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Maple'n Bacon Biscuits with Poached Eggs

Biscuits

1/2 cup butter

2 cups flour

3 teaspoons baking powder

1/2 cup milk

1/4 cup maple syrup

1/2 cup bacon (fried, drained & then chopped)

Begin by frying & draining the bacon - once cooled - chop and put aside. In a large mixing bowl stir the flour & baking powder together. Now "cut" the butter into the flour (as you would do for a pie crust). With a wooden spoon stir in the milk, maple syrup & chopped bacon (previously fried & drained). Now you will use your hands and you might need to add a little more flour if the dough is sticky. Form the dough into a log shape & slice into 10 to 12 puck size slices.

Place on a parchment lined cookie sheet & bake in a preheated 450 degree oven for 10 to 12 minutes (or until desired golden brown color is achieved).

While the biscuits are baking - Poach the eggs.

Remove the biscuits from the oven and assemble while the biscuits are still warm so that the cheese will melt.

Place a biscuit on a plate, then place a slice of cheese on the biscuit and then top with the poached egg.

ENJOY!!

Garden Preserved Minestrone Soup

- 1 large onion (peeled and chopped)
- 1 large carrot (peeled and chopped)
- 1 large stalk of celery (washed and chopped)
- 1 quart of [Homemade Tomato Sauce](#) (**NOTE: my homemade sauce is full of vegetables like green peppers, carrots, zucchini, spicy peppers etc.....therefore, if you are using store bought sauce then you will need to buy a chunky variety full of vegetables**).
- 4 cups of [Homemade Chicken Stock](#) (or store bought is fine) (beef broth works well also) (**Vegetarians: use vegetable broth**)
- 1 cup [Home-frozen Corn](#) (store bought frozen is fine also)
- 1 cup Home-frozen green beans (store bought frozen is fine also)
- 1 tablespoon [Home-dried Basil](#) (store bought is fine also)
- 1 cup noodles (I use a Macaroni noodle but any noodle is fine)
- ground black pepper to taste
- 1 tablespoon of butter or olive oil

1. Prepare the ingredients as listed above.
2. In a large stock pot saute the onion, carrot and celery in the butter or olive oil for about 5 minutes.
3. Add the Chicken broth.
4. Add the Tomato Sauce, Basil and pepper to taste.
5. Add the corn and green beans and bring to a boil and then simmer for 15 minutes.
6. Now add the noodles and cook until the noodles are al dente.

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Serve immediately and ENJOY!!

Chicken Pineapple Kabobs

Marinade

- 1/3 cup soy sauce
- juice from 1 lemon (a lime may be substituted)

1 tablespoon ginger garlic paste (available in the international section of most chain grocery stores)(if you can't find this product then simply mince 1/2 tablespoon garlic & grate 1/2 tablespoon fresh ginger)

1 tablespoon honey

1/4 teaspoon ground hot chile pepper or cayenne pepper (if you enjoy spicy food then add 1/2 teaspoon or more - to taste)

Stir all ingredients together in a large stainless steel or glass bowl.

Kabob

2 cups - (raw) chicken breast cut into large chunks (see above picture in the bowl on the right)

1 large vidalia onion (cut into large chunks)

1 green bell pepper (cut into large chunks)

1 red bell pepper (cut into large chunks)

1 package small mushrooms (washed)

1 pineapple (fresh & cut into large triangle chunks) **Do NOT marinate the pineapple**

6 metal or bamboo skewers (if using bamboo - soak the skewers in water for 20 minutes before assembling to prevent scorching)

Place the first 5 ingredients in the marinade and soak for at least a half an hour (I always soak any meat in a different bowl than the vegetables for optimum food safety).

Then assemble making sure there is a little bit of everything on each skewer (don't forget the pineapple!). Place each assembled Kabob in a baking dish.

Bake in preheated 425 degree (F) oven for 25 - 30 minutes or until chicken is done (time difference depends on the size of the chicken chunks).

NOTE: These Kabobs can also be cooked on the grill, although I think they are just as good baked in the oven.

Steamed Spanish Rice

1 cup Basmati Rice

1 1/2 cups Tomato Sauce (homecanned)

3/4 cup boiling water

1/2 teaspoon salt

An oven-proof Dish with a lid (I use a white pyrex dish that has a lid)

Heat the Tomato Sauce and then mix with the boiling water. Pour the Basmati Rice (or plain white rice - **NOT INSTANT RICE**) into the oven-proof dish. Now pour the hot liquid on top of the rice and add the salt.

Cover the dish and bake in a Preheated 350 degree oven for 30 to 40 minutes.

For **plain white steamed rice** simply omit the tomato sauce and increase the boiling water to 2 cups - everything else is the same.

Serve Immediately. ENJOY!!

Arugula Strawberry Salad with Poppyseed Dressing

- 2 cups Arugula (washed & drained)
- 2 or 3 large strawberries (hulled, washed, drained & sliced)
- 1 apricot (pitted, washed, drained & sliced)
- 2 tablespoons sunflower seeds (I used raw seeds but roasted is good also)
- 1/4 cup Monterrey Jack Cheese (shredded)

Prepare all the ingredients as listed above (wash, drain slice etc). Take 2 plates and arrange the Arugula leaves equally spread out on each plate. Add the sliced fruit on top of the Arugula. Sprinkle sunflower seeds on top of the fruit and then the cheese on top of that. Make the dressing.

