

Seeds 2 Supper Recipes

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Lemon Nut Loaf

½ cup shortening
1 cup sugar
2 eggs
1 ½ cup sifted flour
1 tsp. baking powder
½ tsp salt
½ cup milk
1 cup chopped walnuts
Grated rind of 1 lemon
Juice of 1 Lemon
¼ cup sugar

- Cream shortening and sugar until fluffy. Add eggs one at a time. Beat in sifted ingredients in thirds alternately with the milk. Fold in nuts and rind.
- Grease loaf pan and line with foil. Grease the pan again.
- Pour the batter into the loaf pan and bake at 350 degrees for 1 hour.
- Mix the lemon juice and ¼ cup of sugar and pour over the bread while hot. Let the bread cool in the pan.

Zucchini Pineapple Quick Bread

3 cups sifted flour
1 tsp salt
1 tsp baking soda
½ tsp baking powder
1 ½ tsp cinnamon
3 large eggs
2 cups sugar
2 cups grated zucchini
2/3 cup oil
2 tsp vanilla
2 8 ounce cans of crushed pineapple

- Preheat oven to 325 degrees.
- Lightly spoon flour into dry measuring cups and level with a knife.
- Combine flour, salt, baking soda, baking powder and cinnamon in a large bowl and whisk.
- Beat eggs with a mixer at medium speed until foamy. Add sugar, zucchini, oil and vanilla, beating until blended. Add zucchini mixture to flour mixture, stirring just until moist. Fold in pineapple. Spoon batter into 2 loaf pans coated with baking spray.
- Bake at 325 degrees for 1 hour. Cool for 10 minutes on a wire rack. Remove from pans. Cool completely on the rack.

Crunchy Coconut Ball

¼ cup cashew butter
1 tbsp honey
½ cup crispy rice cereal
2 tbsp nonfat dry milk
½ cup shredded coconut

- Combine cashew butter and honey with fork. Add cereal and dry milk, mashing well with fork. Form ¾ inch balls and roll in coconut, pressing firmly. Makes 10 balls.

Nutter Butter Nibblers

½ cup crushed pretzel sticks
½ cup mini chocolate chips
½ cup peanut butter
¼ cup nonfat dry milk
1tbsp honey

- Place half the pretzels in a medium bowl; add chocolate chips, peanut butter, dry milk and honey. Mix well with fork. Form ¾ inch balls and roll in remaining pretzels. Makes 10 balls.

PBJ Crunchers

½ cup peanut butter
1 cup crispy rice cereal
¼ cup nonfat dry milk
2 tbsp grape jelly

- Combine peanut butter, cereal and dry milk in a medium bowl with fork. Spread jelly over entire mixture and mix in slightly. Form ¾ inch balls. Makes 12 balls.

Cocoa Chewies

1/3 cup tahini
1 tbsp cocoa
2 tbsp honey
¼ cup raisins
1 cup crispy rice cereal.

- Combine tahini, cocoa and honey with fork. Add raisins, chocolate chips and rice cereal, stirring until well combined. Form ¾ inch balls. Freeze at least 15 minutes. Makes 12 balls.

Crunchy Vegetable Burrito Banditos

½ cup shredded carrots
½ cup chopped broccoli
½ cup chopped cauliflower
2 green onions, thinly sliced
4 ounces shredded cheddar cheese
¼ cup nonfat ranch salad dressing
4 (7 inch) flour tortillas
1 cup torn lettuce

- In a mixing bowl, combine all of the ingredients up to and including the chili powder.
- Lay the tortillas flat and spoon about ½ cup of the vegetable mixture and ¼ cup of the lettuce in the middle. Wrap each tortilla around the mixture.

Traditional Hummus

2 cans no-salt added chickpeas, rinsed and drained
2 garlic cloves, minced
½ cup water
¼ cup tahini
3 T lemon juice
2 T olive oil
¾ t salt
¼ t black pepper

- Place beans and garlic in a food processor, pulse 5 times or until chopped. Add ½ cup of water and remaining ingredients; pulse until smooth. Scrape down sides as necessary.

Fiesta Dip

1 (8 ounce) package 1/3 less-fat cream cheese softened
½ cup nonfat plain yogurt
¼ cup mayonnaise
2 T chopped fresh cilantro
1 ½ t lime juice
½ t hot sauce
¼ t salt
1/3 cup chopped jarred roasted red bell peppers
2 T finely chopped green onion

- Process first 7 ingredients in a food processor 30 seconds until smooth. Stir in red pepper and green onion. Cover and chill for 1 hour.

