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KLEIN'S RECIPES OF THE MONTH (NEWSLETTER OF DECEMBER 2007)--

Traditionally we offer recipes using your homegrown garden vegetables. This month, however, it's time for a little holiday cheer. The following are a combination of tried and true family concoctions along with some new favorites. All are meant to warm the body and/or soul on cold winter nights. Enjoy--and drink wisely!

HOMEMADE BAILEY'S IRISH CREME--A holiday favorite passed from friend to friend. Origin unknown. Stores very well so make a batch ahead of time to have on hand when guests drop in. Makes a wonderful homemade gift for family and friends.

1 cup whiskey or scotch

1 TBS. chocolate syrup

1 x 14 oz. can sweetened condensed milk

4 eggs

1/4 tsp. instant coffee

1/2 tsp. almond extract

1 tsp. vanilla extract

1 tsp. coconut extract

Mix ingredients well in a blender. One batch=one quart.

GREAT GRANDMA MALSACK'S FAMOUS TOM & JERRYS--A family tradition. Simply eliminate the alcohol for the kids and add more water to taste. The batter can be made before the guests arrive, but the fresher the better.

6 eggs

1/2-3/4 lb. powdered sugar

cinnamon

Per mug:

1 shot brandy

1/2 shot rum

nutmeg

boiling water

Separate eggs, beating whites in a large bowl till foamy, thick and firm. Beat together the yolks in another bowl. Gradually add the sugar to the yolks, beating slowly. As it thickens, add a bit of the whites to the yolk mix. Once all the sugar has been added, fold the yolk mix into the whites. Stir gently. Add a few shakes of cinnamon.

Place a heaping tablespoon, or to taste, of the batter, along with the brandy and rum in a mug. Stir in boiling water and sprinkle with nutmeg. Serve piping hot.

PUMPKIN PIE MARTINIS--Haven't tried this one yet, but flavored martinis are all the rage and this one seems exceptionally festive. let us know what you think.

Ice cubes

2 oz. (1/4 cup) vanilla vodka

2 oz. (1/4 cup) creme de cacao

1/4 cup heavy cream

1 tsp. pumpkin pie spice

whipped cream

Fill a shaker with ice cubes. Add the vodka, creme de cacao, cream and spice. Shake well. Dip the rims of chilled martini glasses into the whipped cream. Strain the cocktail into the glasses. Makes 2 drinks.

ROSEMARY PUNCH--The review for this unique and nonalcoholic punch says "wonderful and unusual--refreshing and not too sweet." From a July 2002 Capital Times article.

2 TBS. crushed, fresh rosemary
3 TBS. sugar
1/8 tsp salt
2/3 cup water
2 cups apricot nectar
1 qt. ginger ale
1 cup fresh lime juice

Simmer the rosemary, sugar, salt and water for 3 minutes in a small saucepan. Let cool and strain. Combine the nectar, ginger ale and lime juice. Add the cooled rosemary water. Serve over ice.

KLEIN'S RECIPES OF THE MONTH (NEWSLETTER OF NOVEMBER 2007)

November is the month when the root vegetables are in their greatest abundance. The most common, of course, are potatoes, onions, sweet potatoes, carrots and beets. But look for these tasty treasures at any super market: parsnips, celeriac, rutabaga, turnips, leeks and daikon. Any or all can be used in the following Klein's favorites.

OVEN ROASTED ROOT VEGETABLES--"Perfection! Veggies evenly done and not overcooked." Modified from the Madison Herb Society Cookbook.

3 lbs. root veggies of choice cut into chunks, peeled if desired
2 TBS. olive or canola oil
4 cloves minced garlic
1 tsp. dried rosemary (1 TBS. if fresh)
1 1/2 tsp. dried marjoram
1 tsp. dried tarragon

Preheat oven to 375 degrees. Toss all ingredients together in a large bowl. Transfer to a large, rimmed roasting pan and spread out evenly. Cover tightly with foil and bake 35 minutes. Raise oven temp to 425 degrees. Uncover, turn the vegetables and season to taste with salt and pepper. Roast 30 minutes more until the veggies are tender and the edges have browned.

MASHED RUTABAGA, TURNIP AND POTATO--Easy and rich. A great holiday side dish. From The Frugal Gourmet Celebrates Christmas by Jeff Smith.

1 3/4 lbs. rutabaga, peeled and cut into large chunks
1 1/2 lbs. turnips, peeled and quartered
1 lb. russet potatoes, peeled and quartered
1/2 stick (4 TBS.) butter, melted
1/2 cup whipping cream
salt and pepper

Place rutabaga in a large pot with ample water and a pinch of salt. Bring to a boil and cook 15 minutes. Add the turnips and potatoes and cook 15 minutes more or until all is very tender. Drain well and mash with the butter, cream, salt and pepper.

ROAST VEGETABLES GRATIN--From Vermont Valley Farm's CSA newsletter, Plow Shares, of October 17, 2002.

8 cups root vegetables of choice, cut into chunks
2 TBS. olive oil
1/4 cup white wine, sherry or broth
1 TBS. fresh snipped or 1 tsp. dried rosemary
1 TBS. chopped garlic
salt and pepper
2 TBS. butter
3 TBS. flour
1 1/2 cups milk
2 TBS. horseradish
1 cup shredded smoked Swiss or cheese of choice

3 TBS. dried bread crumbs

Heat oven to 400 degrees. Toss veggies, oil, wine, rosemary, garlic, salt and pepper together in a very large bowl. Spread into a large baking dish. Cover tightly with foil and bake 25 minutes. Remove the foil, turn the veggies and bake until the veggies are tender and browning, about 20-30 minutes more. Meanwhile, melt the butter in a saucepan. Stir in the flour and cook over low heat for a few minutes. Gradually whisk in the milk and bring to a boil, whisking constantly. Lower the heat and cook gently 10 minutes. Season with salt and pepper. Stir in the horseradish. When the veggies are tender, stir the sauce into the veggies. Sprinkle with the cheese and bread crumbs and continue to bake for 15-20 minutes. Serves 6-8.

ROASTED VEGETABLES WITH BALSAMIC VINEGAR--Another favorite originally printed in the Vermont Valley CSA newsletter, Plow Shares, from October, 1999.

