

Lettuce Soup

The Practical Produce Cookbook by Ray and Elsie Hoover and family

Ingredients:

2 tbsp. chopped onion
2 tbsp. butter
2 tbsp. flour
2 cups boiling water
2 bouillon cubes
1/2 tsp. salt
1/2 tsp thyme
1/8 tsp. pepper
2 cups light cream or whole milk
2 cups chopped lettuce

Directions:

Saute onion in butter. Blend in flour. Add water gradually, stirring constantly. Add bouillon cubes and seasonings. (Replace water and bouillon with 2 cups chicken broth if desired.) Cook 10 minutes. Add cream and lettuce. Heat through.

Variation: Saute 8 cups chopped lettuce with the onions, about 3 minutes. Omit flour. Add everything but cream and simmer 5 minutes. Cool slightly then puree in a blender. Return soup to the kettle and add cream. Heat through.

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Summer Squash Salad

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Ingredients:

2 small zucchini
2 small yellow squash
2 tomatoes
1 small onion, chopped
1/2 cup olive or vegetable oil

2 tbsp. vinegar or lemon juice

1/4 tsp. salt

1/4 tsp. basil

1/8 tsp. pepper

Directions:

Cut squash into thin slices. Blanch one minute (if desired). Cool quickly and pat dry. Slice or chop tomatoes. Mix squash, tomatoes and onions in a bowl. Whisk remaining ingredients. Pour over salad just before serving.

Variation: Combine vegetables and serve with a favorite dressing.

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Vegetarian Sushi (aka Lettuce Wraps)

From bon appetit

Ingredients:

4 to 8 lettuce leaves

3 ounces somen (thin Japanese wheat noodles)*

1/2 cup matchstick-size strips carrots (or substitute summer squash or broccoli?)

1/2 cup matchstick-size strips green onion

1/2 cup matchstick-size strips red bell pepper (can be left out)

Fresh cilantro leaves

1/4 cup rice wine vinegar

2 tablespoons low-sodium soy sauce

1 teaspoon chili paste with garlic*

1 teaspoon sugar

*Thin Japanese wheat noodles and chili paste with garlic are available at Asian markets, specialty foods stores, and in the Asian section of some supermarkets.

Directions:

Pat lettuce leaves dry. Put water to boil. Add noodles and cook until tender, about 2 minutes. Drain. Refresh under cold water and drain.

Arrange 4 lettuce leaves on work surface. Place additional leaves on each arranged leaf if needed to form 8-inch length. Place 1/4 cup noodles along 1 long side of each leaf forming 1-inch-wide strip. Arrange carrots atop noodles, then green onion, bell pepper and cilantro leaves. Starting from 1 long side, roll leaf over filling. Roll up tightly in jelly roll fashion. Place each roll on piece of plastic wrap and roll up tightly, twisting ends. Refrigerate rolls 1 to 8 hours.

Combine vinegar, soy sauce, chili paste and sugar in bowl. (Can be prepared 8 hours ahead. Cover and refrigerate.)

Remove plastic wrap from rolls. Trim ends. Cut each roll into 6 pieces. Place pieces cut side up on platter. Place sauce in center of rolls and serve.

Makes 24.

Per serving: calories, 20; fat, 0 g; sodium, 56 mg; cholesterol, 0 mg