

Asian Salad

Mix together:

½ head Napa cabbage, sliced
½ head purple cabbage, sliced
1 red pepper, sliced
1 orange pepper, sliced
1 yellow pepper, sliced
2 cucumbers, peeled and sliced
3 carrots, grated
1 cup cherry tomatoes, halved
3 green onions, sliced
1 pkg pasta, whole grain, cooked and cooled
1 bunch cilantro, diced
1 can cashews, about 10 oz.
1 pkg tofu, cubed and fried (optional)

Whisk together and pour over salad:

1 lime, juiced
8 Tbsp olive oil
8 Tbsp soy sauce
2 - 3 Tbsp sesame oil
1/3 cup brown sugar
3 Tbsp fresh Ginger chopped
2 cloves garlic chopped
2 jalapenos, chopped
cilantro, chopped

Honeydew Cucumber and Mint Soda

4 Servings:

2 ½ lb honeydew, cut into 1-inch pieces, about 6 cups
2 medium cucumbers, peeled, coarsely chopped
1/3 cup (packed) mint leaves, plus more for serving
Pinch salt
3 Tbsp fresh lime juice
Club soda (for serving)

Prepare honeydew, cucumbers, mint and salt in a blender until smooth. Strain through a fine-mesh sieve into a large bowl. Do not press on solids, which would make mixture cloudy. Stir in lime juice and chill 1 hour. Divide honeydew puree among ice-filled glasses. Top off with club soda and garnish with mint sprigs.

Note: Honeydew puree can be made 1 day ahead, stored covered in the refrigerator.

I got this recipe online (minor modifications) at <http://www.bonappetit.com/recipe/honeydew-cucumber-and-mint-soda> - Jan

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Taste This!

Jan's Recipes

Asian Salad

Honeydew Cucumber
and Mint Soda

Posole Soup

Plant-based "Cheese"
Sauce

**Master Gardeners Grow
Healthy Communities**



Plant-based "Cheese"

Sauce

2 cups potato, cubed
½ cup carrot, cubed
1/3 cup onion
½ cup water (use water veggies cooked in)
¼ cup olive oil
¼ cup raw cashews or white beans, drained and rinsed
¼ tsp onion powder
¼ tsp garlic powder
Dash cayenne pepper

Boil the potatoes, carrots, and onion til soft. Blend veggies together with the rest of the ingredients on high in blender until mixture is very smooth. Store in refrigerator for about a week or freeze.

I like to add a can of Rotel tomatoes for a nice dip.
- Jan

Posole Soup

Soup Base

1 Tbsp olive oil
1 clove garlic, minced
1 stalk celery, thinly sliced
1 cup onion, diced
1 cup yellow squash, julienned

1 cup zucchini, julienned
1 cup carrots, diced/sliced
1 ½ cup hominy, canned
1 qt water
2 cup crushed tomatoes, canned
1 cup tomato puree, canned
1 cup cilantro, chopped
1 Tbsp chicken style seasoning
1 tsp chili powder
¼ tsp cayenne pepper
½ tsp salt

In a large pot, sauté garlic, celery, onion, squash and carrots in oil. Add remaining ingredients, except hominy, and simmer until vegetables are tender. Add hominy just before serving to avoid overcooking. Fill soup bowls about half way and garnish with baked tortilla strips and an assortment of toppings (see below.)

Garnish:

Corn tortilla strips, baked (below)
Purple cabbage, finely shredded
Tomatoes, diced
Green or purple onion
Radishes, diced
Sour Cream
Avocado, cubed
Olives, sliced
Limes, quartered
Black beans, rinsed
Cheese, grated

Tortilla Strips: Prepare baked tortilla strips ahead. Stack tortillas and cut them into thin strips and then cut the strips in half. Coat a cookie sheet with no-stick cooking spray and spread tortilla strips out evenly. Bake at 250o until crisp, turning as needed. Add any or all of the above toppings to hot soup. Squeeze lime juice over the soup mixture.

I got this recipe from the Lifestyle Center of America. It is not really spicy and very flavorful. The lime squeezed over the top is a must! - Jan



For copies of NDOG workshop handouts and Taste This! recipes utilized at Howard County Farmers' Market, visit the Farmers' Market webpage at

<http://nashvillear.com/attractions/farmers-market/>

and select the "workshops" link.