4 lbs. assorted root veggies of choice in chunks

3 TBS. olive oil

5 cloves minced garlic

1 1/2 TBS. balsamic vinegar (or to taste)

3 TBS. fresh chopped herbs of choice (rosemary, marjoram, oregano, sage or combo thereof). Use 1 TBS. if using dried herbs.

salt and pepper

Heat oven to 450 degrees. In a large bowl, toss together the veggies and oil. Spread onto a large, rimmed baking pan and roast 15 minutes. Add the herbs and the garlic and carefully toss together. Continue roasting another 20-30 minutes (depending on the veggies used), tossing periodically, until all is tender. Transfer to a serving dish and toss with the vinegar (and salt and pepper if desired).

PARSNIPS AND CELERIAC WITH NUTMEG--This recipe originally appeared in Bon Appetit magazine in November of 2002.

4 TBS. butter

1 cup chopped onion

2 lbs. parsnips, peeled and cut into 1/2" cubes

1 1/4 lbs. celeriac, peeled and cut into 1/2" pcs. (2 cups)

1 1/4 cups chicken broth

1/2 cup whipping cream

1/2 tsp. ground nutmeg

1/2 cup celery leaves, minced (optional)

Melt the butter in a large skillet over medium-high heat. Add the onion and sauté until almost tender. Add the parsnips and celeriac and toss to coat. Add the broth, cream and nutmeg and bring to a boil. Reduce the heat to medium, cover and simmer until tender and the liquid is almost absorbed, stirring occasionally, about 10 minutes. Add water by the tablespoons if it starts to get too dry. Season to taste with salt and pepper, stir in the celery leaves and serve. Serves 8.

KLEIN'S RECIPES OF THE MONTH (NEWSLETTER OF OCTOBER 2007)--

You've asked us for some pumpkin recipes. Apparently 2007 has given us a bumper crop, so supply and prices should be good. If pumpkins are unavailable, butternut squash and sometimes sweet potatoes work equally well in recipes. The following are a few of Klein's favorites.

PENNE WITH PUMPKIN SAUCE--"Tasty, unique and flavorful" say the reviews of this easy sauce. Originally printed in the Willie St.

Co-op newsletter in October 2001.

1 very large onion, finely chopped

2 sweet red peppers, finely chopped

4 cloves garlic, minced

4 TBS. butter

1 cup canned, solid pack pumpkin

2 cups chicken broth

1 cup water

4 TBS. heavy cream

Nutmeg to taste

1 lb. penne

1/3 cup fresh parsley

Parmesan

In a large skillet, cook the onion, pepper and garlic in butter over medium heat, stirring, until the veggies are softened. Stir in the pumpkin, broth, water, cream and nutmeg. Season with salt and pepper to taste. Simmer, stirring occasionally, for 15-20 minutes.

Meanwhile, cook the pasta until al dente. Ladle out and reserve 1 cup of the cooking water. Drain the pasta and add to the cooked sauce. Cook over medium heat, stirring and thinning as desired with the reserved cooking water for 1-2 minutes until all is well coated. Stir in the parsley. Serve with parmesan. Serves 4.

PUMPKIN BLACK BEAN SOUP--From the April 2006 issue of Cooking Light magazine.

1 1/2 cups diced tomatoes, drained
2 x 15 oz. cans black beans, drained and rinsed
1 tsp. olive oil
Cooking Spray
1 1/2 cups chopped onion
1 tsp. ground cumin
3 cloves garlic, minced
3 cups chicken broth
2 TBS. sherry vinegar
1/2 tsp pepper
1 x 15 oz. can solid pack pumpkin
2 TBS. dry sherry
1 cup crumbled queso fresco (a Mexican cheese sold like feta)
1/2 cup chopped green onion
Pumpkin seed kernels (optional)

Place tomatoes and beans in a food processor and process until about half the beans are smooth. Set aside. Heat the oil in a Dutch oven coated with cooking spray on medium high. Sauté the onion until lightly browned. Add the cumin and the garlic and cook 1 minute. Add the processed beans, broth, vinegar, pepper and pumpkin. Bring to a boil. Cover, reduce heat and simmer 20 minutes. Stir in the sherry. Serve, sprinkled with a few TBS. cheese, green onions and pumpkin seed kernels. Serves 6.

ICE CREAM PUMPKIN PIE--The kids LOVE this one! Very easy. The texture is light and creamy. Originally a 1967 prize winner from the Wisconsin State Journal.

Make a graham cracker crust for a 10" pie plate, adding 1 tsp. cinnamon to your basic graham cracker crust recipe.

1 cup canned pumpkin
1/2 cup brown sugar
1/2 tsp. salt
1/2 tsp. cinnamon
1/2 tsp. ground ginger
1/4 tsp. ground nutmeg
1 qt. softened vanilla ice cream
Walnut halves

Mix together pumpkin, sugar, salt, cinnamon, ginger and nutmeg. Fold in the ice cream and pour into the unbaked crust in the 10" pie plate. Place the nut halves on top. Freeze until ready to serve. Allow to thaw a few minutes before slicing.

PUMPKIN CHOCOLATE CHIP MUFFINS--Another kids favorite from the October 2006 edition of the Willie St. Co-op newsletter.

2 eggs
3/4 cup brown sugar
1 x 15. oz can pumpkin
1/2 cup canola oil
3/4 cup white flour
3/4 cup whole wheat flour
1 tsp. baking soda
1 tsp. baking powder
1 tsp. cinnamon
1/2 tsp. salt
1 cup semisweet chocolate chips

Preheat oven to 400 degrees. Prepare a 12 cup muffin tin with cooking spray. Beat eggs in a large bowl, then mix in sugar, pumpkin and oil. In a medium bowl, mix together the flours, baking soda, baking powder, cinnamon and salt. Blend into the

egg/pumpkin mixture. Fold in the chocolate chips. Spoon equally into the muffin tin. Bake 20 minutes or until a wooden toothpick comes out clean. Remove the muffins from the tin and cool on a wire rack.

PUMPKIN CORN BREAD--Originally in the September 1998 edition of Country Home magazine.

