

Abundant Harvest

Chef-Inspired Recipes



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Southwestern Black Bean and Quinoa Salad

The quinoa seed is complete protein source high in iron, magnesium, and fiber. The black, red, and white varieties are all cooked the same way. The darker varieties taste a little earthier but look nice.

Serves 8

1 cup uncooked quinoa, rinsed
1 t. + 3 T. olive oil
1 3/4 cups chicken or vegetable broth
½ t salt
1 clove garlic, smashed
½ cup fresh lime juice + 1-2 t lime zest
1 tsp. red wine vinegar
1 tsp. ground cumin
8 green onions, chopped
1 red bell pepper, seeded and chopped
1/4 cup chopped fresh cilantro
1 cup frozen corn kernels, thawed
2 (15 ounce) cans black beans, drained
salt and pepper

1. Place the quinoa in a fine-mesh strainer. Rinse thoroughly under cool, running water. Rub and swish the quinoa with your hand while rinsing. Drain.
2. Heat the 1t. olive oil in a small saucepan over medium-high heat until shimmering. Add the drained quinoa and toast it, stirring constantly, to let the water evaporate and toast the quinoa, about 2 minutes.
3. Stir in the broth, salt, and smashed garlic. Bring to a rolling boil. Turn the heat down to the lowest setting. Cover and cook for 15 minutes.
4. Remove the pot from heat and let stand for 5 more minutes, covered. Don't peek! Uncover — You should see tiny spirals (the germ) separating from and curling around the quinoa seeds. Fluff the quinoa gently with a fork. If any liquid remains in the bottom of the pan or if the quinoa is still a bit crunchy, return the pot to low heat and cook, covered, for another 5 minutes, until all the water has been absorbed.
5. In a large bowl, whisk together the olive oil, lime juice, vinegar and cumin. Add green onions, red pepper, cilantro, corn and beans, and toss to coat. Add quinoa to bowl and mix again, seasoning with salt and pepper to taste.

Serve at once or keep for several days. Refrigerate until ready to serve.

Apple-Cranberry Crisp

Cranberries give this crisp a delightful color and tartness. A moderate amount of oil replaces the large amount of butter usually called for in toppings for this kind of dessert. It is best served warm.

Serves 12

12 large cooking apples, peeled, cored, and sliced

8 ounces fresh or frozen cranberries

Juice of 1 lemon

1/3 cup brandy

1/3 cup light-brown sugar, packed

1 teaspoon cinnamon

2 tablespoons whole wheat pastry flour or cornstarch

TOPPING (Use 1.5 times these amounts if you like more crisp)

1 1/2 cups old-fashioned rolled oats

1/2 cup toasted wheat germ or rice bran

3/4 teaspoon salt

1/2 teaspoons cinnamon

1/2 cup light-brown sugar, packed

1/3 cup neutral oil

1/3 cup maple syrup

1. Preheat oven to 375°F.
2. Toss the sliced apples in a large bowl with the cranberries, lemon juice, brandy, 1/3 cup of light-brown sugar, 1 teaspoon of cinnamon, and the whole wheat pastry flour. Pile the apple mixture into an 8 x 10-inch baking dish.
3. Mix together the ingredients for the topping and spread over the apples. Cover the baking dish with aluminum foil and bake for 20 minutes. Uncover and bake for 40 minutes more until the apples are soft.

The topping may be mixed and held in the refrigerator up to a week for making several smaller batches. The topping is also delicious with peaches, rhubarb, blueberries, or cherries rather than apples and cranberries.

From "The Healthy Kitchen, Recipes for a Better Body, Life, and Spirit" by Andrew Weil, M.D. and Rosie Daley

Pumpkin Bars

You'll never believe these light and fluffy bars are gluten free

CAKE

2 cups pumpkin puree - Mix these ingredients thoroughly in a large bowl. This is the wet mix

2 cups sugar

1 cup oil

4 eggs

1/2 teaspoon cinnamon - Mix these ingredients thoroughly in another bowl. This is the dry mix.

