

Green Beans Idea

Roast green beans – spread the beans with thinly sliced onion over an oiled baking tray, sprinkle with salt and pepper, and roast at 400 degrees until the beans are tender, 20-30 minutes. Drizzle the beans with balsamic or red wine vinegar when they are done and serve warm, chilled, or at room temperature. You can also add whole garlic cloves to the pan before roasting – the garlic will mellow nicely when roasted.

Potato and Leek Soup with Parsley Pesto

Although not traditional, the pesto garnish provides a lovely fresh flavor. When served cold, this soup has cream or sour cream swirled through and becomes the classic Vichyssoise.

Soup Ingredients:

1 tablespoon olive oil
 2 leeks, sliced
 2 large potatoes, chopped (peeling optional)
 1 onion
 1 stick celery
 2 cups water
 1 bay leaf
 Salt and freshly ground black pepper to taste
 Fresh crusty bread to serve

Pistou Ingredients:

Combine:
 1 cup parsley leaves, finely chopped
 1 garlic clove, crushed
 1 tablespoon extra virgin olive oil

Method:

Heat oil in a large saucepan. Add vegetables. Cook over low heat until leek is soft, stirring occasionally.

Add just enough water to cover. Add bay leaf. Simmer for about 15 minutes or until potato is soft. Mash vegetables with a potato masher, or puree with stick blender or food processor if preferred.

Reheat or chill.

Serving Suggestion: Garnish with pistou and serve with fresh crusty bread.

Three-Onion Pie with Feta or Goat Cheese

"This pie is simple to prepare. Serve with a salad for dinner, or with fruit for brunch. Dry goat cheese can be used in place of feta cheese."

Original recipe yield: 1 - 10 inch pie

INGREDIENTS

2 tablespoons vegetable oil
 1 yellow onion, chopped
 1 red onion, chopped
 2 tablespoons dry white wine
 2 leeks, bulb only, sliced into rings
 2 eggs, beaten
 3 tablespoons chopped fresh parsley
 1 tablespoon chopped fresh dill weed
 1 tablespoon chopped fresh tarragon
 1/2 cup crumbled feta cheese
 1 plum tomatoes, thinly sliced
 1 cup fine bread crumbs
 ground black pepper to taste

DIRECTIONS

1. Preheat oven to 350 degrees F (175 degrees C).
2. Heat the oil in a large skillet. Add the yellow and red onions, and saute over moderate heat for 5 minutes. Stir in the wine, then add the leeks. Saute for another 15 minutes, stirring frequently, or until the onions are golden and the leeks are limp. Remove from heat.
3. In a mixing bowl, combine the beaten eggs with dill, tarragon, feta cheese, pepper, and 2 tablespoons parsley. Stir in the onion mixture.
4. Oil a 10 inch tart pan, and line the bottom generously with bread crumbs. Pour in the onion mixture. Ring the outside edge of the pie with tomato slices, and sprinkle the remaining 1 tablespoon parsley in the center. Sprinkle a light layer of bread crumbs over the entire top.
5. Bake for 40 to 45 minutes, or until the mixture is set and the top is golden. Let stand for 10 minutes, then cut into wedges and serve.

Vegetable	Refrigerate?	Freeze?	Approximate Storage Life	Comments
Blueberries	YES	Place in single layer on baking sheet, freeze then place in container	1 week	Tightly covered, do not wash until ready to use
Carrots	YES	YES	2 Weeks	Remove greens, keep bagged, do not store next to apples
Cucumber	YES	NO	1 Week	Keep Bagged, unwashed
Garlic	NO	Not Recommended	1-2 Months	Store in cool, dark place
Green Beans	YES	Blanche, cool quickly	4-6 Days	Keep Bagged, unwashed
Green Bell Pepper	YES	freeze in single layer on baking sheet then place in container	4-6 Days	Unwashed, bagged or crisper
Leeks	YES	Only Recommended for use in soups	1-2 Weeks	unwashed & untrimmed, bagged or in crisper
Lettuce	YES	NO	1 Week	Washed and lightly wrapped in paper towel in crisper or bag
New Potatoes	NO	Blanched, partially cooked or fried	2-3 Weeks	Cool, dark place
Parsley	YES	tightly wrapped in foil	1-2 Weeks	stems can be placed in glass of water
Red Onion	NO	YES	1-2 Months	store in dry, cool place
Summer Squash	YES	YES	4-6 Days	unwashed, keep dry in crisper or bag
Tomatoes	NO	YES	Up to 1 Week	Store at Room Temp
Walla Walla Onion	NO	YES	1-2 Months	Store in dry, cool place