

# White Bean, Potato and Asparagus Salad

A SIMPLE POTATO salad becomes a meal when combined with beans. Make this salad for the first cookout of the season, when asparagus is still available at the farmers' market. If you are not serving this salad immediately, prepare the potatoes and asparagus and rinse until cool, refrigerate until ready to serve, and add the dressing just before serving.

## SERVES 4

- 1 pound red-skin potatoes, scrubbed and cut into ½-inch dice
- ½ pound asparagus, trimmed and cut into ½-inch pieces (or green beans)
- 2 tablespoons brown rice vinegar
- 2 tablespoons Dijon mustard
- 2 cloves garlic, peeled and minced
- Salt and freshly ground black pepper to taste
- One 15-ounce can navy beans, drained and rinsed
- 8 green onions, thinly sliced
- 3 tablespoons minced chives

1. Steam the potatoes in a double boiler or steamer basket for 10 minutes, or until tender, adding the asparagus during the last 3 minutes.
2. Combine the brown rice vinegar, mustard, garlic, and salt and pepper in a large bowl and whisk well. Add the warm potatoes and asparagus, beans, green onions, and chives and mix well.

## VARIATION

- ▷ Leave out the Dijon mustard, brown rice vinegar, and chives and instead add up to ½ cup Coriander Chutney (page 32).

Sheri Orlekoski's interpretation of: *Mushroom Pate*

2 cups cashews  
2 oz. dried morels (used Shiitake)  
1 cup boiling water  
16 oz. mushrooms (used mini bellas without stems)  
2 T tamari  
2 T olive oil (I used canola)  
1 T lemon juice  
2 t miso  
2 t chopped rosemary (used 1 t dried crushed rosemary)  
2 sun dried tomatoes, diced (used 4 halves)  
4 cloves garlic  
2 T port  
Salt  
Chives

Soak cashews in bowl of cold water for one hour. Soak morels in boiling water for 15 minutes. Trim and slice mushrooms. Reserve liquid. Whisk tamari, olive oil, lemon juice, rosemary, and miso. Toss (raw) mushrooms in mix and let stand 15 minutes. Combine soaked mushrooms, sun dried tomatoes, and garlic in saucepan. (I also added in raw mushroom mixture to saucepan) Pour in morel liquid and simmer until tomatoes are tender. Drain cashews and add to food processor. Using slotted spoon, add mushroom mixtures and puree to coarse paste. Season with salt. Reduce morel liquid and port to syrup consistency and mix with mushrooms. Process until happy with consistency. Place in container and chill. Place on serving dish and garnish with freshly chopped chives.



## Recipe: *Potato Salad with Lemon Tahini & Dill Dressing*

### Potato Salad with Lemon Tahini & Dill Dressing

*Serves 6 to 8*

*For the salad:*

- 2 pounds red or yellow potatoes, cut into large bite-sized pieces
- Kosher salt
- 1/2 cup fresh dill, minced
- 1/2 cup capers
- 1 bunch of green onions, white and light green parts minced

*For the dressing:*

- 1 teaspoon fresh lemon zest
- 1/4 cup fresh lemon juice
- 2 tablespoons chopped fresh dill
- 1 1/2 teaspoons Dijon-style mustard
- 2 cloves of garlic, minced
- 1 1/2 tablespoons tahini
- 1/2 cup extra virgin olive oil + additional to thin dressing if necessary
- 1/8 teaspoon crushed red pepper flakes
- Salt and pepper to taste

Put the potatoes in a large pot of salted water. Bring to a boil. Reduce heat and simmer gently until crisp tender, about 7 minutes. Be careful not to overcook! Drain potatoes and set aside to cool. Once cool, toss with the dill, capers, and green onions.

Prepare the dressing by combining all the ingredients and whisking until smooth and well-combined. For the best consistency, use an immersion blender or food processor. If the dressing is too thick add a little more oil or a tablespoon of water. Taste test and adjust the salt and pepper if needed.

