



Cabbage Roll Soup

THIS HEARTY SOUP IS EASY TO MAKE AND IS A SATISFYING MEAL. SERVE WITH THICK SLICES OF WHOLE GRAIN BREAD.

Preparation Time **20 minutes**
Cooking Time **20 minutes**

Serves 6 to 8

8 oz (250 g)	lean ground beef
8 oz (250 g)	ground pork
1	egg, beaten
3/4 cup (175 mL)	uncooked rice
1	medium Ontario Onion, minced
1	small clove Ontario Garlic, minced
	Salt and pepper
2 tbsp (25 mL)	vegetable oil
8 cups (2 L)	chicken broth
1	can (28 oz/796 mL) diced tomatoes
4 cups (1 L)	shredded Ontario Cabbage
1/4 cup (50 mL)	chopped fresh parsley

In large bowl, mix together beef, pork, egg, rice, onion and garlic. Season with salt and pepper. Form into 1-1/2 inch (4 cm) balls to make 25 to 30 meatballs.

In Dutch oven or soup pot, heat oil over medium heat; brown meatballs all over. Add chicken broth, tomatoes (including juice) and cabbage. Bring to boil over high heat; reduce heat and cook for 20 minutes. Stir in parsley and serve.

Courtesy of Foodland Ontario



Cajun Parsnip Fries

SPICE UP THIS MILD-FLAVOURED VEGETABLE WITH A NEW TAKE ON FRIES. FOR SPICIER FRIES, ADD A PINCH OF CAYENNE PEPPER TO THE SEASONING BLEND.

Preparation Time **10 minutes**
Baking Time **15 minutes**

Serves 6

1 lb (500 g)	Ontario Parsnips
1-1/2 tsp (7 mL)	olive oil
1 tsp (5 mL)	Cajun or Tex Mex seasoning blend
	Salt
	Salsa or your favourite dipping sauce

Peel parsnips and cut into French-fry-size pieces. Place on parchment paper-lined baking sheet. Toss with 1 tsp (5 mL) of the oil; spread out in single layer.

Bake in 375°F (190°C) oven, stirring once or twice, until golden and tender, 15 to 25 minutes. Toss with remaining oil, seasoning, and salt to taste. Serve with dipping sauce.

Courtesy of Foodland Ontario



Roasted Onion Gratin

6-10	Ontario Onions (not pearl)
1 cup (250 mL)	best quality parmesan cheese
2 cups (500 mL)	superior quality olive oil
	Salt and pepper

Preheat oven to 350 degrees. Peel onions leaving them whole. Sauté onions over medium heat to lightly caramelize in bit of olive oil Season with salt and pepper. Remove lightly browned onions to an ovenproof dish. Pour in olive oil to barely cover and roast 30 minutes or so. Remove from oven. Place a little parmesan on each onion and return to oven for 5 minutes or until cheese melts and is slightly brown. Serve warm, maybe with a Boeuf bourguignon.

Courtesy of Tom Reid, The Nickel Chef

Michelle's Awesome Salad

THIS SALAD IS AN ULTRA LIGHT AND FRESH TASTING SALAD THAT IS A HIT WITH ANY CROWD. SERVE WITH YOUR FAVOURITE ENTRÉE OR HAVE WITH QUICHE OR SANDWICH FOR LUNCH. ALSO A NICE TOPPER FOR PURÉED SOUP WITH A DOLLOP OF SOUR CREAM.

Serves 4-6

3-4	sweet peppers (colourful mix)
1	tomato
1	avocado (can substitute mango)
1/2	medium red onion
	juice of 1 lemon
1/2	bunch fresh cilantro, chopped
1 cup (250 mL)	Edamame beans or 1 can mixed bean medley
	coarse salt
1 tsp (5 mL)	fresh pepper

*Quantities of all ingredients may be varied according to taste

Dice peppers, tomato, avocado and red onion in 1/2 inch cubes and place in large mixing bowl. Do not mix salad until all ingredients are in bowl. Add Edamame beans or well-rinsed can of beans. Add fresh lemon juice, chopped cilantro, salt and pepper. Toss lightly until mixed thoroughly. Serve with any entrée.

Courtesy of Farmer's Daughter




Fresh Vegetable Growers

OF ONTARIO

Recipes





Squash, Sage and Parmesan Gratin

THIS COMFORTING SIDE DISH COMPLEMENTS A THANKSGIVING TURKEY, PRIME RIB OR A ROAST OF PORK. IF MAKING IN ADVANCE, PREPARE THE SAUCE, COOK THE SQUASH AND MIX THE BREAD CRUMB-MIXTURE. COVER EACH AND REFRIGERATE SEPARATELY. JUST BEFORE BAKING, HEAT THE SAUCE UNTIL HOT, AND THEN ASSEMBLE FOLLOWING DIRECTIONS.

