

Spring Vegetable Soup

INGREDIENTS

- 1 TBL olive oil
- 1 onion, diced
- 2 celery stalks, chopped
- 1 clove garlic, minced
- 1 bay leaf
- ¼ tsp salt
- About 12 asparagus, bottom trimmed, and then cut into fourths
- 2 medium-sized potatoes, chopped
- 4 cups vegetable broth
- ½ cup frozen peas
- 15oz can white cannellini beans, rinsed and drained
- 3 TBL spring spinach pesto
- Zest from ¼ lemon
- 1 TBL lemon juice
- Salt and pepper

DIRECTIONS

1. Heat oil in a soup pot over medium heat. Add the onion and celery and sauté about 8 minutes. Add the garlic and cook 1 minute.
2. Add bay leaf, salt, asparagus, potatoes and broth. Bring to a boil, reduce to simmer, cover and cook about 20 minutes.
3. Add peas, beans and pesto. Let cook about 10 minutes.
4. Add lemon juice and zest. Season to taste with salt and pepper.

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Spinach Basil Pesto

INGREDIENTS

- 1 cup packed fresh basil leaves, or, about 1, 5oz package fresh basil leaves
- 1 cup packed baby spinach
- 3 cloves garlic
- 1/2 cup sliced almonds
- 2 TBL lemon juice
- About 1/2 cup olive oil
- 1/2 cup shredded parmesan
- Salt to taste

DIRECTIONS

1. In a food processor, add the basil, spinach, garlic, almonds and lemon juice. Pulse a few times.
2. Remove the lid and scrape down the sides. Put the lid back on, turn processor on and stream in olive oil, pausing when needed to scrape the sides of the bowl.
3. Add the parmesan and pulse to incorporate. If the pesto is too thick, pulse in a little more oil.
4. Taste and season with salt.

1. TO STORE: Place pesto in an airtight container (I use a small canning jar). Then, pour a little olive oil over the top to "seal" it. Then, cover with a lid and store in the refrigerator for up to 5 days. Before using, remove from the refrigerator and let sit on counter for about 15 minutes, as the olive oil will be hard. Pour off a little of the oil from the top before using.

2. MAKE DAIRY-FREE: Pesto without the cheese is often called Pistou. Omit the parmesan. Taste, as you may need a little more salt.



Roasted/Grilled Veggie Sandwich

INGREDIENTS

- 4 ciabatta rolls, or ciabatta bread, sliced in half
- Olive oil
- 1-2 zucchini, sliced about 1/2 inch thick
- 1 eggplant, sliced about 1/2 inch thick
- Red onion, sliced into 1/2 inch thick rounds
- Red bell pepper
- Mozzarella
- Prepared pesto

DIRECTIONS

1. Heat oven to 400 degrees F (375 convection).
2. Place zucchini slices on a baking sheet lined with parchment and sprinkle with salt and pepper. Roast for 10-15 minutes (5-8 minutes convection).
3. Place eggplant on a baking sheet lined with parchment (see note). If brined, do not sprinkle with salt. Roast for 15-20 minutes (8-10 minutes).
4. Place onion on a baking sheet lined with parchment. Roast for 15-20 minutes (8-10 minutes).
5. TO ROAST THE RED PEPPER: turn on a gas burner and place the pepper on top using tongs. Brown the skin of the pepper, turning using tongs. Remove and place in a paper bag or in a bowl covered with plastic wrap and let steam for about 15 minutes. Using your fingers or a paper towel, gently remove the blackened skin (do not wash it off). Remove the stem and seeds. You could also buy jarred roasted red bell pepper.
6. Toast bread. Spread a little pesto on both sides. Layer on veggies. Dollop a little more pesto on top of the veggies. Top with cheese and place in the oven, open faced, for a minute or so to melt cheese. Top with bread half and enjoy!

- To brine eggplant: place sliced eggplant on a wire rack and sprinkle both sides with salt. Allow eggplant to sit for 10-30 minutes to draw out the moisture. Gently rinse and use a towel or paper towels to dry, gently pressing out the water.



