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Quinoa Salad

30 min,

An original recipe inspired by the resulting abundance of vegetables after a trip to the farmer's market.

- 1 1 cup Quinoa
 1 Zucchini
 1 Red Pepper
 2-3 Tomatoes
 1 ear Corn

(decobbed)

- 2 **Half a bunch** Leafy greens
 (kale,
 collard
 greens,
 spinach)
 3 Carrots

(grated)

- 3 1 Sweet onion
 1/4- Red onion
 1/2 Red onion
 1 can Garbanzo
 beans

Cook the quinoa. Sautee the zucchini and onion with a bit of garlic and salt, until cooked. Cooked the leafy greens to preferred texture. Chop up all the veggies to preferred size (medium to large dice). Add the garbanzo beans and mix it all together in a big bowl. Add salt, pepper and italian herbs (or other) to taste. Enjoy! Great leftovers for at least a few days.

Focaccia

2 hours,

Makes enough dough to fill two pie pans or one 10"x14" pan

- 1 4 cups white bread
 flour
 1.5 tsp yeast
 2 tsp salt
 2 cups lukewarm
 water
 1 tbsps olive oil

2

Shape the dough into a round, coat with a little oil, and let rise until doubled (around 30m). Press into the pan (as much as possible - it may be quite elastic) and let rise, covered, 30m. Preheat your oven as high as it will go. Go back to the dough; spread it out to the sides of the pan, then use your fingertips to poke holes across the whole surface, all the way to the bottom. Drizzle the top generously with olive oil, then use your palms to press salt and rosemary on it. Bake for about 10 minutes (until golden brown on top), then turn the oven down to 400 and bake for another 10m.

Let cool on a wire rack before serving.

Zucchini Pancakes (aka Goop)

Got any abnormally large zucchinis begging to be eaten?

| | | | |
|---|-----------|-------------------------|--|
| 1 | 1/2 cup | farina (cream of wheat) | Pour the farina in a bowl and add just enough water to be absorbed. Then add everything else to the bowl and stir it up. Fry like pancakes in a pan or scramble like eggs. It is equally delicious either way! |
| | | water | |
| | 1 cup-ish | zucchini (grated) | |
| | 1 ear | corn | |
| | 1/2 | sweet onion | |
| | 1-2 | pinch salt | |
| | 1 | sprinkled chilli flakes | |
| | to taste | ground pepper | |
| | 3-4 | eggs | |
| | | | |

Mookies

35 min,

The cookie that can penetrate one's dreams.

| | | | |
|---|------------|--|---|
| 1 | 1 cup | butter | Mix butter and sugar until well combined, add eggs and vanilla. Combine dry ingredients sans coconut, cranberries, etc. Mix the dry and wet together and then add in the coconut, chocolate, cranberries and oats. Don't use an electric mixer for this step. Use an ice-cream scoop to form the cookies and bake at 350F for about 20 minutes on a parchment paper lined cookie sheet. |
| | 1 1/2 cups | firmly packed brown sugar | |
| | 2 | eggs | |
| | 1 tsp | vanilla | |
| | 3 cups | rolled oats | |
| | 1 cup | flour | |
| | 1/2 tsp | baking powder | |
| | 1 tsp | salt | |
| | 1 cup | chopped walnuts (or leave out, I usually do) | |
| | 1/2 cup | shredded coconut | |
| | 1/2 cup | dried cranberries | |
| | 1/2 cup | chocolate chips | |