

Beet and Pear Puree

This is a great side dish for roast turkey or pork. Can be made one day ahead and preheated in double boiler.

- 3 medium **beets**
 - 5 ounces unsalted butter
 - 1/2 cup minced onions
 - 1 1/2 Bosc pears - peeled, cored and minced
 - 2 teaspoons white sugar
 - 3 tablespoons cranberry vinegar
 - 1/4 teaspoon salt
1. Preheat oven to 400 degrees F (200 degrees C). Wash beets, and place in a roasting pan. Bake for 45 minutes to 1 hour, or until tender. Set aside to cool.
 2. Melt butter in a large skillet over medium heat. Stir in onion, pears, sugar, and vinegar; cook, stirring frequently, for 20 minutes.
 3. When the beets are cool enough to handle, peel and coarsely chop.
 4. Puree onion mixture in a food processor with metal blade. Add salt and 1/2 of the beets; pulse 4 to 5 times. Add remaining beets, and pulse 2 to 3 times.

Rye Borscht

"If using water or vegetable stock it's a great vegetarian soup. A very satisfying meal. Garnish with sour cream and dill."

- 1 cup dry rye berries
- 2 cups water
- 1 1/2 cups dry cannellini beans
- 1 small head cabbage, coarsely chopped
- **1 large onion**, chopped
- 2 stalks celery, chopped
- **4 beets**, peeled and chopped
- 1 carrot, peeled and chopped
- **1 potato**, peeled and chopped
- 3 cloves garlic, chopped
- 4 cups canned tomatoes
- 2 quarts water
- 3 tablespoons fresh lemon juice
- 3 tablespoons honey
- salt and pepper to taste

1. Place the rye berries and 2 cups water in a pot, and bring to a boil. Reduce heat to low, cover, and simmer 2 hours, or until tender.
2. Place cannellini beans in a pot with enough water to cover, bring to a boil, and cook 5 minutes. Remove from heat. Let stand 1 hour, until tender; drain.
3. In a large pot, mix the cooked rye, beans, cabbage, onion, celery, beets, carrot, potato, garlic and tomatoes. Pour in the water, and bring to a boil. Reduce heat to low, cover, and cook 30 minutes, or until all vegetables are tender. Stir in lemon juice and honey, and season with salt and pepper during the cook time.

Red Chard and Caramelized Onions

This is good served hot or at room temperature.

- **1 large yellow onion**, chopped
 - 2 tablespoons olive oil
 - 1 teaspoon brown sugar
 - 1 bunch red Swiss **chard**, rinsed and chopped
 - 1/4 cup kalamata olives
 - 2 tablespoons capers
 - 1/2 teaspoon coarse sea salt, or to taste
 - freshly ground black pepper to taste
 - 1 lemon, juiced
1. In a cast iron skillet, cook onions in olive oil over medium-high heat until they begin to brown. Stir in brown sugar, and continue cooking for a few minutes.
 2. When onions are brown and tender, stir in chard and olives. Cook until chard is slightly wilted. Stir in capers and salt, and continue cooking until chard is completely wilted, about 3 minutes. Season with black pepper and squeeze lemon over the top.

Red Potato Bites

"These wonderful sour cream, bacon and chive-stuffed red potatoes are a perfect appetizer for any occasion. Easy to prepare ahead of time, top off

with Cheddar cheese, and broil as your guests



arrive.

- 1 _ lbs small round **red potatoes**
 - 4 slices bacon
 - 1 cup sour cream
 - 1/2 teaspoon seasoned salt
 - 1/4 teaspoon black pepper
 - 1 tablespoon chopped fresh chives
 - 1/2 cup shredded Cheddar cheese
 - **parsley or cilantro**
1. Preheat the oven to 375 degrees F (190 degree: C). Place potatoes in a saucepan, and add enough water to cover. Bring to boil, and coc until tender but still firm, about 10 minutes. Drain, and cool in a bowl of cold water.
 2. Cook bacon in a skillet over medium-high heat until evenly browned. Drain, crumble, and set aside.
 3. Remove cooled potatoes from water. Pat dry with a paper towel, and cut in half. Using a small spoon, carefully remove a small amount from center, leaving approximately 1/4 inch rim around each potato. Set reserved potato aside.
 4. In a bowl, mix together reserved potato, sour cream, bacon, seasoned salt, pepper, and chives. Spoon a small amount of mixture into each potato half and place on a baking sheet. Top each potato off with some shredded cheese.
 5. Bake for 10 minutes in the preheated oven, or until cheese is melted and potatoes are warmed through. Garnish with **parsley or cilantro** and serve.