

## Chive Pesto

Contributed by: Lorna Doucette

Great way to use up chives...freeze in old ice cube trays or in zip lock bag. Use on pasta, veggies/potatoes, or meat.

Yields: 4 servings

### Ingredients:

- 2 ½ cup chives
- ½ cups parsley
- 3 cloves garlic
- ¼ cup pine nuts or walnuts
- ½ teaspoon salt
- ½ cup olive oil
- ½ cup parmesan grated

### Instructions:

1. Combine all ingredients except parmesan in the food processor.
2. Process until finely chopped but not purees.
3. Stir in cheese.
4. Freezes beautifully!

## Chocolate Zucchini Cake

Contributed by: Sandy

### Ingredients:

- 2 cups all-purpose white flour
- 2 cups white sugar
- $\frac{3}{4}$  cup unsweetened cocoa powder
- 2 teaspoons baking soda
- 1 teaspoon baking powder
- $\frac{1}{2}$  teaspoon salt
- 1 teaspoon ground cinnamon
- 4 eggs
- 1  $\frac{1}{2}$  cups vegetable oil
- 3 cups grated zucchini
- $\frac{3}{4}$  chopped walnuts

### Instructions:

1. Preheat oven to 350 degrees F (175 degrees C)
2. Grease and flour a 9x13 inch baking pan
3. In a medium bowl, stir together the flour, sugar, cocoa, baking soda, baking powder, salt and cinnamon. Add the eggs and oil, mix well.
4. Fold in the nuts and zucchini until they are evenly distributed. Pour into the prepared pan.
5. Bake for 50-60mins in the preheated oven, until a knife inserted into the center comes out clean.
6. Cool cake completely before frosting with your favourite frosting.

## Feta Green Beans and Tomatoes

Contributed by: Joan Plomske

### Ingredients:

- 1lb green beans
- 1 small onion
- 2 garlic cloves
- 2tbsp olive oil
- Salt and pepper to taste
- 2 medium tomatoes, chopped
- ½ cup crumbled feta cheese
- 1 tbsp chopped fresh basil
- 1 tbsp chopped fresh oregano

### Instructions:

1. Combine beans, onion, garlic, olive oil, salt and pepper in a small bowl.
2. Place spread in a 13x9 casserole dish.
3. Top with tomatoes, feta, basil and oregano
4. Bake uncovered at 400 for 30 minutes or until tender.

## Green Tomato Relish

Contributed by: Unknown

### Ingredients:

- 2 qts green tomatoes, chopped (4-5 lbs)
- 2 medium onions, chopped
- 2 qts cold water
- ½ cup salt
- 1 ½ cup white vinegar
- ½ cup boiling water
- 1 ½ cup of sugar
- 1 ½ teaspoon celery seeds
- 1 tablespoon mustard seed
- ½ teaspoon of ground turmeric
- ½ teaspoon cinnamon
- ¼ teaspoon powdered mustard

### Instructions:

1. Combine tomatoes and onions with cold water and salt, let set for 3 hours.
2. Drain and rinse with cold water.
3. Combine the remaining ingredients and boil for 3 minutes.
4. Add tomatoes and onions and bring to boil.
5. Simmer uncovered for ten minutes.
6. Pack in sterilized jars and seal.
7. Makes 2-2 ½ pints.

## Roasted Green Beans and Fresh Tomato

Contributed by: Lorna Van Straaten

### Ingredients:

- 3 sprays of olive oil
- 4 cups of green snap beans
- 2 cups of grape tomatoes, quartered
- ¼ cup of basil cut into ribbons
- 2 tsp of minced garlic
- ½ tsp table salt
- ½ tsp black pepper

### Instructions:

1. Preheat oven to 450 degrees, coat a large roasting pan with spray.
2. Place green beans in a layer in a prepared pan and coat with cooking spray.
3. Roast until desired doneness, stirring once or twice for 10-15 minutes.
4. In a medium bowl, combine tomatoes, basil, garlic, salt and pepper and set aside.
5. When green beans are finished, remove and spoon into tomato mixture into.
6. Serve hot, room temperature or chilled, and top with any remaining basil.