Rich Lentil Soup

INGREDIENTS

- ¼ cup extra virgin olive oil
- 1 medium yellow or white onion, chopped
- 2 carrots, peeled and chopped
- 4 garlic cloves, minced
- 2 teaspoons ground cumin
- 1 teaspoon curry powder
- ½ teaspoon dried thyme
- 1 large can (28 ounces) diced tomatoes, lightly drained
- 1 cup brown or green lentils, picked over and rinsed
- 4 cups vegetable broth
- 2 cups water
- 1 teaspoon salt, more to taste
- Pinch of red pepper flakes
- Freshly ground black pepper, to taste
- 1 cup chopped fresh collard greens or kale, tough ribs removed
- 1 to 2 tablespoons lemon juice (½ to 1 medium lemon), to taste

DIRECTIONS

1. Warm the olive oil in a large pot over medium heat.
2. Once the oil is warm, add the onion and carrot. Cook, stirring often, until the onion has softened and is translucent, about 8 minutes.
3. Add the garlic, cumin, curry powder and thyme. Cook until fragrant, about 30 seconds. Pour in the drained diced tomatoes and cook for one minute.
4. Add the lentils, broth and water. Add 1 teaspoon salt and a pinch of red pepper flakes. Season with ground black pepper.
5. Bring the mixture to a boil, then cover the pot and reduce the heat to maintain a simmer. Cook for 25 to 30 minutes, or until the lentils are tender but hold their shape.
6. Transfer 2 cups of the soup to a blender. Securely fasten the lid, protect your hand from steam with a tea towel placed over the lid, and purée the soup until smooth. Pour the puréed soup back into the pot. (Or, use an immersion blender to blend a portion of the soup.)
7. Add the chopped greens and cook for 5 more minutes, or until the greens have softened to your liking.
8. Remove the pot from the heat and stir in 1 tablespoon of lemon juice. Taste and season with more salt, pepper and/or lemon juice. For spicier soup, add another pinch or two of red pepper flakes.

- Recipe credit: Cookie + Kate, Best Lentil Soup. <https://cookieandkate.com/best-lentil-soup-recipe/>



Mushroom Reuben w/Russian Dressing

INGREDIENTS

- 12oz mushrooms, mixed variety
- 8 slices pumpernickel-rye bread
- 8 slices Swiss cheese
- 1 cup drained sauerkraut
- Mayonnaise, for sandwiches
- Russian dressing:
- 1/4 cup mayonnaise
- 1 tsp. sriracha
- 1/2 tsp. lemon juice
- 2 tsp. horseradish
- 1 garlic clove, minced
- 1/2 tsp. soy sauce or tamari
- 1 TBL grated onion
- 1/8 tsp. paprika
- Salt and pepper, to taste

DIRECTIONS

1. Heat oven to 425 degrees F (400 convection).
2. Make dressing: whisk together the mayo, sriracha, lemon juice, horseradish, garlic, soy sauce, onion and paprika. Taste and season with salt and pepper.
3. Clean and slice mushrooms. Add to a parchment-lined baking sheet and drizzle with oil. Season with about 1/4 tsp. salt and roast until golden and crispy, about 18-20 minutes (9-10 minutes).
4. Spread one side of each piece of bread with mayonnaise. Flip the bread over and generously spread the dressing on each piece.
5. Place 1 slice of cheese on each piece of bread.
6. Divide the mushrooms between 4 pieces of bread. Add sauerkraut on top of the mushrooms. Top with remaining pieces of bread, cheese-side down, mayonnaise-side up.
7. Heat a large skillet over medium heat. Cook 1-2 sandwiches at a time, pressing gently with a spatula, until bread is golden and cheese is melted, 2-3 minutes per side.

- Recipe credits: <https://www.realsimple.com/food-recipes/browse-all-recipes/crispy-mushroom-reuben-sandwiches-recipe>

