

IN THE BAG
Potomac Vegetable Farms
August 24, 2009

All the bags have vegetables that you recognize in them, a mix of wonderful things. Herb = rosemary, great with meat and veg, dry it easily if you don't use it this week.

Okra made it to the Food Section of the Washington Post last week. Here's how to make good fried okra!

<http://projects.washingtonpost.com/recipes/2009/08/19/fried-okra/>

otherwise we just put it into the sauce or soup or stir fry like any other veggie.

Pasta with Tomatoes and Swiss Chard

Edible Chesapeake, Summer 2009

By Edgar Kuschan

This simple dish is a complete meal assembled in one pan. Use fresh tomatoes when they are in season, canned tomatoes when they are not. Don't leave out the hot pepper. The sauce is supposed to be spicy like an Italian "arrabiatta" or "angry" sauce.

3 tablespoons extra virgin olive oil

1 tablespoon finely minced garlic

$\frac{3}{4}$ teaspoon red pepper flakes

1 15-oz can chick peas, drained and rinsed

4 medium carrots, thinly sliced on a diagonal

2 $\frac{1}{2}$ lbs fresh tomatoes peeled and seeded, with any liquid reserved, or 1 28-oz can whole tomatoes, stem ends and any skin removed, and then coarsely mashed

$\frac{3}{4}$ teaspoon salt

1 teaspoon sugar

2 bunches Swiss chard (about 1 $\frac{1}{2}$ lbs)

12 oz penne pasta

Freshly ground black pepper

Put a large pot of water on to boil for cooking the pasta.

Put a large (13-inch) high-sided skillet or Dutch oven over medium high heat. Add the olive oil and garlic. When the garlic starts to sizzle, stir until fragrant (about 30 seconds). Add the red pepper flakes and stir for 30 seconds more. Add the carrots, chick peas, tomatoes and reserved juices, sugar and salt. Bring to a boil. Then reduce the heat so that the sauce bubbles gently. Cook uncovered until the sauce is thickened (about 35 minutes or less, if you're using canned tomatoes). When the sauce is thickened, cover and reduce the heat to low.

While the sauce cooks, prepare the Swiss chard. Strip the leaves from the central stems, tearing them into pieces 3 - 4 inches long. Discard the stems. Wash the chard and spin it dry.

Start cooking the pasta. After about 6 minutes, add the chard to the tomato sauce, cover and increase the heat, stirring occasionally as the chard wilts. The chard should be tender by the time the pasta is ready. Drain the pasta and stir it into the sauce, taste, add more salt if needed, and finish with some freshly ground black pepper, if desired. Serves 4.

Low-Fat Tomato-Rice Soup

Serves 4 - 6

Washington Jewish Week

2 lbs. tomatoes, peeled and coarsely chopped

2 cloves garlic, pressed through garlic press

1 C. cooked brown rice

½ onion, finely minced

2 Tbl. extra virgin olive oil

1 qt. vegetable stock

fresh basil, salt and pepper to taste

Optional garnishes: sour cream, fresh chives, or scallions

Heat a large pot and add the olive oil. Sauté onions until translucent. Add garlic and sauté 1 minute. Add tomatoes and simmer 10 min, stirring often. Add stock and simmer 30 min. Season with basil, salt, and pepper to taste. Add rice and simmer 5 min. Divide

into bowls and garnish if desired with a dollop of sour cream and sprinkle with chopped chives or scallions. If you prefer thicker soup, puree some or all of it in a blender.

Potatoes Gruyere en Casserole

Serves 4

The Vegetarian Epicure

4 or 5 potatoes, peeled and thin sliced	2 Tbl. chopped chives
1 C. sour cream	Salt and pepper
4 - 6 oz. grated Gruyere	Butter
1 small onion, finely chopped	wheat germ or breadcrumbs

Mix together the sour cream, grated cheese, onion, and chopped chives. Butter a casserole and arrange in it a layer of potatoes; salt and pepper them well. Follow with a layer of half the sour cream mixture, and so on, finishing with a sour cream layer on top. Sprinkle on some wheat germ or breadcrumbs, dot with butter, and cover with a buttered lid. Bake at 350 for 2 hours. Serve steaming hot.

Curried Lentil Soup

2 tablespoons olive oil
1 onion, chopped
3 small or two medium potatoes, peeled and chopped
3 carrots, peeled and chopped
2 tablespoons curry powder
1/2 teaspoon cayenne
1 teaspoon Kosher salt
3 14-oz cans vegetable broth
6-8 tomatoes, diced
1 16-oz bag of lentils, rinsed and drained

In a stockpot, heat olive oil over medium-high heat. Add onion, potatoes, and carrots and saute until softened, about 5 minutes. Stir in curry powder, cayenne, and salt until fragrant, another 30 seconds.

Add the broth, tomatoes (with their juices), and lentils and bring to a boil. Reduce heat to medium-low, cover pot, and simmer until the lentils are tender, about one hour.

And it freezes well! Meat-lovers can add sausage or cut-up hot dogs too.