

EATING FROM THE GARDEN

Cucumber Dressing

- 1 cup water
- 1 cup raw cashews or raw sunflower seeds
- 1 large cucumber, peeled
- ½ cup fresh-squeezed lemon juice
- 2 Tbsp. Agave Nectar (or 3 Tbsp. honey)
- 1 tsp. onion powder
- 1 tsp. salt

Blend. Refrigerate. Keeps for a week.

Breaded Eggplant

- 1 medium eggplant, cut into 1/3-inch thick slices
- 1 cup Breading Mix (see recipe below)
- ½ cup batter (see recipe below)

Preheat oven to 350 degrees. Lightly coat baking sheet with Pam or use Parchment Paper instead. Mix batter ingredients together in small bowl and set aside. Combine Breading Mix ingredients and store in glass jar. Use as needed in a shallow dish.

Dip eggplant slices into the batter, coating both sides, then into the breading mix, coating both sides. Place breaded eggplant onto the prepared baking sheet. Bake for 20 minutes on each side, or until browned and crispy.

Breading Mix

- 1¼ cups + 2 Tbsp. whole wheat pastry flour
- 1 cup cornmeal
- 1 cup nutritional yeast flakes
- 2 Tbsp. parsley flakes
- 1 Tbsp. salt
- 1 Tbsp. onion powder
- 2¼ tsp. dried basil
- 1¾ tsp. paprika
- 2 tsp. garlic powder
- ¼ tsp. cumin
- Pinch of cayenne (optional)

Mix all ingredients in an airtight container. Makes 3½ cups.

Batter

- ¼ cup Veganaise mayonnaise
 - ¼ cup water
- Whisk or stir together.

Use breaded Eggplant fresh from oven as an entrée. Use leftover to make sandwiches. Use cut into bite-sized pieces on pizza. Use in Eggplant Parmesan recipes.

Fresh Green Beans

Remove any ends, strings, and spots from the beans. Wash thoroughly. Place in pan with about 1 inch of water. Sprinkle appropriate amount of salt over top, considering the amount of beans you have. Place lid on pan and bring to a boil. Turn down to simmer for about 15 minutes or until tender. Simply delicious.

Fresh Summer Squash

Wash and remove ends. Steam in ½-inch of water (can slice, dice or use whole). Sprinkle a little salt and dried basil over top. Place lid on and bring to boil, turning down to simmer for about 4 to 5 minutes. Simple and delicious. Can also use other seasonings as desired. I like a dash or two of nutritional yeast flakes.

Zucchini and Summer Squash Medley

1 large or 2 medium zucchini squash
1 large or 2 medium yellow crookneck squash
1 tsp. minced dried onions
1½ tsp. chicken-style seasoning

Wash and dice or slice squash together in a casserole or pan with just a light covering of water in bottom of dish. Sprinkle dried onions and chicken-style seasoning over top. Cover and cook over medium low heat for about 8 minutes. Check to make sure does not get cooked to mush. Great side dish and wonderful flavor.

Freshly-dug New Potatoes

Wash with soft cloth in cold water, leaving skins on, paring away any spots. Place in 1-inch of water in pan with a sprinkle of salt and bring to a boil. Reduce to simmer for about 10 minutes or until done. Absolutely and simply delicious.

Fresh Potato Oven-Fries

6 large potatoes, scrubbed, with skins still on

Cut potatoes in half, lengthwise. Then cut each half into 4 long wedges. Place all wedges into a mixing bowl and drizzle only 1 Tablespoon olive oil over top. Hold mixing bowl by sides and "flip" the potatoes until all are coated lightly with the oil. Now sprinkle your favorite seasonings over top and flip the mixing bowl again until the seasonings are evenly distributed. Place on parchment paper-covered cookie sheet and bake for 30 to 40 minutes at 400 degrees, turning once after 20 minutes.

My favorite seasonings are: Salt, rosemary, onion powder, garlic powder, paprika, nutritional yeast powder, cumin, pinch of cayenne.

Black Bean 'N Vegetable Chili

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| 1 large onion, coarsely chopped | 1 Tbsp. fresh lemon or lime juice |
| 1 can (28 oz.) diced tomatoes | 1 red bell pepper, cut into ½ -inch pieces |
| 2/3 C. mild salsa (or just more diced toms.) | 1 yellow bell pepper, cut into ½ -inch pieces |
| 1½ tsp. cumin | 1 medium yellow squash and 1 medium zucchini, diced (about 2 cups total) |
| ½ tsp. salt | 2 cups frozen corn (or canned corn, drained) |
| ½ tsp. basil | optional topping: chopped, fresh cilantro |
| 3 15-oz. cans black beans, do not drain | |

In large sauce pan or Dutch oven, cook onion in tomato juice from canned tomatoes until tender, about 3 minutes. Add tomatoes, salsa and seasonings. Cover; simmer 5 minutes. Stir in beans, peppers and squash; cover and simmer until vegetables are tender, about 10 minutes. Add corn and lemon juice and heat 5 minutes. Ladle into bowls; top as desired or serve over cooked brown rice. Makes 10 (¾ cup) servings. Great as a left-over or a make-ahead dish. The veggies will be a little crisp and crunchy. Beautiful color and delicious. Can use in Taco Salad rather than using traditional chili.

Almond-Rice Gravy (Gluten-Free)

- 1 cup hot water (potato water is very nice here)
 - ½ cup hot cooked rice
 - 1/3 cup lightly toasted almonds (on cookie sheet 220° F for 20-30 mins.)
 - ½ tsp. salt
 - ½ tsp. onion powder
 - ½ tsp. Bill's Best Chicken-style seasoning
- Blend all ingredients in blender until smooth. No need to cook. Just serve. Excellent spread for toast also. A great leftover!