

Roasted Red Pepper Hummus

Eschman Meadows Midday Gathering

Yield: 8 servings

Ingredients:

1 (15 oz can) garbanzo beans
1 tsp olive oil
¾ tsp salt
1/8 tsp pepper
1 tbsp Tahini paste
1 tsp cumin
½ tsp cayenne pepper
1 tbsp lemon juice
8 oz. red peppers, roasted

Instructions:

Combine all ingredients in a food processor and puree until very smooth. Adjust with salt and pepper. Serve with pita chips.

Roasted Red Pepper Hummus

Eschman Meadows Midday Gathering

Yield: 8 servings

Ingredients:

1 (15 oz can) garbanzo beans
1 tsp olive oil
¾ tsp salt
1/8 tsp pepper
1 tbsp Tahini paste
1 tsp cumin
½ tsp cayenne pepper
1 tbsp lemon juice
8 oz. red peppers, roasted

Instructions:

Combine all ingredients in a food processor and puree until very smooth. Adjust with salt and pepper. Serve with pita chips.

Cranberry Walnut Quinoa Salad

Eschman Meadows Midday Gathering

Yield: 10 servings

Ingredients:

1 cup quinoa
1 cup cranberries, dried
1 cup frozen green beans
¼ cup walnuts, chopped
¼ cup green onions, sliced
¼ cup balsamic vinegar
1 ½ tbsp olive oil
10 cloves garlic, minced
½ tsp salt
¼ tsp pepper

Instructions:

Combine quinoa with two cups water in pan and bring to a boil over high heat.
Reduce heat to a simmer, cover and continue cooking until all water is absorbed.
In a medium bowl, combine cooked quinoa, dried cranberries, green beans, walnuts and onions until well mixed.
In a small bowl, whisk together the balsamic vinegar, olive oil and garlic until well blended.
Pour over the quinoa mixture and toss until well blended.
Season with salt and pepper.
Chill in cooler for at least 30 minutes before serving.

Cranberry Walnut Quinoa Salad

Eschman Meadows Midday Gathering

Yield: 10 servings

Ingredients:

1 cup quinoa
1 cup cranberries, dried
1 cup frozen green beans
¼ cup walnuts, chopped
¼ cup green onions, sliced
¼ cup balsamic vinegar
1 ½ tbsp olive oil
10 cloves garlic, minced
½ tsp salt
¼ tsp pepper

Instructions:

Combine quinoa with two cups water in pan and bring to a boil over high heat.
Reduce heat to a simmer, cover and continue cooking until all water is absorbed.
In a medium bowl, combine cooked quinoa, dried cranberries, green beans, walnuts and onions until well mixed.
In a small bowl, whisk together the balsamic vinegar, olive oil and garlic until well blended.
Pour over the quinoa mixture and toss until well blended.
Season with salt and pepper.
Chill in cooler for at least 30 minutes before serving.

Butternut Squash Soup

Yield: 5 servings

Ingredients:

| | |
|------------------------------------|-------------------------|
| 2 medium or large butternut squash | ¼ tsp ginger |
| 1 tsp vegetable oil | ½ tsp cumin |
| 1 large onion, chopped | ½ tsp coriander |
| 2 garlic cloves, minced | ½ tsp cinnamon |
| 2 tbsp butter | ¼ tsp dry mustard |
| 4 cups chicken stock | Cayenne pepper to taste |
| 1 cups orange juice | |
| 1 ¼ tsp salt | |

Butternut Squash Soup *continued*

Instructions:

Cut the squash into halves and discard the seeds.
Coat the uncut sides with vegetable oil. Arrange the squash skin side up in a greased baking dish.
Add just enough water to cover the bottom of the dish. Bake, covered with foil at 375° F for one hour.
Scoop the squash pulp into a blender and process until smooth.
Sauté the onion and garlic in the butter. Stir in the squash, chicken stock and orange juice.
Add the remaining ingredients. Bring to a boil and reduce heat. Simmer covered for 20 minutes, stirring occasionally.
Serve.

Eschman Meadows Midday Gathering

Cranberry Vinaigrette

Yield: 6 servings

Ingredients:

¼ cup fresh or frozen cranberries
¼ cup balsamic vinegar
1 tablespoon red onion, chopped
1 tablespoon sugar
1 teaspoon Dijon mustard
1 cup vegetable oil

Instructions:

Purée cranberries in processor until smooth.
Add vinegar, onion, sugar and mustard and process until well blended.
With processor running, gradually add oil and process until well blended.
Season to taste with salt and pepper.
Whisk before using if it separates.

Cranberry Vinaigrette

Eschman Meadows Midday Gathering

Yield: 6 servings

Ingredients:

¼ cup fresh or frozen cranberries
¼ cup balsamic vinegar
1 tablespoon red onion, chopped
1 tablespoon sugar
1 teaspoon Dijon mustard
1 cup vegetable oil

Instructions:

Purée cranberries in processor until smooth.
Add vinegar, onion, sugar and mustard and process until well blended.
With processor running, gradually add oil and process until well blended.
Season to taste with salt and pepper.
Whisk before using if it separates.