

Spaghetti Squash with Avocado Cream Sauce

Ingredients:

1 yellow spaghetti squash
3-4 cloves garlic minced
2-3 shallots minced
Sea salt
Cracked black pepper

Directions:

Preheat oven to 375*

1. Put 1 cup water in a 11x17 glass baking dish, set aside
2. Place squash on a cutting board, and using a very sharp knife cut the squash in half lengthwise. Please note that this squash is very hard to cut. Scoop out all the strings and seeds and discard.
3. Coat the squash with the garlic and shallot mixture and sprinkle with sea salt and pepper.
4. Place squash in the baking pan garlic side up and cook for 1 hour
5. Let cool for 25 min. and then take a fork and pull the flesh downwards into a bowl until the flesh is completely removed and all that is left is the empty shell

Avocado Cream Sauce:

1 medium sized ripe avocado, pitted
½ lemon, juiced + lemon zest to garnish
2-3 garlic cloves, to taste
½ tsp salt
¼ cup fresh basil
2 tbsp extra virgin olive oil

Place the garlic cloves, lemon juice and olive oil into a food processor. Process until smooth. Now add the pitted avocado, basil and salt. Process until smooth and creamy. Pour sauce on spaghetti squash noodles and toss until fully combined. Garnish with lemon zest and black pepper.

Serve immediately

Makes 2 servings

Broccoli-Raisin Salad

Makes 12 servings

Ingredients:

4 cups broccoli florets
1 cup chopped green pepper
1 cup raisins
1 cup chopped walnuts
1 cup sliced carrots
1 medium onion, chopped
1 cup light mayonnaise
1/2 cup sugar
1/4 cup white vinegar



Directions:

In a large bowl, combine broccoli, green pepper, carrots, raisins, walnuts and onion. Toss vegetables together. In a small bowl, combine mayonnaise, sugar and vinegar until smooth. Pour over vegetable mixture and toss to coat. Cover and refrigerate for at least 1 hour before serving.

Sarah Huddleston
Senior
Fruit and Vegetable
Ochiltree

Brawny Brownies

$\frac{3}{4}$ c. Purple Puree:

3c. frozen chopped spinach
1 $\frac{1}{2}$ c. frozen blueberries
3-4 tablespoons water
1 teaspoon lemon juice

1 box (about 21 oz.) brownie mix
2 large eggs
 $\frac{1}{4}$ c. canola oil



Purple Puree:

1. Bring spinach and water to boil in a medium pot. Turn heat to low and allow to simmer for 10 minutes.
2. Quickly, rinse frozen blueberries under cold water to thaw a little, and then drain.
3. Fill the bowl of food processor with the blueberries and cooked spinach, along with the lemon juice and 2 tablespoons of water, and puree on high until as smooth as possible. Stop occasionally to push top contents to bottom. If necessary, add the rest of the water to make a fairly smooth puree.

This makes more than the required $\frac{3}{4}$ cup, so store leftovers up to 2 days, or freeze $\frac{1}{4}$ c. portions in sealed plastic bags or small plastic containers.

Brownies:

1. Preheat oven to 350 degrees.
2. Butter or coat with cooking spray a 9x13 pan.
3. Measure and discard (or save for future use) ½ c. of the dry packaged brownie mix and replace with ½ c. wheat germ.
4. Mix together the brownie mix with the eggs, oil and Purple Puree until well blended.
5. Follow package directions for baking time.

Dehle Jones
Senior
Fruit and Vegetable
Potter

Grape Salad

2 pounds red grapes (seedless, if you can get them)
2 pounds white grapes
1 package (8 oz.) cream cheese
1 carton (8 oz.) sour cream
1 cup white sugar
½ cup brown sugar
2 cups sliced almonds
Additional brown sugar



Remove the grapes from the stems and wash them thoroughly and drain. Combine the cream cheese, sour cream, and sugars until creamy. Pour over the grapes and mix thoroughly. In serving bowl put a layer of the grape mixture. Then cover with the almonds, and sprinkle with additional brown sugar. Continue layering grapes, almonds, and sugar until all is used. Needs to be made ahead and refrigerated overnight.

Charmayne Hampton
Senior
Fruit and Vegetable
Wheeler

Zucchini Fritters

¾ cup cornmeal
½ teaspoon salt
¼ teaspoon ground black pepper
¼ cup milk
2 eggs
¼ cup diced yellow onion
1 clove garlic, minced
2 cups shredded zucchini
½ cup shredded mozzarella and cheddar blend
2 tablespoons olive oil

In a medium bowl mix the cornmeal, salt and pepper together. In a small bowl combine the milk and eggs and add to the cornmeal mixture. Fold in the onion, garlic, zucchini and cheese.
