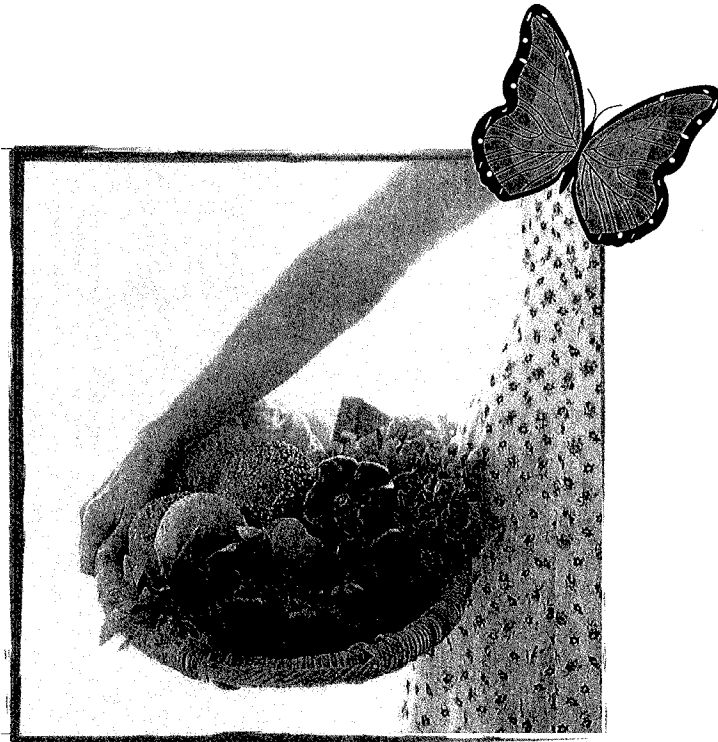


# Fresh Foods From the Garden



Ginger Peach Soup  
White Bean and Tomato Salad  
Ratatouille Salad  
Broccoli Radish Salad  
"Chicken" Salad with Peach  
Salsa  
Zucchini Patties  
Eggplant Portabella Burgers  
Tomato Gratin  
Fresh Juice

## Recipes

**Sunday, September 9**

St. Joseph SDA Church, 1201 Maiden Lane

[www.stjosephadventist.org](http://www.stjosephadventist.org)

## **Ginger Peach Soup**

3 ½ lbs. fresh peaches-peeled, pitted and chopped  
1 tsp. ground ginger  
1 (14 oz) can coconut milk  
2 tsp vanilla  
2 Tbsp honey.

In a blender, puree peaches, add remaining ingredients and blend until smooth.  
Refrigerate and serve cold.

## **White Bean and Tomato Salad**

1 (15 oz can) white beans, drained and rinsed  
½ cup red onion, chopped  
1 cup tomatoes, chopped or diced  
1/3 cup minced parsley

Combine all ingredients in a bowl and toss gently to mix. Then add dressing, mix and chill until ready to serve.

Dressing:

2 Tbsp lemon juice  
½ tsp each basil, thyme, oregano  
¼ tsp salt  
2 Tbsp Olive Oil  
1 Tbsp Liquid Aminos  
¼ to ½ tsp Agave or honey  
1 clove fresh garlic minced

Stir together and pour over Salad.

Serve this salad stuffed into a tomato, or as a side dish.

## **Ratatouille Salad**

1 small eggplant  
2 medium tomatoes, chopped  
1 medium zucchini, sliced thin  
1 small onion, sliced  
1 small green pepper, chopped  
1/3 cup parsley

### **Basil Dressing**

1/3 cup olive or vegetable oil  
2 tbsp. lemon juice  
1 tsp. salt  
1 clove garlic  
1/2 tsp. dry mustard  
1/4 cup fresh basil leaves

Wash eggplant and cut into 1/2 inch cubes. Add eggplant to boiling salted water ( 1/2 tsp. to 1 cup water). Cover and heat to boiling; reduce heat. Boil for 5-8 minutes or until tender. Drain and let cool.

Combine eggplant, tomatoes, zucchini, onion, green pepper, and parsley. Make basil dressing by whizzing all ingredients except basil in blender, add basil and blend just until basil is finely chopped. Add dressing to vegetables and toss. Cover and refrigerate for 4 hours.

Serves 8.

## **Broccoli Radish Salad**

2 cups fresh broccoli, separated into small florets  
1 cup radishes, thinly sliced  
1/2 yellow pepper, cut into strips about 1 inch long  
2 green onions, sliced (green and white parts)  
1/4 cup lemon juice  
2 Tbsp water  
3 Tbsp agave nectar  
3/4 tsp Vege sal (seasoned salt)  
2 cloves garlic, pressed  
1/4 cup olive oil

Mix all vegetables in bowl. Whisk together remaining ingredients to make dressing. Pour dressing over vegetables and marinate about 1 hour in refrigerator before serving.

## **“Chicken” Salad with Peach Salsa**

2 cups Butler Soy Curls  
4 Tbsp lime juice  
4 Tbsp honey  
2 Tbsp Bragg’s Liquid Aminos  
1 -2 Tbsp minced jalapeno pepper  
8 cups mixed salad greens  
½ cup toasted pecans  
Cilantro Peach Lime Dressing (recipe follows)  
Peach Salsa (recipe follows)

Cover soy curls with warm water and soak about 10 minutes, until softened. Drain and squeeze out excess water. Mix together marinade of lime juice, honey, Bragg’s and jalapeno. Marinate soy curls in mixture for about 1 hour. (Meanwhile, make Peach Salsa and Cilantro Peach Lime Dressing) Heat about 1 Tbsp olive oil in skillet. When hot, add soy curls and marinade mixture. Stir-fry until marinade has evaporated and soy curls are lightly browned. To assemble salad, place salad greens on large plate or in large bowl. Top with prepared soy curls and pecans. Drizzle with dressing, and then top with peach salsa. Serve immediately.