1/4 teaspoon ground cloves

1/4 teaspoon ginger

2 teaspoons baking powder

1 teaspoon baking soda

1/2 teaspoon salt

2 cup gluten free flour (or all-purpose flour) - (Cup-4-Cup or America's Test Kitchen)

1/2-3/4 cup chopped walnuts (optional)

1 cup softened raisins (optional)

FROSTING

3 oz. Philadelphia cream cheese - Combine frosting ingredients and beat until smooth.

6 tablespoons butter

1 teaspoon vanilla

1 tablespoon milk

2 1/2 cups powdered sugar

1. Grease and flour jelly roll pan (12" x 17" x 1")
2. Combine moist and dry mixtures, then add nuts and/or raisins if desired. Spread evenly in prepared pan.
3. Bake 25-35 minutes at 350 degrees. Cool completely before icing.
4. Spread prepared frosting on cake.

Frosted bars can be stored unrefrigerated up to 24 hours.

Adapted from "Mom's friend Margaret"

Marinated Kale Salad

This salad tastes better a day or two after it is made as the kale's flavor mellows and harmonizes with the rest of the ingredients. Any nicely-flavored oil can be used in the dressing.

Serves 4-6

CAKE

2 tablespoons sunflower oil

1 tablespoon cider vinegar

1 teaspoon honey

1-pound dinosaur or other kale, stemmed and finely chopped

1 small sweet onion, finely chopped

2 large carrots, shredded

¼ cup dried cranberries or raisins

Salt and freshly ground pepper

¼ cup toasted sunflower seeds

1. In a large bowl, whisk together the oil, vinegar, and honey.
2. Add the kale, onion, carrots, and dried cranberries and toss to coat.
3. Season with salt and pepper, and sprinkle with the sunflower seeds.

This salad keeps nicely and tastes better the day after it's made.

Rainbow Veggie Pinwheels

Tortilla pinwheels are a potluck classic, but this rainbow version is a total upgrade! This easy healthy appetizer recipe is quick and easy to make. Yield: 36 pinwheels

3 12-inch spinach tortilla wraps

10-ounce container of a Cheese Dip & Spread OR 1 batch of Spicy Sweet Potato Spread

1 red pepper, cored and thinly sliced

1 yellow pepper, cored and thinly sliced

12 baby carrots, thinly sliced

small red cabbage, thinly sliced

1 cup fresh spinach

1. Divide the dip evenly into three parts and spread a thin layer on one side of each tortilla.
2. Arrange the prepared veggies in rows on the tortilla (see picture).
3. Starting at one side, roll the tortilla up over the veggies, pressing it together tightly.
4. Slice the tortilla into 1-inch slices crosswise.

Spicy Sweet Potato Spread

Serve as dip with vegetables or vegetable chips or use in a wrap Yield: Approximately 1.5 cups without added broth; two cups with added broth

2-3 small to medium sweet potatoes (approximately 12 ounces)

2 large garlic cloves, minces

1 teaspoon ancho chile powder

½ teaspoon salt

½ teaspoon cumin

¼ cup juice from 2 limes + lime zest

2/3 cup olive oil

1/3 cup chicken or vegetable broth optional*^h

1. Cook the potatoes in the microwave on high power until soft, 10-12 minutes. Peel when cool enough to handle.
2. Process all ingredients in the workbowl of a food processor fitted with the metal blade until pureed. With the machine running, gradually add oil through the feeder tube. Continue to process until thoroughly mixed and mixture is fluffy. Transfer to a serving bowl.

*If you wish an even lighter spread, after adding oil, continue to process adding 1/3 cup chicken or vegetable broth through the feeder tube until the mixture is light and silky.

