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The Food Pantry Project and the "From the Pantry to the Kitchen, Spring/Summer 2008 Recipes" is a collaboration of the OSU/Lane County Extension Family Food Education Volunteers and Study Group Program Members, Extension Family and Community Development Staff and FOOD for Lane County.

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Materials will be made available in large print, Braille, on audiotape, computer disk, verbally, or other formats upon request. The Food Stamp Program provides nutrition assistance to people with low income. It can help you buy nutritious food for a better diet. To find out more, contact the OSU Extension Service at (541) 682-4281 or 800-872-8980.

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## From the Pantry to the Kitchen



## Summer 2008 Recipes

# Abbreviations & Substitutions

tsp. = teaspoon measure

oz. = ounce

Tbsp. = Tablespoon measure



lb. = pound

c. = cup measure

1 c. liquid milk = 1/2 c. evaporated milk + 1/2 c. water

1 c. liquid milk = 1/3 c. dry milk + enough water to make 1 c. liquid

1 c. buttermilk or sour milk = 1 Tbsp. vinegar or lemon juice + enough milk to make 1 c. liquid (let stand 5 minutes before using)

1 c. buttermilk or sour milk = 1 cup plain yogurt

1 c. honey = 1 c. molasses

1 c. honey = 1 1/4 c. sugar + 1/4 c. water or fruit juice

1 c. corn syrup = 1 c. sugar + 1/4 c. water or fruit juice

1 c. butter/margarine = 7/8 c. oil

1 oz. unsweetened baking chocolate = 3 Tbsp. cocoa + 1 Tbsp. margarine

1 Tbsp. instant minced onion = 1 small fresh onion

1 package dry yeast = 1 Tbsp. yeast

1 tsp. dry mustard = 1 Tbsp. prepared mustard

TVP = Textured Vegetable Protein



# OSU/Lane County Extension Service Nutrition Education Program



- ◆ Stretch food dollars
- ◆ Make quick meals
- ◆ Shop for great food buys
- ◆ Make healthy snacks

Free classes if you receive:

- ⇒ WIC
- ⇒ Food Stamps
- ⇒ Food Boxes



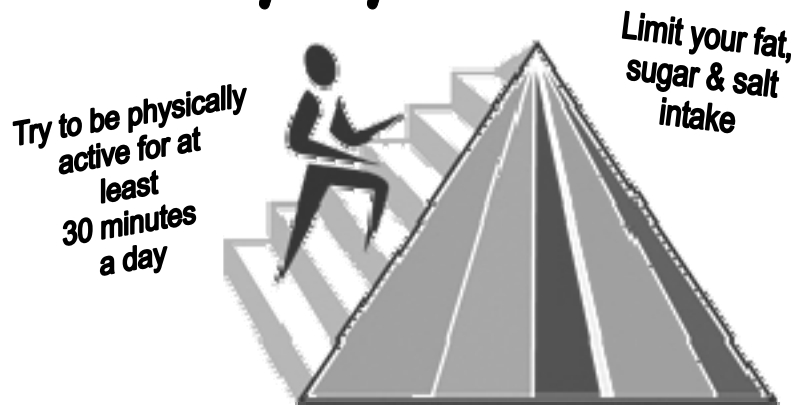
**Call 682-4281**

## CLASS TOPICS INCLUDE:

- ◆ Food Safety
- ◆ Meal Planning
- ◆ Feeding Your Baby
- ◆ Feeding Young Children
- ◆ Low-Fat Meals & Snacks
- ◆ Smart Food Shopping



# MyPyramid



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**GRAINS:** Make half your grains whole—eat 6 oz. every day

- Eat at least 3 oz. of whole grain cereals, breads, crackers, rice or pasta every day.

**VEGETABLES:** Vary your veggies—eat 2½ cups every day

- Eat more dark-green veggies like broccoli, spinach, and other dark leafy greens. Eat more orange vegetables like carrots and sweet potatoes.

**FRUITS:** Focus on fruits—eat 2 cups every day

- Choose fresh, frozen, canned or dried fruit—go easy on fruit juices.

**MILK:** Get your calcium-rich foods—eat 3 cups every day (kids age 2-8, 2 cups)

- Go low-fat or fat-free when you choose milk, yogurt, and other milk products. If you can’t consume milk, choose lactose-free products.

