

Eschman Meadows Midday Gathering Spring Recipes

Balsamic Vinaigrette

Yields: 3 cups

Ingredients:

Dijon mustard	2 ½ teaspoons	Garlic, peeled, chopped	2 ½ teaspoons
Honey	1 ½ tablespoons	Balsamic vinegar	¾ cup
Italian seasoning	1 tablespoon	Vegetable oil	2 ½ cups
Shallots, peeled, chopped finely	2 ½ teaspoons		

Instructions:

- In a bowl, mix mustard, honey, Italian seasonings, shallots, garlic and balsamic.
- In a slow steady stream, whisk in the oil, until emulsified.
- Season to taste with salt and pepper.

Creamy Dill Dressing

Yields: 3 ½ cups

Ingredients:

Mayonnaise	1 ¾ cups	Dill, fresh, chopped	½ cup
Sour cream	¾ cup	Parmesan cheese, grated	¼ cup
Onion, pureed	2 tablespoons	Lemon juice, fresh squeezed	¼ cup
Worcestershire sauce	1 tablespoons	Garlic, minced	2 tablespoons

Instructions:

- Whisk mayonnaise and sour cream together until smooth.
- In a food processor puree the onion and Worcestershire.
- Combine everything together including dill, parmesan cheese lemon juice and garlic.
- Season to taste with salt and pepper. Cover and chill at least 1 hour.

Eggplant Caponata

Yields: 1 quart

Ingredients:

Eggplant	1 ½ pounds	Kalamata olives, chopped	1 tablespoon
Olive oil	3 tablespoons	Balsamic vinegar	1 tablespoon
Red onion, small diced	½ cup	Tomato sauce	½ cup
Capers	1 tablespoon	Basil, fresh chopped	1 tablespoon

Instructions:

- Cut the eggplant in half and scoop out some of the seeds. Cut the remaining eggplant into ½ inch dice. Place the eggplant in a colander and lightly salt. Toss to coat. Cover with a plate to weigh down the eggplant and drain for 1 hour.
- In a large sauté pan heat 1 tablespoon of olive oil. Add eggplant and cook over medium high heat, stirring occasionally until tender.
- Transfer the eggplant to a bowl and set aside. Lower heat to medium low and add 2 tablespoons of olive oil. Add onion and cook until tender.
- Return eggplant to pan and add capers, olives and balsamic vinegar. Cook until vinegar is evaporated.
- Add tomato sauce and cook for a few minutes until fragrant. Season to taste with salt and pepper. Finish with the basil. Serve with wheat pita chips.

Wheat Pita Chips

Yields: 36 chips

Ingredients:

Wheat pita bread	6 each	Salt	1 tablespoon
Olive oil	1 cup	Pepper	¼ teaspoon
Garlic, minced	2 cloves	Italian seasonings	1 tablespoon

Instructions:

- Preheat oven to 350 degrees.
- Cut each pita into 6 triangles and set aside.
- In a bowl combine the olive oil, garlic, salt, pepper and Italian seasonings. Whisk mixture together.
- Using a pastry brush, coat each pita generously on both sides with mixture. Set on a baking sheet and bake for 5-10 minutes or until golden brown and crisp.
- Serve with lentil hummus. Pita can be held in an airtight container once cooled completely for 2 days.

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Spring Recipes

Hazelnut Quinoa Salad

Serves: 6

Ingredients:

Quinoa	¼ cup	Cucumber, peeled, seeded, diced	1 ½ cups
Black quinoa	¼ cup	Grape tomatoes, halved	1 cup
Italian salad dressing	½ cup	Peas, frozen, thawed	1 cup
Hazelnuts, toasted, skin removed, chopped	½ cup	Yellow and orange peppers, seeded, diced	½ cup

Instructions:

- Rinse quinoa under running water for 1 minute. Place quinoa and 2 cups of water in medium saucepan. Bring to a boil. Cover and reduce heat to low. Simmer for 20 minutes or until all water is absorbed.
- Fluff with fork. Cool completely.
- Process Italian dressing and ¼ cup hazelnuts in food processor until smooth.
- Once quinoa is cooled, add cucumbers, tomatoes, drained peas and peppers.
- Pour dressing over salad and toss until blended. Sprinkle with remaining toasted hazelnuts, season with salt and pepper. Serve immediately or wait to add peas till the last minute.

Tomato Basil Bisque

Serves: 4-6

Ingredients:

Butternut squash	1 each	Bay leaf	1 each
Olive oil	2 tablespoons	Parsley, fresh, chopped	1 tablespoon
Butter	1 tablespoon	Thyme, fresh, chopped	1 tablespoon
Yellow onion, chopped	1 each	Basil, fresh, chopped	4 tablespoons
Garlic cloves, minced	4 each	Heavy cream	1 cup
All purpose flour	5 tablespoons	Salt	1 teaspoon
Chicken broth	5 cups	Pepper	½ teaspoon
Sugar	2 tablespoons	Red pepper flakes	½ teaspoon
Tomatoes, whole, peeled	28 oz can		

Instructions:

- Cut butternut squash in half and scoop out seeds. Rub 1 tablespoon olive oil all around.
- Place squash flesh side down on sheet tray. Bake at 350 degree for 45 minutes to 1 hour or until tender. Let cool and scoop out flesh and set aside.
- Heat butter and 1 tablespoon olive oil together, add onions and garlic. Cook, covered, stirring occasionally until soft.
- Stir in the flour and cook while stirring for about 3 minutes.
- Pour in the chicken broth, sugar, tomatoes, bay leaf and butternut squash. Bring to a boil, whisking constantly.
- Add the fresh herbs. Lower heat and simmer for 30 minutes.
- Remove from stove and let cool. Remove bay leaf.
- Working in batches, blend the soup until smooth. Return the soup to the pot and reheat on medium low heat. Whisk in the heavy cream, salt, pepper and red pepper flakes. Serve warm.

Yellow Split Pea Soup

Serves: 8

Ingredients:

Apple wood smoked bacon, chopped	½ pound	Celery, chopped	2 stalks
Onion, peeled, chopped	1 each	Yellow pepper, chopped	1 each
Shallots, peeled, chopped	2 each	Chicken broth	3 quarts
Garlic cloves, peeled, chopped	4 each	Yellow split peas, dried, rinsed	1 pound

Instructions:

- In a pot, partially cook bacon until fat is released.
- Add in onion, shallots, garlic, celery and peppers. Cook until tender.
- Add in chicken broth and split peas. Cook until peas are tender, approximately 1 hour.
- Puree till smooth. Season to taste with salt and pepper.