

**a couple
cooks**

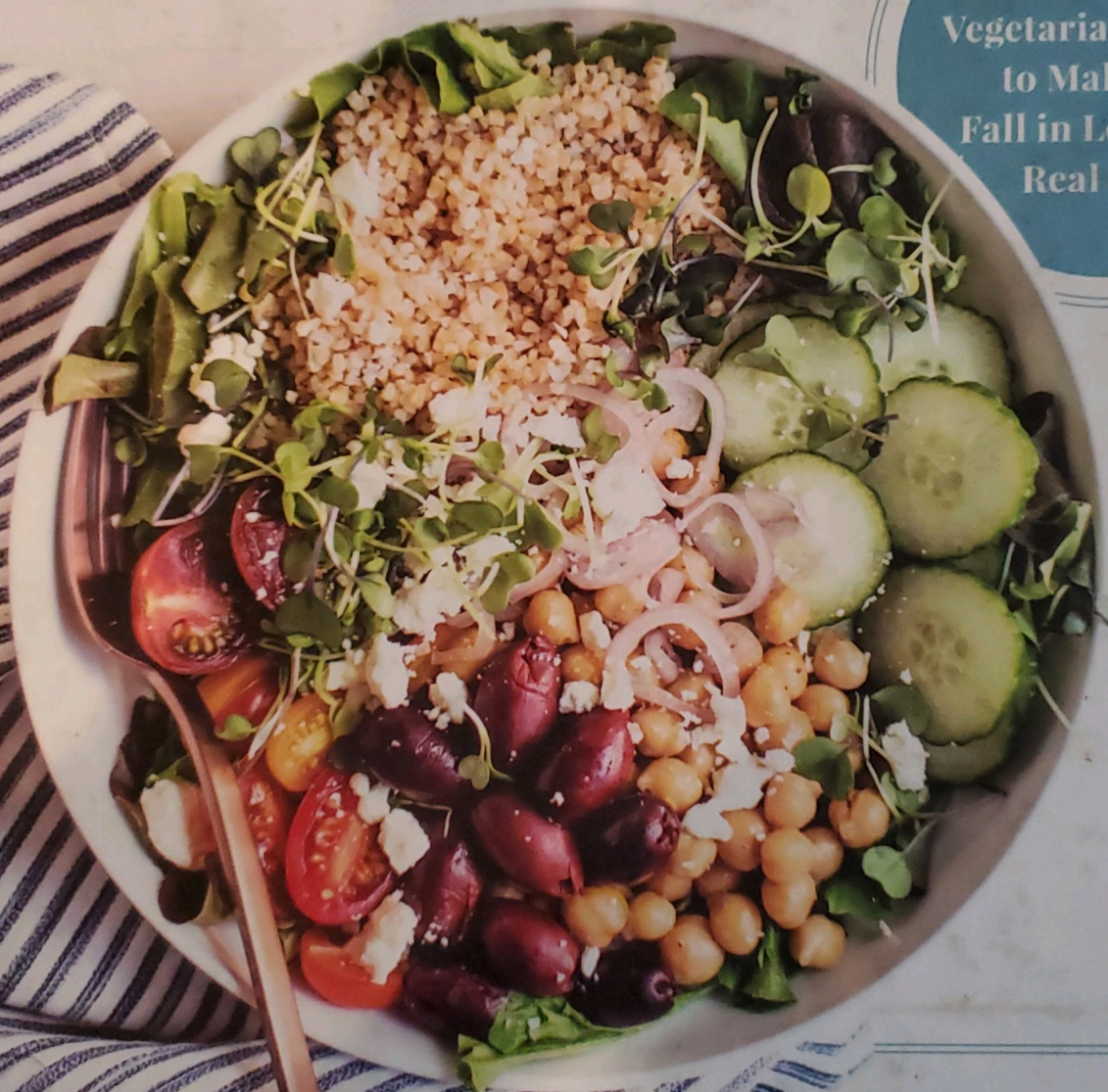
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FALL EASY SIMPLE COOKING

