

### **Red and Green Apple Salad**

5 apples, several varieties, cored and chopped

3 ribs of celery, chopped

Juice and zest of 1 1/2 Meyer (or regular) lemons Honey to taste Any combination of raisins, dried cranberries, and/or dried cherries, amount your preference Walnuts, toasted and cooled Combine chopped apples with lemon juice and zest to prevent browning. Add dried fruit and celery. Drizzle in honey to taste. Stir well. Add walnuts just before serving. Pecans can be substituted for walnuts. Leftovers can be served over a bed of salad greens. Sliced grilled chicken or turkey and goat cheese would go well with this day two option.

## Red Pepper Lentil Bake (from popsugar.com)

1 teaspoon olive oil  
1 large onion, peeled and finely chopped  
a few pinches of minced garlic  
1/2 cup green lentils  
2 1/2 cups vegetable broth  
4 red bell peppers, deseeded and chopped  
1 large cooking apple such as Granny Smith or McIntosh, peeled, cored, and chopped  
14 ounces canned chopped tomatoes  
Salt and pepper to taste

### DIRECTIONS

1. Preheat the oven to 350 degrees.
2. Heat the olive oil gently in a large saucepan, add onion, and fry for five minutes until the onions are translucent.
3. Add lentils and stir, then add vegetable stock. Bring to a boil, then reduce heat and simmer for 25 minutes.
4. Add the minced garlic, peppers, apple, and canned tomatoes and mix well.
5. Transfer the mixture to an oven-proof 9-by-13 baking dish. Cook in oven for 30 minutes.
6. Serve immediately, or freeze remaining portions in individual servings.

**Vegan Toledo**  
Lunch Cookbook Club  
Way Public Library  
Wednesday, January 4, 2017

### **Carrot and Tofu Scramble**

Modified to vegan and oil-free from a recipe by *Die, Food Dye!*  
<http://www.diefooddye.com/recipes/meatless-entrees/carrot-and-tofu-scramble/>

- 1 pound carrots, chopped in food processor
- 1 pound extra-firm tofu, drained and crumbled
- 1/3 cup Bragg's liquid aminos
- 1/3 cup sesame seeds

In a skillet, heat a little water over medium heat and cook the carrots in it, stirring, for 15 minutes. Add the crumbled tofu and cook, stirring, until carrots are soft. Add the sesame seeds and cook several minutes, stirring. Add the Bragg's liquid aminos and cook 1 minute more, stirring. Serve hot over rice.

### **Roasted Eggplant & Chickpeas with Cinnamon-Tinged Tomato Sauce**

Modified to vegan and oil-free from a recipe by Martha Rose Shulman, *New York Times*

- 2 garlic cloves, minced
- 1 28-ounce can chopped tomatoes, with juice, pulsed to a coarse purée
- 1 teaspoon agave or sugar (more to taste)
- 1/4 teaspoon cinnamon, to taste
- Salt to taste
- 1 large or 2 medium eggplants (about 1 1/4 pounds), cut into 1/3-inch-thick cubes
- 3 cups cooked chickpeas (2 cans, drained and rinsed, or, 1 1/2 cups dried – about 3/4 pound)
- 1 teaspoon dried oregano, preferably Greek or Turkish

1. Make the tomato sauce. Heat a little water in a heavy skillet or wide saucepan over medium heat, and add the garlic. Cook, stirring, until it smells fragrant, about 30 seconds, and add the tomatoes, agave/sugar, salt to taste and cinnamon. Cook over medium heat until the tomatoes have cooked down and the sauce is fragrant, about 20 minutes. Taste and adjust seasonings.
2. Meanwhile, heat the oven to 425°F. Line a baking sheet with parchment paper. Place the eggplant cubes on the baking sheet. Place in the oven and bake 20 minutes, or until eggplant is lightly browned and soft all the way through. Remove from heat. Cover with aluminum foil so that the eggplant steams as it cools. Turn the oven down to 350 degrees.
3. Place the chickpeas in a 2-quart baking dish or gratin and stir in 1 cup of the tomato sauce. Layer the eggplant over the chickpeas and top with the remaining tomato sauce. Sprinkle with the oregano and cover tightly with foil. Bake 30 minutes. Uncover and bake another 10 minutes, until the dish is bubbling.

**Yield:** 6 servings

**Advance preparation:** The eggplant slices may be cooked up to a day ahead. Hold in the refrigerator, covered. The tomato sauce will keep for 3 days in the refrigerator and freezes well.

