

Sustainable Resilient Longmont: <http://www.srlongmont.org>
<http://www.srlongmont.org/zero-waste.html>
[Get involved](#) and [become a supporting member](#) of SRL today!

[The Big Book of Preserving the Harvest](#) by Carol W. Costenbader
<https://pomonapectin.com/recipes/>
<http://pickyourown.org/>
[Grape Jelly](#) from Pick Your Own
[Pickled Green Beans](#) from Pick Your Own
[Applesauce](#) from Pick Your Own
[Zucchini Cobbler](#) from allrecipes
[Corn Stock](#) from tastingsable
[Ratatouille](#) from cookieandkate

Dill Pickles

Makes 3 quarts

Ingredients:

- 3 cups white vinegar (5% acidity)
- 3 cups water
- ⅓ cup pickling salt (can use kosher coarse/flake salt if need be)
- 4 lbs cucumbers, washed, blossom end trimmed off, cut in spears
- 6 heads dill, or 6 tablespoons dill seed
- 3 cloves garlic, peeled
- 3 grape leaves
- 9 peppercorns
- Optional: mustard seed, hot pepper

Directions:

1. Boil empty jars 10 minutes in a stock pot to sanitize, briefly sanitize the lids, set clean jars and lids out on a clean towel to be filled.
2. Combine liquids and salt in a saucepan and bring to a boil.
3. To each hot, clean quart jar, add 1 grape leaf, 2 heads dill, 1 clove garlic, 3 peppercorns and any other spices, then pack in pickle spears.
4. Fill the jars with hot pickling brine, leaving ¼ inch of headspace. Use a wooden chopstick or non-reactive implement (plastic or rubber spatula) to press down cucumbers, run along edges of glass, and release any air bubbles.
5. Clean rims of each jar with a clean cloth dipped in the boiling water from processing vat. Secure lids and bands.
6. Process in boiling water bath for 20 minutes (25 for Longmont elevation). Cool sealed jars. Check seals by pressing at the center of each lid. You can remove or slightly loosen the bands after seals are confirmed. For the best flavor, let the pickles store in a dark, cool place for several weeks (at least a month) before eating.

Garlic Paste

Garlic, peeled

Olive oil, about 1 tsp per head of garlic

Salt (for flavor & to help preserve)

Summertime Basil Pesto

3 cups basil

6 garlic cloves

$\frac{3}{4}$ cup olive oil

1 cup toasted pecans or pine nuts (3-5 min at 350 degrees)

Juice of $\frac{1}{2}$ lemon or lime

$\frac{1}{2}$ tsp pink salt OR any salt variety to taste

1 tsp crushed lemon pepper

Blend above Ingredients together

Then lastly blend in 1 $\frac{1}{2}$ cups grated Parmesan cheese

*Pesto is delicious with pasta, salad, on toast and in sandwiches

Roasted Pepper Paste

Roasted peppers, varying spice levels to preference

Olive oil

Garlic

Salt

Blend and portion into containers/ice cube trays

Red pepper paste can be used in:

-your favorite chili recipe

-[Best Ever Tom Kha Gai Soup](#) from 40aprons (Thai Coconut Chicken Soup, Whole30, Paleo)

Instant Pot Mac and Cheese

Caution - When releasing pressure, lots of hot liquid will splatter - I find that loosely putting a moist towel over the whistle prevents a big mess.

We love this recipe which uses evaporated milk-

<https://www.number-2-pencil.com/instant-pot-pressure-cooker-macaroni-and-cheese-5/>

This may be a good one to try as well-

<https://pinchofyum.com/instant-pot-mac-and-cheese>

Red Lentil Pancakes are easy 1-2-3!

