

# Vegetables

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## GNOCCHI VERDI

(Spinach Dumplings)

Makes 60 (5 or 6 per person)

- 1 1/2 sticks butter
- 2 1/2 cups grated Parmesan cheese
- 1 pound ricotta cheese
- 1 cloves garlic, crushed
- 6 eggs, lightly beaten
- 1 1/2 cups flour
- 1 1/2 teaspoons salt
- 1 1/2 teaspoons freshly ground black pepper
- 1/4 teaspoon ground nutmeg
- 6 10 oz. packages, frozen chopped spinach,  
(Thoroughly defrosted and squeezed completely dry)

- In a large heavy skillet, melt 12 tablespoons butter over moderate heat.
- Add the chopped spinach and cook, stirring constantly for 3-5 minutes, or until almost all of the moisture had boiled away and spinach begins to stick lightly to the skillet. Add garlic and cook for one minute.
- Add the ricotta cheese and cook, stirring for 3-4 minutes longer.
- Transfer contents of skillet to a large mixing bowl and mix in the eggs, flour, the grated cheese, salt, pepper and nutmeg.
- Place in the refrigerator for about 1 hour, or until the gnocchi mixture is quite firm.
- Bring to a boil a large pot (8 qt. or larger) of water and 1 tablespoon of salt to a simmer over moderate heat.
- Flour your hands lightly and pick up about 1 tablespoon of the chilled gnocchi mixture and shape into a small ball.(I make all the gnocchi before I attempt to boil them).
- Gently drop the balls into the simmering water and cook them uncovered for 5-6 minutes, or until they puff slightly and rise to the top of the water. Don't let them cook too long or they will fall apart. With a slotted spoon, lift the gnocchi out of the water and set them aside on paper towels to drain.

- They may be frozen in a single layer on a cookie sheet at this point. When frozen put in plastic bag or container to store.
- TO SERVE:
- Melt some butter in a shallow flameproof dish and swirl it around the entire surface. Roll the gnocchi in the butter.
- Arrange the gnocchi in the dish in a single layer. Sprinkle the gnocchi with some grated Parmesan cheese.
- Place the dish of gnocchi in a low oven to heat them up again.
- Then broil the gnocchi 3 inches from the heat for 3 minutes or until the cheese melts.

Recipe from the Time-Life International Cookbook used for AAUW Supper Club Northern Italian Dinner, January 1975

## **ROASTED BROCCOLI with SHRIMP**

2 pounds broccoli, cut into bite-size florets

4 tablespoons ( 1/4 cup) extra virgin olive oil

1 teaspoon whole coriander seeds

1 teaspoon whole cumin seeds

1 1/2 teaspoons kosher salt

1 teaspoon freshly ground black pepper

1/8 teaspoon hot chili powder

1 pound large shrimp, shelled and deveined

1 1/4 teaspoons lemon zest (from 1 large lemon)

Lemon wedges, for serving.

1. Preheat oven to 450 degrees. In a large bowl, toss broccoli with 2 tablespoons oil, coriander, cumin, 1 teaspoon salt, 1/2 teaspoon pepper and chili powder. In a separate bowl, combine shrimp, remaining 2 tablespoons oil, lemon zest, remaining 1/2 teaspoon salt and remaining 1/2 teaspoon pepper.

2. Spread broccoli in a single layer on a baking sheet. Roast for 10 minutes. Add shrimp to baking sheet and toss with broccoli. Roast, tossing once halfway through, until shrimp are just opaque and broccoli is tender and golden around edges, about 5-10 minutes more. Serve with lemon wedges, or squeeze lemon juice all over shrimp and broccoli just before serving.

Yield: 4 servings.

## **SCALLOPED CARROTS**

Serves 10

- 1 slice bread, buttered and crumbed
- 12 medium carrots, sliced
- 1 small onion, minced
- 1 teaspoon salt
- 2 cups milk
- 1/2 pound Velveeta
- 1/4 cup butter
- 1/4 cup flour
- 1/4 teaspoon dry mustard
- 1/4 teaspoon celery salt

- Cook carrots until soft, drain, and put carrots in shallow casserole (9 x 9)
- Sauté onion in butter, add flour and cook a few minutes.
- Add milk and seasonings and cook a little longer.
- Stir in cheese, stirring and cooking until smooth and thick.
- Pour cheese sauce over carrots.
- Top with the bread crumbs.
- Bake 350° F. about 25 minutes.

Recipe from Marilyn Regan used for AAUW Supper Club German Dinner, January 1974, Thanksgiving, 2001.