Mason's Macaroni and Cheese

1 lb. pound box of elbows
1 8 ounce block of Cabot's Hunters Seriously Sharp cheese
1 can condensed cream of mushroom soup
Italian bread crumbs

- Preheat the oven to 350 degrees.
- Cook and drain the elbows.
- Put elbows back into the pan.
- Shred cheese.
- Turn the heat on low and mix in the cheese and soup with the elbows.
- Top with the Italian bread crumbs.
- Bake at 350 degrees until the cheese sizzles (about 15-20 minutes).

Pumpkin Bread

1 $\frac{3}{4}$ cups flour
1 $\frac{1}{2}$ cups sugar
1 t baking soda
 $\frac{3}{4}$ t salt
 $\frac{1}{4}$ t baking powder
 $\frac{1}{2}$ t ground cloves
 $\frac{1}{2}$ t ground nutmeg
 $\frac{1}{2}$ t ground cinnamon
2 eggs
 $\frac{1}{2}$ cup vegetable oil
 $\frac{1}{2}$ cup water
1 cup finely snipped dates
1 cup walnuts

- Grease a loaf pan.
- Preheat the oven to 350 degrees.
- Mix the flour, sugar, baking soda, salt, baking powder and spices in a bowl.
- In a separate bowl, mix the pumpkin, eggs, oil and water.
- Add the flour mixture to the pumpkin mixture and stir until just blended.
- Stir in the dates and nuts.
- Scrape the batter into the pan and bake for 1 $\frac{1}{2}$ hours or until the cake tester comes out clean.
- Place on a wire rack to cool for 10 minutes, then remove the loaf from the pan and let it cool completely.

Roasted Root Vegetables with Maple Crumbs

1 lb. carrots
1 lb. parsnips
1 lb. butter nut squash
1 lb. Brussels sprouts
4 T olive oil
¾ cup Panko bread crumbs
1 T maple syrup
¼ cup finely chopped parsley

- Preheat the oven to 450 degrees.
- Using a vegetable peeler, peel the carrots, parsnips and butternut squash.
- Slice the carrots and parsnips.
- Cut the butternut squash into 1 inch chunks.
- Slice the Brussels sprouts in half.
- Place all of the vegetables on a rimmed baking sheet and toss the vegetables with 3 T of oil.
- Bake for 45 minutes or until the vegetables are tender.
- Put the remaining T of oil in a non stick pan and heat to medium-high. Stir in the Panko and a large pinch of salt.
- Add the maple syrup and stir until the crumbs are coated.
- Transfer the vegetables to a platter and sprinkle with the maple crumbs and parsley.

Sweet Potato Fries

1 t salt
¼ t black pepper
¼ t garlic
½ t paprika
Olive oil for tossing
5 sweet potatoes peeled and sliced into ¼ inch wide slices

- Preheat the oven to 450 degrees
- In a large bowl, toss the sweet vegetables with just enough oil to coat. Sprinkle with the salt, pepper, paprika and garlic powder.
- Spread the sweet potatoes in a single layer on a prepared baking sheet.
- Bake until the sweet potatoes are golden brown and tender, turning occasionally (about 20 minutes).

Mac -n- Cheese -n- Spin- occolini Bake

1 box chopped frozen spinach

1 box cavatappi pasta

1 bunch broccolini trimmed and chopped into 2 inch pieces

3 T butter

3 T flour

2 ½ cups milk

Black pepper

Nutmeg to taste

1 cup Asiago

1 cup grated provolone

1 cup Parmigiano- Reggiano

- Preheat the broiler.
- Defrost the spinach in a microwave.
- Cook the pasta just shy of al-dente.
- Cook the broccolini for 3 minutes.
- Drain the broccolini and set aside.
- In the pan, melt the butter. Once melted, whisk in the flour and cook for 1 minute.
- Add the milk and whisk to combine.
- Cook the sauce for 5 minutes to thicken and then season with salt, pepper and nutmeg to taste.
- Add the cheeses to the sauce. Once the cheese is melted, add the pasta.
- Put the pasta mixture into a pan and broil until the top is golden brown.

