



## CREAMY DILL POTATO SALAD

6 SERVINGS

### INGREDIENTS

- 2 ½ lbs potatoes (red or gold), cubed
- ½ cup celery (some leaves too), diced
- ¾ cup red onion, finely diced
- ¼ cup fresh dill, chopped
  - OR 4 tsp dried
- 1 can (1 ½ cups cooked) chickpeas/garbanzo beans, drained (optional)
- ½ cup mayonnaise (vegan if desired)
  - OR 4 heaping Tbsp of tahini + 5 Tbsp water
- 2 Tbsp mustard
- 1 lemon, juiced

### DIRECTIONS

1. Place potatoes in a large pot with a tight fitting lid. Mix in a large pinch of salt and water to cover OR to fill bottom 2-3" for steaming (use a trivet at the bottom if you have one). Bring to a boil, then reduce heat and simmer for 13-15 minutes, or until potatoes are fork tender. Drain potatoes in a colander.
2. In a small bowl, whisk together the mayo (OR tahini+water), mustard, lemon juice, and salt and pepper to taste. If dressing is too thin, add more mayo or tahini. If dressing is too thick, add more water or lemon juice.
3. Put the potatoes back into the big pot. Add chickpeas for protein, celery, onion, and dill.
4. Pour the dressing over mixture and mix well to combine. Season to taste with salt and pepper.

● Vegetarian ● Vegan ● Gluten-free ● Dairy-free

## SAVORY ZUCCHINI 'COOKIES'

16 FRITTERS

### INGREDIENTS

- 2 cups zucchini, grated on largest holes
- ¼ cup cheese, shredded
- 1 clove garlic, grated or finely chopped
- 2 green onions, sliced
- 1 egg, lightly beaten
- 1 Tbsp olive oil
- 1 tablespoon fresh mint, chopped
  - OR 1 tsp dried
- 1 Tbsp fresh dill
  - OR 1 tsp dried
- ½ cup flour
- ½ cup breadcrumbs

### DIRECTIONS

1. Preheat oven to 400 °F.
2. Place the grated zucchini in a cheesecloth or clean kitchen towel and squeeze to remove as much of the moisture as you can.
3. Combine all ingredients with salt and pepper to taste in a bowl. Mix well until moistened and the mixture forms a consistency you can form into a patty.
4. Use a small scoop, big spoon, or your hands to shape batter into smooth balls. Place them on a parchment paper lined baking sheet sprayed lightly with baking spray. Leave a small amount of space between each one. Press them down to form a thin patty, about ¼ - ½ inch high.
5. Bake in the preheated oven for 20-25 minutes, flipping over halfway through.
6. Serve fritters (savory 'cookies') with a dipping sauce (try a mix of yogurt, herbs, and lemon juice) or topped with shredded cheese.

**TIP:** make up a bulk batch of these and freeze in an airtight container/bag. Reheat in the oven.

● Vegetarian

## SNEAKY GREENS FRITTATA

6 SERVINGS

### INGREDIENTS

- 1 tablespoon olive oil
- 1/2 medium onion chopped
- 1 clove garlic minced
- 1 pound sausage any kind (optional)
- 4 cups chopped greens: chard, kale, spinach
- 1 teaspoon of paprika
- 5 eggs
- 1/2 cup milk or cream
- 3/4 cup grated cheese like Parmesan, feta, goat, or cheddar

### DIRECTIONS

1. Heat a 10-inch or larger skillet (oven proof, if you have it) with oil. Add the onion and sauté about 2 minutes before adding the garlic. Cook another minute before adding the sausage - if it's precooked, sauté another couple minutes to heat through, if sausage isn't precooked, sauté until cooked thoroughly and no pink is showing.
2. Add the chard, kale, or spinach, stir a bit, and cover for about 4 minutes to steam.
3. Meanwhile, whisk the eggs and milk (or water) together and season with salt and pepper. Add half of the cheese and stir to mix.
4. **If using an oven proof skillet**, remove the cover and stir the mixture in the skillet. Let it cook a little more, allowing any liquid to evaporate. Pour the eggs evenly over the top. Do not stir - let the eggs set around the edges and somewhat in the middle. Using a thin spatula, lift the edges and tip the pan so the liquid egg from the middle runs to the edge and under the cooked egg. Continue all the way around the edge until most of the egg is cooked.

**If using a baking dish**, add greens/sausage mixture to an oiled baking dish. Pour egg mixture over the top.

5. Turn on the oven broiler to preheat if using the skillet, or to 350 °F if using the separate baking dish.

6. **If using an oven proof skillet**, put the pan under the broiler (cover the handle with foil if it is not oven proof) and broil 3-5 minutes until all the egg is cooked and the top is browning.

**If using a baking dish**, bake for 8-12 minutes, until egg is cooked.

7. Put the tip of a knife in the middle of the frittata to see if the egg is cooked through (knife will come out clean).

8. Add remaining cheese to the top and leave in oven 1-2 minutes longer until cheese is melted. Remove and season to taste with salt and pepper.

**TIP:** Serve with toast, a side salad, topped with sliced tomatoes, or doused in hot sauce or ketchup. Add to wraps with mayonnaise and greens.

**TIP:** double or triple the recipe and make a big sheet pan frittata to feed a crowd.

**TIP:** Freeze slices of frittata to heat up in the microwave or oven for the easiest meal

**TIP:** Frittata is for everything but the kitchen sink! Substitute or remove greens or meats. Add potatoes. Add beans. Have a bunch of stale bread ends around? Press these into the bottom of your baking dish before adding mixture over top and baking for "strata" crust.

● Gluten-free



<https://mountainwise.org/producerx/>