

**\*\*\*IN GROUPS OF 3\*\*\***

## **Summer Vegetable Ratatouille**

(makes 12 servings, takes 1 hour – good way to use summer vegetables)

### **Ingredients**

*This recipe has been doubled*

- 2 medium yellow onions
- 4 cloves of garlic
- 1 TBSP olive oil
- 2 medium zucchini
- 2 medium squash
- 2 medium potatoes
- 2 medium tomatoes
- 2 TSP dried thyme
- Salt and pepper
- 2 cans of tomato sauce (400mL)
- *Add cheese if desired*



### **Directions**

1. Dice onion and mince garlic. (*You can also sauté onion and garlic with olive oil in a large pan over medium heat until the onions are soft and transparent (about 5 minutes), but we won't for this class.*)
2. Slice the zucchini, squash, tomato, and potato thinly (0.5 cm (1/4-inch) slices). Make sure the potatoes are very thin so that they soften quickly while baking.
3. Spread the onion and garlic in the bottom of the dish. Spoon some tomato sauce over the onion and garlic. Arrange the other sliced vegetables in dish; vertical is best. Spoon some more tomato sauce on top of the vegetables. Season the top of the vegetables with salt, pepper, and dried thyme. Cover the dish with foil.
4. Preheat the oven to 400°F. Bake in the oven for 45 minutes. If desired, remove the foil, top with shredded cheese, and bake without the foil for an additional 5 minutes, or until the cheese is golden brown.

Adapted from: <http://www.budgetbytes.com/2011/08/summer-vegetable-tian/>

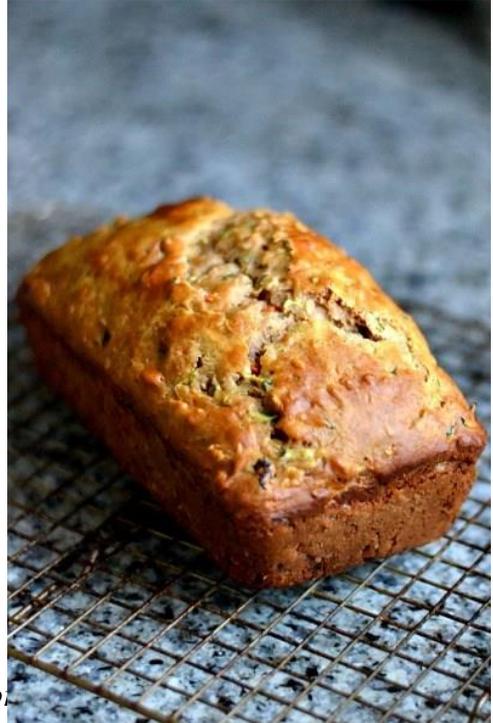
**\*\*\* EVERYONE MAKES THEIR OWN LOAF \*\*\***

## **Zucchini Carrot Oatmeal Loaf**

(makes 1 loaf, takes 1 ½ hours)

### **Ingredients**

- 1 cup all purpose flour + extra if batter thin
- ½ cup oatmeal
- 1 TSP baking powder
- ½ TSP baking soda
- ½ TSP salt
- 2 TSP cinnamon
- ½ TSP nutmeg
- ½ cup applesauce  
(or vegetable oil, canola oil, or coconut oil)
- ½ cup sugar
- ½ cup brown sugar
- 2 large eggs
- 2 TSP vanilla
- 1 cup shredded zucchini  
(about half a medium-large zucchini)
- ½ cup shredded carrot  
(1 large or 2 medium carrots)
- You can also add dried cranberries, walnuts or



### **Directions**

1. In a large bowl, whisk together flour, oats, baking powder, baking soda, cinnamon, nutmeg, and salt. Set aside. In another bowl, beat together eggs, sugars, applesauce, and vanilla. Combine wet ingredients with dry. Mixture will be thick and hard to stir.
2. Add in shredded zucchini and carrots and stir until incorporated into batter. It should become more mixable at this point. *Add in other add-ins at this point.*
3. Prepare three 9 x 5 x 3 loaf pans with oil, butter or cooking spray. Fill pan halfway to ¾ of the way full.
4. Preheat oven to 350°F and bake for 50-60 minutes, or until a wooden toothpick comes out clean. Start checking the bread early. Baking times will vary depending on your oven. Let cool in pan for 10-15 minutes and then invert and place on a wire rack to cool completely. *You can also turn this recipe into muffins; in this case cooking time is 18-22 minutes.*

Adapted from: <http://www.peanutbutterranner.com/spiced-zucchini-carrot-bread-recipe/>

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## **White Bean and Sausage Stew**

(makes 12 servings, takes 1 hour)

### **Ingredients**

*This recipe has been doubled*

- 4 TBSP olive oil
- 26 oz turkey sausage (700g)
- 2 large onions, sliced
- 8 cloves of garlic, minced
- 4 TSP thyme
- 4 15-oz cans of white beans, rinsed
- 4 cups low-sodium chicken or veggie broth
- Salt & pepper
- Smoked paprika, to taste
- 10 oz shredded Swiss chard  
*(or baby spinach or other dark leafy greens)*



### **Directions**

1. Heat 2 TBSP oil in a large skillet over medium heat. Add sausage and cook, stirring until browned and cooked through, about 15 minutes. Transfer meat to a plate.
2. Reduce heat. Heat remaining 2 TBSP oil in same skillet. Add onion, garlic, and thyme. Cook, stirring occasionally, until onion is softened, 5-8 minutes. Add beans and broth and cook, crushing a few beans with the back of a spoon to thicken sauce, until slightly thickened, 8-10 minutes. Season with salt, pepper, and smoked paprika. Add Swiss chard *(or other leafy green)* by handfuls and cook just until wilted, about 2 minutes.
3. Add meat to stew. Divide stew among bowls and serve or put in container and freeze for later.

Adapted from: <http://www.eat-drink-smile.com/2013/02/one-skillet-white-bean-and-sausage-stew.html>