



Mediterranean Greek Salad with Feta and Mint

4 tomatoes, cut in half, then quarters or use grape tomatoes cut in half
1 medium red onion, cut into slices
1 large cucumber, peeled and cut into ½" slices
12-14 Kalamata olives cut in half
1 small clove garlic, minced
½ cup crumbled or cubed feta cheese
About ¼ cup extra-virgin olive oil
2 T. red wine vinegar
1 T. fresh mint, minced
½ t. dried oregano
salt and pepper to taste

1. Combine vegetables in a large bowl with enough room to toss salad
2. Add feta cheese and gently combine to avoid cheese from breaking up.
3. Combine oil and vinegar. Add mint, oregano and salt and pepper. Drizzle dressing over vegetables and gently toss. Serve at room temp for best flavor.

Recipe is approximately for 4 people.

Goat Cheese on Flatbreads with Grapes and Rosemary Oil

2 t. minced fresh rosemary
3 T. extra virgin olive oil
salt and pepper
8 oz soft, spreadable goat cheese
6 oz flatbread
1 cup grapes, sliced in half

Mix rosemary and oil with salt and pepper, to taste, in a small bowl (it should have a nice saltiness to it). Stir goat cheese to make it spreadable. Break flatbread into 2-3 inch irregular pieces and spread lightly with goat cheese. Top each with 2-3 grape halves. Drizzle with the rosemary oil and serve. Makes about 2 dozen hors d' oeuvres. Garnish platter with rosemary sprigs.



Thai Meatballs with Lime-Cilantro Sauce

Panade: 1 cup white bread, torn in pieces with enough milk or water to make it slightly soupy-wet.

2 pounds ground pork

2 garlic cloves, minced

2 small shallots, minced

1 large jalapeno, seeded and minced

½ cup chopped cilantro

½ cup chopped mint

½ cup chopped basil

½ t. salt and freshly ground pepper

Zest and juice of 1 lime

2 T. Asian fish sauce

1 t. light brown sugar

1 t. Sriracha (chili sauce)

1. In a bowl, mix the panade, pork, garlic, shallots, minced jalapeno and herbs.
2. In a small bowl, whisk the lime zest and juice, fish sauce, brown sugar and the 1 teaspoon of Sriracha. Add to the pork mixture and combine.
3. Shape meatballs into bite-size pieces, about $\frac{3}{4}$ -1 inch in diameter. Chill and cook as needed or freeze and cook later.
4. To Cook: heat a large skillet over medium heat. Add the thawed meatballs and slowly brown on all sides (not a deep brown just golden) Cook until just cooked through. Serve warm with Cilantro Dipping Sauce (recipe follows)

Cilantro Dipping Sauce

½ cup sour cream

½ cup mayonnaise

Zest and juice of a lime

$\frac{3}{4}$ cup cilantro, chopped

Dash of salt to taste

Combine all ingredients and chill. Remove from refrigerator 10 minutes before serving.



Butternut Squash Soup

6 cups low sodium chicken broth
One 2-lb. butternut squash- quartered, seeded, peeled and cut into 2 in. pieces
5 thyme sprigs
2 garlic cloves, halved
2 medium green onions, cut into 2 in. pieces (white and green part)
1 celery rib, cut into 2 in. pieces
1 T. vegetable oil
2 thick slices of bacon, cut crosswise ½ in. thick
2 packed cups coarsely chopped kale
One 15 oz can pinto or roman beans, drained and rinsed
1 medium carrot, finely diced
1 cup corn kernels
Salt and freshly ground black pepper

1. In a large, heavy pot, combine the broth, squash, thyme, garlic, green onions, and celery and bring to a boil. Cover and simmer over low heat for 45 minutes.
2. In a medium skillet, heat the vegetable oil. Add the bacon strips and cook over moderately high heat, turning once, until crisp, about 7 minutes.
3. Discard thyme sprigs from the soup. Working in batches, puree the soup in a blender or use stick blender. Return soup to the pot. Add the bacon, kale, beans, carrot, bell pepper and corn and bring to boil. Simmer over moderately low heat, stirring occasionally, until the vegetables are tender, about 7 minutes. Season the soup with salt and pepper and serve. Serves 6.