

Recipes provided by Joe & Nettie Linton.

Chinese Shredded Green Salad: (Diane Howarth)

Salad Dressing:

1	tsp	Salt
1/2	tsp	Pepper, black
1/8	tsp	Pepper, Cayenne (Nettie added)
2	Tbl	Sugar
2	Tbl	Olive Oil
2	Tbl	Sesame Seed Oil
3	Tbl	Vinegar, Rice Wine

Salad:

1	med	Lettuce, head - finely shredded
4	whole	Green Onions, finely chopped
6	oz	Rice Noodles (the regular Chinese noodles)
1/2	Cup	Roasted Cocktail Peanuts
1/4	Cup	Toasted Sesame Seeds
1/4	Cup	Chopped Fresh Chinese Parsley (or regular Parsley)

Add dressing just before serving. After mixing salad together, it looks a little dull - add **pomegranates**, sliced **almonds**, **oranges**, **fresh pineapple chunks** - just needs more color

Salad – Greek: (Tiffney Christiansen)

Serves 4

Lettuce/Spinach		
12	oz	Feta Cheese, cubes
4	plum	Tomatoes, wedges
1	small	Cucumber, sliced and diced
1	small	Purple Onion, sliced thin
16		Greek Olives, oil-cured (Kalamata)
		Oregano sprigs, to garnish

Herb Dressing:

6	Tbl	Extra Virgin Olive Oil, preferably Greek
2	Tbl	White Wine Vinegar
3	Tbl	Oregano, fresh, chopped
1	lg clove	Garlic, crushed
		Pinch each of sugar, Salt, and Pepper

Place all the dressing ingredients in blender. Chill until required.

Salmon – Spice Rubbed: (Martha Stewart)

Serves 8

1	Tbl	Coriander Seeds (cilantro – find in Mexican food section)
1	Tbl	Cumin Seeds
1	Tbl	Dill Seeds
1	Tbl	Yellow-Mustard Seeds
2	Tbl	Fennel Seeds
1	Tbl	Salt
1/2	tsp	Pepper
2	Tbl	Sugar
		Olive Oil

Combine all seeds in a skillet over medium heat – toast – shaking pan – until aromatic – 4-6 minutes. Grind seeds coarsely in a spice grinder or with a mortar and pestle. Transfer to a bowl; add salt, pepper and sugar. Rub spice mixture into flesh side of salmon. Let stand 30 minutes. If not grilling right away, refrigerate, wrapped in plastic, for up to 2 days. Let salmon come to room temperature before grilling.

Oven: Heat oven to 400°. Heat a large, ovenproof sauté pan over medium-high heat. Drizzle olive oil over both sides of fillets. Place fillets spice-side down in hot sauté pan. Sear until the spices are brown, about 3 minutes. Carefully turn salmon, and transfer sauté pan to oven. Bake until fillets are firm to the touch – 5-7 minutes.

Grilling: Heat grill to hot; coals should be glowing red, and rack should be very hot. Brush both sides of salmon and hot rack with oil. Grill salmon (if using a gas grill, close lid while cooking) flesh side down until firm and slightly charred, 4-8 minutes. Carefully turn salmon using 2 large spatulas. Cook 4-6 minutes more, or until mostly opaque but slightly translucent and cooked through. Serve with cucumber salsa (see next column).

Spicy Cucumber Salsa: Makes 6 cups

2		Cucumbers, seedless – 2 lbs.
2	Med	Shallots, peeled and trimmed
1-1/2	Tbl	Jalapeño Pepper, minced
1-1/2	Cups	Fresh Mint, loosely packed, chopped medium fine
2	Tbl	Champagne Vinegar
1	tsp	Salt
1/4	tsp	Pepper, freshly ground
3	Tbl	Olive Oil

Peel cucumbers in strips for a striped effect. Cut in half lengthwise; remove any seeds. Cut crosswise into 1/8” slices. Combine cucumbers, shallots, jalapeño, and mint. In a small bowl, combine vinegar, salt and pepper. Gradually whisk in olive oil until combined. Pour over cucumbers, and toss gently to combine. Serve.

Fire Roasted Vidalia Onion Halves: Serves 8

After a turn on the grill, these onions resemble savory roses. They provide an attractive side dish to any grilled meat or fish.

8		Vidalia or other sweet onions, peeled and cut in half crosswise
		Olive Oil
		Balsamic Vinegar
		Salt and Pepper
2	Strips	Bacon, cut into 16 pieces

Soup – Minestrone: (Tiffney Christiansen) 15 servings

1	Cup	Carrot, chopped
1	Cup	Celery, chopped
1	Cup	Onion, chopped
4	cloves	Garlic, minced
2	tsp	Basic, dried
1	tsp	Oregano, dried
1/2	tsp	Pepper
30	oz	Great Northern Beans, cooked or 2 cups dried
32	oz	Red kidney Beans, cooked or 2 cups dried beans
30	oz	(cooked on simmer for 3 hrs)
2	Cups	Tomatoes, chopped
2	Cups	Cabbage, coarsely chopped
2	Cups	Zucchini, sliced lengthwise
1	Cup	Spaghetti, thin, broken
1/2	Cup	Tiny Macaroni

More liquid will need to be added (veggie broth). In a large saucepan combine 2-1/2 cups water, carrot, celery, onion, garlic, basil, oregano and pepper. Bring to boil, reduce heat and simmer for 15 minutes. Stir in beans, tomatoes, cabbage, zucchini, spaghetti and macaroni. Simmer 5-10 minutes. Serve with grated Parmesan cheese.

Soup – Vegetarian Chili: (Diane Balmain)

1	Tbl	Olive Oil
1		Yellow Onion, chopped
3		Garlic Cloves, chopped
1		Red Bell Pepper, chopped
2		Jalapeno Peppers, chopped (removed seeds and membrane for medium/hot heat)
2	Tbl	Cornmeal
1	Cup	Water
1/2	lb	Green Beans, cooked
1	15 oz can	Red Kidney Beans
1	14 oz can	Tomatoes, chopped
1	Cup	Corn
2	tsp	Dried Oregano Leaves
1	tsp	Cumin, ground
1-2/3	Tbl	Chili Powder
1/4	tsp	Cayenne Pepper
		Salt

Heat oil in saucepan over medium-high heat. Add onion and cook until wilted, about 2 minutes. Stir in garlic, red pepper and jalapeno. Cook until peppers begin to soften, about 3 minutes. Stir in cornmeal and add the water and beans. Bring to a simmer. Add tomatoes, corn, oregano, cumin, chili, cayenne and season with salt. Simmer mixture until thickened and stew-like, about 30 minutes. Serve in large bowls with desired garnishes.