

EGGS ON ASPARAGUS W/TOAST

By Sara Quessenberry

<http://bit.ly/gdwEWA>

Ingredients

4 slices rustic country bread
1 pound asparagus, tough ends trimmed
2 tablespoons olive oil
kosher salt and black pepper
8 large eggs*
1/4 cup Parmesan (1 ounce)

*Because the eggs in this recipe are not fully cooked, there is a risk of food-borne illness.

Directions

Heat broiler. Place the bread and asparagus on a baking sheet. Drizzle with the oil and season with 1/2 teaspoon each salt and pepper.

Broil until the bread is toasted, 1 to 2 minutes per side; transfer the bread to plates. Continue broiling the asparagus, tossing once, until tender, 4 to 8 minutes more.

Meanwhile, bring a large saucepan of water to a boil. Carefully lower the eggs into the water. Reduce heat and gently simmer for 6 minutes. Cool under running water and peel.

Divide the asparagus among the toast, sprinkle on the Parmesan, and top with the eggs.

FLANK STEAK SALAD

By Martha Stewart

<http://bit.ly/gecbvx>

Ingredients

2 teaspoons chili powder
1/2 teaspoon dried oregano
1/2 teaspoon ground cumin
Coarse salt and ground pepper
1 pound flank steak
2 teaspoons olive oil
1 cup prepared salsa
2 teaspoons balsamic vinegar
3 large bunches arugula (about 1 1/4 pounds), thick stems discarded
2 ounces soft goat cheese

Directions

In a small bowl, combine chili powder, oregano, cumin, and 1/2 teaspoon salt. Rub spice mixture evenly over flank steak to coat.

In a large skillet, heat oil over medium heat. Add steak; cook until browned on one side, 5 to 8 minutes. Turn; cook until browned on other side, 5 to 8 minutes for medium-rare (reduce heat if browning too quickly). Remove steak from skillet; let rest at least 5 minutes before thinly slicing (opposite).

In a medium bowl, whisk together salsa + vinegar; season with salt and pepper. Add arugula; toss to coat with dressing. Divide among four plates; serve with steak, and crumble goat cheese over the top.

WHITE BEAN & KALE SOUP

By The Canadian Living Test Kitchen

<http://bit.ly/gGSBpT>

Ingredients

2 tbsp (25 mL) extra-virgin olive oil
1 onion, chopped
2 cloves garlic, minced
1/2 cup (125 mL) chopped fresh parsley
1-1/2 tsp (7 mL) ground coriander
1 tsp (5 mL) ground cumin
1/2 tsp (2 mL) pepper
8 cups (2 L) vegetable stock
2 cans (19 oz/540 mL) navy or white kidney beans, drained and rinsed
2 cups (500 mL) diced potato
2 cups (500 mL) diced rutabaga
1 tsp (5 mL) salt
6 cups (1.5 L) shredded deveined kale or spinach

Directions

In Dutch oven, heat half of the oil over medium heat; add onion, garlic, parsley, coriander, cumin and pepper. Cook, stirring, until onion is softened, about 5 minutes.

Add stock, 2 cups (500 mL) water, beans, potato, rutabaga and salt ; bring to boil. Reduce heat; cover and simmer until vegetables are almost tender, about 15 minutes.

Add kale; cook until tender, about 15 minutes (if using spinach, cook for 2 minutes). (Make-ahead: Let cool for 30 minutes. Refrigerate until cold. Transfer to airtight container and refrigerate for up to 3 days.) Drizzle with remaining oil.

VEGGIE CURRY

By Jamie Oliver

<http://bit.ly/fqV2bi>

ingredients

vegetable oil
1 medium red onion, peeled and chopped
1 courgette, diced
butternut squash, peeled and diced
100g mushrooms, quartered
1 red pepper, diced
150g cauliflower, broken into florets
600ml curry base sauce (see curry base sauce recipe <http://bit.ly/gYERmg>)
400ml water

Directions

In a little vegetable oil, fry the onion gently for 10 minutes in a large pan then add the remaining vegetables and stir together. Add the curry base sauce and simmer gently for around 25 to 30 minutes, taking care not to overcook the vegetables. If the sauce becomes too thick, add a little water to give you the desired consistency.

Tip: This recipe is a guideline, always check your fridge for any surplus fresh or cooked vegetables you may have, and substitute them for the equivalent quantity in the recipe.

ROAST SAUSAGES WITH PEPPERS & ONIONS

By Rachel Ray

<http://bit.ly/eRw6Gd>

Ingredients

2 1/2 LBS. thin Italian sausage (the kind sold in swirl shapes, each swirl will weigh 1 1/4-pounds-iah) hot and sweet varieties

Extra-virgin olive oil, for liberal drizzling plus 3 tablespoons, 3 turns of the pan

4 cloves garlic, 3 thinly sliced, 1 cracked from skin

1 red bell pepper, seeded and sliced 1/2-inch thick

1 green bell pepper, seeded + cut into 1/2-inch slices

1 large onion, 1/2-inch slices

1/4 cup tomato sauce, thinned out with water

Salt and pepper

1 loaf crusty semolina bread, split

1/2 cup grated Parmigiano-Reggiano

Coarse black pepper

2 tblspns chopped flat-leaf parsley,

Directions

Preheat oven to 425 degrees F.