### **Cilantro Peach Lime Dressing**

½ cup all fruit peach preserves  
¼ cup lime juice  
2 Tbsp water  
1 small bunch cilantro (about ¼ cup)  
¼ cup olive oil

Blend first 4 ingredients in blender until smooth. With blender running, drizzle in olive oil and blend until slightly thickened. Refrigerate.

### **Peach Salsa**

2 cups peeled, chopped peaches  
¾ cup red bell pepper, chopped  
¾ cup green bell pepper, chopped  
¼ cup red onion, diced  
1 – 2 Tbsp jalapeno, seeded and finely minced  
2 Tbsp honey  
2 Tbsp lime juice  
2 – 4 Tbsp finely chopped cilantro

Mix all above ingredients together. Refrigerate.

## Zucchini Patties

2 cups zucchini, shredded	1 tsp garlic powder
1 medium onion, finely chopped	1 tsp ground sage
½ cup finely chopped walnuts	1 tsp Vege sal
½ cup cornbread stuffing mix	2 Tbsp Bill's Best Chicknish seasoning
½ cup whole grain bread crumbs	16 oz pkg water pack tofu, blended smooth in blender
¼ cup nutritional yeast flakes	

Mix all ingredients in bowl until well combined. Spread a couple Tbsp oil onto large cookie sheet. Form mixture into burgers (I use a wide mouth canning lid and ring), and place on cookie sheet. Bake at 375 degrees for about 20 minutes, or until browned on the bottom, then flip burgers and bake another 15 – 20 minutes to brown other side. Serve plain or topped with favorite tomato sauce or gravy. Makes about 12 patties. Freezes well.

## Eggplant Portabella Burgers

1 medium onion, chopped	2 cups whole grain bread crumbs
4 cups diced eggplant (about ¼ inch dice)* <i>see below</i>	1 pkg Mori Nu tofu, extra firm or firm
4 cups diced portabella mushrooms (about ¼ inch dice)	1 tsp onion powder
1 Tbsp olive oil	1 ½ tsp garlic powder
¾ cup chopped walnuts	1 tsp basil
½ cup oats (rolled or quick)	1 tsp oregano
¼ cup nutritional yeast flakes	2 Tbsp McKay's beef style seasoning
	1 tsp salt

Saute' onion, eggplant and mushrooms in olive oil 'til soft. (May need to add a bit of water if too dry) Set aside to cool. Blend tofu in food processor until smooth. Set aside. In large bowl, mix vegetable mixture, walnuts, oats, yeast flakes, bread crumbs and seasonings. Add tofu and stir to bind mixture. Spread a couple Tbsp oil onto large cookie sheet. Form mixture into burgers (I use a wide mouth canning lid and ring), and place on cookie sheet. Bake at 375 degrees for about 30 minutes, or until browned on the bottom, then flip burgers and bake another 15 – 20 minutes to brown other side. Serve on buns with all the fixings, or cover with favorite tomato sauce and serve with brown rice or pasta.

Makes about 12 burgers. Freezes well.

\* Salt eggplant and allow to sit for 20 minutes. Rinse well, then proceed with recipe. Salting draws out the bitterness of eggplant. If the eggplant is truly fresh, this step can be skipped, as very fresh eggplant is not bitter.

## Tomato Gratin

4 large tomatoes, cored and cut into 1/4 inch thick slices  
3/4 teaspoon salt  
1 Tbsp extra-virgin olive oil  
1 1/2 cups bread crumbs  
2 tsp oregano  
2 tsp thyme  
3 garlic cloves, thinly sliced

1. Heat oven to 450 degrees.
2. Place tomato slices on paper towels; sprinkle with 1/2 teaspoon of the salt and let stand for 15 minutes, pat dry with paper towels.
3. Coat a 2-quart baking dish with olive oil; sprinkle 1/4 cup of the bread crumbs over the bottom of baking dish.
4. Place 1/2 the tomato slices in prepared baking dish (on top of the bread crumbs), overlapping if necessary; season with 1/8 teaspoon of the salt
5. Sprinkle 1 teaspoon of the olive oil, 1 tsp of the oregano, and 1 tsp of the thyme over the top; TUCK in the garlic and sprinkle bread crumbs over the top.
6. Place the remaining tomato slices in the dish and season with remaining 1/8 teaspoon salt; sprinkle remaining oregano, thyme, and remaining bread crumbs over the tomatoes then sprinkle remaining olive oil.
7. Bake in 450 degree oven for 30 minutes; remove gratin from oven and let stand for 10 minutes before serving. Enjoy.

## Bread Crumb Recipe

2-4 pieces of whole wheat bread blended into crumbs  
2 tsp basil  
2 tsp oregano  
2 tsp thyme  
1 Tbsp yeast flakes  
1 tsp salt

In a sauce pan, heat 2 Tbsp olive oil over medium heat. Add bread crumbs and seasonings and mix well to combine. Cook and stir until bread crumbs are lightly browned.

### **Fresh Fruit Drink**

4 cups drinking water  
2 cups fresh fruit  
2 Tbsp sugar  
2-4 tsp lemon or lime juice  
Lime or lemon wedges for garnish

In a blender combine water and fruit. Puree until smooth. Pour mixture through a sieve into a pitcher or serving container. Stir in lemon or lime juice and sugar. Garnish with a lemon or lime wedge.