100 Delicious
Vegetarian Recipes
to Make You
Fall in Love with
Real Food



**Sonja & Alex
Overhiser**



One of the first tricks we learned from Italian cuisine was that the tang of balsamic vinegar enhances the natural sweetness of berries. Here, we've created a rich purple compote by sautéing blueberries and a splash of balsamic, a method that can be used with any berry. Swirled into creamy yogurt, it's a delightful way to breakfast. If you can find it, we recommend grass-fed yogurt for its unique earthiness. The parfaits save well, so refrigerating a few in jars will provide you with breakfasts or snacks throughout the week. They could even stand in for a light summer dessert, topped with chocolate shavings.

Balsamic Blueberry Breakfast Parfait

GF | Serves 4

Wash the blueberries. In a large skillet, heat the blueberries, 2 tablespoons maple syrup, and the balsamic vinegar over medium heat until the blueberries just start to break down and form a purple syrup, 4 to 8 minutes. Remove from the heat and allow to cool to room temperature, 5 to 10 minutes.

Meanwhile, stir together the yogurt and 3 tablespoons maple syrup.

In four 2-cup mason jars or glasses, layer $\frac{1}{2}$ cup yogurt, a large spoonful of berries with syrup, and 1 tablespoon chopped pecans, then another $\frac{1}{4}$ cup of yogurt, more berries, and more pecans. Top with a sprinkle of cinnamon.

Notes

Storage: Cover with a lid and refrigerate for 2 to 3 days.

Use other seasonal berries in place of the blueberries (raspberries, blackberries, or sliced strawberries), and other nuts in place of the pecans (walnuts, pistachios, or almonds).

Tip: Vegan "dairy" products are starting to come into their own and several brands offer high-quality flavor and texture. Feel free to experiment with vegan yogurts for this recipe and vegan dairy products as substitutions in other recipes in the book.

- 2 cups (1 pint) fresh blueberries
- 5 tablespoons pure maple syrup, divided
- 2 teaspoons balsamic vinegar
- 3 cups plain Greek or grass-fed yogurt
- $\frac{1}{2}$ cup chopped pecans
- Cinnamon, for garnish

Homemade Tortilla Chips

GF | V | Serves 6

12 corn tortillas
1–2 tablespoons extra-virgin olive oil
Flaked sea salt

It's easy to buy a bag of tortilla chips, but there's something rewarding about making your own at home—and it cuts down on the urge to overconsume a big bag of chips. Since we typically have tortillas in the refrigerator, we started to make our chips on demand. Simply brush tortillas with olive oil, slice into wedges, dust with salt, and bake. Quality tortillas are key here: for best results, use thin, authentic-style corn tortillas that are pliable and not overly dry. Serve with Roasted Poblano Salsa (page X) or Peach Salsa Fresca (page X), or top them with rice, beans, salsa, and Creamy Cashew Sauce (page X) for makeshift nachos.

Preheat the oven to 350°F.

Brush the tortillas with olive oil on both sides, then use a pizza cutter to slice them into 8 wedges per tortilla.

Line two baking sheets with parchment paper or silicone mats. Place the wedges in a single layer on the sheets and lightly sprinkle them with salt, crushing the salt with your fingers as you sprinkle. Bake until golden and crispy, 15 to 20 minutes, rotating the pans halfway through. Remove from the oven and allow to cool. Tortilla chips are best fresh from the oven.

Notes

Storage: Store in an airtight container at room temperature up to 1 week.



Mixed Greens with Peaches & Balsamic Maple Vinaigrette

Peach season is one glorious month in Indiana. Alex and I make peach salsa (page 50), my mom's custardy peach pie, and caprese salads with peaches and burrata cheese. We also make this side salad as an accompaniment for grilled meals on the patio. It's a summer variation of our Crisp Green Salad with Apple and Honey Mustard Vinaigrette (page 77), starring juicy ripe peaches, crunchy hazelnuts, creamy goat cheese, and bursts of fresh sweet corn, smothered in a maple balsamic vinaigrette. Adding a protein like grilled chicken makes it into a satisfying main dish.

