

### **Spaghetti Squash Parmesan**

1 large Spaghetti Squash  
2 Tbsp butter  
2 cloves garlic, minced  
1 cup freshly grated parmesan  
salt & pepper to taste

Place whole squash on baking sheet & cook in 325 degree oven for 1 hour (or until squash pierces easily with a fork). When cool enough to handle, cut squash in half lengthwise. Scrape out the seeds & discard, being careful not to remove too much of the flesh. Using a spoon or a fork, scrape 'spaghetti' lengthwise from the sides of the squash shell & place in bowl, separating & fluffing strands with fingers. Melt butter in large skillet, add garlic & sauté for 2 to 3 minutes. Add squash, cooking over medium heat until heated through, stirring frequently. When hot add cheese, stir to combine thoroughly. Season with salt & pepper to taste.

### **Curried Chicken Soup**

1 whole chicken  
10 cups chicken stock (or water with bouillon or soup base)  
1 large yellow onion, chopped  
3 med. carrots, coined  
2 stalks celery w/leaves, chopped  
2 whole bay leaves  
3 Tbsp butter  
3 Tbsp flour  
2 Tbsp curry powder (or a little more for stronger flavor)  
2 cups Basmati rice, cooked  
salt & pepper to taste

Boil the chicken in stock or bouillon in a large pot. Simmer until tender. Bone chicken & shred the meat with your fingers. Set aside. In a large skillet, sauté the onion, carrots & celery in butter for 5 minutes. Add bay leaves. Mix together the flour & curry powder, sprinkle over the vegetables. Stir until well coated, sauté for few minutes. (This is when your house starts to smell so good)!. Whisk the vegetables into liquid in pot. Stir well. Bring to a boil, then simmer partially covered for 30 minutes. Add chicken and cooked rice, simmer for 5 minutes. Season to taste with plenty of salt & pepper. \*\*This soup freezes well.

### **Rustic Oatmeal Cookies**

1 ½ sticks butter, softened  
¼ cup molasses  
1/3 cup honey  
1 egg  
¼ tsp salt  
1 Tbsp vanilla extract  
1 cup brown sugar  
1 cup whole wheat flour  
3 cups oats

1 cup walnuts  
1 cup raisins  
1 cup coconut

Preheat oven to 375 degrees. Grease a cookie sheet & set it aside. In a large mixing bowl, add butter, molasses, honey, egg, salt & vanilla. Beat until smooth. Add brown sugar & mix. Add flour & mix well. Stir in oats, nuts, raisins & coconut. Stir well. Drop by tablespoon onto greased cookie sheet about 1" apart. (I like to firm them up with my hand to help them stay compact). Bake until brown on peaks. Cool slightly on wire racks or wax paper.

### **Sweet Olive Oil Quick Bread**

2 ½ cups flour  
2 tsp baking powder  
Pinch of salt  
1 cup sugar  
2 eggs, slightly beaten  
¾ cup milk  
½ cup olive oil  
½ cup golden raisins  
(or dried cranberries)  
Grated zest of 1 lemon  
¼ cup coarsely chopped walnuts

Preheat oven to 350 degrees. In a mixing bowl, stir together flour, baking powder, salt & sugar. Add eggs, milk & olive oil & mix well. Add raisins & zest, stir to distribute. Butter a loaf pan. Pour batter into pan. Sprinkle with walnuts. Bake 60 minutes. Let cool in pan a few minutes, unmold & cool on wire rack. \*This especially delicious sliced, toasted & slathered with butter.

### **Grilled Brie with Apricot Jam**

4 tsp butter (at room temperature)  
8 slices French bread, (cut on an angle  
¼" thick)  
3 Tbsp apricot jam  
5 oz. ripe Brie or Camembert, rind removed, sliced while cold (leave the slices at room temp for easy spreading)

Butter all the bread slices on one side only. Put them all, buttered side down, on a cutting board. Spread four of the slices with a thin layer of jam (about 2 tsp per slice). Spread the cheese on the other four slices. Pair the jam slices with the cheese slices.