1 1/2 cups whole wheat flour
1 cup yellow corn meal
2 tsp. baking powder
1 tsp. baking soda
1 tsp. cinnamon
1/2 tsp. ground nutmeg
1/4 tsp. salt
1/4 tsp. ground cloves
1/2 cup butter, softened
2/3 cup packed brown sugar
4 eggs
1 cup canned pumpkin
1 cup milk

Preheat oven to 350 degrees. Grease the bottom and sides of a 9x5x3" loaf pan. In a bowl, combine the flour, cornmeal, baking powder, baking soda, cinnamon, nutmeg, salt and cloves. Set aside. In a large mixing bowl, with an electric mixer on low, beat the butter 30 seconds. Add the sugar and beat till fluffy. Add the eggs and the pumpkin and beat on low till well combined. Add the dry mix and the milk alternately to the beaten mix and continue beating on low with each addition, until all is well combined. Spoon into the pan. Bake 55-60 minutes until a wooden toothpick inserted into the center comes out clean. Cool on a wire rack 10 minutes. Remove from the pan and cool completely on the wire rack.

KLEIN'S RECIPES OF THE MONTH (NEWSLETTER OF SEPTEMBER 2007)--

With the advent of autumn comes the bounty of winter squash. Winter squash differs from summer squash in that the shell is generally inedible. Winter squashes store well in cool, dark and dry conditions and are best left unrefrigerated. The most common winter squash includes: acorn, butternut, buttercup, hubbard, spaghetti and delicata (whose shell is edible).

ACORN SQUASH STUFFED WITH APPLE AND CRANBERRIES--Phenomenal and super easy! Recipe shown on WISC-TV many years ago.

2 large acorn squash, halved lengthwise
1 TBS. melted butter
1/2 tsp. cinnamon
1/2 tsp. allspice
1/2 tsp. salt
1/3 cup dried cranberries
2 apples, cored and diced
1/3 cup brown sugar

Preheat oven to 400 degrees. Scoop the seeds from squash. Arrange the squash, cut side up in a baking dish. Pour in hot water to 1/2" deep. Set aside. In a bowl, combine the butter, cinnamon, allspice, salt, cranberries, apples and brown sugar. Spoon this mixture into the squash halves. It will be a bit mounded. Cover with foil and bake 50-60 min. or till squash is tender. Serves 4.

BAKED SPAGHETTI SQUASH--An excellent main course dish. We forgot to jot down the original source of this recipe.

1 medium spaghetti squash (2 1/4 lb.)
12 oz. bulk Italian sausage
1 1/2 cups sliced mushrooms
1 green pepper, chopped
1/3 cup fine-chopped onion
3 cloves garlic, minced
1 x 4.5 oz. can chopped black olives
1/2 tsp. Italian seasoning
1 1/2 cups red pasta sauce of choice
1 1/2 cups shredded Mozzarella, Monterey Jack or Italian blend cheese
1/4 cup fresh, chopped parsley

Halve the squash lengthwise and scoop out seeds. Place the cut sides down in a 9 x 13" baking dish. Add 1/4 cup water and bake at 350 degrees until tender, 40-50 min. Meanwhile, in a large skillet, cook the sausage, mushrooms, pepper, onion and

garlic over medium heat until the meat is no longer pink. Drain the fat. When cooked, scrape out the squash, with a fork into a large bowl (you'll notice the squash flesh separates into strands similar to spaghetti). Coat the same 9 x 13" pan with cooking spray. Spread 1/2 of the squash into the pan. Top with 1/2 of the sausage mix and 1/2 of the olives. Sprinkle with seasoning and 1/8 tsp. ground pepper. Top with 1/2 of the sauce and 1/2 of the cheese. Repeat layers, except for the cheese. Bake 30 min. Sprinkle with the remaining cheese and continue baking until bubbly. Allow to rest 10 min. before serving. Garnish with the parsley. Serves 6.

SQUASH SOUP--A great way to use up a couple kinds of squash all at once. From the Orange Tree Imports Cookbook. Although the recipe lists specific squash, butternut or hubbard can be substituted.

1 x 2 lb. butternut squash
1 x 2 lb. acorn squash
4 TBS. butter
4 tsp. brown sugar
1 medium onion, thin sliced
2 carrots, cut in half lengthwise (10 baby carrots)
5 cups chicken broth
1/2 tsp. ground ginger
1/2 tsp. ground mace
A pinch of cayenne

Preheat oven to 350 degrees. Cut the squash lengthwise, scoop out the seeds and place, face up, in a 9 x 13" pan. Divide the butter and brown sugar evenly among the cavities. Place the onion and carrots in the pan around the squash. Pour in 1 cup of the broth and a bit of water. Cover with foil and bake for 2 hrs. Cool the squash a bit and scoop the flesh into a food processor. Process till smooth. Put the squash into a soup pot along with the 4 cups broth and the rest of the ingredients. Simmer 10 min. Serves 4.

BUTTERNUT SQUASH AND LEEK SOUP--Easy and nummy! Serve with bread of choice and a green salad for a complete meal. From Cooking Light Magazine, October 2006.

1 whole bulb garlic
4 tsp. olive oil
6 cups thin slice leek (about 4 lg. leeks)
1 medium butternut squash, peeled and cubed (3/4"), 4 cups.
2 cups water
2 cups chicken broth
1/2 tsp. salt
1/2 tsp. pepper

Preheat oven to 350 degrees. Remove the white papery skin from the garlic bulb, but do not peel or separate the cloves. Wrap in a piece of foil and bake 1 hr. Let cool 10 min. Separate the cloves and squeeze out the insides, discarding the skin. Heat the oil in a large saucepan on medium-high. Sauté the leek until tender. Stir in the garlic, squash cubes, water, broth, salt and pepper. Bring to a boil. Reduce the heat and simmer 10 minutes or until the squash is tender. Puree in the pot with a hand blender or in a blender or processor until smooth. Serves 6.

KLEIN'S RECIPES OF THE MONTH (NEWSLETTER OF AUGUST 2007)--

You asked for more summer salad recipes. The following are recipes not featured in the July newsletter. The July recipes, as with all recipes, are preserved in our archive.

Summer salads are always a hit at picnics and family get-togethers and the following, using many of your garden-fresh vegetables, are some of our very favorites and are sure to be pass along recipes for years to come.

CUCUMBER SALAD--From the Pleasant Hill newsletter from August 2000. Could this be easier? This is a very flavorful salad.

1 x 4 oz. pkg. crumbled feta
1 cup oil packed sun-dried tomatoes, drained
pepper to taste
5 sprigs fresh basil, chopped
2 1/2 cups chopped cucumbers

Toss all of the above and chill a few hours. The salt in the feta brings the juice out of the cucumbers.