**MEAT & BEANS:** Go lean with protein—eat 5½ oz. every day

- Choose low fat or lean meats and poultry—vary your protein, choose more fish, beans, peas, nuts, and seeds. Eat more dry beans, and peas (pinto beans, kidney beans, and lentils).

**STEPS TO A HEALTHIER YOU**

**Website: MyPyramid.gov**



# Breakfast No-Bake Granola Bars

## Ingredients:

- 2½ cups toasted rice cereal
- 2 cups old-fashioned oatmeal
- ½ cup raisins
- ¼ cup firmly packed brown sugar
- ½ cup light corn syrup or honey\*
- ½ cup peanut butter
- 1 teaspoon vanilla

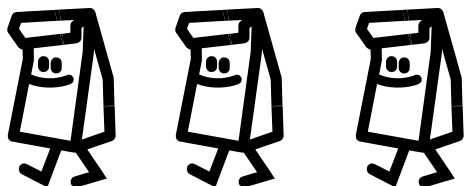
## Directions:

1. Put rice cereal, oatmeal, and raisins in large bowl and stir together with the wooden spoon.
2. In the small saucepan mix together brown sugar and corn syrup. Turn the heat to medium-high. Stir constantly while mixture is brought to a boil. Once boiling, remove the saucepan from heat.
3. Add peanut butter and vanilla to the sugar mixture in the saucepan. Stir until smooth.
4. Pour the peanut butter mixture over the cereals and raisins in bowl. Mix well.
5. Press the mixture into a 9x13" baking pan.
6. When cool, cut into 18 bars.

\* **Please note:** Do not feed honey to a child under one year old.

## Bright Ideas:

Make your own granola bars and pack them to go to school or anywhere!



Nutrition Facts	
Serving Size 1" x 3" bar (37g)	
Servings Per Container 18	
Amount Per Serving	
<b>Calories 150</b>	<b>Calories from Fat 40</b>
% Daily Value*	
<b>Total Fat 4.5g</b>	<b>7%</b>
<b>Saturated Fat 1g</b>	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 70mg</b>	<b>3%</b>
<b>Total Carbohydrate 25g</b>	<b>8%</b>
Dietary Fiber 2g <b>8%</b>	
Sugars 12g	
<b>Protein 4g</b>	
Vitamin A 4%	Vitamin C 4%
Calcium 2%	Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300 mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

# Summer Food Safety

Food borne illness is common during the summer months because the temperature is warm and bacteria multiply very quickly. Here are a few tips to keep your food safe during the warm weather.



- Keep an ice chest in your car with bottles of frozen water to keep perishable foods cold. If you don't have an ice chest, use a sturdy cardboard box and line with layers of newspaper or clean bath towels.
- Microorganisms tend to cling to fruits and vegetables. Be sure to wash them before eating. Melons need to be refrigerated after they are cut.
- Sanitize counters and sinks with a solution of 1 teaspoon chlorine bleach per quart of cold water after handling raw meats, fish and poultry.
- Cook meat and poultry thoroughly:
  - ⇒ Ground meats should be brownish or dark brown.
  - ⇒ Poultry should be light in color and with juices running clear.
  - ⇒ White fish looks milky and flakes easily with fork.
- Always use a clean plate when removing cooked meat from the barbecue.
- Perishable foods should not be held in the danger zone (40-140°F) for longer than 2-3 hours.



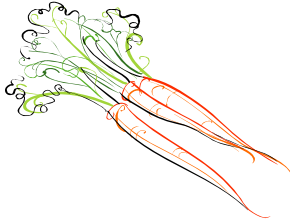
**DON'T FORGET TO WASH YOUR HANDS BEFORE PREPARING, SERVING, OR EATING FOODS.**



# Roasted Root Vegetables

When roasted, most root vegetables like onions, carrots, rutabagas, squash and parsnips develop a sweet caramel flavor.

1. Line a shallow roasting pan with aluminum foil. Spray with non-stick cooking spray.
2. Wash vegetables and cut in large serving size pieces.
3. Rub with vegetable oil and bake, uncovered in 450° oven until tender and the skins are caramel colored, 20 to 30 minutes, depending upon size of vegetable.
4. Season with salt, pepper and herbs if desired.