Toss the dressing with the potatoes. Taste again and season to taste with salt and pepper. Leftovers will keep refrigerated for 3 to 5 days.

# MUSHROOM PÂTÉ

A pâté is a firm dip that requires a knife to spread. Traditionally, pâté is a meat-based spread made from duck or goose liver. Mushrooms and walnuts are a healthy and tasty replacement. I like to serve it on a bed of salad greens with small toasted squares or crackers or with raw veggies.

12 ounces fresh mushrooms,  
sliced

1 onion, diced

4 garlic cloves, minced

½ cup dry white wine

4 ounces extra-firm tofu

½ cup finely chopped walnuts

3 tablespoons chopped fresh  
parsley

1 teaspoon dried thyme

½ teaspoon sea salt

¼ teaspoon black pepper

Yields: 4–6 servings

Prep Time: 20 minutes Cook Time: 5 minutes

1. In a skillet, sauté the mushrooms, onion, and garlic over medium heat in the white wine until tender, about 5 minutes.
2. Place the mushroom mixture into a food processor and add the tofu, nuts, and seasonings. Process until smooth.
3. Chill the mixture before serving.

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**KIM'S HINT:** I place the pâté mixture in a pretty bowl or dish lined with parchment paper. After it chills, simply place it upside down on a bed of greens and pull off the parchment paper. It makes a beautiful appetizer.

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# Salsa

- 1 large can tomato sauce (2 cups) (I boil my own tomato juice down to make this at times)
- 24 cups tomatoes (dipped in boiling water and slipped out of their skins)
- 4 cups green peppers, cored, seeded and chopped (about 6 or eight)
- 1 cup hot peppers with seeds (for med salsa 1/2 cup, mild 1/4 or less)
- 10 onions chopped
- 1 cup honey
- 2 cups vinegar
- 10 garlic cloves
- 1 bunch parsley, washed well and chopped fine (stems and all)
- 1 Tablespoon taco seasoning (or a grocery store packet)
- 1 Tablespoon salt
- 1 Tablespoon ground pepper

In very large stockpot start tomatoes and vinegar cooking (med high) while you prepare the other ingredients (I like to cook them down about an hour if they're fresh tomatoes so that the salsa will be a little thicker). Add remaining ingredients except for the honey. Add the honey at the end so you have sweetness but no sticking on the bottom of the pan. (any order will do, I like to end with the peppers then the parsley). Simmer about 40 additional minutes, stirring regularly. Pour salsa into sterile jars. Wipe rims and seal lids. Process in hot water bath 30 minutes. Remember, today's roma tomatoes are lower acid so need a longer process time.

Makes 19 pints





**Hope**  
COLLEGE

Wacky Cake

Linda Trout

Sift into bowl:

1 1/2 C flour

1 C sugar

1 tsp baking soda

1/2 tsp salt

3 T COCOA

Make 3 holes + add:

1 T. vinegar, 1 tsp vanilla,

6 T veg. oil →

ALUMNI AND PARENT RELATIONS

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Pour 1 C. cold water over  
all + stir well. Pour

into 8"x8" or 9"x9" square  
pan. (Grease first w/ Pam,  
if desired)

Bake at 350° for 25-

30 min.

White Bean & Garlic Scapes 1 1/2 C.  
Dip

1/3 C sliced garlic scapes (3-4)  
1 T freshly squeezed lemon juice  
1/2 t coarse sea salt  
gr. black pepper to taste  
1 can cannellini beans - rinsed  
1/4 C. olive oil

Process in a food processor until  
it becomes rough puree. Add more  
lemon, salt, pepper, if desired.

