

Hummus with Beets



- 540 ml can chickpeas
- 3 cloves peeled garlic
- 3 red beets
- 1/4 cup beet juice
- 1 tbsp tahini
- 2 tsp sea salt
- 2 lemons, juiced
- olive oil

Drain and rinse the chickpeas, discarding the canning fluid.

Peel and dice the beets to 1/2" cubes. Put them in a saucepan and just cover with water. Cover, bring to a boil, then simmer until they are very tender (about 25 minutes). The beets need to be bordering on mushy. Set aside some of the cooking water (beet juice). Allow beets to cool.

Place all ingredients – reserving half the salt, half the lemon juice and all the olive oil – in a food processor, or simply add everything to the pot of cooked beets and use a stick blender. Blend until smooth. Taste and adjust with more salt and lemon juice. Refrigerate.

Drizzle with olive oil before serving.

Wild rice casserole

- 1.5 cups wild rice
- 0.5 tsp salt
- 4.5 cups water
- 2 cans sliced mushrooms (drained. Save liquid to add during baking, as necessary.)
- 0.75 cup chopped onions
- 0.5 cup butter
- 1.5 cups old cheddar cheese, grated
- 1 28 oz can diced tomatoes

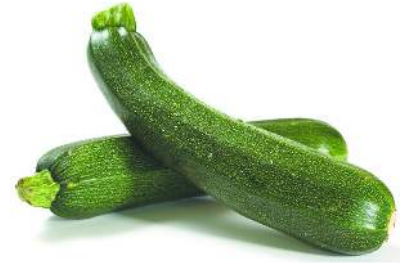
Prepare rice: Wash the rice in a fine mesh colander under cold running water. In a large saucepan, bring 1.5 cups wild rice, 4.5 cups water, and 1/2 teaspoon salt to a boil. Cover, reduce the heat to maintain a steady simmer. Cook until the rice is tender and the kernels pop open. Depending on how the rice was cured and how old it is, it will take 45 to 60 minutes. Drain.

While the rice is cooking, prepare the other ingredients: Sauté onions in butter for 5 minutes. If you are using fresh mushrooms, instead of canned, sauté them with the onions. Combine the onions (with butter), mushrooms, cheese and tomatoes in a large casserole.

Stir the cooked, drained rice into the casserole with the other ingredients. Add a bit of salt. Cover the casserole and bake at 350 degrees for about 1.25 hours, stirring occasionally and adding a bit of the canned mushroom water if necessary.



Cold Zucchini Soup



- 8 c. skinless zucchini cut into one inch cubes
- 5 c. chicken broth
- 2 small onions, finely chopped
- 2 garlic cloves, finely chopped
- 2 tbsp olive oil
- 2 tbsp butter
- 1 tsp lemon juice
- 1 tbsp chives
- pinch basil and oregano
- to taste - salt and pepper

Salt and drain zucchini for 20 minutes then dry with paper towels.

In a large pot combine olive oil and butter; cook onions and garlic until soft. Add Zucchini and cook for 10 minutes until soft. Add chicken broth, lemon juice, chives, basil and oregano, and simmer for 15-20 minutes. Add salt and pepper to taste. Blend - a stick blender works well - until smooth.

Place soup in fridge to cool.

When serving, garnish each bowl of soup with a dollop of sour cream or yogurt.

Carrot pepper salsa



- 6 cups tomatoes
- 3 cups carrots
- ½ cup onion
- ½ cup jalapeno pepper
- 1½ cups cider vinegar
- 1¼ cups lightly packed brown sugar
- 1½ teaspoon salt
- ½ teaspoon black pepper
- ¼ cup cilantro

Peel, core and coarsely chop tomatoes. Coarsely grate scrubbed carrots. Finely chop onions and jalapeno peppers. (Leave pepper seeds in if you want more heat.)

Combine all the vegetables in a large saucepan. Add salt, sugar and vinegar. Boil gently uncovered. Stir occasionally. Cook until it thickens, about 1 hour.

Add freshly ground black pepper and chopped cilantro. Cook for another 5 minutes.

Serve as a condiment or a dip. Great as a preserve!

Easy roasted asparagus



- 1 bunch thin asparagus spears, trimmed
- 3 tablespoons olive oil
- 1 1/2 tablespoons grated Parmesan cheese (optional)
- 1 clove garlic, minced (optional)
- 1 teaspoon sea salt
- 1/2 teaspoon ground black pepper

1 tablespoon lemon juice (optional)

Preheat an oven to 425 degrees F.

Place the asparagus into a mixing bowl, and drizzle with the olive oil. Toss to coat the spears, then sprinkle with Parmesan cheese, garlic, salt, and pepper. Arrange the asparagus onto a baking sheet in a single layer.

Bake in the preheated oven until just tender, 12 to 15 minutes depending on thickness. Sprinkle with lemon juice just before serving.

Christmas Punch



A refreshing drink for any season, Christmas Punch brings back memories of June strawberries with a tropical sitting-on-the-beach twist. Definitely a recipe worth doubling.

- 1 can pink lemonade, undiluted, thawed or frozen
- 1 can 14 oz/414 ml crushed or pieces, undrained pineapple
- 1 carton/bag 15 oz/.425 kg diced or whole, strawberries, thawed or frozen
- 1 litre Sprite

optional

- 1 cup/250 ml vodka

Combine lemonade, pineapple, strawberries in a blender. If you prefer, you may add more strawberries until the mixture is a deep pink with more strawberry flavour.

If you have thawed the ingredients, chill the mixture. If you have used frozen ingredients simply refrigerate until ready to put the punch together.

Just before serving place fruit mixture into a punch bowl or drink container then add the Sprite and optional vodka. You may add ice to help keep it cool. Enjoy with friends!

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