

Carrot bread with lemon glaze

From The Practical Produce Cookbook by Ray and Elsie Hoover

Ingredients:

1 cup shredded raw carrots
1 cup sugar
1/2 cup vegetable oil
2 eggs
1 1/2 cup flour
1 tsp. baking soda
1 tsp. cinnamon
1/2 tsp. salt
1/4 cup chopped nuts for
1/2 cup raisins (optional)

Directions:

Beat carrots, sugar, oil and eggs 1 minute. Add flour, soda, cinnamon and salt; beat another minute. Stir in nuts and raisins. Pour into a greased 9x15 inch loaf pan. Bake at 350° for 50-60 minutes.

Variation: Replace grated carrots with mashed carrots. Leftover carrots work fine.

Lemon Glaze:

Ingredients:

1/2 cup powdered sugar
1 tsp. grated lemon peel
1 tbsp. lemon juice

Directions:

Blend until smooth. Drizzle over loaf.

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Savoy Cabbage on Toast

From *Vegetable Literacy* by Deborah Madison

Ingredients:

1/2 lb. Savoy Cabbage (1/2 small cabbage)

2 Tbsp butter

Sea salt

1/4 cup cream or half and half

Freshly ground pepper

2 slices ciabatta or whole wheat bread

Paper thin slices of aged Gouda cheese

Directions:

Slice the cabbage into ribbons a generous 1/4 inch wide. Rinse but do not dry them.

Melt the butter in a wide skillet over medium heat. When the butter begins to foam, add the cabbage, season with 1/2 tsp salt, and turn it in the butter. Pour in the cream mixture, turn down the heat to medium low, cover partially, and cook until tender, about 10 minutes.

Taste for salt and season with pepper. There should be a little liquid in the pan.

While the cabbage is cooking, toast the bread, then set a slice on each of 2 plates and cover with the cheese. When the cabbage is done, spoon it over the toasts, allowing some of the juices to puddle on the plates. Serve right away and eat with a knife and fork. If you eat slowly, the bread will soften and absorb the delicious juices.

Serves 2.

Variation: Season with herbs. Cabbage goes well with parsley and dill, but also cumin, rosemary, and thyme. Add fresh herbs at the end of cooking.

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Potato Dumplings

From *The Practical Produce Cookbook* by Ray and Elsie Hoover

Ingredients:

1 qt. water

1 tsp. salt

5 cups mashed potatoes

1 1/2 cups flour

2 eggs, slightly beaten

1 tsp. baking powder

1 tsp. salt

Directions:

In saucepan, bring water and 1 tsp. salt to a boil. In bowl, combine remaining ingredients; mix until fluffy. Roll into 1-inch balls; drop into gently boiling water. Cook about 7 minutes. Drain; serve warm. Serve with roast beef or gravy.