## Beet Soup with Rye

Contributed by: Marie-Soliel Boisvert

### Ingredients:

- 4-5 medium beets
- 1 small onion, minced
- 1 small garlic clove, minced
- 1 tsp olive oil
- 5c. chicken broth or water heated
- 1 thick sliced of stale rye bread (mine wasn't stale)
- Live culture yogurt
- 1 tsp chopped tarragon or dill
- Salt, pepper

### Instructions:

1. Poke each beet and wrap individually in foil, roast in oven at 400F for 1 hour or easy to pierce
2. Let cool, peel and cut into chunks
3. Sauté onion and garlic in oil with salt until soft
4. Add beets and stock, simmer uncovered for 5 minutes or longer
5. Remove from heat, add black pepper, add rye bread
6. Puree soup in batches
7. Grate raw beet into each bowl, top with yogurt and herb

## Tabbouleh

Contributed by: Stacey Murl

### Ingredients:

- ½ cup fine burghul (bulgar)
- 3 medium sized fresh ripe tomatoes chopped
- 1 cup finely chopped Italian flat-leaf parsley
- 1 cup chopped onions
- 1/3 cup olive oil
- 2 tablespoons finely chopped fresh mint or 1 tbsp dried mint

### Instructions:

1. Place the bulgar in a bowl or pan and cover with cold water, let it soak for about 10 minutes, then drain in a sieve, wrap bulgar in tea towel and squeeze all the water out until it is dry.
2. Put bulgar in a deep bowl with onions lemon and salt. (This step will take some of the 'sting' out of the cup of chopped onions but is not absolutely necessary.) Add all the ingredients except the olive oil and toss gently. Refrigerate. Just before serving add the olive oil and taste for seasoning (I never add anything more).
3. This serves 4-6 and keeps really well for a day or two but the tomatoes do go a little soft.

## Cherry Tomato Sauce for Pasta

Contributed by: Tessa Evans

In a large, deep fry pan...

- 3-4 tablespoons olive oil
- 4 cloves of garlic, diced minced
- 1-2 teaspoons chili flakes (optional, but highly recommended for flavor that says, "hi, how are ya?!")

Instructions:

1. Warm these first ingredients together on low to medium heat for at least 5 minutes – let the garlic and chili flakes flavor the olive oil.
2. Depending on how much sauce you want, use 1-2 pints of your cherry tomatoes – quarter them and add to the pan – continue with medium heat
3. Turn the tomatoes every minute or two so that they are heated through and covered well by the oil. Soon the juices from the tomatoes and the oil become one. Leave your sauce on low heat and let it slowly continue to meld the delicious flavors together.
4. Something to consider...add your fresh spinach or arugula at the end before serving for a little more flavor and colour.



# Tuscan White Bean Soup with Rosemary and Kale

Contributed by: Jeanette Nadon | From: Rebar: Modern food cookbook

Serves 8

## Ingredients:

- 2 cups (480ml) cannellini beans, soaked overnight
- 10 cups (2.4L) water
- 4 bay leaves
- 1 tbsp (15ml) salt (I use kosher salt)
- 1 tbsp (15ml) minced rosemary
- 2 tbsp (30ml) olive oil
- 1 yellow onion, diced
- 8 garlic cloves, minced
- ¼ tsp (1.2ml) red chili flakes
- 4 or 5 ripe Roma tomatoes, seeded and diced
- ½ tsp (2.5 ml) cracked pepper
- 2 tbsp (30ml) balsamic vinegar
- 1 small – medium bunch kale

## Instructions:

1. Drain and rinse the soaked beans and place them in a pot with bay leaves, 2tsp (10ml) rosemary and cold water.
2. Bring to a boil, reduce heat and simmer until the beans are tender (1-1.5 hours).
3. In the last 15 minutes of cooking, add tsp (10ml) of salt to the beans. Do not add salt earlier than this or else the beans won't cook!
4. When the beans are tender, heat olive oil in a soup pot and add the onion, remaining 1 tsp (5ml) salt and chili flakes.
5. Sauté until the onions are lightly golden, then add the garlic and the remaining rosemary.
6. Cook several minutes, and then add the cooked beans and their cooking liquid.
7. Bring to a simmer, add the tomatoes and simmer gently for 20 minutes.