Creamy Stove-top Mac and Cheese

2 T butter
½ small onion, grated with juices retained
1 clove garlic, minced
¼ t pepper
¼ t paprika
¼ t salt
2 cups heavy cream
8 ounces Colby Jack cheese
4 ounces sharp cheddar
1 lb. baby shell pasta

- Cook the pasta.
- In a large saucepan over medium heat, melt the butter.
- Add the onion, including juices, and cook until tender.
- Add the garlic, pepper, paprika and salt and cook for 2 minutes.
- Slowly mix in the heavy cream.
- Bring to a simmer and cook until slightly thickened for about 8 minutes.
- Add the cheeses and stir until melted and then remove from heat.
- Add the pasta and mix.

Maple No Bake cookies

1 2/3 cup brown sugar
1 stick butter
½ cup half and half
½ cup peanut butter
1 cup coconut
1 dash of salt
1 cup chopped walnuts
3 cups rolled oats
3 T maple syrup

- Mix sugar, butter, half and half in a large pan on top of the stove. Bring to a boil over medium heat.
- Mix remaining ingredients in a large bowl. Pour hot mixture over, constantly stirring until it is all blended.
- Drop tablespoon size cookies on wax paper and let cool.

Peanut Butter Banana Spiral

½ cup peanut butter
1/3 cup vanilla yogurt
1 T orange juice
2 ripe bananas sliced
4 (8 inch tortillas)
2 T wheat germ
¼ t cinnamon

- Combine peanut butter and yogurt stirring until smooth.
- Drizzle juice over bananas, toss gently to coat.
- Spread about 3 T of peanut butter mixture over each tortilla, leaving a ½ inch border.
- Arrange about 1/3 cup of banana slices in a single layer over the peanut butter mixture. Combine wheat germ and cinnamon and sprinkle over the banana slices.
- Rollup the tortilla and slice into 6 pieces.

Black Bean Salsa

1/3 cup of finely chopped red bell pepper
¼ cup finely chopped red onion
¼ cup chopped cucumber
¼ cup diced plum tomato
2 T chopped celery
2 T chopped seeded jalapeño pepper
1 T chopped fresh basil
2 T olive oil
2 T balsamic vinegar
1 T fresh lime juice
1 ½ t minced fresh or ½ t dried thyme
½ t salt
½ t chili powder
½ t black pepper
3 garlic cloves
2 (15 ounce) cans of black beans

Combine all ingredients in a medium size bowl. Chill for 2 hours.

Bruschetta with Tomatoes and Basil

4 medium ripe tomatoes (about 1 ½ pounds)

Cored and diced into ½ inch pieces

1/3 cup fresh basil

Salt and pepper to taste

1 loaf crusty bread

1 large garlic clove

3 tablespoons olive oil

1. Heat broiler or grill.
2. Mix tomatoes, basil, salt and pepper.
3. Broil or grill bread until golden brown on both sides. Put toast on a large platter, rub garlic over tops, then brush with olive oil.
4. Use a slotted spoon to divide tomato mixture among toast slices. Serve immediately.

Recipe from The Best Recipe, by the editors of Cook's Illustrated.

Basil- Walnut Pesto

¼ cup chopped walnuts

2 cloves of garlic

2 cups fresh basil

½ cup Parmesan or Asiago cheese

½ cup olive oil

¼ teaspoon salt

1. Pulverize the walnuts and garlic in a blender or food processor.
2. Add the remaining ingredients and process to a smooth paste.
3. Use right away or store in the refrigerator for up to 3 days.

Recipe from Gardeners' Community Cookbook

Toasted Pumpkin Seeds

- Pumpkin Seeds
 - Cooking spray
 - Optional: salt, garlic powder, onion powder, seasoned salt or tamari
1. Rinse the seeds. Use the seeds to remove all of the pulp. Drain the seeds. Spread out on paper towels and let dry overnight.
 2. Preheat the oven to 250 degrees.
 3. Line a baking sheet with non stick foil.
 4. Spray the seeds with cooking spray. Sprinkle with the seasoning of your choice. Toss to coat.
 5. Bake about 1 hour, tossing every 15-20 minutes.
 6. Cool seeds before eating.
 7. Store up to 3 months in an air tight container or 1 year in a refrigerator.