SIMPLY SWEET SUMMER SALAD--Another simple and flavorful recipe. This one comes from a May 2000 Capital Times article.

3 large tomatoes, cut into wedges
3 cucumbers, sliced
1 onion, sliced
1/4 cup packed, slivered fresh basil

Marinade:

1/2 cup honey
1/2 cup vegetable oil
1/2 cup red wine or herb vinegar
1 tsp. salt
1/4 tsp. pepper

Mix marinade ingredients and toss with the salad ingredients in a bowl. Cover and refrigerate at least 2 hours. Will keep several days. Drain if desired after 24 hrs.

SPINACH AND BEET SALAD--Rave reviews on this recipe even from people who say they don't like beets. A very easy recipe from a July 2000 Capital Times article.

3 large beets, trimmed
salt & pepper to taste
2 TBS. balsamic vinegar
1 tsp. Dijon mustard
4 TBS. extra-virgin olive oil
1/2 cup chopped green onions
1/4 cup chopped fresh mint leaves
4 cups spinach

Preheat oven to 350 degrees. Combine beets, salt and pepper in a roasting pan. Cover with foil and bake 1 hour or more till tender. Let cool, peel off skins and cut into 1/4" wide strips. In a bowl, whisk together the vinegar and mustard. While whisking, slowly add the olive oil. In a large bowl combine the beets, half of the vinaigrette, some salt, pepper, the onions and half of the mint. Toss to coat and let stand 30 minutes. Add the spinach and the rest of the vinaigrette and mint. Toss and serve.

ROASTED POTATO SALAD--Roasting the potatoes, rather than boiling adds tons of flavor. This is reprinted from Better Homes & Gardens, August 1999.

2 1/2 lbs. russet potatoes
2 TBS. olive oil and...
1/4 cup olive
1/2 cup lightly packed basil
4 cloves garlic, halved
1 tsp. fresh lemon zest
3 TBS. fresh lemon juice
1 TBS. Dijon mustard
1 tsp. salt
1/4 tsp. pepper
1/2 cup chopped onion
1/2 cup roasted red pepper, cut into thin strips
1/4 cup slivered basil leaves
1/4 cup shredded Parmesan

Preheat the oven to 425 degrees. Spray a 10" x 15" jelly roll or roasting dish with cooking spray. Cut the potatoes into 1" cubes or wedges. Toss the potatoes with the 2 TBS. oil. Place the potatoes in the roasting pan and bake, uncovered, 35-40 min. till just tender and lightly browned, stirring after 20 min. In a blender, combine the 1/4 cup oil, 1/4 cup basil, garlic, zest, juice, mustard, salt and pepper. Cover and blend till smooth. In a large bowl, toss together the hot potatoes and the dressing. Stir in the onion and the red pepper strips. Let stand at room temperature for 30 min. Sprinkle with the slivered basil and the cheese and serve. Serves 8.

KLEIN'S RECIPES OF THE MONTH (NEWSLETTER OF JULY 2007)--

Summer salads are always a hit at picnics and family get-togethers and the following, using many of your garden-fresh vegetables, are some of our very favorites and are sure to be pass along recipes for years to come.

COUSCOUS SALAD--Reprinted from the couscous package. Tastes like a very mild tabouleh. Prepare the dressing and toss with the following ingredients in a large bowl.

3 cups prepared couscous (12 oz. dry)
9 green onions, chopped
3 medium tomatoes, chopped
1 large cucumber, seeded and chopped
3/4 cup garbanzo beans, drained and rinsed
1 1/2 cup chopped fresh parsley

For the dressing:

1 cup extra virgin olive oil
3 cloves minced garlic
1 1/2 tsp. Dijon mustard
1 1/2 tsp. ground coriander
1 1/2 tsp salt
Fresh ground black pepper to taste

Serves 10-12

CRAISIN SALAD--A new twist on the traditional broccoli bacon salad. Reprinted from a July 2000 Capital Times article.

5+ cups, bite size broccoli florets
1/2 lb. bacon, fried and crumbled
1 small red onion, diced
1/2 cup unsalted sunflower kernels
1 cup Craisins (perhaps experiment with some of the new flavors)

Dressing:

1 cup mayo (fat-free if desired)
1 TBS. cider vinegar
1/4 cup sugar

Mix all ingredients in a large bowl and chill. NUMMY!

Serves 8-10

ORZO SALAD--If you're not familiar with it, orzo is a small, rice-like pasta available at all supermarkets in the pasta aisle. This is a tried and true recipe from The Wisconsin State Journal 1997 cookbook.

A very easy salad with great colors and textures.

2 cups dry orzo (about 1 16 oz. pkg.)
4 medium carrots, peeled and chopped
2 medium zucchinis, coarsely chopped
2 large tomatoes, diced
1 large onion, chopped
1 x 16 oz. can garbanzo beans, drained and rinsed
1/2 cup raisins (golden are best)
1/2 cup chopped dates
6 TBS. extra virgin olive oil
1/4 cup lemon juice (fresh is best)
1/2 tsp. salt
1/2 tsp. pepper
1/4 tsp. ground ginger
1/4 tsp. turmeric
1/4 tsp. cinnamon
1/2 cup slivered almonds

Cook the orzo per package instructions. Rinse under cold water and drain well. Stir together the veggies, cooled orzo, raisins and dates in a large bowl. Whisk together the oil, lemon juice and the spices. Pour over the orzo and toss gently. Sprinkle with the almonds. Cover and chill at least 1 hour. Serves 12.

THAI CUCUMBER SALAD--A heavenly salad from The Still Life with Menu Cookbook by Mollie Katzen. Best made at least 4 hours ahead of time to chill and marinate. Great with grilled tuna or salmon.

2 medium cucumbers

1/2 cup finely minced red onion
1/2 cup finely minced green pepper
1 small, seeded, minced chile pepper (optional)
1/2 tsp. salt
2 tsp. sugar
1/4 cup cider vinegar
1/4 cup fresh, minced cilantro

Peel and slice the cukes into quarters lengthwise then cut into thin slices. Combine all ingredients in a bowl and mix gently. Cover tightly and allow to marinate in the refrigerator. Serve cold. Serves 4.