Adapted from Kelly Egan - A Side of Sweet

Mediterranean Potato Salad

Yield: 7 cups

SALAD

1.75 pounds small potatoes

3 cups green beans, approximately 1 pound

1 cup yellow pepper, chopped, approximately 2 medium peppers or slightly less than 0.5 pound

12 cherry or grape tomatoes

DRESSING

1/4 cup olive oil

1 T. red wine vinegar

1/2 tsp. Dijon mustard

1 tsp. salt

1. Wash potatoes, place in a large pot covered with cold water. Bring to a boil over medium-high heat. Boil the potatoes until just tender, but be careful, it's easy to overcook them. It takes about 30 minutes of boiling time depending on the size of the potatoes. When cooked, set in cold water to cool. When cool enough to handle, peel and slice the potatoes and put in a large bowl. You should have approximately 2 cups.
2. Remove ends from the beans. While the potatoes are cooking, bring a separate pot of water to a boil, add green beans and cook 5-7 minutes, depending on how large and thick the beans are, then drain and rinse in cold water.
3. While potatoes and beans are cooking, mix dressing ingredients together.
4. Add cooked green beans, chopped pepper, and tomatoes to the sliced potatoes. Drizzle with dressing and toss lightly. Serve right away or cover and refrigerate. Toss again before serving.

Adapted from Penzey's Spices

“Ten Thousand Lakes” Minestrone

Yield approximately 11 cups

1 cup cooked cannellini beans or other white beans, rinsed and drained if canned
2 tablespoons extra-virgin olive oil
3 med leeks, white parts only, halved lengthwise, thoroughly rinsed, and chopped
or 7 oz chopped onion
6 garlic cloves, chopped
2 medium carrots, cut into 1/2-inch pieces
2 celery stalks, chopped
1 (14-ounce) can crushed tomatoes
1 1/2 cups packed chopped kale leaves (approx. 1.5 ounces cleaned kale)
1/3 cup uncooked wild rice
1 large bay leaf
2 teaspoons kosher salt, plus more as needed
1/2 teaspoon freshly ground black pepper, plus more as needed
1 teaspoon dried thyme
7 cups homemade Vegetable Stock, Chicken Stock, or good-quality low-sodium broth
Chopped fresh flat-leaf parsley, fresh basil, or fresh chives, for garnish
6 tablespoons freshly grated Parmesan, for garnish (optional)

1. In a large, heavy soup pot, heat the oil over medium heat. Add the leeks or onion and saute, stirring constantly, until tender, 3 to 5 minutes. Add the garlic and sauté, stirring, until fragrant, about 30 seconds.
2. Add the carrots, celery, tomatoes, kale, wild rice, bay leaf, salt, pepper, and thyme. Stir together briefly, and then stir in the stock. Bring the liquid to a boil, and then reduce the heat to maintain a simmer. Cover the pot and simmer until the rice is tender, about 45 minutes. Stir in the beans when approximately 10 minutes remain.
3. (Alternatively, heat a pressure cooker over medium heat. Add the oil and the leeks and sauté the leeks until fragrant, 1 to 2 minutes. Add the garlic and stir briefly; then, stir in the carrots, celery, tomatoes, kale, wild rice, bay leaf, salt, pepper, thyme, and stock. Bring to a boil, secure the lid, and bring to high pressure, following the manufacturer's instructions. Turn the heat to low and set a timer for 20 minutes. When the cooking time is up, turn off the heat and release the pressure, following the manufacturer's instructions. Add beans and continue simmering with the lid off until the soup is thick but still fairly fluid, about 10 minutes more.)
4. Taste and adjust the seasonings, if necessary. Ladle the soup into heated serving bowls and garnish with parsley, basil, or chives, and, if you like, grated Parmesan.

