

Lentil, Leek, and Yellow Beet Soup

Serves 8

2 Tbsp olive oil
1 onion, diced
2 cups thinly sliced leeks
3 whole garlic cloves
1 carrots, diced
1½ cup French lentils, sorted and rinsed
2 quarts water, vegetable, or meat stock
1 cup or more grated golden beets
¼ cup chopped fresh herbs
Salt and pepper to taste
Optional garnish: cultured sour cream or plain yogurt.

In a soup pot sauté onions in olive oil until wilted and translucent. Add carrots and sauté for 5 minutes. Add sliced leeks and garlic and cook until leeks wilt slightly and garlic is aromatic, about 3 minutes. Stir frequently so garlic doesn't burn.

Stir in lentils and water or stock and bring to a gentle boil. Lower the heat and simmer gently for 20 to 30 minutes until lentils are slightly under done. Stir in grated golden beets and continue cooking until lentils are cooked but not mushy.

Just before serving stir in chopped herbs and taste for salt and pepper.

Curried Winter Squash Mash

Serves 6

3 to 4 pound winter squash-any variety will do-why not try something new?
Wes' curry powder
Optional additions: melted butter, olive oil, milk or cream, vegetable or chicken broth, honey
Freshly ground black pepper to taste

Very carefully, using a large sharp chef's knife and a sturdy cutting board cut squash in half and remove seeds.

Cut each half in half again-quartering squash. Roast squash in a shallow baking dish, flesh side up with ½ inch water poured into pan, for approximately 45 minutes in a 375° oven. Squash flesh should be tender when pierced with a knife. When squash is cool enough to handle scoop out flesh and mash with a potato masher or fork. Stir in curry powder, any optional additions, and salt and pepper to taste. May be carefully reheated before serving.

Oatmeal Apple Cranberry Cookies

Makes 1- ½ sheet pan or 2- 8" by 8" pans

1 cup butter, at room temperature
2 cups packed brown sugar
2 eggs
2 tsp vanilla
1 cup grated apple
2½ cups whole wheat pastry flour
(or 3 cups oat flour)
1 tsp baking soda
1 tsp salt
3 cups rolled oats
1 cup dried cranberries

Preheat oven to 350°.

Cream together butter and brown sugar. Beat in eggs and vanilla. Mix in grated apple. In a separate bowl mix together flour, baking soda, and salt. Mix into wet ingredients. Add rolled oats and cranberries and mix to combine. With wet fingers spread cookie batter evenly into a well-greased pan(s). Bake for 20 to 25 minutes. Cool before cutting into squares.

Apple Cider Vinaigrette

Makes 2 cups

1 cup good quality olive oil
½ cup apple cider vinegar
2 cloves garlic
Salt and pepper to taste
Fresh herbs-use your imagination and let your palette guide you!

By hand: Prepare garlic cloves by mincing or grinding in a mortar and pestle. Finely chop herbs. Whisk together with oil and vinegar. Salt and pepper to taste.

In a blender: Combine all ingredients and mix like crazy. Salt and pepper to taste.