GF | V* | Serves 4

FOR THE DRESSING

- 2 tablespoons balsamic vinegar
- 1½ tablespoons pure maple syrup
- 1 teaspoon Dijon mustard
- ¼ teaspoon kosher salt
- Freshly ground black pepper
- 6 tablespoons extra-virgin olive oil

FOR THE SALAD

- 4 cups baby spinach leaves, loosely packed
- 4 cups baby arugula, loosely packed
- 3 small ripe peaches (or 2 large)
- ½ cup fresh corn kernels*
- ¼ cup hazelnuts
- 2 ounces soft goat cheese, crumbled

Make the vinaigrette: In a medium bowl, whisk together the balsamic vinegar, maple syrup, mustard, kosher salt, and several grinds of black pepper. Add 1 tablespoon olive oil and whisk until fully combined. Continue adding the remaining olive oil 1 tablespoon at a time, whisking until all 6 tablespoons are added and the dressing is creamy and emulsified.

Prepare the fresh ingredients: Wash and dry the greens as necessary. Slice the peaches. Cut the corn off of the cob.

Toast the nuts: In a small dry skillet, toast the hazelnuts over medium-low heat until golden and fragrant, stirring frequently and watching carefully, 3 to 5 minutes.

To serve, mix the greens with about half of the dressing and place them on individual plates or in bowls. Top with the peaches, hazelnuts, goat cheese, and corn, and drizzle with the remaining dressing.

Notes

Storage: Reserve any extra dressing in a sealed container in the refrigerator; bring to room temperature before serving.

*For extra flavor, use leftover grilled corn from Grilled Corn with Smoky Paprika Cream (page 106).

V* For vegan, omit the cheese.

Spiced Sweet Potato Wedges

with Chive Cream

GF | V* | Serves 4 TO 6

FOR THE POTATOES

- 1 teaspoon garlic powder
- 1 teaspoon dried oregano
- ½ teaspoon allspice
- 1 teaspoon kosher salt
- 2½ pounds small to medium sweet potatoes
- 2 tablespoons extra-virgin olive oil

FOR THE CHIVE CREAM (OPTIONAL)

- 1 small handful chives
- 1 cup sour cream or crème fraîche (page 139)
- ¼ teaspoon kosher salt

One of Alex and my first discoveries in eating real food was that sweet potatoes weren't just for Thanksgiving, topped with lots of marshmallows. Rather than adding more sugar to the naturally sweet vegetable, we favor savory preparations for sweet potatoes—like topped with black beans (page 184) or tossed on a pizza (page 230). This recipe is a simple, everyday way to eat sweet potatoes as a side, roasted with our unique savory spice blend of garlic powder, oregano, and allspice. Serve the wedges with chive cream as a snack, or alongside a vegetarian main, chicken, or fish.

Preheat the oven to 450°F.

Roast the potatoes: In a small bowl, mix the garlic powder, oregano, allspice, and kosher salt.

Wash the sweet potatoes, keeping the skins on. Slice each potato in half crosswise and then in half lengthwise. Place each piece cut-side down and slice it into 3 wedges, for a total of 12 wedges per potato. In a large bowl, mix the potatoes with the spice mix and olive oil.

Line a baking sheet with parchment paper or a silicone mat, and spread the potatoes on the sheet in a single layer. Roast the potatoes for 30 to 35 minutes, until tender and starting to become crisp and browned (no need to stir).

Make the chive cream: Thinly slice the chives and mix them with the sour cream and kosher salt. Taste and add additional salt if desired.

Serve the wedges warm from the oven, along with the chive cream.

Notes

Make ahead/storage: If made in advance and refrigerated, sweet potatoes can be reheated in a 400°F oven for 10 minutes.

V* For vegan, replace the chive cream with Creamy Cashew Sauce (page 142).