<https://youtu.be/WaF29Echlsk>

Jenny's Summer Bounty Soup: Chorizo + green lentils + all veggies hearty soup

Ingredients:

½ to 1 lb. fresh chorizo sausage (can substitute with vegan chorizo or andouille or spicy Italian sausage)

olive oil

1 large white/yellow onion

¼-⅓ cup green lentils

Vegetables- almost anything goes- examples

2-4 carrots, chopped

Peppers, any variety, chopped

Eggplant, chopped

Zucchini, chopped

1 bunch kale, chopped

1 box of Red pepper and tomato soup (or any alternative you have)

Any available fresh herbs -mint, basil, thyme, oregano, parsley, cilantro

Salt

Your favorite dry seasoning mix

Cumin/coriander powder

Water or any kind of broth

Pasta Noodles, pappardelle if available

How to make it:

In a big pot, sauté onions in olive oil. Add chorizo and chop it up as it cooks. Start adding vegetables that take a little bit longer to cook such as carrots and eggplant. Add 1/3 cup green lentils. Add salt, dry seasoning mix, Cumin/coriander powder and 1 cup water. Add chopped peppers, kale, zucchini. Add 2 or 3 cups of the red pepper and tomato soup. Add water or broth to get the desired consistency (like a hearty stew). Cook until lentils and all vegetables are adequately cooked. If adding spinach, this is the final ingredient since it does not take long to cook.

The soup definitely tastes better when it's eaten later in the day or rewarmmed, served over pasta or with garlic bread. You can freeze it and take it camping. It also tastes great for breakfast over potatoes.

Cream of Zucchini Soup

Ingredients

- 1/2 small onion, quartered
- 2 cloves garlic
- 1 teaspoon red pepper flakes
- 3 medium zucchini, skin on cut in large chunks
- 32 oz chicken or vegetable broth
- 2 tbsp reduced fat sour cream or plain yogurt (optional or use non-dairy for vegan)
- salt and pepper to taste
- fresh grated parmesan cheese if desired for topping, optional

Instructions

1. Combine chicken broth, onion, garlic, red pepper flakes, and zucchini in a large pot over medium heat and bring to a boil.
2. Lower heat, cover, and simmer until tender, about 20 minutes.
3. Remove from heat and purée with an immersion blender (or smash with a potato masher for a chunkier version), add the sour cream or yogurt and purée again until smooth.
4. Taste for salt and pepper and adjust to taste. Serve hot or cool and freeze for later.

Frittata or Egg Cups

This is a dynamic recipe that you can tweak based on what you have in your kitchen

Ingredients:

Eggs - 8 for cast iron pan frittata, 12 for egg cups, 16 for 9"x13" glass baking dish

Butter

Vegetables - pick a few and have fun! Some ideas: leeks, onions, spinach, zucchini, broccoli, peppers, potatoes, sun or oven dried tomatoes, kalamata olives - all diced or fine chop
feta cheese, diced in small cubes (can use other shredded cheese too, I prefer feta)

Herbs, minced - pick 1-3, have fun! Some ideas: garlic, chives, oregano, thyme, dill, parsley

Salt and pepper to taste

Directions:

1. Preheat oven to 350 F. If using muffin tins or glass baking dish, grease with butter.
2. Melt 1-2 T. butter in skillet (cast iron if using) and saute any vegetables that require precook (leeks, onions, zucchini, broccoli, peppers) if using potatoes, boil until tender and then dice
3. Crack eggs in a large bowl, beat until smooth, add ample black pepper and either 1 T. water with salt to taste, or 1 T. feta brine.
4. Add prepared diced vegetables, cheese, and herbs. Mix well.
5. If using cast iron skillet, melt a little more butter over medium heat, being sure to grease the edges. Pour egg mixture into skillet, spread it out evenly, and cook 2-3 minutes until edges bubble or slightly thicken.
If using muffin tins, ladle into tins, filling $\frac{2}{3}$ full. If using glass baking dish, spread evenly.
6. Put egg bake into oven. If using cast iron, raise temp to 400 F and cook 5 minutes past when oven reaches 400. Otherwise, bake at 350 F, 20 minutes for muffins, 25 or more for baking dish. Bake until set with slight golden top, can test doneness with a toothpick.

Baked Kale Chips (adapted from [this ohsheglows recipe](#))

Play with the spices and ratios, see what combos you like!

