa. Garnish the plates with the cilantro sprigs and lime wedges. Serve immediately.

Eggplant, also known as **Aubergine**, Garden Egg, or Brinjal, come in a variety of shapes and sizes: round, long, white, green, yellowish, purple, or purple-black and have an off-white spongy flesh. While many people peel them before use because the skins can be a little tough, the skin holds antioxidants so are worth including in the preparation.

They compliment other foods nicely as a side dish, and are hearty enough to steal the show in a main dish. They can be sautéed, baked, roasted, fried, stuffed, used as a dip or stuffed, stir fried, steamed and grilled. Eggplant mix well with other vegetables, like tomatoes or mushrooms and can mixed well with ground beef, lamb, or tofu. The secret is cooking it properly so that it melts in your mouth!

Low in calories because it's almost 95% water, it is only 25 calories a serving. It is a good source of fiber, folic acid, manganese, thiamin, Vitamin B6, magnesium and potassium; it also has Vitamin C, Niacin, Iron, some protein, and pantothenic acid.

Eggplant is actually a fruit, a berry, and part of the nightshade family. Eggplant acts like a sponge and therefore will soak up the liquid or oil. To lessen that absorption, salt generously and let them sit for at least 30 minutes, then rinse and drain on a cooling rack above your sink before use. One medium sized eggplant equals about 1 pound which equals about 3 or 4 cups of diced eggplant.

#### **Broiled Eggplant with Cilantro Vinaigrette** by Epicurious.com

- 25 small (4 ounces) eggplants
- 1 3/4 cups olive oil
- 2 teaspoons cumin seeds, toasted
- 1 cup fresh cilantro
- 1 cup fresh flat-leaf parsley
- 4 garlic cloves
- 1 teaspoon salt
- 1/2 teaspoon cayenne
- 3/4 cup fresh lemon juice

Preheat broiler.

Halve eggplants lengthwise. Brush cut sides with 1/4 cup oil and season with salt. Arrange as many eggplants, cut sides up, as will fit in 1 layer on rack of a broiler pan and broil 2 to 3 inches from heat until browned, about 5 minutes. Turn oven setting to 450°F. and move pan to middle of oven. Roast until tender when pierced with a fork, about 12 minutes. Repeat with remaining eggplants.

Blend remaining 1 1/2 cups oil and remaining ingredients in a blender until emulsified.

Serve eggplants at room temperature, drizzled with vinaigrette.

### Hot and Sour Chinese Eggplant by AllRecipes.com



- 2 long Chinese eggplants, cubed
- 1 1/2 tablespoons soy sauce
- 1 tablespoon red wine vinegar
- 1 tablespoon white sugar
- 1 green chile pepper, chopped
- 1 teaspoon cornstarch
- 1/2 teaspoon chili oil, or to taste
- 2 teaspoons salt
- 2 tablespoons vegetable oil

Place the eggplant cubes into a large bowl, and sprinkle with salt. Fill with enough water to cover, and let stand for 30 minutes. Rinse well, and drain on paper towels.

In a small bowl, stir together the soy sauce, red wine vinegar, sugar, chile pepper, cornstarch and chili oil. Set the sauce aside.

Heat the vegetable oil in a large skillet or wok over medium-high heat. Fry the eggplant until it is tender and begins to brown, 5 to 10 minutes. Pour in the sauce, and cook and stir until the sauce is thick and the eggplant is evenly coated. Serve immediately.

### Stir-Fried Asian Eggplant by Katie Chin

- 4 Asian eggplants
- 2 teaspoons salt
- 1 tablespoon oyster sauce
- 1 teaspoon sugar
- 1 teaspoon sesame oil
- 2 tablespoons vegetable oil
- 2 teaspoons minced garlic
- 2 hot red chile peppers, seeded and thinly sliced

Cut each eggplant in half lengthwise, then cut diagonally into 1/2-inch slices. Cover the eggplants with water, add the salt, and stir to dissolve the salt. Soak the eggplants for 5 minutes, then drain well.

In a small bowl, mix the oyster sauce with the sugar and sesame oil and set aside.

Heat a wok or nonstick skillet over high heat. Add the vegetable oil, garlic, chile peppers, and eggplants and stir-fry for 2 minutes. Add 2 tablespoons water and continue stir-frying for 2 more minutes. Add the oyster sauce mixture and stir well to mix. Remove to a platter and serve hot or cold.

