

# One Dish Potato Shell Quiche

3 large potatoes  
1 lb fresh spinach (or 10 oz frozen)  
8 oz shredded or grated cheddar cheese  
1 medium onion, chopped  
1 clove garlic (minced or chopped)  
1 tsp basil  
1 tsp parsley  
½ tsp black pepper  
4 eggs  
¾ cup milk



Boil potatoes with or without skins. Mash potatoes with ¼ cup milk. Smooth into a 9-inch quiche or deep dish pie pan. Preheat oven to 375° F.

Cook spinach and drain as much liquid as possible. Sauté onion and garlic. In a large bowl or food processor, mix all remaining ingredients. Add onion, garlic and spinach. Blend until smooth and pour into pie shell. Bake for 40 minutes or until center is cooked. A butter knife inserted into the center should come out clean without egg sticking to the knife. Knife may be moist. Garnish the top with fresh sprigs of basil, parsley or cilantro.

The mashed potato pie shell will be soft.

## **Possible variations:**

Use a pastry pie shell instead of mashed potatoes.

Use leftover mashed potatoes.

Substitute the spinach for other colorful cooked fresh vegetables (peppers, asparagus, Swiss chard, beet greens, or zucchini).

Substitute other hard chopped or shredded cheeses (Swiss, jarlsburg, pepper jack).

Add mushrooms, oregano and parmesan cheese and arrange tomato slices on the top to change it to an Italian flavor.

Increase the protein content with chopped, cooked ham, chicken, hamburger or tofu.

Instead of cooking in the oven, leave out the potatoes and mix all ingredients on the stove top and cover on low heat for 20 minutes until the center is cooked. The bottom will be dark and crusty, but taste great.

Servings: 6

Nutrition Info: 397 calories, 16.39g fat, 5.94g fiber, 496.19mg sodium

# Sour Cream Pesto Dip

1 cup sour cream  
½ cup basil pesto  
3 Tbsp grated parmesan cheese

In a medium bowl, combine all ingredients and mix well to blend. Chill. Serve with crudité's and chips for dipping, or as a sandwich spread.

Servings: 16 servings

Nutritional Info: 74 calories, 6.84g fat, .22g fiber, 84.58mg sodium

Source: <http://busycooks.about.com>

# Fresh Basil Pesto

2 cups fresh basil leaves, packed  
½ cup freshly grated parmesan-reggiano or romano cheese  
½ cup extra virgin olive oil  
1/3 cup pine nuts or walnuts  
3 medium sized garlic cloves, minced  
salt and freshly ground black pepper to taste

Combine the basil in with the pine nuts, pulse a few times in a food processor. (If you are using walnuts instead of pine nuts and they are not already chopped, pulse them a few times first, before adding the basil.) Add the garlic, pulse a few times more. Slowly add the olive oil in a constant stream while the food processor is on. Stop to scrape down the sides of the food processor with a rubber spatula. Add the grated cheese and pulse again until blended. Add a pinch of salt and freshly ground black pepper to taste.

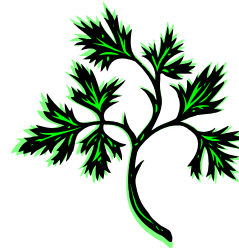
Makes 1 cup

Source: [www.elise.com/recipes](http://www.elise.com/recipes)



# Healthy Corn Dip

¼ cup olive oil  
1/3 cup balsamic vinegar  
3 (11 oz) cans Shoepeg white corn\*, undrained  
1 (15 oz) can black beans, drained  
1 large red pepper, chopped  
1 large green pepper, chopped  
1 large red onion, chopped  
¼ cup fresh cilantro, chopped



In a large bowl, mix all ingredients.

For best results, prepare the day before, storing in the refrigerator. If desired, set out at room temperature for 1 hour before serving, allowing dip to temper.

Serve with lettuce, celery sticks, tossed salad, tortilla chips, etc.