# The Safe Handling of Fruits and Vegetables



- ⇒ Wash fruits and vegetables just before cooking and eating.
- ⇒ Wash under running water.
- ⇒ When possible, scrub fruits and veggies with a clean scrub brush or with hands.
- ⇒ Sanitize the brush by putting it in the dishwasher, placing it in boiling water for 20 seconds, or rinsing it in a bleach solution of 1 teaspoon chlorine bleach in 1 quart (4 cups) of water.
- ⇒ Dry fruits and vegetables with disposable paper towels, (the friction of drying can further reduce the bacterial count).

# Cabbage Rolls

- $\frac{3}{4}$  lb hamburger
  - 8 cabbage leaves
  - 1 chopped green pepper
  - $\frac{1}{4}$  cup chopped onion
  - $\frac{1}{4}$  cup chopped celery
  - $1\frac{1}{2}$  cups cooked rice
  - $\frac{1}{4}$  teaspoon garlic powder or 1 clove chopped garlic
  - 1 cup tomatoes, tomato sauce, or 1 10-ounce can tomato soup
1. Brown hamburger and drain fat.
  2. Add green pepper, onion, and celery. Cook for 2 minutes.
  3. Cook cabbage leaves in boiling water for 3 minutes. Remove from heat, drain, and dry with paper towel.
  4. In bowl, combine hamburger, rice, chopped vegetables, and garlic.
  5. Place  $\frac{1}{8}$  of meat mixture on each cabbage leaf, roll and fasten with toothpicks.
  6. Place rolls in 9-inch square baking pan.
  7. Cover with tomatoes, sauce, or soup.
  8. Bake uncovered in 350°F oven for 45 minutes.



Makes 8 rolls: 200 calories and 8 grams fat per roll. Refrigerate leftovers.

# Creamy Cabbage

- 1 medium head of cabbage, shredded
- 2 Tablespoons water
- 1 (3 oz) package of reduced fat cream cheese
- 2 Tablespoons milk
- $\frac{1}{2}$  teaspoon salt
- $\frac{1}{2}$  teaspoon celery seed
- Dash pepper



1. Shred cabbage into a large microwavable casserole. Add 2 Tablespoons water.
2. Cover and cook on high 7-9 minutes to desired doneness, stirring once.
3. Stir in rest of ingredients and microwave 1 additional minute or until cheese is softened.
4. Stir lightly to mix.
5. Serve hot as a side dish.

# Chicken Cabbage Stir Fry

This recipe is a good source of Vitamin C, which keeps gums and blood vessels healthy.

## Ingredients:

- 3 chicken breast halves
- 1 teaspoon vegetable oil
- 3 cups green cabbage, shredded
- 1 tablespoon cornstarch
- ½ teaspoon ground ginger
- ¼ teaspoon garlic powder
- ½ cup water
- 1 tablespoon soy sauce
- salt and pepper to taste

## Directions:

1. Cut chicken breasts into strips.
2. Heat oil in a frying pan.
3. Add chicken strips and stir fry over medium-high heat, turning constantly until done.
4. Add cabbage and sauté 2 minutes until cabbage is crisp tender.
5. Mix cornstarch and seasonings; add water and soy sauce and mix until smooth.
6. Stir sauce into chicken/cabbage mixture.
7. Cook until sauce has thickened and chicken is coated, about 1 minute.
8. Refrigerate leftovers within 2-3 hours.

Bright Ideas: Add mixed vegetables.



Nutrition Facts	
Serving Size 1 cup (171g)	
Servings Per Container 4	
Amount Per Serving	
Calories 220	Calories from Fat 45
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 95mg	32%
Sodium 190mg	8%
Total Carbohydrate 5g	2%
Dietary Fiber 1g	4%
Sugars 0g	
Protein 35g	
Vitamin A 2%	Vitamin C 45%
Calcium 4%	Iron 8%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300 mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

# Zucchini Pancakes

## Ingredients:

- 2 cups shredded zucchini (on coarse side of grater)
- 1 cup shredded cheese
- ½ teaspoon garlic powder
- 1 egg
- ¾ cup of biscuit mix or pancake mix
- Salt and Pepper to taste



## Directions:

1. Mix all ingredients together in a bowl until the biscuit mix is just moist. Do not over stir.
2. Heat skillet or griddle, spray with cooking spray or a little oil.
3. Cook until pancakes surface is bubbly, turn cake and continue cooking until golden brown.
4. Serve hot with sour cream or plain yogurt.

