

Recipes for The Farm at Miller's Crossing, Week 18 – 2010

Carol Hargis, The Market Fresh Chef 

Mixed Veggie Pitas Serves 4

- 1 EGGPLANT (1 lb), slice 1/2" thick
- 1 lg. portobello MUSHROOM
- 2 sm red, yellow or green PEPPERS (or any combo), quarter
- 2 (1/4") red ONION slices
- 1/2 cup lo-fat Italian or honey-Dijon DRESSING
- 4oz. shredded CHEESE of your choice
- 4 (8") whole wheat PITAS

Brush eggplant, mushroom, pepper, onion w/ 1/3c dressing. Grill (or broil) on med coals 4-5 per side crisp-tender. Cut bite-size. Toss w/ more dressing. Cut pitas in 1/2; open pockets, fill w/ veggies. Top w/ cheese. You can really use any veggies that grill/broil well. Just be sure they are all cooked to the same level of doneness.



Tangy Spinach, Cauliflower & Avocado Salad Serves 4

- 1/4 cup French DRESSING (recipe below)
- 1/2 tsp. SALT
- 1/4 tsp. PEPPER
- 1 CLOVE GARLIC, crushed
- 4 SPINACH leaves
- 2 cups CAULIFLOWER florets
- 1 AVOCADO, sliced
- LEMON juice

Mix dressing, salt, pepper, garlic. Wash spinach; drain, dry. Mix spinach, cauliflower in bowl. Add dressing; toss. Dip avocado slices in juice; add to salad. Toss gently.



Homemade lofat French Dressing Makes 1&1/4c

- 3/4 cup WATER
- 2 tsp. CORNSTARCH
- 1/4 cup LEMON JUICE
- 1/4 cup CATSUP or ketchup ;-)
- 2 Tbsp. OIL
- 1tsp. WORCESTERSHIRE sauce

- 3/4 tsp. SALT
- 1/4 tsp. PAPRIKA
- 1/4 tsp. PEPPER
- 1/4 tsp. dry MUSTARD
- 1/2 tsp. SUGAR

Mix water & starch in pan, bring to a boil, simmer 5min til thickens & becomes clear. Let cool. Add the rest, beat til smooth. Cover & chill. Shake well before using. Only 18 calories per T!

Crisp Winter Squash Gratin Serves 4

- 2&1/2lbs. WINTER SQUASH (Butternut, Acorn, Hubbard or a combo)
- 1-1/2 Tbsp. FLOUR
- 1/2 tsp. SUGAR
- 1 CLOVE GARLIC, minced
- 1/2 tsp. dri SAGE, SUMMER SAVORY, or MARJORAM, (or a combo) crumbled
- 1 tsp. SALT
- 1/2 tsp. PEPPER
- 2 Tbsp. full-flavored OLIVE OIL

Set oven to 325'. Halve, then scrape seeds & fibers from squash. Cut squash in chunks, peel, dice 3/4" to equal about 6 cups. Blend flour, sugar, garlic, sage, s&p. Spread squash in well-oiled shallow 2qt. baking dish. Sprinkle w/ flour mix & toss. Drizzle w/ 1 Tbsp. oil & toss. Drizzle remaining oil on top. Cover closely w/ foil; cut a few slits in it. Bake til squash is just tender 40 min. Remove foil & toss carefully & gently. Raise heat to 425'. Bake til crusty & brown 30 min.

