



Caraway-Dill Biscuits

(Makes 8 biscuits)

Ingredients:

- 2 cups all-purpose flour
- 1 tbsp. baking powder
- 1 tsp salt
- 1 tbsp. caraway seeds
- 1 tsp fresh dill (chopped)
- 1/4 cup shortening
- 1/2 cup whole milk
- 1/2 cup buttermilk

Ready in 35 minutes

Directions: Preheat the oven to 400 degrees F. Meanwhile, in a medium bowl, sift together the flour, baking powder, and salt. Whisk in the caraway seeds and dill. Using a fork, cut the shortening into the flour mixture until it forms small, pea-size crumbs. Create a well in the center and pour in the whole milk and buttermilk. Slowly stir in the flour from the sides until the milk is incorporated.

Place the dough out onto a lightly floured work surface and knead until smooth, about 2 minutes. Using a rolling pin dusted in flour, roll the dough into a 1/2-inch-thick circle.

Using a 3-inch round cutter, cut out the biscuits. Gather the dough scraps as needed, roll them into a 1/2-inch-thick circle, and continue cutting until you have 8 biscuits total. Place the biscuits, sides touching, in a cast-iron skillet. Bake until the tops are golden brown, about 15 minutes.



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Charred Peppers and Chiles Salad

Ingredients:

4 large red bell peppers
4 large yellow or orange bell peppers
4 large fresh Anaheim chiles*
1/4 cup extra-virgin olive oil
3 tablespoons drained capers
2 tablespoons chopped fresh marjoram plus leaves for garnish
2 garlic cloves, minced
1 tablespoon white wine vinegar

(Makes 6 to 8 servings)

Directions:

Char bell peppers and chiles over gas flame or in broiler until blackened on all sides. Place in large bowl; cover tightly with plastic wrap and cool. Peel, seed, and stem peppers and chiles. Cut bell peppers into 1-inch-wide strips. Cut chiles into 1/2-inch-wide strips. Place pepper and chile strips in medium bowl. Add olive oil, capers, chopped marjoram, garlic, and vinegar to bowl and toss to incorporate evenly. Season pepper and chile mixture to taste with salt and pepper.

Cover and chill. Sprinkle marjoram leaves over and serve.

Can be made 2 days ahead and refrigerated.



Fettuccine with Swiss Chard & Garlic

Ingredients:

(Makes 2 servings)

8 ounces homemade pasta(or dried pasta; if using frozen homemade pasta, be sure to defrost it in the fridge first)

1/2 Tablespoon olive oil

1 Tablespoon salted butter

1 garlic clove, thinly sliced

3-4 big leaves of Swiss chard, hard ribs removed and chopped

1/2 to 1/3 cup Parmesan cheese, grated

Ready in 15 minutes.

Directions:

Fill a medium-sized pot with water and add salt, bring to a boil. While the water is coming to a boil, prep your other ingredients.

Boil fresh pasta for about 3 to 5 minutes until al dente. If you're using boxed dried pasta, cook it according to the al dente instructions on the box. When pasta is done, reserve about 1 to 2 tablespoons of the pasta water for finishing the dish.

Add olive oil and butter to a non-stick skillet and turn on heat to medium. Add Swiss chard and garlic. Add salt and pepper to taste. Cook for about 2 to 4 minutes, or when the Swiss chard has cooked down. Add the reserved pasta water, the pasta and the parmesan cheese and toss. Serve immediately with additional cheese if you would like.



Fried Okra

Ingredients:

(Makes 4 servings)

10 pods okra, sliced in 1/4 inch pieces
1 egg, beaten
1 cup cornmeal
1/4 teaspoon salt
1/4 teaspoon ground black pepper
1/2 cup vegetable oil

Ready in 30 minutes

Directions:

In a small bowl, soak okra in egg for 5 to 10 minutes. In a medium bowl, combine cornmeal, salt, and pepper.

Heat oil in a large skillet over medium-high heat. Dredge okra in the cornmeal mixture, coating evenly. Carefully place okra in hot oil; stir continuously. Reduce heat to medium when okra first starts to brown, and cook until golden. Drain on paper towels.



Garlic Chicken Stir Fry

Ingredients:

- 1 egg white, lightly beaten
- 1 1/2 teaspoons tamari or soy sauce
- 2 cloves garlic, finely chopped
- 1 pound boneless, skinless chicken breast, very finely chopped
- 2 teaspoons canola or peanut oil
- 1/3 cup finely chopped carrot
- 1/3 cup finely chopped yellow onion
- 1/4 cup finely chopped water chestnuts
- 1/2 teaspoon chile paste with garlic
- 1 tablespoon lime juice
- 1 pound mizuna, trimmed
- 1/4 cup finely chopped green onions

Directions:

In a medium bowl, mix egg white with 1/2 teaspoon of the tamari, garlic and chicken. Cover and refrigerate for 1 hour.

Heat 1 teaspoon of the canola or peanut oil in a wok or large skillet over high heat. Add chicken mixture and cook, stirring constantly, 4 to 6 minutes, or until chicken is cooked through and appears opaque. Transfer chicken to a plate and set aside. Heat remaining 1 teaspoon oil in wok. Add carrots, onions and water chestnuts and cook, stirring constantly, for 1 minute. Add remaining 1 teaspoon tamari, chile paste, lime juice and mizuna and cook, stirring often, until slightly wilted. Return chicken to wok and toss well. Garnish with green onions and serve.