## **BAKED BEANS with PINEAPPLE**

Serves 3-4 per pound of beans

- For each 1 pound of canned baked beans,
  - Stir in
    - 1 tablespoon syrup drained from sliced pineapple
    - 2 tablespoons brown sugar
    - 1 tablespoon catsup
    - 1 teaspoon prepared mustard
- Put in shallow baking dish.
- Bake at 400° F for 20 minutes.
- Top with pineapple slices and bake for 20 minutes more.

## **BROCCOLI SOUFFLÉ**

Serves 6-8

- 1 package frozen chopped broccoli cooked and drained
- 2 eggs, separated
- 1/3 cup mayonnaise
- 2/3 cup half and half
- 1 teaspoon flour
- salt, pepper, nutmegs

- Beat the egg yolks
- Blend in mayonnaise.
- Add half & half, flour, salt, pepper, and vegetable.
- Beat egg whites, fold into vegetable mixture.
- Pour into buttered casserole

- Sprinkle top with nutmeg.
- Bake 350° F. for 40 - 60 minutes, until knife inserted in center comes out clean.

Recipe from Mrs. Sam Peck, San Diego, 1963

## **CORN CASSEROLE**

- Mix together
  - 1 box Jiffy corn muffin mix
  - 1 cup sour cream
  - 1 stick margarine, melted
  - 1 can whole corn, drained
  - 1 can creamed corn
- Pour into a 9 inch square baking dish.
- Bakes at 350°F. for 30 minutes or until set in the middle

Note:

Recipe can be doubled and baked in 9 x 13-inch baking dish for about 50 minutes.  
Can be baked in a microwave oven on high. (I haven't tried this.)

Recipe from Fran Kostelnik, June 1997

Used for BJ's party, September 1998, and Culinary, October 2001.

## **SPINACH PIE**

Serves 6-8

- 2 10 ounce packages frozen chopped spinach, cooked and drained
  - 1 4 ounce can mushrooms
  - 1 teaspoon salt
  - 2 teaspoon chopped onion
  - 2 tablespoons butter
  - 1 cup evaporated milk
  - 1 cup cubed Velveeta cheese
- Add butter, salt and onion to cooked spinach.
  - Form as a crust in 9" pie pan.
  - Put mushrooms in center
  - Melt cheese in evaporated milk over low heat.
  - Pour in center over mushrooms.
  - Bake 350° F for 30 minutes
- For a 10" pie plate, use 3 packages spinach, everything else is the same.

Recipe from Carol McCord, used for Thanksgiving and Culinary June 1985

## **BIG BEAN POT**

Serves 10-15

- 12 slices diced bacon (1 lb.)
- 1/4 cup catsup
- 3 medium onions chopped
- 1/2 cup cider vinegar(I used 1/3 cup)
- 1 teaspoon garlic powder
- 1 can kidney beans, drained
- 1/2 teaspoon dry mustard
- 1 can butter beans, drained
- 3/4 cup brown sugar
- 3 cans pork and beans (any brand)

- In Dutch oven, bean pot or any casserole that can go into the oven sauté bacon and onion, drain (bacon could be cooked in a microwave).
- Add remaining ingredients. Mix well.
- Bake uncovered 60 to 70 minutes at 350°. Can be made early in the day and after baking put in crock pot until ready to serve.

Note:

Beans can be made days before, refrigerated and when needed brought to room temperature (I used the microwave), then put in a crock pot for several hours.

Recipe from Marilyn Steinhart, August 1992.

## ITALIAN STUFFED ZUCCHINI

Serves 10

- 10 medium zucchini
- 3 eggs
- 2 medium onion, chopped
- 3/4 cup grated Parmesan cheese
- 3 cloves garlic, minced
- 1/3 cup fine dry bread crumbs
- 1 1/2 tablespoons olive oil
- 1 1/2 tablespoons minced parsley
- 1/3 teaspoon each salt and pepper
- 1 package frozen chopped spinach

- Wash zucchini, cut off ends, and cook whole in boiling salted water until tender.
- Cut in half lengthwise and scoop out the seeds and center pulp, leaving a thick shell.
- Arrange in a shallow baking pan.
- Sauté onion and garlic in oil until soft, but not brown.
- Add parsley, drained spinach, grated cheese, bread crumbs, pulp, salt and pepper and mix well.
- Beat eggs slightly and stir in.
- Spoon stuffing into each zucchini shell.
- Pour a little water into the pan (barely cover the bottom) and bake at 350° F. for about 20 minutes, or until heated through.

Recipe from AAUW Supper Club Salmon Barbeque, Dinner May 1975, used for Culinary.