### Lebanese Eggplant Salad - (Salatit El Batinjan) by RecipeZaar

- 1 medium eggplant
- 1 cup diced fresh tomato
- 1 cup diced bell pepper
- 1/2 cup chopped scallion (or any kind of onions)
- 1 garlic clove, minced
- 1/2 cup chopped fresh parsley
- 1 lemon, juice of
- 5 tablespoons olive oil (or eyeball)
- salt, pepper to taste



Put the whole eggplant as is, (only cut and remove the stem from the top), on a baking sheet and bake it. You'll notice when it's done that the juice came out on the baking sheet and the skin is almost toasted and it becomes soft when you punch it with a knife.

Let it cool for a bit then cut it in half and remove the skin; just cut it roughly into small/medium diced pieces and put it in the salad bowl, (it's ok if it has some juice still). Then add the rest of the ingredients and mix the salad and serve. This is good with pita bread on the side.

### Babaganoush by Eating Well Magazine

- 2 medium eggplants, (about 1 pound each)
- 4 cloves garlic, unpeeled
- 1/4 cup lemon juice
- 2 tablespoons tahini
- 1 1/4 teaspoons salt
- Extra-virgin olive oil, for garnish
- Ground sumac, for garnish (see Note)

Preheat grill to high.

Prick eggplants all over with a fork. Thread garlic cloves onto a skewer. Grill the eggplants, turning occasionally, until charred and tender, 10 to 12 minutes. Grill the garlic, turning once, until charred and tender, 6 to 8 minutes.



Transfer the eggplants and garlic to a cutting board. When cool enough to handle, peel both. Transfer to a food processor. Add lemon juice, tahini and salt; process until almost smooth. Drizzle with oil and sprinkle with sumac, if desired.

Tips: the tart berries of a particular variety of sumac bush add a distinctive element to many Middle Eastern dishes. Find them whole or ground in Middle Eastern markets or online at [kalustyans.com](http://kalustyans.com) or [lebaneseproducts.com](http://lebaneseproducts.com).

## **Baba Ghannouj** by Alton Brown

- 1 eggplant
- 2 cloves garlic
- 2 ounces fresh lemon juice
- 2 tablespoons tahini
- 1/2 bunch parsley, leaves only
- Salt and pepper

Pierce some holes in the skin of the eggplant (to avoid explosion) and grill over medium-high heat turning every 7 minutes, until the skin is blackened and the body is nice and soft. Total time for grilling is about 30 minutes. If you do not have a grill you can roast your eggplant in a 375 degree F oven for about 30 minutes. Remove eggplant from the grill and let cool.

Once the eggplant is cool enough to handle, peel away the skin and discard. Place the eggplant flesh in a colander and drain for 10 minutes. In a food processor, combine garlic, lemon juice, tahini and parsley and pulse to combine. Add the eggplant flesh. Season with salt and pepper and pulse to combine. Adjust the flavor with more Tahini or lemon juice if you prefer. If it's bitter, some sugar or honey will help. Research shows that the white variety of plant is sweeter in flavor.

## **Roasted Eggplant Rounds**

- 1 eggplant
- olive oil
- sea salt

Cut eggplant into thin rounds. Coat with a little olive oil on both sides and sprinkle with sea salt. Place on cookie tray in a single layer in a preheated 375F oven for 15-30 minutes depending upon how thin you sliced until they begin to brown. You can even roast until they get crispy like chips.

Variation: add spices or some fresh chopped parsley

## **Eggplant and Ground Lamb or Beef**

Eggplant are a great way to stretch ground beef as it disappears into the dish. I like sautéing onions, adding garlic, adding small diced eggplant and cooking until done, then sauté the beef and mix it all together with a can of diced tomatoes, a little cinnamon, salt and pepper. Use this as a stuffing in a summer squash or serve over pasta or rice.

## **Easy Eggplant Appetizer Dip**

Make an easy dip by roasting whole in a 400 degree oven for 30-45 minutes or until soft and deflated; then puree the pulp (just squeeze it out of the skin) with **Garlic**, Olive Oil or Tahini, Salt, Pepper, **Lemon**, and **Parsley**. Maybe add some cumin or other spices.

