Calabacitas

Servings: 6

Ingredients:

2 tablespoons butter
2 tablespoons vegetable oil
2 pounds mixed summer squash (such as zucchini, yellow crookneck squash, and light green skinned calabacita) sliced thin or in bite-size cubes
1 medium onion, chopped
2 small tomatoes, preferably Roma or Italian plum, optional
2 cups corn kernels, fresh or frozen
¼ to ¾ cup chopped, roasted mild New Mexican green chile, fresh or thawed frozen
½ teaspoon salt
Up to ¼ cup half-and-half, optional
4 ounces (1 cup) grated Monterey Jack or Cheddar cheese, optional

Directions:

1. Warm the butter and oil in a large skillet over medium heat. Add the squash, onion, and optional tomatoes. Saute for 10–15 minutes, until the squash is well softened.
2. Stir in the corn, chiles, and salt. Cook covered for another 10 minutes until all vegetables are tender.
3. Add in the half-and-half if you wish and simmer briefly, until the liquid is reduced by about half.
4. Serve hot. Add cheese on top just before serving.

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Chicken Rice Bowl

Servings: 4

Ingredients:

- 1 cup uncooked instant rice
- 1 cup chicken broth
- 2 teaspoons olive oil
- ½ cup chopped frozen green pepper, thawed
- ¼ cup chopped onion
- 1 9-ounce package ready-to-use grilled chicken breast strips
- ½ cup frozen corn, thawed
- ½ cup frozen peas, thawed
- 1 teaspoon dried basil
- 1 teaspoon rubbed sage
- ⅛ teaspoon salt
- ⅛ teaspoon pepper

Directions:

1. Cook the rice in the broth following package directions.
2. In a large skillet, heat the oil and saute the green pepper and onion for 2–3 minutes.
3. Add the chicken, corn, peas, basil, and sage to the skillet. Cook uncovered for 4–5 minutes over medium heat, or until heated through.
4. Stir in the rice, salt, and pepper.
5. Serve in bowls.

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Crepes

Servings: 8

Ingredients:

- 8 eggs
- 2 cups milk
- 1 cup water
- 2 cups flour, regular or gluten free
- 1 teaspoon salt
- 6 tablespoons powdered sugar
- Oil for pan
- Cheese, optional

Directions:

1. Beat the eggs and add milk and water.
2. Mix together the dry ingredients.
3. Make a well in the center of the dry ingredients and add the liquid, beating only until moist.
4. Heat a crepe pan and lightly coat with oil.
5. Add enough batter to thinly cover the bottom of the pan, tilting the pan. Cook until lightly browned.
6. Flip to brown the other side. If adding cheese, do so now to melt.
7. Remove from the pan and add additional fillings as desired.

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Pesto Penne with Vegetables

Servings: 4

Ingredients:

2 cups whole wheat penne pasta
1 cup jarred pesto
1 ½ cups asparagus
1 ½ cups vidalia onion
10 ounce cherry tomatoes
1 tablespoon vegetable oil

Directions:

1. Cook the pasta according to the package directions. Save a cup of the pasta water. Set aside the cooked pasta.
2. Cut the asparagus and onion into small pieces. Heat a pan with the vegetable oil over medium-high heat. Cook the asparagus and onion in the pan.
3. Add the cooked pasta and pesto to the pan. Mix everything together. Add the pasta water one tablespoon at a time until the sauce is the desired consistency.
4. Cut the cherry tomatoes in half and add them to the pan.
5. Serve.

