

VERY FRESH VEGETABLE SOUP *with presto pesto*  
By Rozanne Gold (from *Eat Fresh Food: Awesome Recipes for Teen Chefs*)



Every ingredient can be found in a farmers' market, except the broth (or you can make the soup with water.) During summer, use beefsteak tomatoes; in winter, a fourteen-ounce can of imported diced tomatoes will do nicely. A dollop of your own homemade pesto is a delicious super-fresh touch.

- 3 tablespoons olive oil
- 2 cups diced red onion
- 2 cups diced butternut squash
- 1 cup diced fresh fennel
- 1 parsnip, peeled and diced
- 2 large garlic cloves, minced
- 2 teaspoons chopped fresh rosemary
- 2 large ripe tomatoes
- 6 cups chicken or vegetable broth
- 1 large zucchini, peeled and diced
- 5 cups firmly packed baby spinach, about 7 ounces

### Directions

1. Heat the oil over medium-high heat in a 6-quart pot. Add the onions, butternut squash, fennel, parsnip, and 1 teaspoon salt. Cook, stirring frequently, until the vegetables begin to soften, about 10 minutes. Stir in the garlic and rosemary and cook for 2 more minutes.
2. If using fresh tomatoes, dice them into small pieces; if using canned tomatoes, drain them (and discard the liquid or save it for another use.)
3. Stir the tomatoes and broth into the pot and bring to a boil. Lower the heat to medium and cook 10 minutes. Stir in the zucchini, return the soup to a simmer and cook 10 minutes until the zucchini is tender. Remove from the heat and stir in the spinach until wilted; add salt and pepper to taste. Serve hot and dollop with pesto. Serves 8.

### *Presto Pesto*

- 2 large bunches fresh basil
- ½ cup freshly grated parmesan
- 1 large clove garlic
- 6 tablespoons olive oil
- 2 tablespoons toasted pine nut or sliced almonds

### Directions

- Remove the basil leaves from the stems to get 2 packed cups. Wash leaves and dry well.
- Put in a food processor with the remaining ingredients. Process until just smooth. Add salt to taste. Makes about 1 cup

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MAC-and-CHEESE with Cauliflower and Creamy Red Pepper Sauce  
By Rozanne Gold (from *Eat Fresh Food: Awesome Recipes for Teen Chefs*)



This is an unusual macaroni and cheese, studded with surprise nuggets of cauliflower. The gorgeous bright orange sauce is made from cooked red bell peppers and garlic that get pureed together until silky. My daughter and her friends like making it because it looks like it's oozing with cheese, but it has much less fat and is more nutritious than regular mac-and-cheese.

- 4 ounces extra-sharp yellow cheddar cheese
- 2 medium red bell peppers, about 12 ounces
- 3 large garlic cloves, peeled
- 1 tablespoon unsalted butter
- 1 teaspoon honey
- 1/8 teaspoon chipotle chile powder
- 8 ounces ziti or penne rigate
- 5 cups small cauliflower florets
- 3 tablespoons finely chopped chives

### Directions

1. Shred the cheese on the large holes of a box grater and set aside. Cut the peppers in half and remove the seeds. Cut into 1-inch pieces and put in a small saucepan with ½ cup water. Cut the garlic in half, lengthwise, and add to the saucepan. Bring to a boil, lower heat to medium, and cover. Cook 15 minutes or until the peppers are very soft. Transfer the contents of the saucepan, including the water, to a food processor or blender. Add the butter, honey, chile powder and salt to taste and process until very smooth. Return to the saucepan.
2. Meanwhile, bring a large pot of salted water to a boil. Add the pasta and cauliflower and cook 12 minutes or until tender. Drain well and shake dry. Transfer to a large bowl. Heat the sauce and pour over the pasta. Add the cheese and stir well. Add salt to taste and sprinkle with chives. Serves 4 to 6.