Poppy Seed Dressing

- 1 tablespoon poppy seeds (I used white poppy seeds)
- 1/8 cup apple cider vinegar
- 1/8 cup Light Olive Oil
- 1 tablespoon sugar
- 1/8 teaspoon salt

Measure all ingredients and pour/place in a Mason jar (or any container with a tight fitting lid). Shake until the sugar is dissolved (make sure that the lid is on tight first!!). Pour half of the dressing on 1 salad & the second half on the other salad.

Serve immediately & ENJOY!!

Coconut Cocoa Cream Pie

(heaping) 1/2 cup sugar

1/4 cup corn starch

1/2 teaspoon salt

3 cups milk

4 egg yolks

1 tablespoon vanilla extract

1 tablespoon butter

2 tablespoons coconut oil (this is solid like butter available in a health food store)

1 cup coconut flakes (unsweetened)

1. Make a single pie crust (preferably from scratch - see: [The Basics of Baking - Pie Crust](#))
2. Roll out the pie crust dough, place in a pie pan, flute the edges and then prick the bottom with a fork (so that it won't puff up)
3. Bake your pie crust in a preheated 475 degree oven for 8 to 10 minutes.
4. **IMPORTANT:** You must allow this crust to fully cool before filling.
5. In a medium size sauce pan - stir the sugar, corn starch and salt until mixed.
6. Into the saucepan - slowly pour in the milk - stirring all the time.
7. Place the pan on the stove over medium heat and bring to a boil stirring all the time.
8. Remove the saucepan from the heat.
9. In a different bowl - lightly whisk the egg yolks.
10. **ALSO IMPORTANT:** You will add 1/3 of the hot milk/cornstarch liquid (that you just brought to a boil) into the bowl with the egg yolks (**you must stir all the time**). This will avoid any stringy cooked egg yolk)
11. Now you can add this egg yolk mixture into the saucepan with the rest of the hot liquid without worrying about any stringy eggs (again stirring all the time).
12. Return the saucepan to the heat and boil for 1 minute (stirring).
13. Remove from the heat and turn off the burner.
14. Stir in the vanilla, butter, coconut oil & coconut flakes until the butter & coconut oil are totally melted
15. Allow this filling to cool for 10 minutes.
16. Melt 1/2 cup of chocolate chips with 1 tablespoon of butter or coconut oil. Spread this melted mixture onto the inside of the pie crust (as seen below). Allow the chocolate to harden in the freezer for 5 minutes.
17. Now pour the coconut cream mixture into the pie crust on top of the thin chocolate layer (**this thin chocolate layer is my mom's genius creation**) © (2012)

18. Cover the pie with plastic wrap and place in the fridge for 1 hour (I always place toothpicks in the cream filling before covering with the plastic wrap - that way when you take the cover off- it won't take 1/2 the filling with it)

Cocoa Cream

1 cup heavy whipping cream

1/4 cup cocoa powder (unsweetened)

1/8 cup powdered sugar

19. Using an electric mixer - Start whipping the cream and half way through (before it is fully whipped) add the cocoa powder and powdered sugar and continue whipping until stiff.

20. Now remove the pie from the fridge and cover with top with the whipped Cocoa Cream.

Slice and ENJOY!

Homemade Egg Rolls

2 cups cooked chopped chicken

2 cups shredded carrots (peeled first of course)

8 cups shredded Napa Cabbage

8 cups regular green Cabbage (shredded also)

3 cups (peeled and chopped) Vidalia onions

1 cup chopped celery

1 1/2 tablespoons ginger/garlic paste

ground chili pepper (to taste - I use about 2 teaspoons - spicy is good)(a red chili powder from India is what I use)

Soy sauce (to taste - about 1/2 cup to 3/4 cup)

1 tablespoon teriyaki sauce

2 (plus) tablespoons olive oil

8 cups mung bean sprouts (rinsed and drained)

canola oil for frying

2 packages of egg roll wraps (found in the produce section of most large grocery stores)

Step1: Prepare the ingredients as listed above

Step2: In a large frying pan or a large wok - Saute the onions, celery and ginger/garlic paste in the olive oil for about 5 minutes.

Step3: Add both types of cabbage, the shredded carrots, chili pepper, soy sauce and teriyaki sauce and continue sauteing for another 7 minutes (gently and slowly stirring or flipping all the time).

Step4: Now add the sprouts and cooked chopped chicken for only a couple more minutes (gently stirring again) - everything should be "al dente" cooked by now.

Step5: Allow the egg roll filling to **cool to room temperature**.

Step6: Now it is time to wrap each egg roll: Place 1 wrap on a plate with one point facing towards you and place 1/4 cup to 1/3 cup of egg roll filling on the bottom portion of the wrap.

Step7: Fold up the bottom point of the wrap

Step8: Fold in both the right and left sides and now it should resemble an envelope

Step9: Lightly moisten the remaining open tip of the wrap and gently fold down.

Step10: Deep fry each egg roll for a couple minutes on each side or until desired golden brown color is achieved

NOTE: I used a "deep fryer" - however you may also use a frying pan directly on the stovetop

IMPORTANT: You should try to wrap the egg rolls tightly - However - too tightly will result in ripping and tearing the wrap - a happy medium is the best.

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ALWAYS BE CAREFUL WHEN FRYING ANYTHING!

ENJOY some fresh out of the fryer and freeze any remaining egg rolls!

NOTE: Allow the egg rolls to completely cool before freezing.

To warm a frozen egg roll: Heat in a 400 degree oven for 35 minutes - flipping each one half way through.