TOMATO SALAD--Ever so easy! Reprinted from The Isthmus

2-3 lbs. cherry tomatoes, quartered, or Roma tomatoes, sliced.
2 TBS. red wine vinegar
4 TBS. extra virgin olive oil
1/2 tsp. salt
1/2 oz. (about 1 dozen) finely chopped, fresh basil leaves

Toss & Serve!

KLEIN'S RECIPES OF THE MONTH (NEWSLETTER OF JUNE 2007)--

Edible flowers are an unusual and colorful garnish that can be used to great effect in dishes, both sweet and savory. They impart a delicate flavor to jams, salads, beverages or sorbets. Zucchini flowers are robust enough to be lightly fried, while dried flowers are a common ingredient in many spice mixtures. A scattering of colorful petals and flowers is striking when set against a background of salad greens. Herb flowers, such as borage or chives, are ideal for salads, as are peppery nasturtium blossoms. Cornflowers, calendula, violas, pansies and marigolds are useful for their colors. In sweet dishes, roses or scented geranium blossoms are an obvious choice. Other edible flowers include: Salvia, clover, daylilies, freesia, sweet pea, dianthus and lavender. Before using any other flowers, check with a reliable source to make sure the blossom is indeed edible! There are many books and pamphlets available on this subject. Many specialty cookbooks include recipes using edible flowers.

STUFFED ZUCCHINI FLOWERS--Found in the Encyclopedia of Herbs, Spices & Flavorings by Elisabeth Lambert Ortiz, a DK book.

12-14 zucchini flowers
1 cup ricotta
4 TBS. freshly grated parmesan
1 small bunch basil, chopped
Freshly ground nutmeg
1 egg, beaten
salt
3/4 cup flour
Veggie oil for frying

Rinse the flowers and pat dry. In a bowl, combine the cheeses, basil, nutmeg and egg and season to taste. Fill each flower with the mixture and close, twisting the tip to seal. In a bowl, whisk the flour with 1 cup water added gradually; it should resemble heavy cream. Heat the oil in a skillet. Dip each flower into the batter and fry until golden, about 2-3 min. per side. Drain on paper towels, sprinkle with salt and serve hot. Serves 4.

RATAFIA OF CARNATIONS--An easy-to-make cordial.

8 oz. scented carnation petals
5 TBS. superfine sugar
1 clove
1 very small cinnamon stick
4 1/2 cups vodka

Combine all ingredients in a glass bottle or jar. Seal and allow to infuse in a cool, dark place for at least one month, stirring occasionally. When the petals lose their color, strain and rebottle. Enjoy!

CHIVE BLOSSOM VINEGAR--Ever so easy! Wonderful in salad dressings.

1/3 cup chive petals
2 cups white wine vinegar

Place the washed petals in a glass jar or bottle. Bring vinegar to a boil and pour over the blossoms. Allow to cool completely. Cover. Allow to infuse for several weeks and then strain. Makes 2 cups.

KLEIN'S RECIPES OF THE MONTH (NEWLETTER OF MAY 2007)--

All parents have told their kids to eat their broccoli. And with good reason. This easy-to-grow member of the cabbage family is rich in vitamins A, B and C, potassium, phosphorous and iron with fair amounts of protein, calcium and thiamin. With so many nutrients available in one source, you can see how important it is to get kids to enjoy their broccoli. The following recipes are tasty, main course, vegetarian selections that are sure to be hits with the family.

BROCCOLI ENCHILADAS--This fun to make, tasty recipe was originally printed in the Wisconsin State Journal's Cookbook in July of 1995.

4 TBS. butter
4 TBS. flour
4 tsp. chili powder
1 tsp. ground cumin
2 cups milk
2 cups shredded cheddar
6 cups chopped broccoli
2 TBS. vegetable oil
2 onions, diced
4 cloves garlic, minced
minced hot chile pepper to taste, jalapeno, e.g..
1 sweet bell pepper, diced
16 flour tortillas
1 cup shredded Monterey jack cheese
3 cups diced tomatoes, fresh or canned
2 TBS. minced cilantro

Preheat oven to 400 degrees.

In a saucepan, melt the butter and stir in the flour, chili powder and cumin to make a thick paste. Add the milk, a little at a time, whisking with each addition. Bring to a boil, stirring constantly. Reduce the heat and cook 5 min. Add the cheddar and stir well until melted. Season to taste with salt and pepper. Cook the broccoli until barely tender. In a sauté pan, heat the oil and sauté the onion, garlic, sweet pepper and chile pepper until softened, about 5 min. Add the broccoli and 2/3 of the cheese sauce to the sautéed veggies and toss to coat. Lightly oil a 10x15" baking dish. Spoon some of the broccoli filling down the center of each tortilla. Roll and place seam side down in the baking dish. Spread the reserved 1/3 of the cheese sauce over the top. Sprinkle with the Monterey jack. In a small bowl, combine the tomatoes and the cilantro. Sprinkle over all. Bake at least 30 minutes or till hot. Serves 8.

BROCCOLI AND TOFU IN PEANUT SAUCE --From The Enchanted Broccoli Forest by Mollie Katzen.

1 lb. firm tofu
1 lb. broccoli
1-2 TBS. canola or peanut oil
2 cups chopped onion
1 TBS. grated fresh ginger
4 cloves garlic, minced
3/4 tsp. salt
2 minced green onions
Peanut Sauce (see below)
1 cup coarsely chopped peanuts, optional
Cooked rice to serve it over

Cut the tofu into 1" cubes and place in a medium saucepan. Cover with water and bring to a boil. Reduce the heat and simmer 10 min. Drain and set aside. Thinly slice the broccoli stalks and coarsely chop the florets. Heat a large deep skillet or wok about 1 min. Add the oil and onion and cook on high heat for 2 min. Add the broccoli, ginger, garlic and salt and stir fry over high heat about 5 min. or until the broccoli is bright green and tender. Stir in the tofu and green onions and cook a few minutes more. Off heat, add the reserved sauce and stir to coat well. Serve over cooked rice, sprinkled with the chopped peanuts. Serves 5.

Peanut Sauce:

3/4 cup creamy peanut butter
3/4 cup hot water

6 TBS. rice or cider vinegar

3 TBS. soy sauce

Cayenne pepper to taste

Place the peanut butter and hot water in a small bowl and mash until uniform. Whisk in the rest of the ingredients and set aside.