Adapted from “Puck Makes it Healthy” by Wolfgang Puck

Thai Coconut Curry Butternut Squash Soup

1 tablespoon canola oil or coconut oil (if cooking on stovetop)
2 cloves garlic, minced
1 small yellow onion, diced
1 teaspoon ginger, freshly grated
2 tablespoons Thai red curry paste
2 cups chicken or vegetable broth
1 medium-sized butternut squash, peeled, seeded, and cut into 1 cubes (about 4 cups) (You could also roast unpeeled squash, scoop flesh, and proceed)
1 (15-ounce) can coconut milk, divided
Juice of 1 lime
1/2 teaspoon salt, plus more to taste
1/4 teaspoon freshly ground pepper, plus more to taste
Sriracha to taste, optional
1/3 cup cilantro, chopped, to garnish
1/3 cup unsalted, dry-roasted peanuts, chopped, to garnish
Naan, to serve, optional

- 1. If using the stovetop method:** Heat the oil in a large soup pot over medium heat. Add in the garlic and onion, and sauté until soft and fragrant, about 3 minutes. Add in the ginger and curry paste and stir to combine with the onion and garlic. Cook for 3 more minutes, stirring often. Add in the raw butternut squash cubes and slowly pour in the broth, stirring to combine. Season with salt and pepper. Bring to a boil and then reduce heat to a simmer and cover. Cook for 20 minutes, or until butternut squash is tender. Remove from heat and let cool for a few minutes.
- 2. If making in the slow cooker:** Add butternut squash, garlic, onion, ginger, Thai curry paste, broth, and salt and pepper to the slow cooker. Stir to evenly distribute. Cover and cook on low for 6-8 hours, or high for 3-4 hours.
- 3.** Pour the soup into a blender in batches and blend until smooth, or use an immersion blender to blend in the pot or slow cooker. Before serving, remove the soup from the heat or turn off the slow cooker and mix in the coconut milk (saving a few tablespoons to garnish) and lime juice (if using). Mix well. Season with additional salt and pepper, if desired, and add sriracha to taste for extra spice, if using. Pour into bowls and drizzle the remaining coconut milk on top. Swirl the coconut milk with a spoon. Sprinkle with chopped cilantro and chopped peanuts. Serve warm with naan bread.

Adapted by Kitchen Kapers' Host The Toast blog, from MyRecipe.com

Compound Butters

These compound butters spark meat, poultry, and vegetables; polish a sauce; and are great spread on homemade bread. They will keep up to a week in the refrigerator and can be wrapped securely and frozen.

LEMON-PARSLEY BUTTER

Enjoy on steamed vegetables, broiled fish, and baked or steamed new potatoes.

Makes 1/2 cup

1/2 cup unsalted butter, softened

1/2 teaspoon grated lemon zest

1 tablespoon fresh lemon juice

2 tablespoons chopped parsley

1/2 teaspoon salt, or to taste

In a small bowl, mash the butter and all of the other ingredients together with a fork until blended. Transfer the butter to a sheet of waxed paper or parchment paper and roll it into a 6-inch log.

Refrigerate for at least 1 hour.

THYME BUTTER

Try this on steamed corn or toss it with steamed new potatoes.

Makes 1/2 cup

1/2 cup unsalted butter, softened

2 tablespoons dry white wine

1 tablespoon chopped fresh thyme

In a small bowl, mash the butter and all of the other ingredients together with a fork until blended. Transfer the butter to a sheet of waxed paper or parchment paper and roll it into 6-inch log.

Refrigerate for at least 1 hour.

From "The Northern Heartland Kitchen" by Beth Dooley

Gluten Free Flour Blend

24 ounces white rice flour (4 1/2 cups plus 1/3 cup)

7 1/2 ounces brown rice flour (1 2/3 cups)

7 ounces potato starch (1 1/3 cups)

3 ounces tapioca starch (3/4 cup)

3/4 ounce nonfat milk powder (3 tablespoons)

Mix and store in air-tight container. Substitute cup for cup for all-purpose flour.

From America's Test Kitchen "How Can It Be Gluten Free"

Enjoy!



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