



Towne's Harvest Newsletter

July 24, 2007 Week 5

This week's share includes...

Eggplant	Fennel
Summer Squash	Basil
Peas	Chard
Parsley	Oregano

Flower Bouquet (does not require water--is meant to be dried)

Healthy Tidbits...

One of the health benefits of eggplant is that the fiber in eggplant binds to cholesterol in the intestinal tract and prevents it from being absorbed into the blood stream. It is recommended that people do not fry eggplant since it will absorb more fat than other vegetables.

Notes from the Field

GREAT ANTIPASTI SALAD

This healthy side vegetable salad is made quickly and is very fresh tasting. It is a great way to add more vegetables to your meals with little effort. It can be served as a salad, side vegetable, or appetizer, and can be made in advance and kept in your refrigerator. Give it a little extra time to marinate before serving and the flavor will be even better.

- 2 cups carrots, chopped
- 1½ cups thick sliced celery
- 1 cup fresh sliced fennel bulb
- 2 TBS rinsed and quartered Kalamata olives
- 2 TBS capers, rinsed

Dressing

- 1 1/2 tsp dried Italian mixed herbs
- 2 medium cloves garlic, pressed
- 2 tsp Dijon mustard
- 1 tsp honey
- ¼ tsp salt
- ¼ tsp cracked black pepper
- 1½ TBS fresh lemon juice
- extra virgin olive oil to taste

1. Bring salted water to a boil in medium pot while cutting vegetables. Place carrots in boiling water for about 4 minutes and add celery and fennel. Cook for just 1 more minute. Immediately strain through colander and rinse with cold water. Pat dry, and place in a bowl with capers and olives.
2. Whisk all dressing ingredients together, drizzling olive oil at end a little at a time.
3. Toss with vegetables and marinate for at least 15 minutes before serving.



Recipes

MOROCCAN EGGPLANT WITH GARBANZO BEANS

This vegetarian dish is full of flavor, substantial, and makes a complete nutritious meal high in protein. The blended spices of garam masala make this dish rich tasting without being high in fat, and can be easily found in the spice section of your favorite market.

Ingredients:

- 1 large onion cut in half and sliced thin*
- 5 medium cloves garlic, pressed*
- 1 medium red bell pepper cut in 1 inch squares*
- 1 medium eggplant, cut into 1 inch pieces*
- pinch of red pepper flakes*
- 2 tsp turmeric*
- ½ tsp garam masala*
- 1 15oz can garbanzo beans*
- 1 15oz can lentils, drained*
- ½ cup tomato sauce*
- 1¼ cups + 1 TBS vegetable broth*
- ½ cup raisins*
- 1 TBS chopped fresh cilantro*
- salt & black pepper to taste*

Directions:

- 1. Heat 1 TBS broth in a 10-12 inch skillet. Healthy Sauté onion in broth over medium heat for 5 minutes stirring frequently. Add garlic, red bell pepper, eggplant, garam masala, and turmeric. Stir to mix well for a minute, and add broth and tomato sauce. Stir again mix, cover, and cook over medium low heat for 15 minutes, stirring occasionally, or until peppers and eggplant are tender. This is our Stove Top Braising cooking method.*
- 2. Add garbanzo beans, lentils, red chili flakes, and raisins. Simmer for another 5 minutes. Season with salt and pepper. Serve sprinkled with chopped cilantro.*

Healthy Cooking Tips:

Cutting the eggplant and peppers into 1 inch pieces gives the spices a chance to come through in cooking without the vegetables overcooking. This recipe is organized so it can be made quickly. However, when adding the garam masala and turmeric, stir well and give it time to heat up, at least 1 minute, before adding liquid. You will get much more flavor by doing so.

Found at <http://www.whfoods.org/genpage.php?tname=recipe&dbid=52>

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