

Recipes Shared by Olive Friends

Dwight Penas and Kathy Thurston shared this recipe for the Mount Olive Lutheran Church Centennial Cookbook (2009). The goats give their milk for the cheese and live happily on!

Butternut Squash Gratin with Goat Cheese (and Hazelnuts)

Ingredients

3 ½ lbs. butternut squash
2 T. olive oil
4 T. Kosher salt
Freshly ground pepper
½ stick butter, divided
3 c. sliced leeks, white and pale green parts, only
1 tsp. chopped fresh sage
1 5.5 oz. log soft fresh goat cheese
1 c. heavy whipping cream
½ c. hazelnuts, toasted, husked

Instructions

1. Squash is often sold already peeled and seeded making this recipe even easier. Otherwise, peel, seed and chop squash into ¾ to 1-inch cubes.
2. Preheat oven to 400 degrees F.
3. Place squash cubes and olive oil in large bowl; sprinkle with coarse kosher salt and ground pepper to toss and coat.
4. Spread out squash cubes on large rimmed baking sheet. Roast until just tender and beginning to brown, stirring occasionally, about 35 minutes. Cool over to 375 degree.
5. Meanwhile, melt 3 T. butter in heavy medium skillet over medium-low heat. Add sliced leeks and chopped sage; sprinkle with salt and pepper. Sauté until tender but not brown, about 15 minutes.
6. Coat 11 x 7-inch baking dish with remaining 1 T. butter. Spread half of leek mixture over bottom of prepared baking dish. Sprinkle with half of squash and half of cheese. Repeat with remainder of ingredients. Pour cream evenly over gratin. Sprinkle with toasted chopped hazelnuts.
7. Bake uncovered until gratin is heated through and bream is bubbling, about 30 minutes (40 minutes if previously chilled).

Can be made 1 day ahead. Cover and chill. This gratin is a good choice for transporting because it travels well. Either complete the dish at home (wrap it tightly to keep warm) or wait until you get to your destination to add the cream and nuts and then bake.

Judy and Walter Hinck: *“Vegetarian Quinoa Burrito Bowls with Avocado Cream Sauce”* from the Greens and Chocolate web site: <https://www.greensnchocolate.com/vegetarian-quinoa-burrito-bowls-avocado-cream-sauce/>.

Connie and John Marty share a link to their yummy favorite: *Butternut Squash and Red Lentil Soup* from The Simple Veginista web site.
<https://simple-veganista.com/butternut-squash-red-lentil-soup/#tasty-recipes-8562>

Adam Krueger and Thomas Fenner: Here “are two of our favorite meatless meals. Looking forward to what others have that we can try.”

BBQ Cauliflower Lime Slaw Tacos

Serves: 4-6

Ingredients

1 head cauliflower	1 tsp olive oil
1¼ c cooked chickpeas	10-12 tortillas
	Sliced jalapenos, if desired

BBQ Rub

1 tsp cumin	1 tsp salt
1 tsp garlic powder	1 tsp chili powder
1 tsp onion powder	1 tsp coconut sugar
	½ tsp smoked paprika
	¼ tsp black pepper

Creamy Lime Slaw

1 14 oz bag of slaw mix	¼ tsp celery seed
½ c mayonnaise	¼ tsp salt
½ tsp Dijon mustard	1 pinch black pepper
½ tsp maple syrup	1 tsp water
1½ tsp cider vinegar	Juice of 1 lime

Directions

1. Pre-heat oven to 375 degrees F.
2. Make the slaw: In a medium sized bowl add all of the slaw dressing ingredients. Mix ingredients together until a creamy sauce has formed. In a large bowl, add the cabbage mixture and pour dressing over. Mix until everything is combined. Place in the refrigerator until ready to use.
3. In a small bowl or jar, add all of the BBQ rub ingredients and mix together.
4. Separate all of the cauliflower florets and chop them into bite size pieces. Place florets and chickpeas onto a large cookie sheet and drizzle with olive oil and sprinkle with BBQ rub. Toss everything together with your hands so that cauliflower and chickpeas are coated with the rub. Place the cookie sheet in the oven and bake for about 25 minutes, flipping once.
5. If desired, warm up corn tortillas on the stove or in the oven. Add about 1/4 cup of cauliflower and chickpeas to each taco and top with a few tablespoons of slaw. Top with sliced jalapenos if desired.

