



STRAWBERRY VEGETABLE SALAD

I often make a spinach salad and top it with fresh sweet strawberries. But this one is with lettuce.

Ingredients

- 1 bag pre-washed Romaine lettuce, rinsed, dried, and torn or chopped
- 1 bag pre-washed mixed greens, torn or chopped
- ¼ red onion sliced very thin, separated
- 4 small mushrooms, sliced
- Artichoke hearts, drained and sliced
- Sliced water chestnuts
- ½ - 1 pint of fresh ripe strawberries, halved or sliced
- Croutons

Instructions

1. In a big bowl, combine the lettuces.
2. Slice the onion and other vegetables if using.
3. Toss together and top with the strawberries and some of your favorite croutons.

VINAIGRETTE SALAD DRESSING

You may use your favorite pre-made dressing or make the following:

Ingredients

- Mash about a cup of ripe strawberries through a strainer and sieve them.
- 1/3 cup low sodium chicken broth
- 2 Tablespoons granulated sugar
- 1 Tablespoon cider vinegar
- 2 teaspoons light olive oil
- 2 teaspoons Dijon mustard
- ½ teaspoon salt
- ¼ teaspoon ground pepper
- ½ teaspoon dried basil

Instructions



1. Place the berries that have been sieved and the rest of the ingredients in a container with a tight-fitting lid. Shake well.
2. Taste and re-season if necessary.
3. Refrigerate and shake well just before serving.

FRESH SPINACH SALAD

Ingredients

- 1 bag baby spinach, pre-washed
- 1-2 slices thin sliced sweet onion or red onion, separated
- Drained bean sprouts
- ½ cup or more rough chopped walnuts
- Optional: Sliced mushrooms
- Optional: Crisp bacon, crumbled
- Optional: Pears, chopped
- Optional: Dried cranberries

Instructions

1. Wash the spinach and make sure it is dry.
2. Combine all the ingredients together and serve with a vinaigrette salad dressing of your choice.

BLUEBERRY MUFFINS

Ingredients

- 1 cup all-purpose flour
- 1/3 cup granulated sugar
- 3 teaspoons baking powder
- ½ teaspoon salt
- 1 cup whole milk
- 1/3 cup vegetable oil
- 1 egg
- 1 cup blueberries

Instructions



1. Sift flour, sugar, baking powder, and salt together. Set aside.
2. Combine the next 3 ingredients (milk, oil, egg) in a 1 cup measuring cup and beat with a fork until well combined.
3. Add berries to the dry mixture (it coats the berries and prevents them from sinking to the bottom of each muffin.)
4. Make a well in the dry mixture and pour the milk mixture on to the dry and with a fork, mix just until blended.
5. Spray muffin tins with nonstick spray or use muffin liners. Fill 2/3 full.
6. Bake at 400 deg F preheated oven for 20-25 minutes.

BLUEBERRY PANCAKES

Ingredients

- ¾ cup all-purpose flour
- 1 Tablespoon granulated sugar
- ¼ teaspoon salt
- ¼ teaspoon baking soda
- ½ teaspoon baking powder
- ½ teaspoon ground cinnamon
- 1 large egg, separated
- 1 Tablespoon vegetable oil
- ¼ cup ricotta cheese – excess liquid drained off
- ¾ cup buttermilk
- 1 teaspoon vanilla
- Blueberries

Instructions

1. Blend together the dry ingredients and set them aside.
2. In a separate bowl combine the egg yolk, oil, buttermilk, ricotta cheese, and vanilla. Whisk until smooth.
3. Beat the egg white until just stiff.
4. Make a well in the center of the dry ingredients and pour in the liquids. Mix until just blended. Don't over-stir.
5. Gently fold in the beaten stiff egg white until blended. Again, do not over-mix.
6. Let the mixture sit for 15 minutes. This is important.
7. Heat griddle or fry pan and lightly oil. Needs to be flat.



8. Pour the batter onto the hot pan. Top with the blueberries to dot around the batter. When bubbles appear, turn and cook the other side.
9. Then top with butter, syrup, whipped cream, and more blueberries if desired.

STUFFED MUSHROOMS

Ingredients

- Mushrooms
- 2 rolls of Italian Sausage, cooked and crumbled
- 3 cups bread crumbs
- ½ cup sliced almonds, toasted and crumbled
- 1 clove garlic, pressed
- 3 Tablespoons chives
- 1 Tablespoon basil
- ½ cup sherry (not cooking sherry) or broth
- Salt
- Paprika
- Cheddar or Jack cheese
- Optional: Fresh herb, for garnish

Instructions

1. Blend filling ingredients together with clean hands.
2. Add ½ cup sherry.
3. Salt and paprika to taste.
4. Stem mushrooms and brush with melted butter in the center.
5. Fill with filling, sprinkle with cheese on top
6. Bake 15 minutes, 350 deg F preheated. Top with a stem of fresh herb.

BACON WRAPPED ASPARAGUS

Ingredients

- A bunch or two of asparagus
- Olive oil
- Salt/pepper
- Bacon



Instructions

1. Wash the asparagus and if needed, scrape the outer part – snap them (at least one, then use a knife) where it breaks easily. The bottom may be used for a broth for another dish or tossed.
2. Depending on the diameter of the asparagus stalks, bundle 2-4 stalks together and wrap with half a slice of bacon.
3. Drizzle olive oil and use salt and pepper to season.
4. Preheat oven 375 deg F. and place foil on a baking sheet.
5. Layer the wrapped asparagus bacon seam side down and roast in the oven for 15-20 minutes. Check stalks for doneness with a knife or fork.
6. Remove, let cool a couple of minutes before serving.

VEGETABLE STIR FRY

Any vegetables can be used.

Ingredients

- 2 Tablespoons canola oil
- Fresh vegetables, bite-sized pieces (such as broccoli, zucchini, onion, carrots, yellow squash, eggplant, or any others you have or would like)
- ½ cup Teriyaki sauce
- 2 Tablespoons sesame oil
- Salt/pepper

Instructions

1. In a wok or large skillet, put canola oil and get it hot.
2. Add the vegetables and stir while they cook. Do not get them too brown, just barely done.
3. Then add teriyaki sauce, salt/pepper, and sesame oil.
4. This can be served with Fried Rice or on its own, with white rice, or anything you would like. You can always add some cooked leftover chicken.

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