

## Stovetop Popcorn

### *Ingredients:*

2 tablespoons neutral oil, such as grapeseed or refined canola oil  
1/2 cup unpopped popcorn kernels

### *Directions:*

Add the oil and popcorn kernels to a heavy 3- to 4-quart saucepan with a lid. Shake the pan to coat the kernels with oil. The kernels should cover the bottom of the pan in a single layer.

Cover the pan and place it over medium high heat, shaking the pan occasionally until you begin to hear popping.

When the corn begins to pop, lift it slightly from the heat and shake the pan continually, holding the lid in place, until the popping begins to slow, about 3 to 4 minutes.

Remove the pan from the heat. Leave the lid on for 1 minute — some kernels will continue to pop. When the popping stops, pour the popcorn into a large bowl.

Enjoy plain, or season as desired with olive oil, butter, salt, or spices.

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## **Microwave Popcorn**

Directions from Kristi Durbin

Take 1/4 cup of kernels, 1 tbsp. olive oil or other oil and put in a brown paper sandwich bag. Close and shake until kernels are coated with oil. Keep bag folded closed and microwave about 2 minutes.

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# Meal Plan Menu

## Thursday:

Butterhead lettuce salad. Add diced veggies, nuts and hard boiled eggs to add protein and additional flavor. You can even make your own dressing!

## Basic Vinaigrette

### *Ingredients:*

1 cup olive oil or vegetable oil  
1/3 cup vinegar  
1/4 tsp. salt  
1/8 tsp. white pepper or black pepper

### *Directions:*

Whisk together or shake together in a jar. Serve chilled.

## Friday:

Make a pizza! If you don't want to make the crust yourself, it would be just as easy to buy the pre-made crusts and sauce. And then pop some popcorn for a family movie night!

## Friday Night Pizza

from *Animal, Vegetable, Miracle* by Barbara Kingsolver  
Makes 2 12-inch pizzas

### *Ingredients:*

3 tsp. yeast  
1 1/2 cups WARM water  
3 tbsp. olive oil  
1 tsp. salt  
2 1/2 cups white flour  
2 cups whole wheat flour  
1 cup sliced onions  
2 peppers, cut up  
16 oz. mozzarella, thinly sliced  
2 cups fresh tomatoes in season or sauce

other toppings such as spinach, chopped  
1 tbsp. oregano  
1 tsp. rosemary  
olive oil

*Directions:*

To make crust, dissolve the yeast into the warm water and add oil and salt to that mixture. Mix the flours and knead them into the liquid mixture. Let the dough rise for 30-40 minutes.

While the dough is rising, prepare the sliced onions: a slow sauté to caramelize their sugars makes fresh onions into an amazing vegetable. First sizzle them on medium heat in a little olive oil, until transparent but not browned. Then turn down the burner, add a bit of water if necessary to keep them from browning, and let them cook 10-15 minutes more until they are glossy and sweet. Peppers can benefit from a similar treatment.

Once the dough has risen, divide it in half and roll out 2 round 12-inch pizza crusts on a clean, floured countertop, using your fingers to roll the perimeter into an outer crust as thick as you like. Using spatulas, slide the crusts onto well-floured pans or baking stones and spread toppings. Layer the cheese evenly over the crust, then scatter the toppings of the week on your pizza, finishing with the spices. If you use tomato sauce, spread that over the crust first, then cheese, then other toppings. Bake pizzas at 425F for about 20 minutes, until crust is browned on the edge and crisp in the center.

**Saturday:**

Try this arugula soup with some fresh bread.

**Cream of Arugula Soup**

Submitted by Cheryl Kastanowski

*Ingredients:*

2 Large Tbsp salted butter  
1 large onion  
3 celery stalks finely chopped

2 cloves garlic  
1 bunch Arugula leaves, triple rinsed, stems removed  
4 cups low salt chicken broth  
1/2 cup of cream  
salt and pepper to taste

*Directions:*

Melt butter over medium heat until melted. Add garlic, celery, onions, Simmer till all's tender. About 15 min.

Add chicken stock, and Arugula leaves. Bring to a boil, and partially cover pot. Cook until Arugula, is wilted about ten min.

Add cream. Puree soup. Season to taste. Serve warm.

**Sunday:**

Today can be a leftovers day or just move on to the next day's recipe suggestions.

**Monday:**

Have a kale salad. You can also sub the strawberries and pine nuts for other fruits and nuts if you'd like.

**Massaged Kale Salad with Strawberries and Pine Nuts**

*Ingredients:*

1 bunch kale, hard stems removed and torn into pieces  
3 oz strawberries, sliced  
2 tbsp pine nuts, raw or toasted (optional)  
1 tbsp Extra Virgin Olive Oil  
1 tsp salt  
Juice of 1 lemon  
1 tbsp honey  
Salt and freshly ground pepper to taste

*Directions:*

1. Place kale pieces in a large bowl, add olive oil and salt.
2. Massage kale until it turns a darker shade of green and becomes soft.

3. Combine lemon juice and honey in a smaller bowl and add to the massaged kale.
4. Add salt and pepper.
5. Drizzle with more EVOO and add more honey if a little bit more sweetness is desired.
6. Add the slices strawberries and pine nuts.
7. Chill in the fridge for a few minutes and serve cold.

## **Tuesday:**

Try making a garlic scape pesto over vegetables or pasta.

## **Scape Pesto**

Far and away my favorite use for garlic scapes is pesto, either straight-up or mixed with herbs like basil and dill. Pesto showcases raw scapes in all their glory. Scape pesto can be very pungent, but it mellows substantially after a few months in the freezer. I like it best in the middle of winter, but I think that's one part mellowing and two parts deprivation. My favorite scape pesto recipe is below.

### *Ingredients:*

1/4 cup pine nuts

3/4 cup coarsely chopped garlic scapes\*

Juice and zest of 1/2 lemon

1/2 teaspoon salt

A few generous grinds of black pepper

1/2 cup extra virgin olive oil

1/4 cup grated Parmigiano Reggiano cheese

\*Or use half scapes and half herbs such as basil, dill and chervil

### *Directions:*

In a small, dry pan set over very low heat, lightly toast the pine nuts, stirring or tossing occasionally until just beginning to brown, about 2-3 minutes. Remove from the heat and let cool for a few minutes.

Combine the scapes, pine nuts, lemon juice and zest, salt, and pepper in the bowl of a food processor fitted with the blade attachment. Pulse about 20 times, until fairly well combined. Pour in the olive oil slowly through the feed tube while the motor is running. When the oil is incorporated, transfer the

pesto to a bowl and stir in the grated cheese. If you plan to freeze the pesto, wait to add the cheese until after you've defrosted it.

### **Wednesday:**

Until we really get going with the veggies, if you have any leftovers, Wednesday could be another leftover day to clear space for Thursday's new vegetables!