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EGGLESS CAESAR with TOASTED PECANS, Green Apple “Croutons”  
By Rozanne Gold (from *Eat Fresh Food: Awesome Recipes for Teen Chefs*)



Our friends, young and old, seem to agree that this is one of the tastiest Caesar salads around: the dressing is light, airy and full of flavor. It is much healthier than the gloppy dressings usually associated with this salad. Instead of the usual anchovies, I use a little Thai fish sauce (available in supermarkets.) Granny Smith apples take the place of croutons.

#### Dressing

- ½ cup olive oil
- 1 small garlic clove, pushed through a press
- 2 tablespoons freshly squeezed lemon juice
- 1 teaspoon Dijon mustard
- 1 teaspoon Thai fish sauce

#### Salad

- 2 large romaine hearts
- 1 cup freshly grated Parmigiano-Reggiano
- 2 large Granny Smith apples, cut into 1/3-inch dice
- ½ chopped pecans, lightly toasted

#### Directions

1. In a medium bowl, whisk together the ingredients for the dressing. Set aside.
2. Wash the romaine and cut the leaves into ¾-inch pieces. Dry well with paper towels and put in a large bowl. Add ½ cup of the cheese and pour in the dressing. Toss gently to coat the leaves and add ¼ cup of the remaining cheese. Toss again. Divide among 6 plates. Sprinkle with a little of the remaining cheese. Garnish each portion with diced apples and toasted pecans. Serves 4 to 6 .

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CRUNCHY WASABI-LIME SALMON with Red Cabbage and Sugar Snaps  
By Rozanne Gold (from *Eat Fresh Food: Awesome Recipes for Teen Chefs*)



Here, wasabi-coated peas – a great snack food available in most supermarkets and Asian food stores – get crushed to smithereens to form a crunchy topping whose spiciness lessens as it cooks. The simple stir-fry of red cabbage and sugar snap peas is both beautiful and delicious.

- ¾ cup wasabi peas, about 3 ounces
- 4 6-ounce thick salmon filets
- 1 large lime
- 2 tablespoons olive oil
- 2 cups sugar snap peas, about 6 ounces
- 3-1/2 cups finely shredded red cabbage, about 10 ounces

**Directions**

1. Preheat the oven to 400 degrees. Put the wasabi peas in the bowl of a food processor and process until powdery, but still with tiny pieces.
2. Sprinkle the fish with salt. Pat the crushed peas onto the fish, making sure that the top is evenly coated. Grate the zest of the lime and sprinkle on top of the fish. Drizzle with 1 tablespoon of the oil. Place the fish on a rimmed baking sheet and bake 10 to 12 minutes, until the fish is cooked through.
3. Meanwhile, trim the ends of the sugar snap peas. Heat the remaining tablespoon of oil in a wok or large nonstick skillet. Add the red cabbage and sugar snaps. Cook over high heat, stirring constantly for 5 minutes, or until the vegetables are crisp-tender. Add salt to taste. Cut the lime in half and squeeze a little lime juice over the fish. Transfer the vegetables to 4 large plates. Place the fish on top and serve immediately. Serves 4.

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ASIAN CHICKEN with SCALIONS  
By Rozanne Gold (from *Low Carb 1-2-3*)



This may become your family's favorite chicken dish. It is slightly mysterious because the chicken marinates in Asian fish sauce, a staple of many dishes in southeast Asia. The fish sauce gently flavors and transforms the texture of the flesh. Delicious hot, at room temperature or chilled.

- 4 large chicken breast halves on the bone (about 10 ounces each), with skin
- ½ cup Asian fish sauce
- 4 scallions

**Directions**

1. The day before you plan to serve, cut each chicken breast in half across the width of the breast. Place the chicken in a bowl and pour the fish sauce over. Toss to coat well.
2. Remove 3 inches of the dark green parts of the scallions and discard. Thinly slice the scallions on a bias, about 1/8-inch. Add the scallions to the bowl and toss. Cover and refrigerate 18 to 24 hours.
3. Preheat the oven to 500 degrees. Lift the chicken from the marinade, letting the scallions remain on the chicken. Place the chicken on a rimmed baking sheet. Bake 12 minutes or until just firm, then put under the broiler, about 8 inches from heat, for 1 to 2 minutes until golden. Remove from oven. (Remove skin if watching saturated fat intake.) Serves 4.

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