

# 50 Shades of Green



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***"Mr. Green will see you now."***

## ***Open-Faced Chicken Salad Sandwich***

*Serves 1*

- 1 tablespoon minced shallot
- 1 tablespoon mayonnaise
- 1 tablespoon Greek yogurt
- 1 cup shredded chicken breast, from a rotisserie chicken
- 1 slice whole grain bread, toasted
- 2 tablespoons raw pumpkin seeds
- Fresh romaine lettuce, optional

In a small mixing bowl, combine the shallot, mayonnaise, and Greek yogurt. Stir to combine. Add the shredded chicken and fold it into the dressing.

Pile the chicken mixture on to the toast, and top with raw pumpkin seeds.

## **Cucumber Rounds with Herbed Cream Cheese**

### **Ingredients**

- 1 English (seedless) cucumber, well chilled
- 1 (8 oz) brick Philadelphia Cream Cheese (any variety), softened to room temperature
- ¼ cup minced fresh dill weed, parsley, or chervil (or a combination) ~or~ 1 ½ tablespoons dried dill weed or parsley
- 2 tablespoons dill pickle juice
- ¾ teaspoon granulated onion or onion powder
- ½ teaspoon granulated garlic or garlic powder
- Freshly ground black pepper to taste
- 1 green onion, green part only, minced

### **Instructions**

Combine the softened cream cheese, dill weed, dill pickle juice, granulated onion or onion powder, granulated garlic or garlic powder, and freshly ground black pepper. Mix on high until the cream cheese is soft, smooth, and all other ingredients are evenly distributed. Scrape into a pastry bag fitted with whichever tip you prefer, a zipper top bag, or a bowl which is then covered with plastic wrap and refrigerate for at least an hour before serving.

### **To serve:**

Slice the chilled cucumber into ¼-inch thick rounds. Pipe, squeeze, or spread the herbed cream cheese mixture into the center of each round. Serve immediately.

## Ham & Split Pea Soup

- 1 lb. dried split peas
- 1 ham hock
- 3 Tbsp. unsalted butter
- 1 1/2 cups finely chopped yellow onions
- 1 cup finely chopped celery
- 1 cup finely chopped carrots
- 2 tsp. minced garlic, more to taste
- 1 lb. ham steak, chopped
- 1 tsp. salt
- 3/4 tsp. freshly ground black pepper
- 1/4 tsp. crushed red pepper flakes
- 8-9 cups vegetable stock
- 1 bay leaf
- 2 tsp. fresh thyme

Place the peas in a large bowl, cover with water by 2 inches and soak 8 hours or overnight. Drain the peas and set aside.\*

In a large pot, melt the butter over medium-high heat. Add the onions, celery and carrots and saute until soft. Add the garlic and cook for about 30 seconds more.

Add the ham hock and ham, stir until beginning to brown. Add the peas, salt, pepper and pepper flakes and stir to combine. Add 8 cups vegetable stock, bay leaf and thyme and simmer for about one hour, until peas are soft. Add more stock as needed, if the soup becomes too thick or dry.

Remove the bay leaf. Season to taste with salt and pepper. Serves 8

\*This is an optional step. I have just washed the dried peas and put them in the pot. They are soft in an hour. Just add more stock.

Recipe courtesy of Emeril Lagasse, 2001

## Pesto Sauce

- 1 cup (1 1/2 oz.) firmly packed fresh basil leaves, well dried after washing salt
- 3 tablespoons freshly grated Parmesan cheese
- 2 tablespoons freshly grated Romano cheese
- 3 tablespoons pine nuts, toasting is an option
- 2 cloves garlic, chopped
- 1/2 cup extra-virgin olive oil

In a blender or food processor, combine the basil with salt to taste (about 1/2 teaspoon). Process until chopped, just a few seconds. Add the cheeses, pine nuts, garlic. Slowly add olive oil. Process until a smooth, creamy sauce forms.

Makes enough sauce for 1 pound of pasta.

Note: add a few chopped walnuts for a nuttier flavor and generous tablespoons of the cheeses.

## Spiral into Love Pasta

- 4 large thin zucchini, trimmed and run through the ribbon grater of a spiralizer
- In a sauce pan over medium-high heat, warm olive oil.
- Add long swirls of zucchini, quickly saute, then add 1/2 cup water to the pan.
- Cover with lid for about 2 minutes, then lid off to evaporate moisture.
- Check for doneness - slightly firm. Put in large bowl.
- Mix in pesto sauce and (optional) top with shaved cheese for garnish.

## Three Shades of Green ...

### Scallops with Avocado Grapefruit Onion Salad

(from Savory Kitchen)

#### Ingredients

- 4 small ruby red grapefruits (about 2 pounds total)
- 3 tablespoons pickled cocktail onions
- 1 whole ripe avocado, sliced thinly
- 2 tablespoons packed flat-leaf parsley leaves
- Freshly ground pepper
- 24 sea scallops (about 2 pounds)
- Kosher salt
- 1 tablespoon best extra-virgin olive oil, plus more for drizzling

#### Directions

Using a very sharp paring knife, peel the grapefruits, carefully removing all of the bitter white pith. Carefully cut in between the membranes to release the grapefruit sections into a bowl. Discard all but 1 tablespoon of grapefruit juice from the bowl. Thinly slice the avocado, add to the bowl. Stir in the pickled cocktail onions and parsley leaves and season with pepper.

Pat the sea scallops dry and season them all over with salt. In a large nonstick skillet, heat the 1 tablespoon of olive oil until it is shimmering. Cook the scallops over moderately high heat, turning once, until they are browned and just cooked through, about 4 minutes total. Spoon the pickled-onion, avocado-grapefruit salad onto small plates and arrange the scallops around the salad. Drizzle with olive oil and serve at once.

#### *Suggested amendments:*

- \* do half grapefruit/half orange segments
- \* halve the cocktail onions (to more easily eat with a fork)
- \* plate on top of salad greens or on top of mini farfalle

*“Enlighten me, then. ”*

## **Decadent Frozen Torte**

- Oil : 8-inch spring form pan.
- Crush: 14 macaroons and spread on bottom of spring form pan.
- Slightly soften: 1 quart of pistachio nut (or any flavor) ice cream.
- Spread on top of crushed macaroons.
- Drizzle: 2 tablespoons chocolate sauce over the ice cream.
- Crush: 14 macaroons and spread on top of ice cream Layer.
- Slightly soften: 1 quart of chocolate (or any flavor) ice cream and spread on top of second layer of macaroons.
- Drizzle: 2 tablespoons chocolate sauce over ice cream.
- Crush 14 pieces of English toffee and spread on top.
- Place torte in freezer for at least 4 to 5 hours, or until hard.
- Serve each slice with a dollop of whipped cream.



Cucumber Rounds with  
Herbed Cream Cheese



Open-Faced Chicken Salad Sandwich



Ham & Split Pea Soup  
Spiral Zucchini Pasta with Pesto

Scallops with Avocado,  
Grapefruit & Onion Salad



Decadent Frozen Torte