Linda Trout

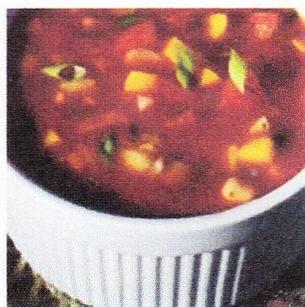
South Western Fiesta Bean Salad Spicy

3 cans Beans Rinsed & drained	Dressing
1 can Corn, drained	lime Juice
Green Onions, diced	EVOO
Red Pepper diced	cumin
Banana Pepper diced	chili powder
Jalapeno, diced	turmeric
Tomatoes, chopped	Garlic
Cilantro,	

Combine more or less to taste, marinate 1 HR

## Fresh Market Gazpacho

allrecipes.com



Rated: ★★★★★

Submitted By: MEIMEICAT1

Photo By: Stirring up Trouble

Prep Time: 30  
Minutes

Ready In: 2 Hours 30  
Minutes

Servings: 10

"A yummy summer soup for when it's just too hot to cook! The garbanzo beans and vegetables make this soup very filling."

### INGREDIENTS:

5 large roma (plum) tomatoes, diced	1/2 red bell pepper, diced
1 (15.5 ounce) can garbanzo beans, drained and rinsed	1/2 yellow bell pepper, diced
1 stalk celery, diced	1/2 lemon, juiced
1 cucumber - peeled, seeded, and diced	1 clove garlic, minced
2 green onions, chopped	1 (46 fluid ounce) can tomato juice
2 tablespoons finely chopped sweet onion	1 teaspoon curry powder
1/4 cup chopped fresh parsley	1 pinch dried tarragon
	freshly ground black pepper to taste
	1 dash hot pepper sauce

### DIRECTIONS:

1. In a large glass bowl, mix the tomatoes, garbanzo beans, celery, cucumber, green onions, sweet onion, parsley, red bell pepper, yellow bell pepper, lemon juice, and garlic. Pour in the tomato juice. Season with curry powder, tarragon, pepper, and hot pepper sauce. Chill in the refrigerator at least 2 hours before serving.

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**DOLLAR GENERAL**

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GRAND RAPIDS, MI 49507



Frank's Hot Sauce RedHot  
Chile 'n Lime  
\$2.00 expires in 5 days

## "Chunky" Brownies

1 pkg Dark Chocolate Brownie Mix (13x9 size)

1 Can Black Beans (do not drain!)

1/2 Cup each Raisins & Walnuts (chopped)

Grease 9x13 pan. Preheat oven to 350°.

Put beans into food processor and process until smooth. Add Brownie mix & mix well.

Stir in Raisins & Walnuts.

Pour into Pan and bake for 30-35 minutes

Allow to cool completely before Cutting

PAT Baxter

## Chickpea Salad, Chicken salad style-Sheri Orlekoski

- 2-15 oz cans of chickpeas (garbanzo beans)
- 4 stalks celery (approximate-depends on size of stalks and preference)
- ½ medium onion (approximate-depends on size of onion and preference)
- 4 Tablespoons nutritional yeast
- 2 Tablespoons soy sauce/liquid aminos/or tamari (reduce if sodium restricted)
- 4 Tablespoons Vegenaïse/Nayonaïse/other vegan mayo

In food processor, pulse celery and onions until diced (Alt-if no food processor, dice celery and onions). Place into a mixing bowl. Next, place chickpeas into the food processor, and pulse. Watch consistency as it breaks down and stop when you like the texture, being careful not to go too long. I would describe the texture to be somewhat flakey. (If processed too long, it will become hummus ☺). Then add chickpeas to mixing bowl.

Add nutritional yeast, soy sauce, and vegenaïse to chickpea mixture, and stir well. Ready to serve, or let flavors maturate overnight, your call.

Alternate flavors, add to recipe above:

### Chicken salad style

Add poultry seasoning, ¼-1/2 t. Start low, add more to taste. You could also add red grapes or even walnuts. Spread on a sandwich, or place a mound on top of greens for a great salad.

### Tuna salad style

Some recipes call for ¼ - ½ t. kelp, however, kelp has very high levels of iodine, so I don't recommend it. I'm trying Nori next time ☺. Also add 2 T dill relish. Num.



Recipe adapted from Happy Herbivore's Mock Tuna Salad Recipe