## Tips:

Because of the cheese, the pancakes will brown more quickly than regular pancakes, so watch carefully. It will take a couple of minutes to get a nice crisp brown cake on each side. They will puff slightly.

**Note:** Cheese will be salty, so if you add salt, do so sparingly!



# Magic Fruit Salad

This recipe contains a variety of fruits, which may help protect you against many chronic diseases.

## Ingredients:

4 cups assorted **fruit**, fresh and/or canned: apples, bananas, oranges, grapes, pineapple

1 small package (3½ ounces) **instant lemon or vanilla pudding**

1¾ cups cold **milk** (use non-fat or 1%, or mix nonfat dry milk with water)

## Directions:

1. Rinse fresh fruit. Chop into bite-sized chunks.
2. Open and drain canned fruit.
3. Sprinkle pudding mix over fruit. Add milk and mix. Toss well. Refrigerate for 5 minutes.
4. This salad is best if eaten as soon as it is ready.
5. Refrigerate leftovers within 2-3 hours.



Nutrition Facts			
Serving Size 1/3 cup (97g)			
Servings Per Container 12			
Amount Per Serving			
<b>Calories</b> 80	<b>Calories from Fat</b> 0		
% Daily Value*			
<b>Total Fat</b> 0g			<b>0%</b>
Saturated Fat 0g			<b>0%</b>
Trans Fat 0g			
<b>Cholesterol</b> 0mg			<b>0%</b>
<b>Sodium</b> 130mg			<b>5%</b>
<b>Total Carbohydrate</b> 18g			<b>6%</b>
Dietary Fiber 1g			<b>4%</b>
Sugars 8g			
<b>Protein</b> 2g			
Vitamin A 6%		Vitamin C 15%	
Calcium 4%		Iron 0%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
	Fat 9	Carbohydrate 4	Protein 4

# Cheesy Chicken, Broccoli And Rice Bake

This recipe is a good source of Vitamin C, which keeps gums and blood vessels healthy.

## Ingredients:

- 5 cups water
- 2½ cups rice
- ¼ cup chopped onion
- 1 clove garlic, chopped
- 1 cup skim milk
- 1 10.75-can condensed 98% fat-free cream of mushroom soup
- ¼ teaspoon salt
- ¼ teaspoon pepper
- 2 cups shredded, cooked chicken
- 2 cups broccoli pieces
- ¾ cup grated low-fat cheddar cheese

Nutrition Facts			
Serving Size (227g)			
Servings Per Container 12			
Amount Per Serving			
<b>Calories</b> 190	<b>Calories from Fat</b> 10		
% Daily Value*			
<b>Total Fat</b> 1.5g			<b>2%</b>
Saturated Fat 0.5g			<b>3%</b>
Trans Fat 0g			
<b>Cholesterol</b> 15mg			<b>5%</b>
<b>Sodium</b> 310mg			<b>13%</b>
<b>Total Carbohydrate</b> 33g			<b>11%</b>
Dietary Fiber 1g			<b>4%</b>
Sugars 2g			
<b>Protein</b> 10g			
Vitamin A 2%		Vitamin C 10%	
Calcium 6%		Iron 8%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300 mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
	Fat 9	Carbohydrate 4	Protein 4

## Directions:

1. Preheat oven to 350° F.
2. In large saucepan bring water to boil.
3. Add rice, onion, and garlic; cook for about 20 minutes or until rice is soft.
4. While rice is cooking combine milk, soup, salt, and pepper, mix well.
5. When rice is done combine with milk mixture, chicken and broccoli. Mix well.
6. Grease 9 x 13 pan and pour mixture into pan.
7. Bake in the preheated oven for 18 minutes.
8. Sprinkle with cheese. Bake for another 6 minutes or until cheese is melted.
9. Serve immediately.

