

Cook, Eat & Talk

OUR KITCHEN TABLE



Crostini

Ingredients

- ¼ C. Asiago cheese
- ¼C. Feta cheese
- 2 cloves garlic
- 1 lb. asparagus
- 1 lb. fava beans (cooked or canned)
- Green vegetables of your choice
- 1 t. lemon zest
- 1 T. lemon juice
- ¼ + C. olive oil
- 2 baguettes (French bread) sliced diagonally, 1-inch thick

A meal in itself or serve with pasta with tomato sauce and a salad.

Instructions

1. Drop vegetables in boiling salted water for five minutes. Pat dry. Place in refrigerator.
2. Preheat oven to 350°
3. Drizzle olive oil on bread baguettes. Bake for 3 minutes. Remove from oven
4. In food processor, puree all ingredients puree with ¼C. olive oil. Spread on bread, drizzle with additional olive oil. Toast ten minutes.

Tomato sauce recipe for pasta on back.

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Tomato sauce recipe for pasta on back.

Tomato Sauce

- Prepare six large tomatoes, for example, beefsteak tomatoes.
- To easily remove skins, blanch in boiling water for five minutes. Then, place in ice bath for a few minutes. If you are using heirloom, organic tomato varieties, their thin skins may not need to be removed.
- Dice tomatoes and place in a saucepan.
- Add 1 T. oregano*, 4 cloves of minced garlic, ½ tsp basil*. Simmer for 30 minutes.
- Add ¼ C. olive oil. Stir frequently while the mixture reduces down. Add 1 T. sugar if you must (optional).
- Use to top 100% whole grain pasta of your choice.



* Or use diced fresh herbs from your garden, about a quarter cup of each or to taste.

Recipe shared by Toni Scott, OKT Cooking Coach

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