## Grilled Eggplant, Roasted Red Pepper & Tomato Sandwich in Romaine Wrap

- 1 Eggplant
- ½ Red Pepper
- Sea Salt
- 1 ½ teaspoons olive oil
- 1-2 garlic cloves
- 1 small handful chopped Italian Parsley
- 1 ripe slicing Tomato
- Provolone Cheese (optional)
- Romaine Leaves

Cut Eggplant in thinner rounds or lengthwise. Sprinkle with sea salt and put on a rack over the drain of your sink to allow the liquid to be pulled out for at least 15 minutes. Rinse well and dry. Mix oil and garlic. Brush Eggplant and Red Pepper with olive oil/garlic combination and grill on medium high for 5 - 10 minutes until done and flip to the other side. This can also be done in the oven broiler or outside grill or stove top grill. Roll Eggplant and Pepper together. Add cheese on top, if you choose. Add a slice of tomato. Top with fresh chopped parsley and sea salt and roll in lettuce leaves.

## Eggplant Gratin by Barefoot Contessa – *given 5 stars by several members of ABC*

- Good olive oil, for frying
- 3/4 pound eggplant, unpeeled, sliced 1/2-inch thick
- 1/4 cup ricotta cheese
- 1 extra-large egg
- 1/4 cup half-and-half
- 1/2 cup plus 2 tablespoons freshly grated Parmesan
- Kosher salt
- Freshly ground black pepper
- 1/2 cup good bottled marinara sauce

Preheat the oven to 400 degrees F. Heat about 1/8-inch of olive oil in a very large frying pan over medium heat. When the oil is almost smoking, add several slices of eggplant and cook, turning once, until they are evenly browned on both sides and cooked through, about 5 minutes. Be careful, it splatters! Transfer the cooked eggplant slices to paper towels to drain. Add more oil, heat, and add more eggplant until all the slices are cooked.

Meanwhile, in a small bowl, mix together the ricotta, egg, half-and-half, 1/4 cup of the Parmesan, 1/8 teaspoon salt, and 1/8 teaspoon pepper. In each of 2 individual gratin dishes, place a layer of eggplant slices, then sprinkle with Parmesan, salt and pepper and spoon 1/2 of the marinara sauce. Next, add a second layer of eggplant, more salt and pepper, half the ricotta mixture, and finally 1 tablespoon of grated Parmesan on top.

Place the gratins on a baking sheet and bake for 25 to 30 minutes or until the custard sets and the top is browned. Serve warm.

## **Eggplant Roll-Ups by Rachael Ray**

- 1 large, firm eggplant
- Salt and pepper
- Grill seasoning blend (recommended: McCormick Montreal Seasoning)
- 1 cup semi-soft garlic and herb cheese (recommended: Alouette or Boursin)
- 1 cup ricotta cheese
- 1/2 cup freshly grated Parmigiano, a couple of handfuls
- A few grinds black pepper
- 6 to 8 soft sun-dried tomatoes, chopped (tender sun-dried tomatoes are available in small pouches in produce department)
- 2 cups arugula leaves, chopped
- 1 cup basil leaves, chopped

Heat a grill pan over high heat. Thinly slice the eggplant, a minimum of 18 slices. Season with salt, pepper and grill seasoning blend. Grill the thin slices to tenderize the eggplant, 2 to 3 minutes on each side or until cooked through. Combine the cheeses, black pepper and sun-dried tomatoes. Top each slice of cooked eggplant with a dab of cheese and some arugula and basil then roll up. The eggplant roll ups should have a few greens sticking out of both ends.

## **White Bean and Roasted Eggplant Hummus by Giada De Laurentis**

- 1 (1 1/2-pound) eggplant or 3 Japanese eggplants, trimmed and cut into 2-inch pieces
- Olive oil, for drizzling, plus 1/3 cup
- Kosher salt, for seasoning, plus 1/2 teaspoon
- Freshly ground black pepper, for seasoning, plus 1/4 teaspoon
- 1 (15-ounce) can cannellini beans, drained and rinsed
- 1/3 cup loosely packed fresh flat-leaf parsley
- 3 tablespoons fresh lemon juice (from about 1 lemon)
- 1 clove garlic
- 1 hothouse cucumber, cut into 1/4-inch thick slices

Preheat the oven to 450 degrees F and place an oven rack in the middle.