12 servings, 1 cup each



# Orange Bran Flax Muffins

## Ingredients:

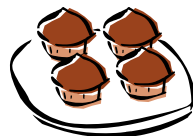
- 3/4 cup whole wheat flour
- 1/2 cup all purpose flour
- 1/2 cup ground flax seed
- 1/2 cup wheat bran
- 1/2 cup brown sugar
- 1/2 Tbsp baking powder
- 1/4 cup oil
- 1/2 cup milk
- 1 tsp lemon juice or vinegar
- 2 eggs
- 1 tsp baking soda
- 3/4 cup raisins
- 1 orange (washed)

Nutrition Facts	
Serving Size 1" x 3" bar (45g)	
Servings Per Container 18	
Amount Per Serving	
<b>Calories</b> 170	<b>Calories from Fat</b> 40
% Daily Value*	
<b>Total Fat</b> 4.5g	7%
<b>Saturated Fat</b> 1g	5%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 80mg	3%
<b>Total Carbohydrate</b> 31g	10%
Dietary Fiber 2g	
Sugars 13g	
Protein 4g	
Vitamin A 4%	Vitamin C 4%
Calcium 2%	Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300 mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

## Directions:

1. Preheat the oven to 375 degrees.
2. Lightly oil muffin pan.
3. Add the lemon juice (or vinegar) into the milk and set aside to sour.
4. Put the first six ingredients into a bowl. Set aside.
5. Lightly grate the outside of the orange.
6. Peel the orange, divide into sections and remove seeds.
7. Add the orange and zest (grated orange peel) oil, milk, egg and baking soda in a blender and blend well.
8. Pour blended ingredients into the dry ingredients and mix well. Add the raisins and spoon into the muffin pan cups, filling 3/4 full.
9. Bake for 18-20 minutes.

Makes 12 large muffins.



# Spring Green Salad

*This recipe is a good source of vitamin A, which keeps eyes and skin healthy.*

## Ingredients:

- 12 cups spinach
- 1 clove minced garlic
- 1 cup walnut pieces
- 2 oranges
- 1 cup strawberries, halved

## Dressing:

- 1 teaspoon sugar
- 1/4 teaspoon paprika
- 2 tablespoon orange juice
- 1 tablespoon lemon juice
- 1 1/2 teaspoon vinegar
- 1 teaspoon finely chopped onion
- 1/4 cup canola or olive oil



## Directions:

1. Wash and dry spinach, tear into pieces, chill.
2. Sauté walnuts and garlic in a tablespoon of the oil. Stir frequently as walnuts and garlic burn easily.
3. To prepare orange: Cut off peel and membrane of outer part of the sections. Then, using a paring knife gently cut out sections from membrane edges. You should end up with sections of orange with no outer membrane attached. It is worth the extra effort to see the bright vibrant color.
4. To make dressing: Combine all ingredients in a jar and shake well or blend in a blender.
5. Right before serving, toss orange and strawberries with walnuts and spinach. Add dressing to coat salad. Serve immediately.

# Sesame Broccoli

- 1 lb. fresh broccoli
- 1 Tablespoon, sesame seeds, toasted
- 1 Tablespoon oil
- 1 Tablespoon vinegar
- 2 teaspoon soy sauce
- 1 Tablespoon sugar

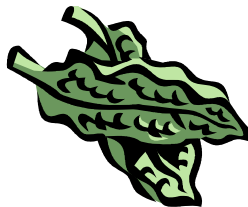


1. Wash and cut broccoli into serving size pieces.
2. Cook in small amount of water for 10-15 minutes or until tender.
3. In small sauce pan over medium heat, add sesame seeds stirring constantly until light brown. Remove from heat.
4. Add oil, vinegar, soy sauce and sugar to sesame seeds. Place back on burner and heat to boiling.
5. Pour sauce over hot broccoli, turning lightly to coat.
6. Serve immediately.

Makes 4 servings, ½ cup each.

## Cooking Greens: Tip from Linda

My favorite way of preparing spinach and other greens, is to just sauté them in a little oil (preferably olive), adding chopped or crushed garlic, until the leaves are wilted. If no garlic is on hand, garlic powder may be a good substitute.



I also chop the leaves finely and add them to almost any soup, usually near the end of cooking. Of course, adding a few spinach leaves to a fresh green salad is always good. Or, sautéing them in butter or oil when making scrambled eggs or an omelet.

