

Southern Veggie Plate

“Low Country” Red Rice

6oz can tomato paste	3 cups of water
2 cups rice	½ yellow onion, finely diced
1 bell pepper, finely diced	1 stick butter

Melt butter. Add onions and bell pepper. Add tomato paste and water. Bring to a boil. Add rice. Boil on high heat for 2-3 minutes. Let simmer on low until rice is tender.

Candied Sweet Potatoes

6 medium baked sweet potatoes	1 tsp lemon juice
½ cup light brown sugar	½ cup of syrup from canned peaches (save peaches)
1 ½ tsp cinnamon	¼ cup butter

Peel potatoes, slice lengthwise; then layer in a casserole alternating with other ingredients, cover. Bake at 350 degrees F for 30 minutes, uncover, bake 10 minutes longer. Serves 6-8

Easy Peach Cobbler

3 cups peaches, sliced	1 cup self rising flour
1 tsp lemon juice	1 egg, lightly beaten
½ tsp nutmeg	1 cup sugar
½ tsp cinnamon	1 stick of butter, melted

Place peaches in a buttered, oven-proof baking dish. Sprinkle with lemon juice, cinnamon, and nutmeg. In a separate bowl, mix flour, egg, and sugar to a coarse crumb texture. Spread over peaches. Pour melted butter evenly over flour mixture. Bake uncovered at 350 degrees F for 30-35 minutes. Serves 6

Corn Pudding

2 cups of yellow corn	¼ tsp nutmeg
2 whole eggs	¼ cup heavy cream

Pinch of salt & white pepper (or black)

Place yellow corn in a greased baking dish. In a separate bowl, mix all other ingredients together. Pour mixture over corn and bake for 45 minutes at 350 degrees F, or until golden brown.

Not so southern, Vegetarian Collards

2 bunches of collards	½ white or yellow onion, chopped
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½ tbs apple cider vinegar (to taste) Salt to taste (I use at least ¾ tbsps)
1 tbsp extra virgin olive oil 4 cups vegetable stock or water
2 cloves garlic, finely chopped

In a pot on medium low heat, heat oil, onions, and garlic, until translucent. While onions cook, rinse collards with cool water and slice into 1-inch ribbons, then cut into 3rds. Add collards, salt and vegetable stock. Let simmer on medium low heat for at least 30 minutes, until tender. Add vinegar. Taste before serving.

Cornbread

½ cup unsalted butter 1 cup all purpose flour
1 cup yellow cornmeal 1 tbsp sugar
2 tsp baking powder ½ tsp baking soda
½ tsp salt 1 ½ cup buttermilk
2 large eggs

Preheat oven at 400 degrees F. Lightly grease a 9-inch square baking dish or 9-inch cast iron skillet and place in the oven to heat up. Place dry ingredients in a large mixing bowl and mix well. Make a well in the center and add the buttermilk and eggs, mix until just combined. Then add slightly cooled melted butter. Lightly mix again. Do not over mix. Carefully remove the hot dish from the oven and add the batter. Listen to that sizzle! Bake until the top is golden brown and a toothpick inserted in the center comes out clean. Approx. 20-25 minutes.

Baked Macaroni and Cheese

1 ½ cups dry elbow macaroni 3 tbsp unsalted butter
2 cups milk (not skim) 3 tbsp all purpose flour
2 cups shredded cheese (I like cheddar and gruyere)
½ tsp salt & pepper

*Preheat oven to 350 degrees F. Bring a pot of water to a boil; generously salt the water. While pasta cooks, melt butter in a skillet or pot large enough for the pasta. Add the flour and stir over medium heat until lightly brown (1-2 minutes). Add milk and whisk to remove lumps. Add salt and pepper. Cook over medium heat until sauce thickens and begins to bubble (approx. 5 minutes). Stir in the cheese and whisk until smooth. Drain pasta and stir it into a greased baking dish or cast iron skillet and place in the oven for 20-25 minutes; or until bubbling and golden brown on top. *if you want it super creamy, place under the broiler to brown the top. Keep an eye on it. **Don't bake too long - the sauce will become chunky.*

Other common veggie plate sides:

Buttered corn - Lima beans with diced tomatoes, salt & pepper - Tomato and cucumber salad with white vinegar, olive oil and salt - Baked beans - Sliced tomatoes with salt