

Stuffed Eggplants

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

Ingredients:

2 medium eggplants
salt
oil
salt and pepper
1 cup chopped onion
4 tbsp. olive or vegetable oil
1 lb. ground beef
1 tbsp. fresh chopped parsley
1 cup peeled, seeded and chopped tomatoes
1 cup cooked rice
3/4 tsp. salt
parmesan cheese (optional)

Directions:

Cut eggplants in half lengthwise. Make several cuts on the exposed flesh. Sprinkle with salt and drain 30 minutes, flesh side down. Squeeze and pat dry. Brush with oil. Put a little water into a baking pan and bake eggplants at 400°, cut side up, 15-20 minutes. Scoop out flesh leaving 1/2 inch of flesh on shells. Sprinkle eggplants with salt and pepper. Chop flesh. Saute onions in oil several minutes then add eggplant flesh and saute until golden brown. Remove from skillet and brown beef. When beef is browned add eggplant mixture, parsley, tomatoes, rice and salt. Mix well; fill eggplant shells and place in a baking dish. Sprinkle with parmesan cheese if desired. Bake at 400° approximately 20 minutes.

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Kohlrabies with Tomatoes and Peppers

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Ingredients:

4 cups diced kohlrabies
2 tbsp. butter
1 clove garlic, minced
1 small onion, chopped
1 small green pepper, chopped
2 tomatoes, peeled, seeded and chopped
1 tsp. parsley
salt and pepper to taste

Directions:

Cook kohlrabies approximately 5 minutes. Drain and set aside. Melt butter in a large skillet. Saute garlic, onion and green pepper 2 minutes. Add tomatoes and parsley; cook 2 more minutes. Add kohlrabies and saute another 2 minutes. Season to taste with salt and pepper.

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Caramelized Green Beans

Ingredients:

6 T (3/4 stick) unsalted butter

1 lb. green beans, trimmed

Kosher salt and freshly ground black pepper

Directions:

1. Melt butter in a large skillet over medium-low heat. Add green beans and season lightly with salt and pepper to taste.

2. Cook beans, turning often with tongs, until they are caramelized, about 45 minutes. Taste and season, if necessary, with salt and pepper.

3. Using a slotted spoon, transfer the beans to a serving platter. Pour the butter and pan juices over the beans and serve promptly.