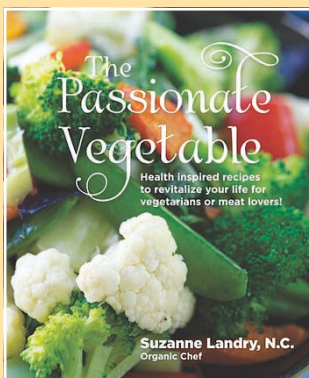


Vegetarian Dishes Celebrate Spring

JESSICA CHMARA
Jewish Journal Staff

Fresh food chef and educator Suzanne Landry believes that instead of being an accompaniment to main dishes, vegetables should have a starring role. In her new book, "The Passionate Vegetable," Landry focuses on the connection between food and healing, and shares a plethora of delicious recipes for vegans, vegetarians and even meat eaters. It is common knowledge that eating a variety of fruits and vegetables every day is the best way to get all the vitamins and nutrients that you need to sustain good health, and Landry's fresh and flavorful recipes may change the way you cook forever.



The Passionate Vegetable
Suzanne Landry
Health Inspired Publishing
2013

BARLEY CONFETTI SALAD WITH FRESH DILL

- 3 cups precooked hulled barley
- ½ cup fresh or frozen corn, blanched
- 1 cup precooked kidney beans, drained and rinsed
- ½ cup celery, chopped (2 stalks)
- ¾ cup red bell pepper, seeded and chopped
- ½ cup scallions, sliced
- ½ cup fresh dill, minced

Dressing:

- ⅓ cup red wine vinegar
- ½ cup extra virgin olive oil
- 2 t. sea salt



Put 1 cup uncooked barley into a large pot with 3 cups of water, cover, and bring to boil. Decrease heat to medium and cook for one hour without stirring. It is best to precook barley ahead and keep it refrigerated for 3-5 days.

In a medium pot, bring water to boil and blanch corn for two minutes. Remove, drain and rinse with cold water.

Prepare vegetables and add them to the barley with the beans. Mix in corn, scallions and dill.

Combine dressing ingredients and toss with salad. Let salad stand for 30 minutes before serving. Recipe serves four.

STUFFED PEPPERS WITH BEANS AND RICE

- 4 bell peppers in a variety of colors
- 1 T. extra virgin olive oil
- ¾ cup onion, chopped finely
- 2 cloves garlic, minced
- ½ cup green bell pepper, chopped
- ½ cup corn
- 1½ cup chili powder
- 1 t. oregano
- 1 t. sea salt
- 1½ cup chopped tomatoes or 15-oz. can of diced tomatoes
- ½ cup precooked red chili beans or pinto beans
- 2 cups precooked brown rice
- Optional:* 6 slices of your favorite cheese



Preheat oven to 375 degrees. Trim ½ inch off top of peppers, and clean out seeds and white membranes. Trim bottoms if necessary so peppers can stand upright, being careful not to cut a hole through the bottom. Place in baking pan cut side down, spray or brush with olive oil and bake for 15 minutes. Cool peppers before stuffing.

In a medium sized frying pan, sauté onion and garlic for 2-4 minutes on medium heat. Add chopped green bell pepper, corn, chili powder, oregano and salt. Sauté for an additional 2-3 minutes.

Add tomatoes and precooked beans and simmer for a few minutes until flavors blend. Add precooked rice and mix well.

Stuff each pepper to the top and, if you wish, add a slice of cheese. Bake uncovered for 15 minutes. If you have more stuffing than you need, you can just heat and serve this mixture without peppers. Recipe serves four to six.

JAPANESE SOBA NOODLES WITH SESAME SAUCE

- ½ lb. soba noodles (1 package)
- 4 dried shitake mushrooms, presoaked for ½ hour in boiling water
- 2 T. toasted sesame oil or light sesame oil
- 3 cloves garlic, finely minced
- ½ cup red bell pepper, sliced
- ½ cup snow peas, sliced diagonally
- ½ cup scallions, sliced diagonally
- ¼ cup fresh cilantro, chopped

Sesame Sauce:

- 3 T. sesame tahini
- 1 T. soy sauce
- ¼ cup brown rice vinegar
- ¼ t. hot pepper oil
- 2 T. toasted sesame oil
- 1 T. fresh ginger, peeled, and minced
- 1 cup mushroom soaking liquid



Cook soba noodles. Drain, rinse and cool.

Remove mushrooms from water and squeeze out excess liquid, reserving liquid for sesame sauce. Remove and discard mushroom stems, and slice caps thinly.

In a large frying pan, preheat the oil and sauté garlic on medium heat for one minute. Add red peppers and shitake mushrooms, cover and sauté for three minutes. Add snow peas and scallions. Cover and sauté two minutes, or until peas are bright green, but tender. Toss vegetables with noodles.

Put sesame sauce ingredients into a blender and process until smooth. Mixture should be thick but able to pour (if not, add 1 T. water). Add sauce to noodle/vegetable mix and toss with cilantro. Serve at room temperature. Recipe serves four to six.

THAI COCONUT CHICKPEAS

- 2 cloves garlic, minced
- 1 t. extra virgin olive oil
- 1 medium sweet potato or yam, peeled and cut into ½-inch pieces
- 1 cup bean juice from cooking, vegetable broth or water
- 1 T. curry seasoning
- 2 cups precooked chickpeas
- 15-oz. can light coconut milk
- ½ t. sea salt
- ½ cup fresh cilantro, chopped
- ½ cup fresh basil, chopped

In a medium sized frying pan, sauté garlic in oil for 2-3 minutes on medium heat. Add sweet potato, juice or broth and curry. Cover and simmer for 5-8 minutes, or until potato is almost tender.

Add chickpeas, coconut milk and salt. Cover and simmer on medium-low for 5 minutes. Add cilantro and basil and simmer again for another 2 minutes, just long enough to wilt herbs. Recipe serves four.

RATATOUILLE OVER SPAGHETTI SQUASH

- 1 spaghetti squash, medium
- 2 T. extra virgin olive oil
- 1 small onion, cut into ½-inch pieces
- 3 cloves garlic, chopped
- ½ green or red bell pepper, chopped
- 2 medium sized green zucchini, cubed
- 1 small eggplant, cubed
- 1 t. basil, dried or ¼ cup fresh, chopped
- 1 t. oregano, dried or 1 T. fresh, chopped
- ½ t. thyme, dried or 1 T. fresh, chopped
- ½ t. sea salt
- ⅛ t. black pepper, ground



- 2 large tomatoes, peeled and chopped
- 2 cups tomato sauce

Slice squash in half crosswise with heavy knife. Scoop out seeds. Place cut side down in a wide baking pan filled with 2 inches of water. Cover and place in oven at 350 degrees for 30 minutes. You can also cook squash on top of the stove in a covered large pot for 25-30 minutes. Squash is ready when a knife is easily inserted, but squash still feels a little firm.

In a large frying pan, sauté garlic and onion in oil for 2-3 minutes. Add green or red pepper. Cut zucchini and eggplant into one-inch cubes. Add to frying pan with herbs, sea salt and pepper. Cover and sauté for 5 minutes or until the onion is translucent.

To peel tomatoes, drop in boiling water for one minute, remove and cool. Peel should slip off easily. Cut into two-inch pieces and add to frying pan. Cover and simmer for 3-4 minutes more.

Add 2 cups tomato sauce, cover, and cook over medium heat for 5 minutes or until vegetables are tender.

When ready to serve, run a fork gently along the inside of the squash to pull out spaghetti strands. Place on individual plates or on a large platter. Spoon ratatouille over squash and serve immediately. Recipe serves four to six.



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