Place the eggplant on a parchment paper-lined baking sheet. Drizzle with olive oil and season with salt and pepper. Roast for 20 to 25 minutes until golden brown. Set aside to cool.

In the bowl of a food processor, combine the cooled eggplant, beans, parsley, lemon juice, garlic, 1/2 teaspoon salt, and 1/4 teaspoon pepper. Pulse until the mixture is coarsely chopped. With the machine running, gradually add 1/3 cup of olive oil until the mixture is creamy. Season with salt and pepper, to taste.

Place the hummus in a dipping bowl and serve with the cucumber slices. Alternatively, spoon the hummus over the cucumber slices and arrange on a serving platter.

### **Spiced Eggplant Indian Style** by AllRecipes

- 2 1/2 pounds eggplant
- 2/3 cup clarified butter
- 1 cup chopped onions
- 4 large ripe tomatoes, chopped
- 4 teaspoons crushed coriander seed

Preheat oven to 325 degrees F (165 degrees C). Half eggplant(s) and bake for 20 minutes, or until tender. Using a potato masher or pastry blender, crush eggplant. Heat clarified butter in a medium skillet over medium heat; saute onions until translucent. Stir in tomatoes and eggplant; cook, stirring, until liquid evaporated. Remove from heat and sprinkle with coriander

### **Mom's Stuffed Eggplant** by Michael Chiarello

- 1 large eggplant
- 3 tablespoons extra-virgin olive oil, divided
- 1/2 pound ground beef
- Salt and freshly ground black pepper
- 1 onion, small diced
- 1 red pepper, small diced
- 3 cloves garlic, minced
- 1/2 cup freshly chopped parsley leaves
- 1/2 cup freshly chopped basil leaves, chopped
- 1 1/4 cup grated Pecorino Romano, divided
- 1/4 cup bread crumbs
- 1 egg
- 2 chopped tomatoes

Preheat oven to 350 degrees F.

Cut the eggplant in half and scoop out the center, leaving enough meat inside the skin so that it holds its shape when baked. Boil the scooped-out center part until very soft, about 10 to 12 minutes.

Meanwhile, in a medium saute pan heat 1 tablespoon olive oil over medium heat. Season the beef with salt and pepper. Add the seasoned ground beef to the pan and saute until all of its liquid is evaporated and the beef begins to brown slightly. Drain the beef, removing the extra, unnecessary fat. Let cool briefly and chop the cooked beef so that there are no large chunks of meat. In another medium saute pan over medium heat add the remaining 2 tablespoons olive oil and saute the onions, peppers and garlic together. In a bowl mix together the cooked eggplant, vegetables, cooked beef, herbs, 1 cup of the cheese, bread crumbs, and the egg.

Fill the scooped-out eggplant halves with this mixture, dividing it evenly among the 2 halves.

Top with chopped tomatoes and the remaining 1/4 cup of grated cheese, season with salt and pepper, place on an oiled oven tray or baking dish, and bake for 50 minutes in preheated oven. Let cool briefly, slice widthwise and serve.

## **Eggplant in Garlic Sauce cooked in water based on recipe** by Chinesefooddy

1-2 eggplants, chopped in cubes  
1 garlic clove, chopped  
1 teaspoon freshly minced ginger  
1 tablespoon Hoisin sauce  
1-2 scallions, chopped on a diagonal  
1 tablespoon organic non-GMO tamari or soy sauce

Boil 1 cm (1/2 inch) of water in a wide frying pan, then add the aubergine and cook, stirring occasionally and adding more water as needed, until aubergines are softened to your satisfaction, and very little water remains (about 7 minutes for me). Remove the aubergine to a bowl, then heat another 1cm water in the pan. Add garlic, ginger and hoisin sauce, then simmer briskly for 10 minutes, stirring and adding more water as needed. Add the soy sauce and spring onions to the pan, then add the cooked eggplant with a little more water if needed. Cook over a low heat for 5 minutes, stirring to coat the aubergine with the sauce. Serve hot or at room temperature.