Farro Lentil Salad

Serves: 4

Ingredients

3 ½ cups cooked farro	2 Tbls red wine vinegar
1 ½ c cooked lentils	2 Tbls lemon juice
1 c grape tomatoes, halved	1 tsp Dijon mustard
1 c cucumber, diced	1 clove garlic, minced
½ c yellow bell pepper, diced	1 tsp Italian seasoning
½ c red bell pepper, diced	½ tsp salt
1/3 c fresh parsley, chopped	¼ tsp pepper
1/3 c olive oil	Fresh arugula, to taste, optional

Directions

1. In a medium bowl, combine the farro, lentils, tomatoes, cucumber, red and yellow peppers, and parsley.
2. In a liquid measuring cup, combine the olive oil, red wine vinegar, lemon juice, Dijon mustard, garlic, Italian seasoning, salt, and pepper, and whisk until blended.
3. Pour the vinaigrette over the farro salad and toss until well combined.
4. Distribute the farro salad into airtight containers with the arugula, if using. Refrigerate up to 5 days.

Lisa and Mark Ruff share two easy favorites.

Quick and Easy Instant Pot Spring Risotto

Ingredients

1 ½ cups Arborio rice	1 tsp salt
3 ½ cups vegie broth	½ tsp black pepper
1 TB extra virgin olive oil	1 lemon, juiced
1 TB butter	1 cup frozen peas
1 small onion, chopped	½ cup grated parmesan cheese
Fresh rosemary, chopped	1 bag spinach, chopped

Instructions

1. Set the Instant Pot to Sauté.
2. Once hot, add the butter and olive oil. Sauté the onion until soft.
3. Add the rice to the Instant Pot. Sauté the rice for about 3 minutes, stirring constantly.
4. Add the broth, lemon juice, rosemary, salt, pepper. Stir to combine the ingredients.
5. Set the lid vent to sealing, then cook on Manual High Pressure for 7 minutes.
6. Carefully perform a quick release of the pressure when cooking is done.
7. Stir in the peas, spinach and parmesan cheese, and taste for seasoning (adding more salt and/or pepper, as desired). You might still see liquid on the rice, but it should stir in.

Black Bean and Sweet Potato Stew

Ingredients

1 onion, chopped	1 can chopped green chilis
2 ribs celery, chopped	1 ½ cup veggie stock or water
1 sweet potato, peeled and diced	1-2 cans black beans
1 14 ½ oz. can diced tomatoes	

Instructions

1. Sauté onion and celery about 5-10 minutes until soft.
2. Add tomatoes, chilies, sweet potato and stock. Bring to a boil. Reduce heat and simmer 10-15 minutes until potatoes are tender.
3. Add black beans and simmer 5 minutes.

Lora and Allen Dundek add their two.

Lentil-Barley Casserole

This could, with some adaptation, be made vegan. We like to eat it topped with Parmesan cheese. Makes 4-6 cups.

Ingredients

¼ cup butter, margarine, or olive oil	3 cups water or vegetable stock (for a non-meatless version, use chicken stock)
1 medium onion, chopped	½ cup dried lentils
3 stalks celery, chopped	1/3 cup dry barley
¼ cup chopped green pepper (optional)	¼ tsp. dried thyme
3 cloves garlic, minced	Salt and pepper to taste
1 large carrot, diced	
3 tomatoes, diced, or 1 15-oz. can of diced tomatoes	

Instructions

1. Melt butter in large pot and sauté vegetables (except tomatoes) for 5 minutes, adding garlic only in the last minute or so.
2. Add tomatoes and remaining ingredients, and bring to a boil.
3. Reduce heat and simmer until lentils are tender and barley is cooked, 30 minutes or so.
4. Check frequently and add more liquid, if needed.
5. Serve with grated Parmesan if you wish.

Bulgur Chili

Ingredients

1 Tbsp oil	½ tsp paprika
½ cup chopped onion	½ tsp salt, or to taste
½ cup chopped celery	¼ tsp cayenne pepper
¼ cup chopped green pepper	Chili powder to taste
1-2 cloves garlic, minced	½ cup raw lentils, or two cups cooked beans
½ cup bulgur (cracked wheat)	of your choice (i.s., kidney or black beans,
4 cups spaghetti sauce	etc.)
1 tsp cumin	

Instructions

1. In large pot, heat oil.
2. Sauté veggies and bulgur for 3 minutes or so.
3. Add remaining ingredients and bring to a boil.
4. Reduce heat and simmer 30|35 minutes, or until lentils are tender. Add extra liquid, if necessary.