

Easy Sautéed Vegetables

Vegetable cooking spray or oil of choice

1 large clove garlic, minced

1 scallion, white part and 2 inches green, chopped

1 bag Sauté Greens

1/4 lb. bean sprouts (optional)

1 tsp. balsamic vinegar

Freshly ground pepper

Lightly coat a skillet with cooking spray or oil of your choice. Add garlic and scallion. Stir-fry for 1 minute. Add sauté mix. Stir-fry until almost cooked through. Add bean sprouts and vinegar. Stir-fry just until the bean sprouts are hot. Grate pepper to taste and serve immediately.

Option: Prepare ahead of time and serve cold or at room temperature as a lovely first course. In Italy they use a lot more Balsamic Vinegar too! Yummy

Marinated Beets

4 medium beets, about 3" in diameter

1 TBS extra virgin olive oil

1 TBS balsamic vinegar

1 TBS fresh minced chives

salt and cracked black pepper to taste

1. Bring medium sized pot of salted water to a boil. Wash and place whole, unpeeled beets with 1 inch of the stem and roots intact into boiling water. Cook until you can insert a thin-bladed knife easily into center, about 30 minutes.
2. Remove beets from water and allow them to cool. If you let them cool naturally, remove them from the water while they are still a little crisp inside, as they will continue to cook as they cool down.

3. Peel and either slice or cut into chunks. Toss with rest of ingredients. Let them marinate for at least 15 minutes for fuller taste.

Option:

If you have time to plan ahead this recipe actually tastes better the longer it marinates. The beets will soak up some of the marinade, so you might want to add a little more after they sit for a while.

Golden Potato Wedges

Golden Potatoes

1 TBS extra virgin olive oil Golden potatoes

Preheat oven to 425°F and oil a large shallow baking pan large enough to hold potatoes in one layer. Peel potatoes and cut each lengthwise into 6 wedges. Toss potatoes with oil and salt and pepper to taste. Roast potatoes in lower third of oven until undersides are golden, about 40 minutes. Turn potatoes over and continue roasting until undersides are golden and potatoes are tender, about 20 minutes more.

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11/18/01 A Cook from Phoenix, AZ

Yummy potatoes but without all the fat! I added garlic and served w/ hamburgers. The whole family loved them!



06/27/00

A Cook from Orange County, CA

This worked beautifully, and the wedges came out just the way we like them.. Crispy outside, soft inside. I made this with Russets, and added some chopped fresh rosemary and basil to the oil for a little extra flavor.

Fried Valencia Oranges

4 large seedless oranges

4 tablespoons brown sugar

1/8 teaspoon nutmeg

1/8 teaspoon mace

1/4 teaspoon cinnamon

1 cup flour

1 1/2 teaspoon baking powder

1/4 teaspoon salt

3 tablespoons brown sugar

1 raw egg

1/3 cup milk

2 tablespoons olive oil

Garnish:

4 tablespoons mustard

4 tablespoons brown sugar

Carefully peel the oranges and separate the segments.

Add the sugar, nutmeg, mace, and cinnamon.

Combine the flour, baking powder, salt, and brown sugar.

Blend two tablespoons of oil, the egg, well beaten, and the milk

Thoroughly stir this liquid into the dry mixture to form a thick batter. If the batter is thin, add a little more flour; if it is too thick to evenly coat the orange segments, then dilute with more milk. Chill batter for 1 1/2 hours.

Heat the remaining oil in a heavy skillet until hot, but not smoking.

Dip orange segments in batter to coat thoroughly.

Drop into hot oil and fry until nicely browned.

Serve warm with the mustard and brown sugar in separate spice dishes.

From Citrus: A History by Pierre Laszlo