

### **Dressing-in-the-bowl supper salad**

1/2 a medium red onion, sliced as thin as you can get it  
3-4 TBLS good vinegar  
salt & freshly ground black pepper  
good pinch of sugar  
2 TBLS mustard (I like grainy)  
1/2 cup canned beans – we'll use black, but could use chick peas or kidney,  
drained and rinsed and drained again  
About 2 cups raw or lightly cooked vegetables (we'll use broccoli & sugar snaps)  
2 TBLS chopped parsley  
1 - 2 cups protein – we'll use chicken; could use cooked shrimp, tofu, ham, etc.  
about a pound of salad greens (16 oz)  
4 – 6 TBLS oil – olive, almond, walnut, etc.

In a large bowl, stir together the onion, 3 TBLS vinegar, sugar, and mustard and season with salt and pepper. Add the beans and let marinate while you prepare the other vegetables.

When you're ready to eat, add the vegetables, parsley, meat, and salad greens, and 4 TBLS of the oil. Mix well, and taste – add more vinegar, salt or pepper, until it's how you like it. Serve soon!

### **Crispy zucchini or summer squash rounds**

4 zucchini and/or summer squash  
2 eggs  
flour  
breadcrumbs  
Parmesan cheese

Heat the oven to 400 degrees. Rinse the squash and cut them into about 1/2 inch thick rounds or ovals. Beat the eggs in a wide shallow bowl. Place the flour and crumbs on separate plates. Grease a large cookie sheet or line with parchment paper. Dip each round into the egg, then into the flour, then back into the egg, and finally the crumbs, pressing to make them stick. Arrange the rounds in a single layer on the cookie sheet, and bake until the squash is softened and the crumbs are brown, turning once. About 10 minutes per side. Eat plain or dipped in tomato sauce. Or turn into zucchini Parmesan by layering with cheese and sauce.

### **Ramen Salad**

2 (3 ounce) packages ramen noodles (I like chicken- or Asian-flavored), crushed (a rolling pin works well for this)  
1 cup blanched slivered almonds  
2 TBLS sesame seeds  
2 TBLS vegetable oil  
1 bunch green onions, chopped (and/or garlic scapes)

In a heavy skillet or cast iron frying pan, brown the noodles, almonds, and sesame

seeds. The sesame seeds will start popping. When everything is toasty, mix in the chopped green onions, and remove from the heat.

1/4 cup white sugar  
2 TBLS vegetable oil  
2 TBLS dark Asian sesame oil  
1/3 cup cider vinegar  
2 tablespoons soy sauce  
flavor packets from the ramen (optional)

Whisk these together for the dressing.

1 head Napa or other cabbage, sliced thin, in a big bowl - add the toasted noodle & nut mixture, and the dressing, and toss all together.

Good right away, but better the next day.

### **Butter braised turnips & their greens (or spinach)**

1 - 2 pounds turnips  
3 TBLS butter  
turnip greens, or about 3/4 lb spinach  
salt & freshly ground black pepper

Bring a pot of water to boil on the stove and salt it. Peel the turnips, and cut them into 1 inch cubes. Drop the turnips into the water and cook until they're firm-tender, 10 – 12 minutes. Drain. Clean and stem the greens (or spinach). Melt the butter in a large deep skillet, and add the turnip cubes. Cook until they have a little color, then add the greens and cover until the greens wilt. Remove the lid and let the moisture steam off. Season with salt & pepper and eat right away.

### **Strawberry pizza**

(2 9-inch pizzas)  
2 cups flour  
1 TBLS baking powder  
1/2 tsp. salt  
1 stick of cold butter  
3/4 cup milk  
another 2 TBLS butter, melted  
2 TBLS sugar  
1 8-oz. block of cream cheese, softened  
3 TBLS powdered sugar  
4 cups of strawberries, rinsed and sliced

Heat the oven to 400 degrees. Measure the flour into a bowl, or food processor. Add the baking powder and salt; whisk or pulse the processor. Slice the butter into the bowl and work into the flour, with a pastry blender, your hands, or using

the food processor, until you have a mealy mixture. Add the milk, and mix with a fork or pulse the processor until the dough clumps. Turn the dough out onto a floured surface and knead lightly to combine, and make a smooth ball. Cut the dough in half, roll each piece into a 9-inch circle, and place on a cookie sheet. Brush the circles with the melted butter and sprinkle with the 2 TBLS sugar. Bake for about 12 minutes until firm and browned. Cool. Meanwhile, mix the cream cheese and powdered sugar.

To assemble, spread each round with the sweetened cream cheese and arrange strawberries on top. Cut each pizza into wedges to serve.