Pumpkin Soup

- 2 pounds pumpkin (peeled, seeded and cubed)
 - 3 garlic cloves
 - 2 onions, chopped
 - 2-3 bay leaves
 - ¼ teaspoon marjoram
 - ¼ teaspoon celery seeds
 - 2 fresh tomatoes or 1 cup can chopped tomatoes
 - 5 cups vegetable stock
 - 1/3 dry white wine
 - 1 tablespoon honey
 - 1 teaspoon cinnamon
 - Salt and pepper to taste
 - 1 cup heavy cream
1. Place all the ingredients, except the cream, in a large saucepan.
 2. Simmer until the pumpkin is soft.
 3. Remove the bay leaves.
 4. Puree the mixture in a blender or food processor in several batches.
 5. Return the puree to the sauce pan on low heat and gradually stir in the cream.
 6. Heat through but do not let the mixture boil.
- Recipe from, Sundays at Moosewood Restaurant.

Holiday Concert Recipes

Creamy Cole Slaw

- 1 package coleslaw
- 2 tbsp. milk
- 1 tbsp. white wine vinegar
- ½ tsp sugar
- ½ cup mayonnaise
- ½ cup peas
- 4 radishes shredded
- Salt and pepper to taste

Combine mayonnaise, milk, vinegar and sugar in a small bowl. Combine vegetables. Pour dressing over vegetables and toss. Refrigerate for at least 1 hour before serving.

Fluffy Lemon Fruit Dip

- 4 ounces 1/3 less fat cream cheese
- 1 container lemon yogurt
- 2 tbsp. powdered sugar
- 1 tbsp. lemonade concentrate
- ¼ tsp. lemon extract
- ½ cup frozen fat free whipped topping
- Assorted Fruit for dipping

In a medium bowl, beat cream cheese with a mixer on low speed until smooth. Add yogurt, powdered sugar, lemon juice concentrate and lemon extract. Beat 1 minute until smooth. Gently stir in whipped topping. Serve immediately or refrigerate for up to 24 hours. Serve with fresh fruit.

King Arthur Flour Life Skills Basic Bread Recipe

Here It Is! The Basic Bread Recipe

Makes 2 loaves (Alert!!! This recipe takes about 3 1/2 hours to make.)

2 cups warm water (or 1 cup warm water + 1 cup warm milk)
4 tablespoons (1/4 cup) sugar
1 packet Red Star Active Dry Yeast
2 cups King Arthur 100% Organic White Whole Wheat Flour
1 tablespoon salt
4 tablespoons vegetable oil (or 1/2 stick soft butter)
4 cups King Arthur All-purpose Flour, plus extra for kneading

- * In a large bowl, combine warm water, sugar, yeast, and 2 cups King Arthur 100% White Whole Wheat Flour. Cover mixture with a clean towel and let stand 10 minutes until bubbly.
- * Stir in salt and vegetable oil (or butter, if using).
- * Stir in King Arthur All-purpose Flour, 1 cup at a time. When the dough holds together and all flour is mixed in, plop dough out onto a clean, floured surface.
- * With a little flour on your hands, knead the dough. As you knead, sprinkle your hands or the work surface with just enough flour to prevent sticking. After 5 minutes, take a break and let the dough rest.
- * Scrape out the mixing bowl, and grease the bottom and sides.
- * Knead the dough for a few more minutes. It should feel springy and smooth. (When you lightly press into it with your fingertips, it will bounce right back.) Put dough into the bowl and turn the dough over once. Cover the bowl with plastic wrap and a clean towel, and let the dough rise in a warm place until double in size, about 1 1/2 hours.
- * Gently deflate dough, and turn it out onto a floured surface. Divide dough in half and shape into 2 loaves.
- * Grease a baking sheet; put your loaves on it. Cover the dough with plastic wrap and a clean towel and let the dough rise again for 30 minutes. Preheat oven to 425°F.
- * Carefully remove plastic wrap and slash the tops of the loaves with a sharp knife. Bake loaves for about 30 minutes until the crust is golden brown and the loaf sounds hollow when tapped on the bottom. Cool the bread on a rack. Enjoy!

For use as pizza dough:

- After the first rise, use 1/2 basic bread recipe. Press the dough into a circle on an oiled pizza pan.
- Preheat oven to 450 degrees.
- Bake your pizza without any toppings for 10 minutes.
- Add toppings and bake 15 minutes more.