## **Szechwan Eggplant Stir-Fry** by Tyler Florence

- 5 Asian eggplants, about 2 pounds
- 3 tablespoons peanut oil
- 1 tablespoon dark sesame oil
- Kosher salt and freshly ground black pepper
- 2 green onions, white and green parts, sliced on a diagonal
- 1-inch piece fresh ginger, peeled and minced
- 3 garlic cloves, minced
- 1 fresh red chile, sliced
- 1/2 cup chicken broth
- 3 tablespoons soy sauce
- 1 tablespoon rice vinegar
- 1 tablespoon light brown sugar
- 1 tablespoon non-GMO cornstarch
- 1 tablespoon toasted sesame seeds, for garnish
- Thai holy basil and fresh cilantro leaves, for garnish

Cut the eggplants in 1/2 lengthwise and then slice crosswise into wedges, no more than 1-inch wide. Heat a wok or large skillet over medium-high flame and add the oils; tilt the pan to coat all sides. When you see a slight smoke, add a layer of eggplant, stir-fry until seared and sticky, about 3 minutes. Season with salt and pepper. Remove the eggplant to a side platter and cook the remaining eggplant in same manner, adding more oil, if needed.

After all the eggplant is out of the pan, add the green onions, ginger, garlic, and chile; stir-fry for a minute until fragrant. Add the broth. In a small bowl, mix the soy sauce, vinegar, sugar, and cornstarch until the sugar and cornstarch are dissolved. Pour the soy sauce mixture into the wok and cook another minute, until the sauce has thickened. Put the eggplant back in the pan, tossing quickly, until the sauce is absorbed. Garnish with sesame seeds, Thai basil, and cilantro and serve.

### **Eggplant Pasta** by Alton Brown

- 2 medium-large eggplants
- Kosher salt, for purging
- 4 tablespoons olive oil
- 1 teaspoon garlic, minced
- 1/2 teaspoon chile flakes
- 4 small tomatoes, seeded and chopped
- 1/2 cup cream
- 4 tablespoons basil chiffonade
- 1/4 cup freshly grated Parmesan
- Freshly ground pepper

Peel each eggplant leaving 1-inch of skin at the top and bottom unpeeled. Slice the eggplant thinly lengthwise, about 1/4-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 saute 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.

### **Rigatoni with Eggplant Puree** by Giada De Laurentis

- 1 medium eggplant, cut into 1-inch cubes
- 1 pint cherry tomatoes
- 3 cloves garlic, whole
- 3 tablespoons olive oil
- 1 teaspoon salt
- 1 teaspoon freshly ground black pepper
- 1 teaspoon red pepper flakes
- 1/4 cup toasted pine nuts
- 1 pound rigatoni pasta
- 1/4 cup torn fresh mint leaves
- 3 tablespoons extra-virgin olive oil
- 1/2 cup grated Parmesan

Preheat the oven to 400 degrees F. Line a baking sheet with parchment paper.

In a large bowl combine the eggplant, cherry tomatoes, garlic, olive oil, salt, pepper, and red pepper flakes. Spread the vegetables out in an even layer on the baking sheet. Roast in the oven until the vegetables are tender and the eggplant is golden, about 35 minutes.

While the vegetables are roasting, place the pine nuts in a small baking dish. Place in the oven on the rack below the vegetables. Roast until golden, about 8 minutes. Remove from the oven and reserve.

Meanwhile, bring a large pot of salted water to a boil over high heat. Add the pasta and cook until tender but still firm to the bite, stirring occasionally, about 8 to 10 minutes. Drain pasta into a large bowl and reserve 1 1/2 cups of the cooking liquid. Transfer the roasted vegetables to a food processor. Add the torn mint leaves and extra-virgin olive oil. Puree the vegetables.

Transfer the pureed vegetables to the bowl with the pasta and add the Parmesan. Stir to combine, adding the pasta cooking liquid 1/2 cup at a time until the pasta is saucy. Sprinkle the pine nuts over the top and serve.

#### **Indian Eggplant Stir Fry** by About.com

- 2 tbsp olive oil
- 1 eggplant, diced
- 2 cups broccoli, chopped
- 1 tsp salt
- 2 cloves garlic, minced
- 1/4 tsp asafetida (optional)
- 1/4 tsp cayenne pepper
- 1/4 tsp paprika
- 3 tbsp water

Sautee the eggplant and broccoli in the olive oil over high heat for 3-5 minutes, until eggplant is lightly browned. Add salt, asafetida, cayenne and paprika and stir to mix well. Reduce heat to medium low. Add water and cover. Allow to cook another 5-7 minutes, until broccoli is tender. Serve over rice.