## ZUCCHINI CASSEROLE

### Ingredients:

2 lbs zucchini squash  
1 green bell pepper (diced)  
1 onion (sliced thin)  
2 cloves garlic finely chopped  
1 tbsp flour  
2 tbsp. butter or olive oil  
1 cup milk  
1/4 cup brown sugar  
4 eggs (slightly beaten)  
1 tsp seasoning salt  
1/4 tsp pepper  
1 tbsp. oregano  
1/2 cup breadcrumbs and/or parmesan cheese

### Preparation:

- Wash and slice squash.
- Saute bell pepper and onion in skillet with butter or oil.
- Add zucchini and sauté until softened.
- Add garlic and sauté for one minute
- Add brown sugar, flour, salt and pepper. Cook until flour disappears.
- Add eggs and milk.
- Mix well.
- Spray a 2 quart casserole with Pam.
- Spoon mixture into casserole.
- Bake in 325 degree oven 30 minutes.
- Sprinkle breadcrumbs/cheese on top.
- Bake 10 minutes more or until topping is brown and the center is set.

## GRILLED-VEGETABLE TERRINE

12 large fresh basil leaves  
1/4 cup balsamic vinegar  
2 teaspoons kosher salt  
1/2 cup olive oil  
3 Asian eggplants (about 10 ounces total)  
2 zucchini (about 3/4 pound)  
2 yellow squash (about 1 1/2 pounds)  
3 large tomatoes (about 1 1/2 pounds)

Special equipment: two 9-by 5-by 3-inch loaf pans

- Thinly slice basil and in a large shallow baking dish stir together with vinegar, salt, and oil.
- Cut eggplants, zucchini, and yellow squash lengthwise into 1/4-inch-thick slices,
- Add vegetables to vinegar mixture, turning them to coat well.
- Marinate vegetables 15 minutes.
- Cut tomatoes crosswise into 1/8-inch-thick slices.
- Prepare grill.
- Lightly oil 1 loaf pan and line with a large sheet of plastic wrap, letting excess hang over sides.
- Grill vegetables on an oiled rack set about 6 inches over glowing coals until just cooked through, about 3 minutes on each side.
- Cool vegetables.
- Layer vegetables in loaf pan, seasoning with salt and pepper and beginning and ending with tomatoes. (Vegetables will not completely fill pan.)
- Fold plastic wrap overhang over top of vegetables.
- Cut a piece of cardboard to fit inside top of pan and put it on plastic wrap.
- Put about 3 pounds of canned goods in other loaf pan and put weighted pan on cardboard.
- *Chill weighted vegetables 1 day.*
- Remove weighted pan and cardboard and unfold plastic wrap.
- Invert terrine onto a work surface and remove plastic wrap.
- With a sharp knife cut terrine into 8 slices.
- Serves 4 as a side dish.

Recipe from Mauna Lani Bay Hotel, Hawaii, in *Gourmet*, May, 1999. Used for Culinary

## **CARROTS glazed with BALSAMIC VINEGAR and BUTTER**

1/4 cup butter (1/2 stick)  
 2 pounds baby carrots\*  
 3 tablespoons sugar  
 1/6 cup balsamic vinegar  
 1/4 cup chopped fresh chives

- Melt butter in heavy large pot over medium heat.
- Add carrots and sauté 5 minutes.
- Cover and cook until carrots are crisp-tender, stirring occasionally, about 7 minutes.
- Stir in sugar and vinegar.
- Cook uncovered until carrots are tender and glazed., stirring frequently, about 12 minutes longer.
- Season to taste with salt and pepper.
- Add chives and toss to blend.
- Transfer to bowl and serve.

\*or regular carrots, peeled, cut into 2-inch pieces, halved lengthwise

Recipe from *Bon Appétit*, December 2000  
 Used for 2000 QofA dinner.

## **BROCCOLI CASSEROLE 1**

- 10 ounce packages frozen broccoli, cooked
- can cream of mushroom soup
- ounces evaporated milk
- cup cheddar cheese

- can French fried onions

Arrange broccoli on bottom of 2 quart baking dish.

Blend soup and evaporated milk.

Pour over broccoli.

Top with cheddar cheese.

Bake 25 minutes at 350°F.

Remove from oven and top with fried onions.

Bake an additional 8 to 10 minutes.

Recipe from Marilyn Steinhart

Much better than the green bean casserole

## **BROCCOLI CASSEROLE 2**

1 can cream of mushroom soup

½ cup milk

2 tsp. yellow mustard (we used Dijon)

1 – 16 oz. bag frozen broccoli flowerets, thawed

1 cup shredded Cheddar cheese

1/3 cup dry breadcrumbs

2 tsp. butter, melted

Stir soup, milk, mustard broccoli and cheese in 1 ½ qt. casserole

Mix breadcrumbs with butter in bowl and sprinkle over broccoli mixture

Bake at 350°F. for 30 min. or until hot.

Recipe from Giovanna Rosso, 2009

(tried fresh broccoli, should be partially cooked first)