

Broccoli Slaw

By: George M. Malavasic

Yield: 8 servings

Ingredients:

Broccoli Florets
Macintosh Apples, chopped
Mayonnaise
Red Wine Vinegar
Brown sugar
Celery Seed
Black Pepper
Salt

U. S. Standard:

4 cups
1 cup
½ cup
3 tbsp
¼ cup
1 tsp
½ tsp
to taste

Method of preparation:

1. Drop broccoli florets into boiling water for one minute and then remove and drain.
2. Cover broccoli florets in cold water and let stand five minutes
3. Mix together mayonnaise, vinegar, sugar and seasonings in a medium mixing bowl and whisk briskly.
4. Drain broccoli completely and toss in mayonnaise mixture with apples until evenly coated.
5. Serve immediately or refrigerate until needed up to two days ahead.

Guacamole

By: George M. Malavasic

Yield: 2 cups

Ingredient:

Ripe Avocados
Beefsteak Tomato
Garlic
Limes
Ground Cumin
Olive oil
Salt and Pepper

U.S. Standard:

4 each
1 each
2 cloves
3 each
2 tsp
1 tbsp
to taste

Method of Preparation:

1. Peel and remove seeds from the avocados then place them in a mixing bowl
2. Dice tomato into ½ inch cubes and finely mince garlic
3. Roll the limes back and forth under the palm of your hand on the table top to loosen up the juice
4. Cut the limes in half and squeeze all of the juice that you can over the avocados
5. Combine all ingredients with avocado and smash to desired consistency with a potato masher or fork.

Notes: The riper the avocados the better the guacamole will be and the easier to smash up in the bowl. Ripe avocados are very dark green in color, almost black, and will squash under gentle pressure from the fingertips. If avocados are not ripe they can be helped along by placing them in a bag with a ripe banana after having removed the nib from the small end of the avocado.

Hummus

By: George M. Malavasic

Yield:

Ingredient:

U.S. Standard:

Canned Chic Peas	2 cups
Olive oil	1 tablespoon
Lemon Juice	3 tablespoons
Tahini or natural unsweetened peanut butter	¼ cup
Ground Cumin	2 teaspoons
Minced garlic	1 teaspoon
Salt and pepper	to taste
Water	as needed

Method of Preparation:

1. Drain chic peas in a colander and rinse with cold water.
2. Combine all ingredients in a food processor and puree until smooth. Water may be added as needed to achieve desired thickness.
3. Serve immediately or refrigerate up to one week before service.

Notes:

This hummus is a delicious dip for vegetables or an easy sandwich filling. Great for snacks and lunches it is a good source of dietary fiber and a rich source of healthy heart smart fats. Additional ingredients such as roasted peppers or curry powder can add a little variation to this recipe to keep it new to you.

Papaya Ketchup

By: George M. Malavasic

Yield: 2 cups

Ingredient:

Papaya
Garlic
Vinegar
Onion Powder
Clove
Salt
White pepper
Honey
Water

U.S. Standard:

2 cups
2 cloves
3 tbsp
2 tsp
½ tsp
1 tsp
¼ tsp
1 tbsp
½ cup

Method of Preparation:

1. Cut the papayas in half and scrape out the seeds with a large spoon. Peel off the skin and cut into large chunks, 1-2 inches each. If the papaya is very ripe you will be able to scrape the fruit out of the skin with the spoon instead of peeling and cutting it.
2. Place all ingredients in a medium sauce pan and simmer for ten minutes over medium heat.
3. Remove from the heat and let stand to cool for 10-15 minutes.
4. Pour mixture into a blender or food processor and puree until smooth.
5. Taste and adjust seasoning to your liking. The ketchup may need water and honey to reach desired sweetness and consistency.

Notes: I like a lot of clove in my ketchup and some jalapeno pepper to spice it up. This recipe yields a flavor that is similar to tomato ketchup but can be adjusted to other flavor profiles. This is particularly good with fresh basil in place of the clove and then served with shrimp cocktail.

Black Bean Fudge Brownies

By: George M. Malavasic

Yield: 15 brownies

Ingredient:

Canned Black Beans
Large Eggs
All Purpose Flour
Sugar
Bakers Chocolate
Cocoa Powder
Dark Chocolate Chips
Butter
Vegetable Oil
Vanilla Extract

U.S. Standard:

15 ounces
4 each
½ cup
2 cups
1 ounce
1 ½ ounces
2.5 ounces
3 tbsp
1 ½ tbsp
1 tsp

Method of Preparation:

1. Pre-Heat the oven to 350°F
2. Drain and wash the black beans in a colander
3. Puree the beans and two of the eggs in a food processor until smooth and pour out into a mixing bowl
4. Whisk the remaining eggs, flour, sugar, and cocoa powder in the mixing bowl with the beans
5. Combine butter, oil, vanilla, dark chocolate, and baker's chocolate in a sauce pan over medium heat and stir until melted and smooth.
6. Add the chocolate mixture to the bean mixture and stir until completely mixed
7. Pour mixture into an 11X13" greased baking pan and place in preheated oven
8. Bake 8-10 minutes until center is spongy to the touch.
9. Let cool 20-30 minutes before cutting into 15 squares

Whole Wheat Pasta Salad

By: George M. Malavasic

Yield: 8 servings

Ingredient:

U.S. Standard:

Whole Wheat Pasta	1 pound
Cucumbers	2 each
Tomato	1 each
Shredded Cheddar Cheese	1 cup
Olive Oil	½ cup
Red Wine Vinegar	1/3 cup
Water	2 tbsp
Dried Basil	½ tbsp
Dried Oregano	½ tbsp
Onion Powder	1 tsp
Garlic Salt	1 tsp
Black Pepper	1 tsp
Sugar	2 tbsp

Method of Preparation:

1. Boil the pasta to desired doneness and cool in a colander under cold running water then drain thoroughly.
2. Peel and slice the cucumbers and dice the tomatoes then combine them with the pasta in a large mixing bowl
3. In a separate mixing bowl whisk together all remaining ingredients to form an Italian style vinaigrette
4. Pour the vinaigrette over the pasta mixture and toss to coat evenly
5. Refrigerate until service

Tabouli

By: George M. Malavasic

Yield: 8 servings

Ingredient:

Bulgur Wheat
Flat Leaf Parsley
Mint Leaves
Tomato
Lemon Juice
Olive Oil
Sugar
Salt and Pepper

U.S. Standard:

1 pound
3 bunches
½ bunch
1 cup
½ cup
¼ cup
1 tbsp
to taste

Method of Preparation:

1. Place bulgur wheat in a deep baking dish and cover with hot water to steep for 15 minutes.
2. Drain the bulgur wheat through a fine mesh strainer to remove any unabsorbed water
3. Wash and drain the parsley and mint then pat dry with a paper towel
4. Chop the parsley and mint as small as you want it or put it in a food processor and pulse several times to chop finely.
5. Dice the tomatoes into ½ inch cubes then combine all ingredients in a mixing bowl
6. Toss the tabouli until all ingredients are evenly distributed and refrigerate until service