

# Made From Scratch Monthly

## Garden Harvest Recipes

Watching a garden grow from start to finish is a time-consuming but very rewarding process. Now let's put all your hard work to good use with these garden harvest recipes.

### Oven-Roasted Cherry Tomato Sauce

- 5 c. cherry tomatoes
- 1/4 c. olive oil
- 1/2 tsp onion powder
- 1/2 tsp garlic powder
- 2 tsp dried oregano
- Salt and pepper to taste

#### Instructions:

1. Preheat oven to 425°.
2. Remove stems and wash tomatoes.
3. Place tomatoes in a single layer on a baking sheet or roasting pan.
4. Add oil and seasonings, except oregano.
5. Bake for 45 minutes or until skins are wrinkly.
6. Let cool and then blend in a food processor until creamy.
7. Run sauce through a food mill. (This step is extremely important for skin and seed-free sauce.)
8. Add oregano and taste.
9. Use immediately, refrigerate for up to a week or freeze for later.



**Tips:** Ideal containers for freezing this sauce are mason jars, specialty freezer containers, or freezer bags.

### Summer Harvest Oven-Roasted Vegetables

- 1 zucchini
- 1 summer squash
- 1 red bell pepper
- 1 red onion
- 1 16 oz package mushrooms, *cleaned*
- 1/4 c. olive oil
- 1/2 tsp black pepper
- 1 tsp salt
- 1/2 tsp dried oregano

#### Instructions

1. Preheat oven to 400°.
2. Cover a baking sheet with aluminum foil, spray with non-stick cooking spray and add vegetables.
3. Pour olive oil over the vegetables. Lightly toss the vegetables to evenly coat. Sprinkle with dry seasonings.
4. Bake 20-30 minutes to preferred tenderness.



### How to Preserve Your Garden Herbs

#### Air-Dry

1. Tie 5-10 branches together with string or a rubber band. Small bundles dry best.
2. Poke a few holes in a paper bag for ventilation. Being careful to not crush the herbs, place them in the bag, stem-side up, and tie the end.
3. Hang the bag by the stem end in a warm, well-ventilated room. Herbs may be dry in as little as a week.

#### Oven-Dry

1. Place herb leaves or seeds on a cookie sheet 1-inch deep or less.
  2. Put in an open oven on low heat less than 180° for 2-4 hours.
  3. To see if the herbs are dry, check to see if the leaves crumble easily.
- Oven-dried herbs will cook a little, removing some potency and flavor, so you may need to use a little more of them when cooking.

**With both methods,** you'll know the herbs are dry when leaves crumble easily. Store in labeled, dated, airtight containers like canning jars, plastic storage containers or freezer storage bags. For best flavor, keep the leaves whole until you are ready to use them, then crush. Dried herbs are best used within a year.

#### Freeze

1. Wash herbs thoroughly, shake or pat off the excess water.
2. Place individual leaves or chopped leaves in freezer bags. Flatten the bags to remove air.

Some herbs keep their flavor best when frozen. These include basil, chives, chervil, dill, lemon balm, mints, oregano, parsley, rosemary, sage, French tarragon, thyme, and lemon verbena. Dill, sage, rosemary, and thyme also freeze well on the stalks, add frozen when cooking and remove before serving.

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## *Roasted Winter Vegetable Jambalaya*

- 1/2 cup brown rice, rinsed
- 2 large carrots
- 2 c. parsnips, diced
- 2 c. sweet potato, cubed
- 2 c. Yukon gold potatoes, diced
- 1 medium onion, diced
- 2 tbsp olive oil
- 1 1/2 tsp kosher salt, divided
- 1 tsp cayenne pepper, divided
- 1 tsp ginger
- 1 tsp paprika
- 1 tsp turmeric
- 1/2 tsp chili powder
- 1/2 tsp cinnamon
- 1/4 tsp nutmeg
- 1/4 tsp black pepper
- 1 tbsp tomato paste
- 3 c. low-sodium vegetable broth
- 3 tomatoes, medium dice
- 1 cup parsley, divided
- 15 oz garbanzo beans, can, no sodium
- 15 oz pinto beans, can, no sodium

### **Instructions:**

1. Rinse rice in a strainer under cold water then place in a small pot. Add a little over 1 cup of water. Cover pot and bring to a boil over high heat, reduce to a simmer with the lid on for 30-35 minutes or until water is fully absorbed. Remove from heat.
2. While rice is cooking, preheat oven to 400°. Toss carrots, parsnips, potatoes, onion, 1 tsp salt, 1/2 tsp black pepper, and spices in olive oil until coated. Spread evenly over a baking sheet and roast in the oven, stir halfway, until veggies are tender and lightly browned, about 25-30 minutes.
3. Transfer roasted veggies to a large pot or Dutch oven, add tomato paste, and stir to coat. Cook, stirring until raw tomato flavor has cooked off, about 1-2 minutes.
4. Add tomatoes, broth, half of the parsley, salt, and pepper. Bring to a boil over high heat, then reduce heat and simmer for 10 minutes. Stir in the chickpeas, pinto beans, and rice. Cook until flavors have combined, about 5 minutes more.
5. Ladle the jambalaya into bowls, sprinkle with the remaining parsley and serve.



**Tip:** Make this recipe ahead of time and freeze in individual or family-sized portions.

## *Grilled Eggplant and Tomato Stacks*

- 5 tsp extra-virgin olive oil
- 1 medium eggplant, 3/4-1 lb., cut into 6 rounds about 1/2 inch thick
- 1/2 tsp coarse salt
- 6 tsp prepared pesto
- 2 large beefsteak tomatoes
- 4 oz fresh mozzarella
- 6 fresh basil leaves
- 1 tbsp balsamic vinegar
- 1/4 tsp freshly ground pepper

### **Instructions:**

1. Preheat grill to medium-high or place a grill pan over medium-high heat until hot.
2. Use 2 tsp oil to brush both sides of eggplant slices; sprinkle with 1/4 tsp salt. Grill the eggplant slices for 5 minutes. Turn; continue grilling until tender and marked with grill lines, 3-5 minutes more. Transfer to a large platter.
3. Spread each eggplant slice with 1 teaspoon pesto. Top with a slice of tomato, a slice of mozzarella, and a basil leaf.
4. Drizzle vinegar and the remaining 1 tbsp oil over the towers; sprinkle with the remaining 1/4 tsp salt and pepper.



**Tip:** Make this recipe ahead of time by preparing through step two, cover and refrigerate for up to one day. Bring to room temperature before serving.