Ingredients (per baking sheet - double process if using full bunch of kale)

- 1/2 bunch kale leaves
- 1/2 tablespoon extra virgin olive oil or melted coconut oil
- 1.5 tablespoons nutritional yeast
- 1 teaspoon garlic powder
- 3/4 teaspoon chili powder
- 1/2 teaspoon onion powder
- 1/2 teaspoon smoked paprika
- 1/4 teaspoon fine grain sea salt or pink Himalayan sea salt
- 1/8 teaspoon cayenne pepper (optional)

Directions:

1. Preheat oven to 300F.
2. Remove leaves from the stems of the kale and roughly tear it up into large pieces. Compost the stems (or freeze for smoothies). Wash and dry leaves thoroughly.
3. Add kale leaves into a large bowl. Massage in the oil until all the nooks and crannies are coated in oil. Now sprinkle on the spices/seasonings and toss to combine.
4. Spread out the kale onto baking sheet into a single layer, being sure not to overcrowd the kale. You can line the baking sheet with reusable parchment paper if you like.
5. Bake for 10 minutes, rotate the pan, and bake for another 12-15 minutes more until the kale begins to shrink and firm up. Check often in last 10 minutes so that they don't burn!
6. Cool the kale on the sheet for 3 minutes before eating. Best enjoyed as an immediate snack, but can be stored in an airtight container w/ a tablespoon rice to absorb moisture.

Roasted Chickpeas

Ingredients

- 1 ½ C chickpeas, cooked and rinsed (½ C dried will warrant 1 ½ C cooked)
- 1 tsp ground cumin
- 1 tsp paprika
- 1 Tbsp vegetable oil
- 4 spray(s)
- 1 pinch black pepper

Instructions

Preheat the oven to 350°F. Pat the chickpeas dry with a clean towel and spread out on a baking tray. Sprinkle the cumin, paprika and cayenne pepper over the chickpeas, and drizzle the oil as evenly as possible. Season with salt and pepper, then roll around the tray so the chickpeas are all well coated with the spices and oil.

Roast for 45 minutes, rolling around on tray halfway through cooking.

Tip: you can use whatever spices you like! Garlic powder, chili powder, curry. Mix it up!

ZUCCHINI BROWNIES

Ingredients:

2 cups all-purpose flour
2 tablespoons unsweetened cocoa powder
1 teaspoon baking soda
1/2 teaspoon salt
1/2 cup butter
1 1/2 cups white sugar
2 eggs
1 teaspoon vanilla extract
2 1/2 cups shredded zucchini
2 tablespoons white sugar
1 cup chopped walnuts (optional)
1 cup chocolate chips

Directions:

1. Preheat an oven to 350 degrees F (175 degrees C). Grease a jelly roll pan.
 2. Sift flour, cocoa powder, baking soda, and salt together in a bowl.
 3. Beat the butter and 1 1/2 cups sugar with an electric mixer in a large bowl until smooth.
 4. Beat the first egg into the butter until completely blended, then beat in the vanilla extract with the last egg.
 5. Mix in the flour mixture until just incorporated. Fold in the zucchini; mixing just enough to evenly combine.
 6. Pour mixture into prepared pan.
 7. Sprinkle the remaining 2 tablespoons sugar, chocolate chips, and walnuts on top.
- Bake in the preheated oven until the top is dry and the edges have started to pull away from the sides of the pan, 25 to 30 minutes.

Vegan Banana Ice Cream

Ingredients

1 ripe banana (or a few!)

Optional additions: chopped nuts, peanut butter (or powder), hazelnut spread, chocolate chips, berries. The world is your oyster (but don't use oysters)!

Instructions

1. Peel and chop banana into somewhat even pieces. Place on a tray and freeze for at least two hours until solid. Once the pieces are frozen, transfer them to an airtight container and save for when you're ready to make it.
2. When ready, remove from freezer and pulse banana pieces in a food processor. They won't look creamy at first, but keep pulsing, scraping down the sides as needed.
3. Switch to blending and keep blending until creamy.
4. If adding any additional items, do this now and blend some more to mix evenly and aerate the ice cream.
5. It will be quite soft, but you can eat right away if you'd like, or transfer to an airtight container and freeze.