

Goat Cheese Balls with Figs and Roasted Almonds

Ingredients

- 1 10.5 oz Goat Cheese, room temperature
- ¼ lb Figs chopped
- 1 cup Roasted Almonds

Place almonds in food processor and chop to small bits. Place in dish.

Place goat cheese and figs in food processor and chop until figs are small bits. Place cheese in fridge to harden some. When cheese has chilled, using desired size scoop, scoop and roll in almonds and make into ball.

Red Lentil Pate'

Ingredients

- 1 cup dry Red Lentils
- 1½ cup sun dried tomatoes
- 1 tbs Herbes de Provence
- 1/3 cup olive oil
- 3 cloves garlic minced
- Salt and pepper to taste
- Smoke Paprika for topping

Directions

Place tomatoes in a bowl and pour enough hot water to cover the top of the tomatoes to rehydrate for two hours. Using a colander, rinse the lentils in cold water then place in pot and add 3 cups water (this includes water from tomatoes). If lentils clump together break apart. Add Herbes de Provence. Bring to a boil then set on simmer until all water is absorbed. Red lentils normally cook within 10 to 15 minutes. Add all ingredients in food processor and puree.

Allow mixture to sit at room temperature for at least 2 hours to allow spices to open up. I prefer to make this 24 hours before serving to allow the spices to totally open. Serve at room temperature.

Spread on bread or crackers and sprinkle on smoked paprika.

Salmon Salad in Wonton Cups

Ingredients

2 pounds cooked salmon, chilled
1 cup small-diced celery (3 stalks)
1/2 cup small-diced red onion (1 small onion)
2 tablespoons minced fresh dill
2 tablespoons capers, drained
2 tablespoons raspberry vinegar
2 tablespoons good olive oil
1/2 teaspoon kosher salt
1/2 teaspoon freshly ground black pepper
18 – 24 wonton wrappers

Directions

Preheat oven 375 F. Brush each wonton wrapper lightly with olive oil then nestle it down into one of the cups of a 24-cup nonstick mini muffin tin. Transfer to the oven and bake until golden brown and crisp, about 6 minutes.

Heat oven to 425 F. Rub olive oil onto salmon and place skin down in baking dish. Bake uncovered for 20 minutes. Allow to cool before adding salad.

Break the salmon into very large flakes, removing any skin and bones, and place the salmon in a bowl. Add the celery, red onion, dill, capers, raspberry vinegar, olive oil, salt, and pepper. Season, to taste. Mix well, place in cups and serve cold or at room temperature.

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Butternut Squash Soup

Ingredients

1 (2 to 3 pound) butternut squash, peeled and seeded
3 tablespoons unsalted butter
1 medium onion, chopped
5 cups chicken stock
1 tsp Nutmeg
Salt and freshly ground black pepper to taste

Directions

Pre-heat oven to 400 F.

Cut squash in half, place on olive oil coated lipped baking pan. Bake approximately 1 hour. Sautee onions in olive oil until translucent, about 8 minutes. Add squash, onion and 2 cups of stock in food processor and puree. Pour into soup pot and add other ingredients. Simmer for 30 minutes.

Chicken and Quinoa Soup

Ingredients

- 1 tablespoon extra-virgin olive oil
- 1 medium onion, sliced
- 3 stalks celery, chopped
- 2 cups roughly chopped carrots
- 1 teaspoon Cajun seasoning, plus more for topping
- 1 cup quinoa
- 1 quart fat-free low-sodium chicken broth
- 1 tbs Better Than Boullion chicken stock
- Kosher salt and freshly ground pepper
- 2 cups chopped broccoli florets
- 4 shredded chicken thighs
- 2 tablespoons low-fat sour cream

Directions

Preheat oven 300 F. Rub boneless, skinless chicken thighs with olive oil, salt and pepper. Place in baking dish cover with foil and bake 60 – 90 minutes.

Heat the olive oil in a large pot over medium-high heat. Add the onion, celery, carrots and Cajun seasoning and cook, stirring occasionally, until the vegetables are slightly soft, about 4 minutes.

Stir in the quinoa, then add the chicken broth, 3 cups water, 1/2 teaspoon salt, and pepper to taste. Partially cover and bring to a simmer, then reduce the heat to medium and cook until the quinoa starts to soften, about 12 minutes. Add the broccoli and cook, uncovered, until just tender, about 5 minutes. Add the chicken and stir to warm through. Season with salt and pepper.

Ladle the soup into bowls. Top with the sour cream and Cajun seasoning to taste.

Fruity cookies

Ingredients

Cream together:

1/2 cup butter

15 oz ricotta cheese

2 eggs

3/8 cup half and half

1 1/2 teaspoons vanilla extract

1 teaspoon salt

Add and mix well

1 box King Arthur Flour Apple Cinnamon muffin mix

Then blend in Fruit and nuts:

1/2 cup Dried pineapple diced fine

1/2 cup Dried cranberries

1/2 Dried apricots diced

1/2 cup raisins

1/2 cup Crystallized ginger diced

2 cups mixed nuts chopped fine.

Preheat oven to 350 degrees.

Allow mixture to rest for 30 minutes.

Line baking sheet with parchment paper and place small scoops of dough evenly spaced on pan and flatten. Bake at 350 for 10 min then rotate pan. Bake another ten min and check bottom of cookie should be golden brown.