Submitted by Linda Eaton

# Personalized Pasta Salad

*This recipe contains a variety of fruits or vegetables, which may help protect you against many chronic diseases.*

## Ingredients:

- 2 cups (16 ounces) uncooked **pasta**, such as macaroni or rotini
- ½ cup **reduced-fat salad dressing**
- 2 cups cooked, cubed **chicken meat**
- 1 medium **tomato**, chopped
- 1 medium **red or green bell pepper**, cut in 1” pieces
- ½ medium **red onion**, diced
- 1 4-ounce can sliced **black olives**

## Directions:

1. Measure 6 cups of water into a large pan.
2. Bring water to a boil over high heat, add pasta. Cook until tender (about 8 to 10 minutes), stirring occasionally. Drain. Rinse with cold water to cool quickly; drain well.
3. Add dressing; toss lightly.
4. Add meat and vegetables, toss again.
5. Chill until ready to serve.
6. Refrigerate leftovers within 2-3 hours.

## Tips:

- ⇒ Substitute cooked beef, pork, tuna, turkey, shrimp, or hard-boiled egg for chicken.

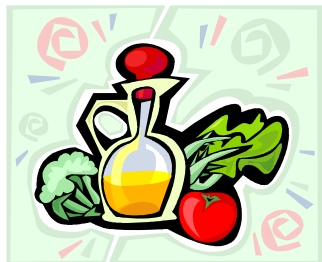
Nutrition Facts	
Serving Size 1/2 Cup (135g)	
Servings Per Container 8	
Amount Per Serving	
<b>Calories 210</b>	<b>Calories from Fat 30</b>
<hr/>	
	<b>% Daily Value*</b>
<b>Total Fat 3.5g</b>	<b>5%</b>
Saturated Fat 1g	5%
Trans Fat 0g	
<b>Cholesterol 30mg</b>	<b>10%</b>
<b>Sodium 290mg</b>	<b>12%</b>
<b>Total Carbohydrate 28g</b>	<b>9%</b>
Dietary Fiber 2g	8%
Sugars 4g	
<b>Protein 15g</b>	
<hr/>	
Vitamin A 4%	Vitamin C 25%
Calcium 2%	Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories    2,000    2,500
Total Fat	Less Than 65g    80g
Saturated Fat	Less Than 20g    25g
Cholesterol	Less Than 300mg    300 mg
Sodium	Less Than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram:	
	Fat 9 • Carbohydrate 4 • Protein 4



## Low fat Ranch Dressing

### Ingredients:

- ½ cup mayonnaise
- ½ cup plain yogurt
- 1 Tablespoon dried parsley flakes
- 1 Tablespoon dried minced onion
- ½ teaspoon salt (optional)
- ¼ teaspoon garlic powder
- ¾ cup low-fat buttermilk



In a small bowl or blender pitcher, combine all ingredients. Blend until smooth or use a whisk and mix until all ingredients are blended. Cover and refrigerate overnight or for at least 8 hours. Stir dressing before serving. Makes approximately 1¼ cups.

## Salsa Fresca

### Ingredients:

- 4-5 roma or medium tomatoes
- 1-2 jalapeno peppers, chopped fine.
- 1 small onion
- 1-2 Tablespoon chopped fresh cilantro
- Salt to taste.



### Directions:

1. Wash the vegetables. Cut tomatoes into ½ inch pieces and put in a medium bowl.
2. **CAUTION:** Because they can burn the skin, an adult should seed and mince the jalapenos and add them to the tomatoes.
3. Peel the onion and cut into ¼ inch pieces. Add onion to tomato mixture.
4. Stir in the salt. Chop the cilantro and stir until combined.

## Ratatouille

### Microwave Recipe-

### Ingredients:

- 1 medium egg plant, diced (or peeled if desired)
- 1 clove garlic, minced
- 1 small onion, thinly sliced
- 1-2 Tablespoon olive oil
- 1 green onion, sliced
- 1 medium zucchini, sliced
- 1 teaspoon salt
- ¼ teaspoon pepper
- ½ teaspoon oregano
- 1 15 oz can stewed or regular tomatoes

### Tip:

This recipe can be cooked on the stove top. Sauté all vegetables with olive oil, tomatoes and seasoning. Simmer.



### Directions:

1. In a large microwavable dish combine egg plant, garlic, onion and oil. Cover and cook on high for 4 minutes.
2. Stir in pepper and zucchini.
3. Combine seasoning and tomatoes and pour over other vegetables.
4. Microwave covered for 8-10 additional minutes. Let rest for 5 minutes before serving. Serves four.