Place sausage rings on a baking sheet and liberally drizzle extra-virgin olive oil over them. Place in hot oven and roast until casings are crisp and juices run clear, somewhere between 15 and 20 minutes. Remove from oven to rest sausages; switch on broiler.

While sausages roast, heat a skillet over medium heat w/3 tablespoons extra-virgin olive oil + sliced garlic. Simmer garlic in extra-virgin olive oil 2 to 3 minutes then add peppers and onions. Turn the heat up a notch, and cook until the vegetables are tender but the peppers still hold strong color, 5 to 6 minutes. Add thinned tomato sauce, salt, and pepper and reduce. Turn heat back to low and hold the veggies until the sausage comes out of the oven, a couple of minutes.

Toast the split bread, remove from oven, rub with cracked garlic, liberally drizzle with extra-virgin olive oil, and cover with cheese and lots of black pepper. Return to the broiler to brown cheese, 1 minute. Scatter parsley over the bread.

Cut bread into chunks and pile with peppers and onions then sausages. The bread will soak in the juices as you work through the sausage, peppers and onions.

VEGGIE STIR FRY

By Roger Mooking

<http://bit.ly/ePUiRz>

Ingredients

1 tablespoon vegetable oil
1 clove garlic, thinly sliced
1 can whole baby corn, drained and rinsed
2 carrots, peeled and thinly sliced on a bias
2 cups snow peas, cleaned and ends trimmed
1/2 red onion, julienned
1 teaspoon sesame oil
salt

Directions

Heat oil in a large sauté pan or wok to medium heat
Once oil is hot, add garlic, toss until golden brown
Add baby corn, carrots, snow peas and onions, toss until tender
Add sesame oil, season w/salt, remove from heat

GARLIC/SAGE MARINATED ANTIPASTO

By Donna Hay

<http://epi.us/euPlgx>

Ingredients

6 artichoke hearts, halved and well drained
200 grams (7 ounces) mixed green and black olives
200 grams (7 ounces) cherry tomatoes, halved
4 tablespoons fruity olive oil
15 sage leaves
3 cloves garlic, sliced
Cracked black pepper
2 tablespoons white wine vinegar
150 grams (5 ounces) fetta cheese, sliced
[print a shopping list for this recipe](#)

Directions

Combine the artichokes, olives, and tomatoes.
Place the oil and sage in a small saucepan over medium heat and cook for 1 minute. Add the garlic and pepper and cook for a further 2 minutes or until the sage is crisp. Remove from the heat and stir through the vinegar.
Pour over the artichoke mixture and stand for 5 minutes before serving.
Serve with the fetta and crispbread biscuits or slices of crusty bread.

BEST BLT + POTATO SALAD

By Joshna Maharaj

The Best BLT

The avocado scallion spread puts a delicious twist on this classic and comforting sandwich. Serves 4.

Ingredients

12 slices bacon
2 tomatoes, sliced
2 handfuls arugula
1 ripe avocado
1 clove garlic, minced
2 scallions, dark green part only, finely chopped
juice of 1 lime
kosher salt and freshly ground pepper
8 slices olive bread

Directions

Preheat oven to 350°F. Line a baking sheet with parchment. Arrange bacon slices on baking sheet and cook for about 15 minutes, or until bacon is cooked the way you like it. Remove from heat and use tongs to lift the bacon out onto a paper towel-lined plate. Set aside to cool.

In a small bowl, combine avocado and garlic and mash together with a fork until mixture is mostly smooth, but still a little chunky. Add scallions, lime juice and season with salt and pepper to taste.

Lightly toast bread and spread avocado mixture evenly on each slice. Lay three slices of bacon each on 4 slices of toast. Top with arugula leaves, then a layer of tomato slices. Season lightly with salt and pepper, and top with remaining avocado-lined bread, press down lightly and slice each sandwich in half.

Potato Salad with Buttermilk Dressing

Serves 4-6

Ingredients

3/4 cup mayonnaise
1/3 cup buttermilk
3 tablespoons Dijon mustard
2 tablespoons fresh lemon juice
2 teaspoons apple cider vinegar
2 cloves garlic, minced
3 tbsp olive oil
kosher salt and freshly ground pepper
2 lb small red-skinned potatoes, cut into halves
1 large handful each dill, parsley, scallions, chopped finely

Directions

Preheat oven to 425°F. Whisk first 6 ingredients in medium bowl until blended. Season to taste with salt and pepper. Set aside.

In a large bowl, toss potatoes with olive oil and season well with salt and pepper. Arrange in a single layer on a parchment-lined baking sheet and roast for 30 minutes, or until browned and crispy. Remove from heat and cool.

Combine roasted potatoes, chopped herbs, onion and vinaigrette in a large bowl and toss gently to combine.

Enjoy!