

Quinoa Chard Pilaf

"This simple vegan dish combines the distinctive, nutty flavor of quinoa with chard, mushrooms, and lentils. Try using rainbow chard for a colorful effect!" Submitted by Astrophe

- 1 tablespoon olive oil
 - 1 onion, diced
 - 3 cloves garlic, minced
 - 2 cups uncooked quinoa, rinsed
 - 1 cup canned lentils, rinsed
 - 8 ounces fresh mushrooms, chopped
 - 1 quart vegetable broth
 - 1 bunch chard, stems removed
1. Heat the oil in a large pot over medium heat. Stir in the onion and garlic, and sauté 5 minutes, until onion is tender. Mix in quinoa, lentils, and mushrooms. Pour in the broth. Cover, and cook 20 minutes.
 2. Remove the pot from heat. Shred chard, and gently mix into the pot. Cover, and allow to sit 5 minutes, or until chard is wilted.

★★★★★ Reviewed on May 15, 2007 by KRS

This is an excellent recipe. I didn't have any mushrooms, so I used a can of tomatoes with basil and garlic. I also added dried lentils when the quinoa was added so I used a bit more water and the juice from the diced tomatoes. Some salt and pepper and seasoned to our taste. It was very filling and the vegetable broth gave it depth. Will definitely make again.

Cheesy Turnips and Carrots

"Milk-tasting turnips and carrots are wonderfully enhanced by ginger, onion and a mouth-watering creamy cheese sauce in this super side dish. The serving bowl is always empty at the end of the meal. -- Sandra Melnychenko, Grandview, Manitoba"

- 3 cups diced peeled turnips
- 2 cups sliced carrots
- 1/4 teaspoon ground ginger
- 3/4 cup water
- 1 teaspoon salt, divided
- 1/2 cup chopped onion
- 1/2 cup diced celery
- 3 tablespoons butter or margarine
- 3 tablespoons all-purpose flour
- 1/4 teaspoon pepper
- 1 1/2 cups milk
- 1 cup shredded Cheddar cheese

In a saucepan, combine turnips, carrots, ginger, water and 1/2 teaspoon salt. Cover and cook over medium-high heat for 10-15 minutes or until vegetables are tender; drain and reserve liquid. Set vegetables aside. In a skillet, sauté onion and celery in butter until tender; stir in flour, pepper and remaining salt. Add milk and the vegetable liquid; bring to a boil. Cook and stir until thickened and bubbly. Stir in cheese until melted; stir in the vegetables and heat through.

★★★★★ Reviewed by Christine M

I normally do not like cheesy-vegetable recipes, but this was really good! Instead of putting the turnips & carrots back into the sauce, I put them in a baking dish, poured the sauce over and popped it in the oven for about 15 or 20 minutes. I probably used a bit less cheese than what's called for but will make this the same way again. Nice to have another way to prepare turnips!

Bok Choy Salad

"This wonderfully crunchy salad has a great taste and wholesome appeal!"

Submitted by: SusanneCS

- 1 medium head bok choy, diced
 - 1 bunch green onions, chopped
 - 1 (3 ounce) package ramen noodles
 - 1/2 cup blanched slivered almonds
 - 2 tablespoons sesame seeds, toasted
 - 1/3 cup olive oil
 - 3 teaspoons lemon juice
1. Combine bok choy and green onions; cover and chill.
 2. Whisk together the olive oil, lemon juice and ramen noodle seasoning packet. Refrigerate until chilled.
 3. Break ramen noodles into small pieces; combine with toasted almonds and sesame seeds.
 4. Before serving, combine the cabbage mixture and noodle mixture; add dressing and toss to coat.

Young Chef's Corner

one bunch of celery
one small jar of olives (Laguna Farm's olives)
one 8 oz. package of cream cheese, softened
one sandwich size zip-lock bag

Clean celery. Cut each stalk into 3 pieces across. Chop about 18 olives into fine pieces and put into a medium size bowl. Add your cream cheese and about 2-3 tablespoons of liquid from the jar of olives to your bowl and continue to mix together. Take a zip-lock bag and put the mixture into it. Cut the tip off of one of the bottom corners about 1/4 inch up. Squeeze the mixture into each piece of celery.