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Pickled Herring

Servings: 32

Ingredients:

- ¾ cup white vinegar
- ½ cup water
- ½ cup sugar
- 2 salted herring, 1–1 ½ pounds each, soaked in cold water for 12 hours
- 2 tablespoons horseradish, squeezed dry
- ¾ cup thin sliced carrot
- ¾ cup thin sliced red onion
- ¼ inch piece ginger root, thinly sliced
- 2 teaspoons whole allspice
- 2 teaspoons whole yellow mustard seeds
- 3 small bay leaves

Directions:

1. Bring the vinegar, water, and sugar to a boil, stirring constantly until the sugar completely dissolves.
2. Remove from the heat and cool to room temperature.
3. Wash the herring in cold running water and cut into 1 inch thick pieces.
4. Layer in 1 quart glass jars: onion, piece of herring, carrots, ginger root, horseradish. Scatter the allspice, mustard seeds, and bay leaf over all. Repeat until all of the ingredients have been used, making 3 or 4 layers. (This should make 2 quart jars.)
5. Pour the cool pickling liquid into the jar, just covering the contents. Close the jar securely with a lid and refrigerate for at least 2–3 days.

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Posolé

Servings: 8

Ingredients:
6 dried New Mexican red chile pods, stemmed and seeded
1–1 ½ pounds pork shoulder or loin, trimmed of surface fat and cut into bite-sized cubes, or 1–2 pigs' feet
Water
2 pounds frozen posole or 1 pound dried posole
2 medium onions, chopped
6–10 garlic cloves, minced
1 tablespoon plus 1 teaspoon salt, or more to taste

Directions:

1. If using frozen posole, simmer the chile pods and pork in a Dutch oven or large pot with 4 quarts of water for about 30 minutes, then add the frozen posole and cook for 30 minutes more.
2. If using dried posole, simmer the posole, chile, and pork in a Dutch oven or large pot with 6 quarts of water for about 1 hour.
3. Stir in the onions, garlic, and salt. Continue to simmer over a low heat until the posole is soft. This should take about 30 minutes for frozen posole or 1 hour for dried posole, although it could be longer.
4. Serve hot in bowls.

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Potato Latkes

Servings: 12 (depending on size)

Ingredients:

- 2 pounds russet potatoes
- 1 medium onion (yellow or white)
- 2 eggs
- ½ cup all-purpose flour
- 1 teaspoon salt, plus more for sprinkling on the finished latkes
- ⅛ teaspoon black pepper
- Oil for frying

Directions:

1. Grate (by hand or using a food processor) the potatoes and onions. Squeeze the mixture to remove as much liquid as possible.
2. Heat ¼ inch of oil in a pan over medium-high heat.
3. Mix eggs, flour, salt, and pepper to the potato and onion mixture.
4. Form the mixture into palm-sized discs to fry. Place the discs into the pan (cook in batches to not overcrowd the pan) and fry until golden brown (3-5 minutes). Flip the latkes to cook the other side (another 3-5 minutes). Drain the fried latkes on paper towels and sprinkle with salt.
5. Serve hot. Popular toppings include applesauce, sour cream, or ketchup.

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Sopapillas

Servings: 12

Ingredients:
1 ½ cups all-purpose flour
½ cup whole wheat flour
1 teaspoon salt
1 teaspoon baking powder
1 teaspoon sugar, optional
2 teaspoons vegetable oil, vegetable shortening, or lard
¼ cup milk or evaporated milk, at room temperature
½ cup lukewarm water or more as needed
Vegetable oil for deep frying
Honey or other toppings

Directions:

1. In a bowl, mix together the flours, salt, baking powder, and sugar.
2. Add in the vegetable oil using fingers to combine. Mix in the milk and water, working the mixture together until a sticky dough forms. Add more water if needed.
3. Strongly knead the dough on a lightly floured surface for 1 minute. The dough should be soft but sturdy and not sticky.
4. Cover the dough with a damp cloth to rest for 15 minutes. Then, divide the dough into 3 balls and let them rest for another 15 to 30 minutes under the damp cloth.
5. On a lightly floured surface, roll out each ball into a circle or rectangle about ¼ inch thick.
6. Cut each portion of dough into 4 pieces.
7. In a high-sided skillet, heat at least 3 inches of oil to 400°F.
8. Fry 1–2 dough pieces at a time. The dough should sink at first before ballooning and rising to the surface.
9. As they start to rise, carefully spoon oil over them until they have fully puffed. Turn them over until they are just golden. Remove from the oil and drain on paper towels.
10. Serve hot with honey or other toppings.

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