#### **Baked Broccoli & Eggplant** by SparkPeople.com

- 1 cup eggplant cubed
- 3 bunches broccoli chopped
- 1 Tbsp Olive oil
- 2 Tbsp basil
- 1/2 tsp cayenne pepper
- pinch of salt

Boil water. Add broccoli and boil 2-3 minutes. Transfer to ice water to stop cooking process. Place broccoli and eggplant in a baking dish. Add salt, pepper, basil, olive oil and coat well. Bake 375 degrees F for 35-40 minutes

#### **Broccoli Stir Fry** by AllRecipes.com

- 3 cups fresh broccoli florets
- 1/4 cup butter or margarine
- 1 1/2 teaspoons lemon-pepper seasoning

In a skillet over medium-high heat, stir-fry broccoli in butter and lemon pepper until crisp-tender, about 2-3 minutes.

### Sauteed Broccoli and Almonds by Sunny Anderson

- 1 large head broccoli, stalks trimmed
- 4 tablespoons butter
- 2 cloves garlic, thinly sliced in rounds
- 1 teaspoon salt
- 1/4 cup slivered almonds



Cut stalk of broccoli from florets. Peel the stalk and cut the stalk into 1/4-inch rounds. Cut head of broccoli into florets. In a large saute pan, toast almonds until golden, about 4 minutes. Remove from pan. Add butter and when melted, add garlic and sliced stalks. Saute, until garlic turns golden and stalks start to brown, 2 to 3 minutes. Add the florets and continue cooking another 2 minutes. Add 1/4 cup water and cover pan. Cook broccoli until crisp tender, about 3 minutes more. Season with salt. Stir in toasted almonds and serve.

### Almond Broccoli Stir-Fry by AllRecipes.com

- 10 cups broccoli florets
- 2 tablespoons canola oil
- 2 cloves garlic cloves, minced
- 1/4 cup reduced-sodium soy sauce
- 2 tablespoons sugar
- 1/2 teaspoon ground ginger
- 2 teaspoons lemon juice
- 1/2 cup chopped almonds, toasted

In a nonstick skillet or wok, stir-fry broccoli in oil for 2 minutes or until crisp-tender. Add garlic; stir-fry for 1 minute. Stir in the soy sauce, sugar and ginger; cook for 1-2 minutes or until sugar is dissolved. Sprinkle with lemon juice and almonds.

### Broccoli Soup by The Neelys

- 4 tablespoons butter, room temperature
- 1 1/2 pounds fresh broccoli
- 1 large onion, chopped
- 1 carrot, chopped
- Salt and freshly ground black pepper
- 3 tablespoons all-purpose flour
- 4 cups low-sodium chicken broth
- 1/2 cup cream

Melt 4 tablespoons butter in heavy medium pot over medium-high heat. Add broccoli, onion, carrot, salt and pepper and saute until onion is translucent, about 6 minutes. Add the flour and cook for 1 minute, until the flour reaches a blonde color. Add stock and bring to boil. Simmer uncovered until broccoli is tender, about 15 minutes. Pour in cream. With an immersion blender, puree the soup. Add salt and pepper, to taste, and then replace the lid back on the pot.

### Sauteed Broccolini by Ina Garten

- 1 bunch broccolini
- Kosher salt
- 2 tablespoons unsalted butter
- 1/2 lemon, zested
- 1 teaspoon minced garlic
- 1 tablespoon lemon juice
- 1/4 teaspoon freshly ground black pepper

Blanch the broccolini in a large pot of boiling salted water for 2 minutes. Drain immediately and immerse in a bowl of ice water. Melt the butter in a large saute pan. Add the lemon zest and garlic and stir. Drain the broccolini and add it to the garlic mixture and heat for 2 minutes. Add the lemon juice, 1/2 teaspoon salt and the pepper, and toss well before serving.

### Lime- and Honey-Glazed Salmon with Basmati and Broccolini by Epicurious.com

- 1/4 cup fresh lime juice
- 2 tablespoons finely grated lime peel
- 2 tablespoons honey
- 2 tablespoons chopped fresh cilantro plus additional for sprinkling
- 4 teaspoons soy sauce
- 1 tablespoon olive oil
- 3/4 cup sliced shallots (about 3 large)
- 1 1/2 cups basmati rice (9 to 10 ounces)
- 3 1/4 cups (or more) low-salt chicken broth
- 4 5-to 6-ounce skinless salmon fillets
- 1 bunch broccolini, bottom inch trimmed, stalks separated if necessary



Preheat oven to 450°F. Whisk lime juice, lime peel, honey, 2 tablespoons cilantro, and soy sauce in small bowl; set aside. Heat oil in large deep ovenproof skillet or casserole (with lid) over medium-high heat.

