

## Braised Leeks with White Bean Vinaigrette (6 servings)

### Vinaigrette Ingredients:

1/4 cup red-wine vinegar	Salt and black pepper, to taste
1 tablespoon Dijon mustard	¼ cup extra-virgin olive oil
1 teaspoon sugar	¼ cup white navy beans, drained/blended thoroughly

### Braised Leeks Ingredients:

8 small leeks	½ c homemade or low sodium chicken or vegetable
2 T unsalted butter	½ C dry white wine
Coarse salt and freshly ground pepper to taste	Finely chopped flat leaf parsley, for serving.

**Directions:** Remove outer leaves; cut dark green ends from leeks. Trim roots keep leaves attached. Halve lengthwise; rinse for grit. Cover over medium heat. Add leeks to pan and arrange cut side down in a single layer. Cook until softened and light golden brown, 3 to 4 minutes. Turn leeks and cook on the other side until softened, 3 minutes. Season with salt and pepper. Turn the leeks again so they are cut side down and peel off any papery outer layers. Add stock and wine stirring to deglaze pan. Cook for 1 minute. Bring to a boil, reduce to a simmer, and cover with a parchment round. Cook until the leeks are tender when pierced with a knife, about 15 minutes.

Remove parchment, raise the heat, and cook until liquid is reduced, about 1 or 2 minutes. Sprinkle with coarse salt and parsley and serve on a piece of crostini.

Drizzle with vinaigrette and serve.

## Fried Brown Rice with Scallions, Eggs, Chard & Kale

2 T vegetable oil	2 C dark brown/black rice
1 small yellow onion, cut into ¼ inch dice	2 C brown rice (short grain)
2 medium carrots, peeled and cut into ¼ dice	4 large hard-boiled eggs chopped
6 scallions, white & green parts, separated, sliced	1 C fresh chard, cut stems to ¼ inch & leaves to ½ inch
2 large cloves of garlic, minced	1 C kale cut into ½ inch pieces
1 T minced and peeled ginger	2 T soy sauce

Note: Rice can be made ahead and put in the refrigerator.

In a wok or large non-stick skillet, heat the oil. Add the onion, carrots, and white parts of the scallions and stir fry on high heat until softened for 5 minutes. Add garlic and ginger, and cook until fragrant, about 1 minute. Add the rice to the mixture and all put 1 T of scallions until it becomes warm and begins to brown about 3 minutes. Add the greens until they become wilted about 2 minutes. Add the eggs and fold into the mixture. Remove from the heat and add 2 T of soy sauce. Transfer fried rice to bowls and garnish. Ready to serve.

## Purple Carrot Apple Cake with Lemon/Mint Cream Cheese Frosting by Kristie Nicely Randolph

Yield 24 Servings (9 by 13 pan)

### Cake Ingredients:

2 C all-purpose flour	4 large eggs
2 tsp baking powder	1 ½ C light brown sugar
1 T baking soda	½ C granulated sugar
1 ½ Tsp cinnamon	½ C unsweetened applesauce
½ tsp ginger	1 ½ C grated purple carrots
¼ tsp nutmeg	1 ½ C Grated apple
½ tsp salt	Enough dark brown sugar to cover bottom of the pan
¾ cup canola oil	

### Lemon/Mint Cream Cheese Frosting Ingredients:

1 8oz. cream cheese, softened to room temperature	1 T lemon juice
½ c unsalted butter, softened to room temperature	1 ½ T lemon zest
2 C powdered sugar	2 T fresh mint, cut into strips
1 tsp vanilla extract	

*Directions:* Preheat oven to 350 degrees. Spray with non-stick cooking spray or butter a 9 by 13 pan. Sprinkle enough dark brown sugar to cover the bottom of the prepared pan. In a mixing bowl, whisk together the flour, baking powder, baking soda, cinnamon, ginger, nutmeg and salt until well combined. Set aside. In a separate bowl, whisk together the oil, eggs, brown sugar, granulated sugar, applesauce and vanilla extract until fully combined. Set aside. Pour the wet ingredients and the dry ingredients and mix with a whisk or spatula until just combined. Fold in the grated carrots and grated apples until combined. Pour into the prepared pan and bake at 350 degrees for 30-35 mins or until a toothpick can be inserted. Into the center and comes out clean. Remove from the oven and allow to cool.

To make the *Lemon/Mint Cream Cheese frosting:*

In a mixing bowl using a hand mixer, beat the softened cream cheese until smooth. Add the softened butter and mix until well combined. Add the sifted powdered sugar a little at a time and continue to mix well. Add the vanilla extract, fresh lemon juice, and lemon zest. Gently fold in the fresh mint. Either spread or place a dollop of the frosting on each piece of the cut cake. Garnish with fresh mint and a chopped pecans.