BROCCOLI LASAGNA--From the March 2001 issue of Better Homes & Gardens Magazine.

2 bunches (8 cups) chopped broccoli

12 lasagna noodles

15 oz. carton ricotta cheese

1/4 cup grated parmesan

1 lightly beaten egg

2 TBS. minced parsley

12 oz. jar roasted red peppers

1/4 cup butter

1/4 cup flour

2 cloves garlic, minced

3 cups milk

1/2 tsp. salt

1/2 tsp. dried basil

1/4 tsp. fresh ground black pepper

2 cups shredded Monterey jack or cheese of choice

Preheat oven to 425 degrees.

Steam the broccoli until tender crisp. Set aside. Meanwhile, cook the lasagna noodles per the package instructions and rinse in cold water. Drain well and set aside. In a bowl, mix the ricotta, parmesan, egg and parsley. Set aside. For the sauce, drain the roasted red peppers and puree in a blender or food processor until almost smooth. In a large skillet, melt the butter. Stir in the flour and garlic. Cook and stir, 1 min. over medium heat. Increase the heat and gradually add the milk and the pepper puree, stirring constantly. Cook until thick and bubbly. Off heat, stir in the salt, basil and black pepper. Prepare a 9x13" baking dish with nonstick spray. Spread 3/4 cup sauce in the dish. Arrange 3 noodles over the sauce. Spread 1/3 cup of the ricotta mixture over the noodles and top with 1/3 of the broccoli. Sprinkle with 1/2 cup of the cheese. Repeat two more times, starting with the sauce. Top with the remaining noodles and remaining sauce. Bake, covered with foil, 20 min. Uncover and sprinkle with remaining 1/2 cup cheese and a little extra parmesan, if desired. Bake 15 minutes more. Remove from the oven and let stand 10 minutes. 8 servings

KLEIN'S RECIPES OF THE MONTH (NEWSLETTER OF APRIL 2007)--

The tradition of making dandelion wine is an art lost over the past few decades. Many who grew up in rural Wisconsin remember their elders partaking in this annual spring ritual. It's been forgotten that the invasive, nonnative dandelion was brought here by our ancestors who longed for a bit of the homeland.

The dandelion is an amazingly versatile plant. Remember how we loved them as kids--making chains with their flexible, hollow stems or chanting, "Momma had a baby"...(you know the rest) to annoy the grown-ups? The sweet smell of the golden flowers is a sure sign of warm spring days and the "parachutes" that follow make for countless hours of entertainment. For the adult, young leaves are a tangy addition to fresh spring salads.

DANDELION WINE--The following recipe appeared in the Willie Street

Co-op newsletter in the mid-90's. You'll need a 2 gallon crock or a similar glass, ceramic or even plastic vessel to prepare this recipe.

3-5 quarts fresh dandelion blossoms. Use full dandelion blooms, leaving on the green sepals, but removing the complete stem.

5 quarts boiling water

3 lbs. sugar

1 orange rind--reserve the juice

1 lemon rind--reserve the juice

1 package of compressed fresh yeast (available refrigerated or frozen in .06 oz. cakes)

1 slice whole wheat bread toast

Immediately after picking, place the prepped and rinsed blossoms in the crock and cover with the boiling water. Cover with cheesecloth or a clean cotton towel and set aside for 3 days, stirring once each day. On the 4th day, strain the blossoms from the liquid. In a pot, bring the liquid and the sugar to a boil. Add the citrus rinds and cook for 30-60 minutes. Remove the rinds and put the liquid back into the crock. Add the reserved citrus juices. In the meantime, soften the yeast to room temp. and

spread on the piece of toast. When the liquid reaches 100 degrees, float the prepped toast on top of the liquid. Cover with the cloth again and set aside for 2 days. After 2 days, strain the liquid and return to the covered crock 1 more day, then filter thoroughly into sterilized bottles. Cork lightly. The wine must now age for at least 6 months, but is traditionally not served until next December 21. For far more information and interesting recipes simply google "dandelion wine". You'll find tons of interesting tidbits, more techniques and lots of interesting added flavors. Cheers!

KLEIN'S RECIPES OF THE MONTH (NEWSLETTER OF MARCH 2007)--

In just a few short weeks the first of the locally grown greens will begin showing up in stores or even in your garden if you have a cold frame. These early spring gems include spinach, lettuce, endive, arugula, dandelions, chard, cress and many others. Most are interchangeable in recipes but will alter taste and texture. Even lettuce sautés well! Experiment a bit to discover your favorites. Most greens are easy to grow in the garden and should be direct sown beginning in late April. For a continuous crop of young greens, continue sowing every two weeks until early June, by which time the weather gets a bit too warm for sweet taste.

A few of our favorite recipes include:

ASIAN STYLE SAUTÉ--Pretty much any green can be used for this one. Flavors are strong and unique. Fantastic served over either white or brown rice. Source: 'From Asparagus to Zucchini: A Guide to Farm-Fresh Seasonal Produce'.

2 TBS. sesame oil
4 cloves chopped garlic
1/2 lb. mixed greens, coarsely chopped
1 TBS. rice vinegar (or white vinegar)
2 TBS. tamari (or any soy sauce)
Black pepper to taste

Heat the oil in a wok or large deep skillet on medium heat. Add the garlic and sauté 1 minute. Remove the garlic from the oil and set aside. Now sauté the greens until just wilted. Remove the pan from the heat and stir in the vinegar, tamari, pepper and the reserved garlic. Serve immediately. Serves 3-4.

MIXED GREENS SAUTÉ--Super Easy! From the October 1999 issue of Better Homes & Gardens Magazine.

2-2 1/2 lbs. of greens
1/4 cup extra virgin olive oil
5 cloves of garlic, minced
4 oz. thinly sliced prosciutto (optional)
cider vinegar

Wash and pat the greens dry (or use a salad spinner--much easier!). Trim the tough stems and tear into pieces. Heat the oil in a large, deep skillet on medium high. Sauté the garlic 30 seconds and stir in 1/2 of the greens. Sauté 1 minute. Add the remaining greens and sauté 2-3 minutes or till the greens are slightly wilted. Remove from the heat and stir in the prosciutto. Transfer to a serving bowl and sprinkle with vinegar. Serve as a side or over rice as a main course. Serves 8.