Mesclun Salad

Ingredients:

(Makes 12 servings)

1/2 cup sugar
3/4 cup canola oil
1 teaspoon salt
1/4 cup balsamic vinegar
8 cups mixed salad greens
2 cups sweetened dried cranberries
1/2 pound fresh strawberries, quartered
1 mango - peeled, seeded, and cubed
1/2 cup chopped onion
1 cup slivered almonds

Prep: 15 minutes

Directions:

Place the sugar, oil, salt, and vinegar in a jar with a lid. Seal jar, and shake vigorously to mix.

In a large bowl, mix salad greens, sweetened dried cranberries, strawberries, mango, and onion. To serve, toss with dressing and sprinkle with almonds.



Pesto

Ingredients:

- 1 1/2 cups baby arugula leaves
- 1 1/2 cups fresh basil leaves
- 2/3 cup pine nuts
- 8 cloves garlic
- 1 (6 ounce) can black olives, drained
- 3/4 cup extra virgin olive oil
- 1/2 lime, juiced
- 1 teaspoon red wine vinegar
- 1/8 teaspoon ground cumin
- 1 pinch ground cayenne pepper
- salt and pepper to taste

PREP: 15 minutes

Directions: Place the arugula, basil, pine nuts, garlic, and olives in a food processor, and chop to a coarse paste. Mix in olive oil, lime juice, vinegar, cumin, cayenne pepper, salt, and pepper. Process until well blended and smooth.



Roasted Balsamic Radicchio

Ingredients:

(Makes 4 servings)

2 large heads of radicchio (about 1 pound total), halved through core end, each half cut into 3 wedges with some core still attached
3 tablespoons olive oil
1 tablespoon chopped fresh thyme
Balsamic vinegar (for drizzling)

Directions:

Preheat oven to 450°F. Rinse radicchio wedges in cold water; gently shake off excess water (do not dry completely).

Place radicchio in large bowl. Drizzle with olive oil and sprinkle with thyme, salt, and pepper; toss to coat.

Arrange radicchio wedges, 1 cut side up, on rimmed baking sheet. Roast until wilted, about 12 minutes. Turn over and roast until tender, about 8 minutes longer.

Arrange radicchio on platter, drizzle with balsamic vinegar, and serve.



Sautéed Bok Choy

Ingredients:

(Makes 4 servings)

- 2 tablespoons vegetable oil
- 2 medium garlic cloves, minced
- 1 teaspoon freshly grated ginger (from 1/2-inch piece)
- 1/4 teaspoon red pepper flakes
- 1 1/2 pounds bok choy (about 2 medium bunches), cleaned, ends trimmed, and cut on the bias into 1-inch pieces
- 1 tablespoon soy sauce
- 1 tablespoon water
- 1/4 teaspoon toasted sesame oil
- Salt (optional)

Cooking Time: 10 Minutes

Directions: In a large frying pan with a tightfitting lid, heat the vegetable oil over medium-high heat until shimmering. Add the garlic, ginger, and red pepper flakes and cook, stirring constantly, until fragrant but not brown, about 30 seconds. Then, add the bok choy and, using tongs, fold it into the garlic-ginger mixture until coated, about 1 minute. Add the soy sauce and water, cover, and cook until steam accumulates, about 1 minute. Uncover and cook, stirring occasionally, until the greens are just wilted, the stalks are just fork tender but still crisp, and most of the water has evaporated, about 2 minutes. Finally, turn off the heat, stir in the sesame oil, and season with salt if desired.



Seasoned Edamame

Ingredients:

(Makes 5 servings)

- 1 (12 ounce) package frozen shelled edamame (green soybeans)
- 1 tablespoon olive oil
- 1/4 cup grated Parmesan cheese
- salt and pepper to taste

Ready in 20 minutes

Directions:

Preheat the oven to 400 degrees F (200 degrees C). Place the edamame into a colander and rinse under cold water to thaw. Drain.

Spread the edamame beans into the bottom of a 9x13 inch baking dish. Drizzle with olive oil. Sprinkle cheese over the top and season with salt and pepper.

Bake in the preheated oven until the cheese is crispy and golden, about 15 minutes.



Stuffed Nasturtium Flowers

More info: Nasturtium flowers are more than just beautiful, they are delicious! They have a wonderful spicy, peppery flavor, a little like a radish, only sweeter and tangier.

Ingredients:

(Makes 4 servings)

12 nasturtium petals (whole flowers)

1 (8 ounce) package cream cheese, softened

1 garlic clove, minced fine

1/2 tablespoon fresh chives (you may use chive blossoms, chopped)

1 tablespoon chopped fresh lemon verbena (or lemon balm, lemon thyme, lemon basil, or lemon zest)

Salt and pepper to taste

Directions: Make sure flowers are clean and dry. Pick as close to serving time as possible, but definitely the same day. Store in the refrigerator until ready to use.

Mix cream cheese thoroughly with herbs. Season to taste. Place 1 or 2 teaspoons of mixture (depending on size of flower) in center of flower. Pull petals upwards to cover the cheese as much as possible. Press petals lightly into cheese to stick.