Add shallots and sauté until beginning to soften and brown, about 5 minutes. Stir in rice, then 3 1/4 cups broth; bring to boil. Cover skillet tightly with lid; place in oven and bake 10 minutes (rice will be almost cooked through and most of broth will be absorbed; mix in more broth by 1/4 cupfuls if dry).

## Broccoli and Spinach with Garlic, White Beans, Tomatoes and Parmesan by RachelsBite.blogspot.com

- 3 Tbsp. olive oil, divided
- 2 gloves garlic, minced
- 8 cups baby spinach
- 1 1/2 lb. broccolini
- 1 tsp. red pepper flakes
- 1 pint grape tomatoes
- 1 14-oz. can cannellini beans, rinsed and drained
- 1/4 cup grated Parmesan cheese



Heat 2 Tbsp. oil in a wok over medium-high heat. Saute garlic until it sizzles, then add the broccolini and red pepper flakes. Saute about 7 minutes or until broccolini is tender but crisp. Transfer broccolini from wok to plate.

Add spinach to wok. Saute, tossing constantly, until spinach is wilted. Transfer spinach to serving plate. Place broccolini on top of spinach. Add remaining 1 Tbsp. oil to wok. Add tomatoes and cook 5 to 7 minutes, or until skins brown and tomatoes begin to split, stirring occasionally. Stir in white beans and cook 2 to 3 minutes, or until heated through. Spoon tomato-bean mixture on top of broccolini. Sprinkle Parmesan on top.

### Simple Sautéed Spinach (or other Leafy Green)

- 1 bunch spinach (or kale or chard)
- 2 tablespoons olive oil
- 2-3 cloves garlic, chopped
- Sea salt
- Lemon (optional)

Clean spinach or other leafy by placing in a sink full of water, agitate, let sit, agitate again. The dirt will fall and the leaves will float. Spin dry. When using spinach it's important to remember that the sweetness is in the stems, so only trim off the end. Chop.

Add chopped garlic to olive oil gently warmed in pan until it just begins to brown. Add the leafy green (note: if using chard, add the thicker stems first and sauté several minutes before adding the leaves.) and turn until it is all wilted by the heat. Cover and cook for one minute. Spinach takes very little time to cook whereas other greens can take a little longer. Season with salt and (a little lemon zest and a squeeze of lemon – optional) and enjoy.

### CREAMY SPINACH with BEETS by Kitchen-Parade-VeggieVenture.blogspot.com

- 1/4 cup half 'n' half
- A handful of fresh spinach, stems removed (an important step!)
- 1/2 a cooked beet, diced

Warm half 'n' half in a small skillet, add spinach all at once and toss a bit to coat. Let cook til soft but still bright green in color. Stir in beets and let warm through. Devour immediately!

### Warm Beet & Spinach Salad by Eating Well

- 8 cups baby spinach
- 1 tablespoon extra-virgin olive oil
- 1 cup thinly sliced red onion
- 2 plum tomatoes, chopped
- 2 tablespoons sliced Kalamata olives
- 2 tablespoons chopped fresh parsley
- 1 clove garlic, minced
- 2 cups steamed beet wedges, or slices, 1/2-1 inch thick (see Tip)
- 2 tablespoons balsamic vinegar
- 1/4 teaspoon salt
- 1/4 teaspoon freshly ground pepper



Place spinach in a large bowl. Heat oil in a large nonstick skillet over medium heat. Add onion and cook, stirring, until starting to soften, about 2 minutes. Add tomatoes, olives, parsley and garlic and cook, stirring, until the tomatoes begin to break down, about 3 minutes. Add beets, vinegar, salt and pepper and cook, stirring, until the beets are heated through, about 1 minute more. Add the beet mixture to the spinach and toss to combine. Serve warm.