SAUTÉED SPINACH WITH RAISINS AND PINE NUTS--The reviews say "Perfection." Also excellent with Swiss chard. Originally from the November 2000 issue of 'Martha Stewart Living'.

1/2 cup golden raisins
1 1/2-2 lbs. spinach
1 TBS. olive oil
2 cloves garlic, thinly sliced
1/4 cup pine nuts
salt & pepper to taste (go light on the salt)

Place raisins in a bowl and cover with 3/4 cup warm water. Set aside. Trim and wash spinach and set aside. Heat a 6 qt.+ pot on medium high heat and add the oil. Add the garlic and sauté 1 minute. Add the pine nuts and cook, stirring, 1 minute. Drain the raisins and add to the pot. Add the spinach and season lightly with salt and pepper. Cook, stirring constantly, until the spinach has wilted--about 3-4 minutes. Serves 4.

WILTED SPINACH WITH WARM BACON DRESSING--A classic from the March 2005 issue of 'Cook's Illustrated'.

3 hard-cooked eggs, sliced
6 oz. (8 cups) spinach
3 TBS. cider vinegar
1/2 tsp. sugar
1/4 tsp. pepper

a pinch of salt
8 slices bacon cut into 1/2" pieces
1/2 cup chopped red onion
1 clove minced garlic

Place the washed spinach in a large bowl. In a small bowl, stir together the vinegar, sugar, pepper and salt. Set aside. Fry bacon in a small skillet then transfer to a paper towel-lined plate to drain. Pour the bacon fat into a heat proof bowl, then return 3 TBS. of the fat back to the skillet. Cook the onion in the fat on medium heat until slightly soft. Stir in the garlic and sauté 15 seconds. Add the vinegar mix to the pan and remove from the heat, loosening any cooked on bits. Pour the hot dressing over the spinach, add the bacon and toss with a pair of tongs till lightly wilted. Arrange the egg slices over the top and serve. Serves 4-6.

KLEIN'S RECIPES OF THE MONTH (NEWSLETTER OF FEBRUARY 2007)--

February is the month of love and romance and no food brings romance to mind quicker than chocolate. Not only a treat, chocolate is actually very healthy for you, containing vital antioxidants--far more than either green tea or red wine. For more information on chocolate visit renowned chocolatiere Gail Ambrosius at her shop at 2086 Atwood Ave. or at www.gailambrosius.com. where you'll not only find tons of information on the health benefits of chocolate, but also see Gail's wide array of selections--many of which use common garden herbs and essences in their recipes.

The following are easy-to-make chocolate-rich recipes from the Klein's staff. They are surely to become some of your favorite dessert recipes.

DOUBLE CHOCOLATE TORTE--Absolutely elegant. A rich, dense cake topped with a lovely chocolate glaze then served, if desired, with a simple raspberry sauce. Who'd believe it was this easy?

Torte:

1/2 cup butter
6 oz. semisweet chocolate, chopped
3 eggs
2/3 cup sugar
1 tsp. vanilla
1/4 tsp. salt
2/3 cup flour

Glaze:

1/4 cup butter
2 oz. semisweet chocolate, chopped
1 cup semisweet chocolate chips
2 oz. unsweetened chocolate, chopped
1 TBS. water
1 TBS. honey

Preheat oven to 350 degrees. Grease a 9" spring form pan.

For the torte, melt the butter and chocolate over low heat till smooth. Cool 15 min. In a medium bowl, beat eggs, sugar, vanilla and salt on high speed till thick, 3-4 min. Add flour; mix well. Stir in the cooled chocolate. Pour the batter into the prepped pan. Bake 25-30 min . until a toothpick placed in the center comes out clean. Cool on a wire rack in the pan at least one hour before frosting.

For the glaze, combine all glaze ingredients in a small saucepan. Cook over low heat until smooth. Remove from the heat and allow to cool 10 min. Loosen the edges of the spring form pan and place the cake on a serving platter. Apply all the glaze to the top and sides.

Serve with whipped cream or vanilla ice cream and/or a raspberry sauce of 2 cups pureed fresh or frozen thawed raspberries mixed with 2 LBS sugar and chilled.

SNICKERS BARS--Even better than the candy bar!! The following recipe is a 1987 Wisconsin State Journal Cookbook winner.

1 1/4 cups milk chocolate chips
1/2 cup butterscotch chips
1/2 cup smooth peanut butter
1 cup sugar
1/4 cup milk

1/4 cup butter
1 x 7.5 oz. jar marshmallow creme
1 tsp. vanilla
1 cup salted dry roasted peanuts
1 x 11.5 oz. bag caramels
4 TBS. cream

Melt 1 cup of the chocolate chips, 1/4 cup the butterscotch chips and 1/4 cup of the peanut butter in a saucepan. Spread into a 9x13" pan and let cool. Combine sugar, milk and butter in a saucepan. Bring to a boil and cook 5 min. Add to this the remaining 1/4 cup peanut butter, the marshmallow creme and the vanilla. Stir in the peanuts. Spread this over the first layer in the pan. Melt the caramels in the cream and spread over the peanut mixture in the pan. Sprinkle with the remaining 1/4 cup chocolate and butterscotch chips. Cool thoroughly and cut into bars.

Speaking of candy bars turned into desserts . . .

REESE'S PEANUT BUTTER CUP BARS--This dessert is amazing chilled, but even better frozen and tastes exactly like Reese's peanut butter cups. Kids love'm! The recipe is originally from the 'Orange Tree Imports Cookbook'.

2 1/2 sticks butter
1 1/2 cups smooth peanut butter
1 1/2 cups graham cracker crumbs
2 1/2 cups powdered sugar
12 oz. chocolate chips

Melt 1 1/2 sticks of the butter with the peanut butter. Stir in the crumbs and the powdered sugar. This mixture will become very thick. Spread into a 9 x 13" pan. Melt the chocolate with the remaining 1 stick butter. Spread this evenly over the peanut butter mixture then chill or freeze. Dip the bottom of the pan in warm water for easier cutting and removal. Don't cut the pieces too big because this recipe is super rich.

KLEIN'S RECIPES OF THE MONTH (NEWSLETTER OF JANUARY 2007)

Nothing warms the body better on a cold winter day than a hearty bowl of soup, crisp sourdough bread and a glass of your favorite wine. This month we'll focus on tried and true soup and stew recipes. These are all extremely easy, yet very interesting.