Heat a large skillet or griddle (medium high heat). Put as many sandwiches as will fit in the pan without crowding, cover & cook until the cheese has begun to melt and the bread is golden brown (about 2 minutes). Remove the lid & turn the sandwiches, pressing each one firmly with a spatula to flatten slightly. Cook the sandwiches uncovered until the bottoms are golden (about a minute). Turn them once more to re-crisp the bread (30 seconds). Cut in half & serve immediately.

### **Pecan Crusted Salmon**

4 salmon filets  
2 Tbsp Dijon mustard  
2 Tbsp butter, melted  
1 Tbsp honey  
¼ cup bread crumbs (plain or panko)  
¼ cup finely chopped pecans  
2 tsp finely chopped parsley  
salt & pepper

Heat oven to 400 degrees. Blend mustard, butter & honey in small bowl; set aside. Mix breadcrumbs, pecans & parsley in another small bowl; set aside. Season the salmon filets with salt & pepper. Place salmon on a lightly oiled baking sheet. Brush the salmon with mustard-honey mixture. Pat breadcrumb/nut mixture onto top surface of salmon. Bake for 10 minutes per inch of thickness (measured at thickest part), or until salmon flakes easily with a fork.

### **Potato & Mushroom Croquettes**

1 ½ lbs russet potatoes, peeled and chopped  
5 cups water  
1 yellow onion, peeled and chopped  
¼ lb mushrooms (I use cremini but white are fine too)  
1 tsp oil  
1 Tbsp water  
salt & pepper to taste  
1 cup matzo meal  
oil (for pan frying)

Boil potatoes in water until tender. Drain & mash potatoes. In a separate pan, sauté onions and mushrooms in oil and water over medium-high heat for 3 minutes. In a large bowl, mix together the mashed potatoes, sautéed onions, mushrooms and seasonings. Form 10 patties. Heat oil in frying pan over medium-high heat and fry croquettes for 8 minutes on each side.

### **Body Butter**

¼ cup grated or chopped cocoa butter  
1 Tbsp coconut oil  
2 Tbsp light olive oil  
1 Tbsp avocado oil, or sunflower oil or almond oil  
1 Tbsp grated beeswax

Combine all ingredients in a saucepan and warm on the stove until they just begin to melt. Remove mixture from heat & stir until well blended. Pour melted mixture into a clean jar with a tight fitting lid. To use: massage a small amount into your skin to condition & moisturize.

### **White Bean and Artichoke Salad**

3 cups white beans, drained  
½ (of 14 oz can) artichoke hearts, drained & quartered  
⅔ cup diced green bell pepper  
⅓ cup chopped black olives  
¼ cup chopped red onion  
¼ cup chopped fresh parsley  
¼ ounce chopped fresh mint leaves  
¾ tsp dried basil (or adjust & use fresh)  
⅓ cup olive oil  
¼ cup red wine vinegar  
salt & pepper to taste

In a large bowl, combine beans, artichoke hearts, bell peppers, olives, onion, parsley, mint & basil. In a small bowl, whisk together olive oil & vinegar. Pour this over bean mixture and toss to coat. Cover & chill in refrigerator for several hours or overnight, stir it occasionally to let flavors blend.

### **Mediterranean Tuna Salad**

2 Tbsp lemon juice  
3 Tbsp red wine vinegar  
1 tsp mayonnaise  
½ tsp ground allspice  
½ tsp black pepper  
Pinch salt  
Pinch cayenne  
Pinch nutmeg  
Pinch cumin  
½ cup extra-virgin olive oil  
1 6oz can tuna packed in water, drained  
2 stalks celery, chopped  
½ cup chopped green pepper  
½ cup chopped red bell pepper  
1 cup chopped parsley  
2 cups chopped scallions  
1/3 cup fresh mint leaves

In a mixing bowl, combine lemon juice, vinegar, mayo, allspice, black pepper, salt, cayenne, nutmeg and cumin. Slowly whisk in olive oil. In separate bowl, combine tuna, celery, red & green peppers, parsley, scallions and mint leaves. Pour dressing over tuna and combine.