\*Fresh cooked corn may be used when in season

Servings: 32

Nutrition Info: 60 calories, 2g fat, 1g fiber, 125mg sodium

Source: Marilyn Janiczek



# Lemon Basil Cookies

2 ½ cups flour

1 tsp cream of tartar

½ tsp salt (optional)

1 cup butter

1 ½ cups sugar

2 eggs

3 Tbsp lemon basil

Sift together the flour, cream of tartar, and salt. In a separate bowl, cream together the butter and sugar. Add the eggs and beat well. Add the flour mixture and mix until well blended. Stir in the lemon basil. Chill overnight. Roll into walnut size balls. Bake on greased cookie sheet at 350° F for 10 minutes.

Servings: 36

Nutritional Info: 113 calories, 5.48g fat, .24g fiber, 55.89mg sodium

Source: adapted from <http://earthnotes.tripod.com/hrbcookies.htm>

# Sliced Cucumbers with Fresh Herb Dressing

4 large ripe cucumbers, sliced  
¼ cup olive oil  
2 Tbsp chopped fresh thyme leaves  
2 Tbsp chopped fresh oregano  
2 Tbsp chopped fresh parsley  
2 Tbsp chopped fresh chives  
2 Tbsp minced garlic  
¼ cup freshly grated parmesan cheese  
Salt and ground black pepper to taste



Arrange the cucumber slices in a shallow casserole dish. Whisk together the olive oil, thyme, oregano, parsley, chives and garlic in a small bowl. Add salt and pepper to taste. Pour herb mixture over the cucumbers, covering evenly. Top with parmesan cheese. Cover, and refrigerate at least one hour before serving.

Servings: 8

Nutrition Info: 99 calories, 8.1g fat, 1.69g fiber, 47.56mg sodium

Source: Allrecipes.com

# Italian Broccoli and Pasta

2 cups broccoli flowerets  
3 Tbsp chopped green onion  
1½ tsp fresh thyme  
1½ tsp fresh oregano  
½ tsp pepper  
1 can (14 ½ oz) stewed tomatoes,\* not drained  
2 cups uncooked fettuccine noodles (egg less)  
2 tsp parmesan cheese



Cook fettuccine according to package instructions (omitting oil and salt) and drain. Spray skillet with non-stick spray and stir-fry onion and broccoli for 3 minutes. Add seasonings and tomatoes and simmer until heated throughout. Spoon vegetable mixture over fettuccine and top with parmesan cheese.

Servings: 4

Nutrition Info: 150 calories, 1g fat

# Bruschetta

- 1 loaf French bread, sliced
- ½ sweet onion, finely chopped
- 2 cloves garlic, chopped
- 1 (2.25 oz) can sliced black olives, drained
- 3 Tbsp extra virgin olive oil, divided
- 1 Tbsp chopped fresh oregano
- 2 tsp chopped fresh basil
- 2 tsp chopped fresh parsley
- 2 large fresh tomatoes, diced
- 1 cup crumbled feta cheese
- ¼ cup grated parmesan cheese

Preheat oven to 375°. Arrange the bread slices in a single layer on a baking sheet. In a bowl, mix the onion, garlic, olives, 2 Tbsp olive oil, oregano, basil and parsley. Gently toss in the tomatoes. Top bread slices with the tomato mixture. Sprinkle with feta cheese and parmesan cheese. Drizzle with remaining olive oil. Bake 10 minutes in the preheated oven, or until cheese is melted and bread is lightly toasted.

Servings: 16

Nutrition Info: 162 calories, 7.8g fat, 1.3g fiber, 414mg sodium

Source: Allrecipes.com

# Citrus-Basil Vinaigrette

- ¼ cup olive oil
- 2 Tbsp orange juice
- 1 Tbsp lemon juice
- ¼ lemon, zested
- ½ tsp salt (optional)
- 1 Tbsp honey
- 1/8 cup chopped fresh basil
- 1 tsp white wine vinegar



In a jar with a lid, mix the olive oil, orange juice, lemon juice, lemon zest, salt, honey, basil and vinegar. Seal and shake well. Chill 2 hours in the refrigerator. Strain basil before serving.

Servings: 4

Nutrition Info: 140 calories, 13.5g fat, .1g fiber, 291mg sodium

Source: Allrecipes.com