Preparation Time **20 minutes**
Cooking Time **10 minutes**
Baking Time **10 minutes**

Serves 8 to 10

2 *tbsp (25 mL)* butter
1 *small Ontario Onion, chopped*
2 *garlic cloves, minced*
2-1/2 *tbsp (32 mL)* *all-purpose flour*
2 *cups (500 mL)* *half-and-half cream*
1 *Ontario Squash, about 3-1/2 lb (1.75 kg)*
1 *cup (250 mL)* *freshly grated Parmesan cheese*
10 *fresh sage leaves, finely chopped (about 2
tbsp/25 mL)*
or
1/2 *tsp (2 mL)* *dried sage leaves*
3/4 *tsp (3 mL)* *salt*
black pepper to taste

Topping:
2 *slices white sandwich bread,
crusts removed*
1/4 *cup (50 mL)* *each finely grated Parmesan cheese and
finely chopped parsley*
1 *tbsp (15 mL)* *softened butter*

Preheat oven to 375°F (190°C). Grease a gratin dish or 9 x 2-inch (23 cm x 5 cm) baking dish. Bring a large saucepan of salted water to a boil over medium heat. Peel squash, scoop out seeds. Cut squash into 1/2-inch (2 cm) cubes. Cook squash in saucepan for 2 minutes without coming back to the boil. Drain well; spoon into prepared dish.



In a large saucepan over medium heat, melt 2 *tbsp (25 mL)* butter. Add onion and garlic; cook 2 minutes. Stir in flour until combined. Gradually whisk in cream, whisking continuously until sauce bubbles and thickens slightly. Stir in Parmesan, sage, salt and pepper. Pour sauce over squash, spreading to cover.

Using food processor or blender, make fine breadcrumbs. In a small bowl, stir together breadcrumbs, cheese, parsley and butter. Sprinkle over squash mixture. Bake uncovered in centre of preheated oven, until gratin is heated through, about 25 to 30 minutes. Let stand 5 minutes before serving.

Courtesy of Foodland Ontario

Roasted Tomatoes

15-20 *pieces of tomato halves*
1 *tsp (5 mL)* *large cloves garlic chopped fine*
1 *tsp (5 mL)* *Sel Provençal (salt)*
1 *tsp (5 mL)* *Greek oregano, thyme, marjoram, and basil*
2-3 *tbsp (30-40 mL)* *good olive oil*
black pepper

Set oven to broil, at 500°F. Layer 8 x10 glass baking dish with tomato halves, sprinkle salt and herbs and all of the above and bake on top rack for ten minutes. Set to cool. Drain pan and store. Can be repeated using the same pan. Excellent tomato puree base.

Courtesy of Tom Reid, The Nickel Chef



Pumpkin Soup

Preparation Time **10 minutes**
Baking Time **30 to 35 minutes**

Serves 16

4 *tbsp (60 mL)* *salted butter*
8-12 *cups (2-3 L)* *Pumpkin of your choice, peeled, and cubed.*
2 *medium onions, chopped fine*
16 *oz (500 mL)* *celery, chopped fine*
2 *cloves fresh garlic minced*
1 *tbsp (15 mL)* *fresh ginger root minced*
4-5 *large carrots, peeled and grated*
1 *celery root, grated*
1/2 *cup (125 mL)* *sherry or port wine*
1 *tsp (5 mL)* *Sel Durand (salt)*
1 *tsp (5 mL)* *ground coriander*
1 *tsp (5 mL)* *ground cumin*
1/2 *tsp (2.5 mL)* *cayenne pepper or to taste*
1/2 *tsp (2.5 mL)* *turmeric*
16 *cups (4 L)* *Vegetable or chicken stock*
1/2 *cup (60 mL)* *parsley chopped for garnish*
Salt and pepper to taste

In a large soup pot, saute onions with the butter until they are translucent and then add grated carrot, ginger, garlic, and grated celery root. Cook until vegetables soften somewhat, add sherry and spices. Add stock and then all the pumpkin.

Cook covered at a simmer boil, stirring frequently as pumpkin sticks, for about an hour. For best results let the soup stand, refrigerated overnight. Reheat, and then use a hand held blender to puree the soup. Serve with a dollop of fresh cream or yoghurt. Garnish with parsley. Looks dazzling when served in a pumpkin tureen.

Courtesy of Tom Reid, The Nickel Chef



Cajun Sweet Potato Fingers with Chili Mayonnaise

THIS SPICY-SWEET APPETIZER CAN BE SERVED WITH ANY FLAVOURED MAYONNAISE. FOR A VARIATION, TRY THESE POTATOES AS A SIDE DISH WITHOUT THE DIP. CHILI GARLIC SAUCE IS AVAILABLE IN THE ASIAN SECTION AT YOUR LOCAL GROCERY STORE.

Preparation Time **10 minutes**
Baking Time **30 to 35 minutes**

Makes 24 to 36 "fingers"

3 *small* *Ontario Sweet Potatoes (unpeeled)*
1 *tbsp (15 mL)* *olive oil*
1 *tbsp (15 mL)* *Cajun seasoning*
1/2 *cup (125 mL)* *low-fat mayonnaise*
2 *tsp (10 mL)* *lemon juice*
1 *tsp (5 mL)* *chili garlic sauce or chili powder*
1 *tsp (5 mL)* *grainy or Dijon mustard*

Cut potatoes in half lengthwise; cut each half into 4 to 6 "fingers". Place in large bowl and toss with oil and Cajun seasoning to coat evenly. Bake on baking sheet in 400°F (200°C) oven for 30 to 35 minutes, turning once, or until tender and beginning to brown.

Meanwhile, in small bowl, combine mayonnaise, lemon juice, chili sauce and mustard. Serve as dip for potato "fingers".

Courtesy of Foodland Ontario