### ROASTED BEETS by *Kitchen Garden Magazine*, Sept. 1997

Scrub beets under cold water, rub them with vegetable oil and sprinkle them with a little kosher salt. Roast them on a baking sheet at 350 F. Small to medium beets take 30-60 minutes. You may want to cut large beets in half to shorten the baking time. When the beets can be pierced easily with a fork, they're done. Once the beets are cool, the skins slip off easily.

I have no trouble finding ways to use leftover, cooked beets. In my beet vinaigrette, pureed cooked beets take the place of some of the oil, so this dressing has more nutrients and less fat than traditional vinaigrettes. The vibrant color really dresses up garden salads, pasta salads, and fish. One of my favorite salads is a mixture of greens topped with cubes of roasted beets, slices of tart green apple, and pats of goat cheese, all drizzled with sweet-tangy beet vinaigrette.

### Can't Beet Red Velvet Cupcakes by Coconut & Lime



- 3/4 cup beet puree
- 3/4 cup sugar
- 3/4 cup flour
- 1/2 cup dutch process cocoa
- 1/2 cup canola oil
- 1/4 cup milk
- 1 teaspoon plain yogurt
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon balsamic vinegar
- 1/4 teaspoon salt
- 2 eggs, at room temperature
- roux frosting

Preheat oven to 350. Grease or line 12 wells in a cupcake pan. Whisk together the dry ingredients. Set aside. Mix together the oil, yogurt, beet puree, vinegar, milk and eggs. Slowly add the dry ingredients. Mix thoroughly. Fill 2/3 of the way full. Bake for 15 minutes or until a toothpick in the center of the center cupcake comes out clean. Cool on a wire rack before icing.

### Low Fat Red Velvet Cake (Chocolate Beet Cake) by Low-Fat-Cooking.Suite101.com

- 1 cup all-purpose flour
- 3/4 cup white whole wheat flour
- 1-1/4 cups white sugar
- 3/4 cup unsweetened dutch-process cocoa
- 2 tsp. baking powder
- 1/2 tsp. baking soda
- 1-1/3 cups non-fat buttermilk
- 1/2 cup butter, softened
- 3/4 cup egg substitute
- 2 tsp. vanilla
- 2 cups beets, peeled and shredded

Preheat oven to 350. Spray a 9 x 13 pan with nonstick cooking spray. In a large mixing bowl, stir together flours, sugar, cocoa, baking powder and baking soda. Whisk in buttermilk. Beat in butter, egg substitute and vanilla. Add beets. Pour in prepared cake pan. Bake 45 minutes. Cool, then frost with low fat cream cheese frosting.

### Low Fat Cream Cheese Frosting

- 8 oz. Neufchatel cheese
- 12 oz. fat-free frozen whipped topping (Cool Whip), thawed
- 1 cup powdered sugar

Using an electric mixer, beat Neufchatel cheese until smooth. Stir in thawed whipped topping and powdered sugar.

## RED DEVIL CAKE by Mariquita.com

- 1 1/4 cups beet puree (whirl cooked beets in blender: fresh cooked or canned.)
- 3 eggs
- 1 1/2 cups sugar
- 1/2 cup vegetable oil
- 1 tsp. vanilla
- 1/2 tsp. salt
- 1 1/2 cups unbleached white flour
- 3/4 cup cocoa powder
- 1 1/2 tsp. baking soda

Preheat oven to 350 degrees. Generously oil the baking pan (9 inch square or round pan). In a large bowl, beat the eggs well. Thoroughly whisk in the sugar, oil, vanilla, salt and beet puree until very smooth. In a separate bowl, sift together the flour, cocoa, and baking soda. Add the dry ingredients to the wet ingredients a little at a time, whisking until smooth.

Pour the batter into the prepared pan and bake for 45 to 50 minutes, until a knife inserted in the center comes out clean. Cool in the pan. Serve topped with confectioners sugar, whipped cream, or frosting. (from a Mollie Katzen book)

Check out these [Beet Recipes](#) including:

- Chocolate Beet Brownies
- Red Devil Cake with NATURAL beet coloring!
- Honeyed Beet Quinoa Salad
- Simple Roasted Beet Salad with Onions
- Creamy Beet Soup
- Spiced Beet Casserole
- Roasted Beets with Curry Dressing
- Several Beet Salads with Feta or Arugula or Blue Cheese
- Many more: <http://www.mariquita.com/recipes/beets.html>