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Gardening for Wellness - Part 2 - Recipes

Southern Sweet Potato Salad - *from Tricia Rodgers*

This recipe is from a cookbook my mom bought in an airport bookstore: Kentucky: Classic Country Recipes. It's a great alternative to the sweet potato casseroles frequently served at Thanksgiving.

Ingredients

2 lbs. sweet potatoes, peeled and cubed
1 Tbs Honey
1 tsp Chopped fresh ginger
1/8 tsp nutmeg
1/3 cup chopped pitted dates
1 cup coarsely chopped pecans
1 tsp grated orange peel
2 Tbs lemon juice
1 cup lite mayonnaise
2 Tbs orange juice
¼ tsp salt
1 cup sliced celery
1 can (11 oz) mandarin orange sections, drained (optional)

Directions

1. In medium saucepan cook potatoes 8-10 minutes in boiling salted water until just tender. Do not overcook.
2. Drain and toss with lemon juice.
3. In large bowl combine mayonnaise, orange peel, orange juice, honey, ginger, salt and nutmeg.
4. Stir in warm potatoes, pecans, celery and dates. Cover and chill.

The recipe suggests serving it on lettuce and garnishing it with the mandarin oranges, but I omit the oranges and let people help themselves from a big bowl.



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Avril's Chilled Cream of Zucchini Soup - *from Tricia Rodgers*

This recipe is from a Scottish dancing friend. It requires a blender or a food processor, but I think you could adjust the recipe by grating the zucchini instead of slicing it and cooking it for less time. The soup would be chunkier. I let the mixture cool a little before adding it to the blender or food processor.

Ingredients

1 Tbs unsalted butter
1/3 cup chopped onion
2 pounds (about 5 medium) zucchini, washed, trimmed, and sliced
3 cups *unsalted* chicken stock
½ cup fresh basil leaves
½ cup light cream
1 cup plain nonfat yogurt
Pinch of white pepper
¼ tsp salt (omit if using salted stock)

Directions

1. Heat the butter in a four quart saucepan over medium heat.
2. Add the onion and sauté, stirring occasionally, for 5 minutes or until the onions are translucent.
3. Add the zucchini and stock and bring to a boil over high heat.
4. Reduce the heat to low and simmer, uncovered, for 20 minutes.
5. Add the basil leaves and puree the soup in a blender or food processor fitted with a steel blade.
6. Stir in cream, yogurt, pepper, and salt.
7. Chill at least 2 hours.

Sweet Potato Hash - *from Anne Wilson*

20 minutes prep and cook time

Serves 8 people

Ingredients

2 teaspoons kosher salt
2 teaspoons smoked paprika
3 cloves garlic, minced
1 teaspoon chili powder
1/4 teaspoon dried rosemary, crushed (if not available, no worries)
4 medium sweet potatoes, peeled and cubed
2 tablespoons olive oil
2 medium red *and/or* yellow sweet peppers, chopped
1/2 large, sweet onion, thinly sliced
2 tablespoons minced fresh thyme
Olive oil

Directions

1. Add the oil to a skillet and when it's hot, add the sweet potato cubes. Cover and cook over medium heat for about 10 minutes or until soft enough to pierce with a fork
2. Add all the remaining ingredients, stir, and cook uncovered until tender and golden brown (about 10 to 15 minutes).
3. Serve immediately or keep leftovers in an airtight container in the fridge for 3 to 5 days.



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Rainbow Chickpea Salad - *from Anne Wilson*

Prep Time 10 min

Serves 4

Ingredients

2 tablespoons red wine vinegar
1 tablespoon olive oil
1 lemon, juiced
one 16 oz can chickpeas
½ red onion, chopped
1 pint cherry tomatoes, halved
1 yellow pepper, chopped
2 cucumbers, cut in thin half-moon slices
½ cup fresh parsley, chopped
Salt and pepper to taste

Directions

1. Whisk vinegar, olive oil and lemon together
2. Add other ingredients. Toss and serve

Travels well for buffets or other gatherings

Christie's Kale & Sundried Tomato Salad - *From Stacey Viera*

By Christine St. Pierre

Serves 6

Ingredients

1 bunch kale (stems removed) 1-2 clove garlic (minced)
1-2 tablespoon sun-dried or fresh tomatoes (to taste)
1 avocado (diced)
1/4 cup pumpkin (or other types of) seeds or nuts (optional) apple cider vinegar
1 lemon (juiced)
olive oil
salt
1 dash chili powder or cayenne pepper (to taste)

Directions

Step 1

For the dressing:

- Juice the lemon and add to a glass or plastic container with a tight-fitting lid (hint: you can zest the lemon first and add the zest to this recipe or freeze it for later use).
- Add apple cider vinegar in an amount equal to amount of lemon juice.
- Add amount of olive oil equal to that of the lemon juice and apple cider vinegar combined.
- Add a dash of chili powder or cayenne pepper.
- Secure lid to container, shake vigorously, and taste.

Step 2

For the salad:

- Wash kale and tear/cut into small pieces (you can also buy a bag of pre-washed kale).
- Chop up a clove or 2 of garlic (depending on how much you like garlic).
- Massage garlic and little sea salt into kale; add dressing, cover and refrigerate. (Letting it sit for a little while helps soften the kale.)
- Mix in sun-dried tomatoes, diced avocado, and pumpkin seeds (or nuts) just before serving.
- Taste and add a bit more of the dressing, if needed. Enjoy!



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