

Cooking in the Harvest for the Hungry Garden

With Jill Nussinow, MS, RD

The Veggie Queen™

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Using the freshest of the Season

Summer Squash

Cabbage

Beets

Carrots

Onion

Broccoli

Sesame Ginger Summer Squash

Serves 4

Summer squash is a chameleon in the kitchen, taking on whatever flavors you give it.

- 1-2 teaspoons oil
- 1 medium onion, sliced or diced
- 1-2 teaspoons grated ginger
- 1-2 cloves garlic, minced
- 2-3 teaspoons sesame seeds
- 4-6 summer squash, cut
- 1-2 teaspoons tamari or soy sauce
- 1-3 tablespoons broth
- Chopped cilantro, for garnish

Heat the oil in a sauté pan (we will use the pressure cooker). Add the onion and sauté for a couple of minutes. Add the ginger, garlic and sesame seeds and sauté another minute. Add the squash and tamari and stir. Cook for 2-3 minutes, adding broth if the mixture starts to stick. Cook until the squash is cooked through to your liking.

This takes 30-45 seconds at pressure in the pressure cooker. Watch carefully.

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Sweet and Sour Cherry Dressing

Makes 1/2 cup, enough for 1-2 salads

Having not used sour cherries before, this recipe is completely experimental. We'll make adjustments as we need to.

- 1/2 cup water or broth
- 1 cup chopped sour cherries
- ¼ cup chopped sweet cherries
- Agave syrup or other sweetener, to taste
- Vinegar to taste
- Salt to taste

Put the water or broth and sour cherries into a small saucepan. Cook until the cherries soften a lot. Add the sweet cherries and cook until they are soft. Taste and add sweetener, vinegar and salt, to taste. Let cool and pour over your salad.

Will keep for 3 to 4 days in the refrigerator.

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Curried Beets, Cabbage and Carrots

Serves 4

You can use any seasonal vegetables for this. In the pressure cooker, it only needs 3 minutes at pressure. On the stove top, it will likely take about 15 to 20 minutes and need more liquid.

- 1 tablespoon oil
 - 1 medium onion, diced
 - 4-6 small beets, scrubbed, tops removed, cut in half and sliced
 - 2 teaspoons grated ginger
 - 2-3 teaspoons curry powder
 - 1 teaspoon cumin seeds
 - ¼ cup vegetable broth
 - 3-4 medium carrots, chopped
 - 1 medium head cabbage, cut into chunks
 - 1 teaspoon salt
- Juice of 1 lemon and pepper, to taste

Heat the oil in the pressure cooker over medium heat. Add the onion and sauté for 2 to 3 minutes. Add the beets and ginger, curry powder and cumin seeds. Saute for 1 minute. Add the broth and lock on the lid. Bring to high pressure for 1 minute. Quick release the pressure and carefully remove the lid. Add the carrots, cabbage and salt, and more liquid, if necessary. Put the lid back on and bring to high pressure for 2 minutes. Quick release the pressure. Add lemon juice and pepper, to taste.

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Big Thyme Broccoli

Serves 4

The fresher the broccoli, the more simply delicious this is.

- 3 cups broccoli, cut into florets, stems chopped
- 2-4 tablespoons water or vegetable broth
- ¼ teaspoon salt
- 8-10 thyme sprigs

Put the broccoli, liquid and salt into the pressure cooker over high heat. Add the thyme sprigs and lock on the lid. Bring to high pressure for 1 minute. Quick release the pressure, remove thyme sprigs and serve hot.

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