**Light Broccoli Salad**

**1/3 cup light Miracle Whip**

**¼ cup plain fat-free Greek yogurt**

**3 Tbsp. sugar**

**1 Tbsp. white vinegar**

**4 cups broccoli, cut in small pieces**

**1 ½ cups seedless green or red grapes, cut in half**

**1 cup chopped celery**

**1 cup raisins (optional)**

**¼ cup salted sunflower seeds**

**Combine dressing ingredients in a large bowl. Stir in remaining ingredients. Chill at least 1 hour before serving.**

**Peggy Fuller**

## **BARLEY CASSEROLE RECIPE**

6 Tbsp BUTTER

½ Cup CHOPPED ONIONS

½ Cup QUICK BARLEY

1 1/2 Cup CHICKEN BROTH

2 Small Cans MUSHROOMS

MELT BUTTER AND SAUTE ONIONS IN FRYING PAN.

ADD BARLEY AND BROWN LIGHTLY.

PUT ONIONS AND BARLEY IN CASSEROLE DISH, ADD 1 Cup CHICKEN BROTH,  
COVER AND BAKE FOR 30 MINUTES AT 350°F.

REMOVE FROM OVEN, ADD ½ Cup CHICKEN BROTH AND MUSHROOMS, COVER  
AND BAKE FOR AN ADDITIONAL 10 MINUTES AT 350°F.

REMOVE COVER AND BAKE FOR 30 MINUTES OR UNTIL LIQUID IS ABSORBED.

### Multigrain Bread

1 cup water  
1 cup plain low fat yoghurt  
¼ cup oil  
½ cup oatmeal (old-fashioned or quick cooking), uncooked  
1/3 cup wheat germ  
1/3 cup wheat bran  
5 cups bread flour  
¼ cup light brown sugar  
2 packages fast-rising yeast  
2 tsp. salt  
2 eggs, divided

Heat water, yoghurt and oil in saucepan until a gentle boil. Stir well. Remove from heat and set aside and cool until very warm. In a large bowl, combine flour, sugar, yeast and salt. Stir in bran mixture, 1 egg and enough flour to make a soft dough. Knead 6-8 minutes. Cover and let rise for 10 minutes. Divide dough in half and place in 2 greased bread pans. Cover and let rise until double. Brush with egg and sprinkle with wheat germ. Bake at 375 for 25 minutes. Remove from pans and cool on wire rack.

Peggy Fuller

# MASHED POTATOES

BOIL POTATOES

ADD BOILED MILK, BUTTER  
AND 3 TABLESPOONS, CREAM  
CHEESE.

BLEND WITH MIXER

BOILED MILK GIVES A

— GOOD FLAVOR

— Seanor Debo

Add a taste of sugar if you like

Deviled Eggs

Halve hard-cooked eggs lengthwise; remove yolks and mash with desired combination of seasonings. Refill egg whites.

- 1. For 6 eggs use 1/4 cup salad dressing or mayonnaise, 1 teaspoon vinegar, 1 teaspoon prepared mustard, 1/2 teaspoon salt, and a dash pepper.
- 2. For 5 eggs, use 2 tablespoons mayonnaise, 2 tablespoons chopped ripe olives, 2 teaspoons vinegar, 1 teaspoon prepared mustard, salt and pepper to taste.
- 3. Other combinations may include: horse-radish, anchovies, parsley, chopped onions or chives, flaked sea food, chopped stuffed green olives, crumbled crisp-cooked bacon.

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Vegan Version

Lentil Soup with Spinach

PREP TIME: 15 MIN. COOK TIME: 40 MIN. SERVES: 4

Bring 2 cups brown lentils and drain. Set aside. In a large pot over medium-high heat, warm 3 Tbs. olive oil. Add 1 chopped yellow onion with cook, stirring often, until softened, about 5 minutes. Add 1 pitted and chopped carrot and 2 chopped red sweet peppers and cook, stirring, until softened, about 4 minutes. Add 3 minced garlic cloves and cook, stirring, until fragrant, but not browned, about 1 minute. Add 1 tsp. ground cumin, 1 tsp. ground coriander, 1 tsp. sweet paprika, 3/4 tsp. salt and 1/4 tsp. pepper and cook, stirring, for 1 minute. Stir in one 28-ounce can diced tomatoes with their juices, the lentils, 1/4 cup Williams-Sonoma Chicken Stock Concentrate and 6 cups water. Bring to a boil, then reduce heat to low, cover and simmer gently until lentils are very tender, about 30 minutes. Coarsely chop 6 oz. spinach and stir into soup. Cook, uncovered, just until spinach wilts, 1 to 2 minutes. Stir in 2 tsp. sherry vinegar (optional) to taste. Ladle soup into bowls and serve.

Pair with our 2011 Palafino Rosso di Montepulciano. Find our full selection of wines at [williams-sonoma.com](http://williams-sonoma.com)

WILLIAMS-SONOMA TEST KITCHEN

→ omitted

Chris Scarlett 1.4.17