CELERIAC AND WILD RICE CHOWDER--You'd swear this recipe came directly from L'Etoile's own kitchen, when in fact it was picked up from the Willy St. Co-op Reader. Celeriac/root celery is readily available at most supermarkets during the fall and winter. It's very popular in central and eastern Europe and used instead of stalk celery in those cultures.

1 cup wild rice
2 lbs. (2 lg.) peeled, diced celeriac (root celery)
4 lg. leeks, chopped
4 Tbs. butter
2 stalks celery, diced
2 cups thinly sliced potato
1/2 cup chopped fresh parsley
2 bay leaves
1 tsp. crushed dried thyme
salt and pepper
4 cups chicken or veggie broth
4 cups half & half and/or milk combo (the more half & half used, the richer)

Cook the wild rice per package instructions in 10 cups of water. Drain the rice through cheese cloth or a clean kitchen towel, reserving the cooking water. Set aside. Melt the butter in a large soup pot. Add the prepped veggies, parsley, bay leaves, thyme and 1 Tbs. salt. Cook the veggies to "sweat" them over medium heat, covered, stirring them occasionally. Add the broth, increase the heat and bring to a boil. Reduce the heat and simmer, uncovered, 30 minutes. Add the half and half/milk and bring to a simmer. Season to taste with salt and pepper. Puree a few cups of the soup in a blender and return to the pot or if you have a hand blender, blend lightly, leaving the soup a little chunky. Stir in reserved rice. Thin with the rice cooking water to desired consistency. Garnish with additional chopped parsley. Makes 10-12 servings.

NOTE: The remaining rice cooking water freezes well and is a fantastic broth to use in future soups and stews. Freeze in 1 or 2 cup increments to make measuring easy.

MEXICAN FIESTA SOUP--This soup is SO simple and especially nummy served with restaurant style tortillas or homemade cornbread. Taken from the July '02 copy of Bon Appetit.

2 cups chunky, jarred salsa with chipotle
2 x 15 oz. cans black beans, drained and rinsed
2 cups frozen corn kernels
2 cups cooked, chopped turkey or chicken
2 x 14.5 oz. cans chicken broth
Sour cream, shredded cheese of choice and/or chopped fresh cilantro--whatever you like.

Combine everything in a pot, bring to a boil, reduce and cook over medium for 12-15 minutes.....YOU'RE DONE! Serve with toppings of choice. Makes 8 one cup servings so double or quadruple as needed. It'll go fast!!!

CHANA MASALA--A flavorful, tangy stew that works equally well as the main course with a nice sourdough or as a side dish with chicken, pork or even fish. This recipe originally appeared in the Oct. '00 copy of Martha Stewart Living.

2 Tbs. canola, peanut or light olive oil
2 tsp. whole cumin seed
3 cups chopped onion
4 cloves minced garlic
1 x 28 oz. can crushed tomatoes with juice
4 x 15 oz. cans garbanzo beans (chickpeas), drained and rinsed
1 jalapeno, seeded and minced
2 tsp. garam masala (an Indian spice mix available in the spice aisle--Spice Islands has a very flavorful garam masala)
2 tsp. coarse salt
1/2 cup chopped fresh cilantro

Heat oil in a large, deep skillet on high heat. Add the cumin seed and cook, stirring, till they start to pop--about 30 seconds. Add the onion, reduce to medium-high and cook till they begin to brown. Add the garlic and cook one minute more. Stir in the tomatoes, garbanzos, jalapeno, garam masala and salt. Reduce to low and simmer 15 minutes. Stir in the cilantro and serve.

KLEIN'S RECIPES OF THE MONTH (NEWSLETTER OF DECEMBER 2006)--

LEROY'S CHOCOLATE CHILI--Super-fast, super-easy and super-delicious!

2 lbs. ground beef
2 x 15 oz. cans kidney beans, undrained
2 x 14.5 oz. cans tomato sauce
2 x 4 oz. cans sliced mushrooms, drained
(or 8 oz. fresh mushrooms, sautéed)
1 large onion, chopped
1 x 6 oz. can whole, pitted black olives, drained
1 x 4 oz. can mild, diced green chilies, undrained
1/3 cup chili powder
2 Tbs. sugar
2 Tbs. prepared brown mustard
1 Tbs. unsweetened cocoa powder
1 tsp. garlic powder
1 tsp. ground sage
1 tsp. ground cumin
1 tsp. paprika
1 tsp. black pepper
Tortilla chips
Shredded cheddar and/ or sour cream, optional

Brown the ground beef in a large kettle and drain fat. Add the rest of the ingredients and bring to a boil. Reduce heat to a simmer, cover, and cook one hour, stirring occasionally. Serve with chips instead of spoons, topped with cheese and/or sour cream. As with most chilies, it actually tastes even better the second day. The leftovers freeze well.

RICK'S MARINARA SAUCE--Delicious on pasta or spaghetti squash. Because it's a sweet sauce, the kids will love it.

1 large onion, chopped
1 sweet bell pepper, chopped
1 cup chopped carrot
3 Tbs. olive oil
2 cloves garlic, minced
1 x 28 oz. can whole tomatoes with juice

1 x 6 oz. can tomato paste
2 tsp. sugar
1 tsp. dried oregano, crushed
2 tsp. dried basil, or 1/4 cup chopped fresh basil
1/4 tsp. salt
a dash of black pepper
a dash of ground cayenne, or to taste
1/2 cup or more red wine
1 tsp. crushed fennel seed, optional

Cook onion, bell pepper, garlic and carrot in hot oil over medium heat till tender but not browned. Add tomatoes, paste, sugar and herbs and spices. Bring to a boil, reduce heat and simmer, uncovered, 35-45, adding the red wine for desired consistency and taste. (The alcohol boils off so OK for the kids) Add salt to taste. Makes enough sauce for 2 x 16 oz. packages of pasta.

ROASTED BRUSSELS SPROUTS AND CARROTS--As seen on "The Victory Garden"

1 lb. brussels sprouts, halved
1/2 lb. carrots, thickly sliced at an angle
A few Tbs. extra-virgin olive oil
salt and pepper (coarse sea salt is best)

Preheat oven to 400 degrees. Stir together all ingredients in a large bowl. Spread onto a rimmed baking sheet. Bake for 20 minutes or till all is tender, stirring occasionally.