

# Golden Veggie Fried Rice

A medley of brown rice cooked in Golden Monkey tea, fried with onion, carrot, broccoli, and bits of egg, peas, and corn

Yield:

6 servings

Ingredients:

3 cups water\*

3 tablespoons Golden Monkey black tea leaves (dry)\*\*

1 1/2 cups brown rice

1 stick butter, divided

1 medium onion, chopped

1 large carrot, peeled and grated

1/3 cup frozen corn

1/3 cup frozen green peas

2 cups chopped (bite-size) fresh broccoli florets

3 eggs, beaten

1/2 tablespoon soy sauce

1 teaspoon salt

black pepper, to taste

Instructions:

1.

Heat water to nearly boiling. Add tea leaves and steep for 3-5 minutes.

Strain leaves from tea. Put hot tea into a medium-size saucepan. Add

rice, and then proceed to cook rice according to package instructions,

subtracting 5 minutes from the suggested cooking time for your rice.\*\*\*

2. Meanwhile, melt 1/4 cup (1/2 stick) of the butter in a large

non-stick skillet over medium heat. Add onion and carrots, and

cook and

stir until onions are translucent and carrots are tender.

3. Add corn, peas, and broccoli, and continue cooking until vegetables are crisp-tender. Pour this vegetable mixture into a bowl and set aside.

4. Return skillet to heat, and melt remaining 1/2 stick of butter.

Increase heat to medium-high, and add beaten egg. Cook and stir

constantly until egg is fully cooked, breaking it into little bits as it cooks.

5. Add cooked rice to egg, reduce heat to medium, and cook for 5 to 10 minutes, stirring occasionally.

6. Sprinkle soy sauce, salt, and pepper. Add vegetables, and cook and stir until seasonings are evenly distributed and mixture is well-heated, about 5-10 minutes.



Golden Veggie Fried Rice

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# Broccoli and Cheese Mina

A savory mina, made from layered matzos with a filling of broccoli, onions, egg, and three cheeses

Yield:

4-6 servings (as a main dish) or 8 servings (as a side dish)

Ingredients:

4 cups of bite-sized fresh broccoli florets (or one 14-ounce bag of frozen broccoli)

1 small onion, chopped

8 matzo squares

1/4 cup (1/2 stick) cold butter, chopped

2 1/4 cups (10 ounces) shredded cheddar cheese

1 1/4 cups cottage cheese

3/4 cup freshly grated Parmesan cheese

2 green onions, chopped

5 eggs

3 tablespoons water

2 cloves garlic, minced

Instructions:

1. Boil or steam broccoli and onion until broccoli is bright green and crisp-tender. Drain.

2. Wet 4 matzos (briefly) under running water, then set aside to soak. Matzos should be slightly soft after soaking, but not soggy or falling apart.

3. Butter a large baking sheet. The baking sheet needs to be large enough to place all 4 matzos in a single layer. Use two sheets

if  
necessary.

4. Place the dampened matzos on the greased sheet(s). Top with even layers of broccoli and onion, shredded cheddar cheese, cottage cheese, Parmesan cheese, and green onions.

5. In a small bowl, lightly beat the eggs and water. Pour slightly less than half of the egg mixture over the broccoli and cheeses.

6. Wet the remaining matzos and place on top, again, in a single layer. Pour the remaining beaten egg over the top. Sprinkle minced garlic, and dot with half of the butter.

7. Bake at 375 degrees for 20 minutes. Dot with remaining butter and return to oven. Bake 10 minutes longer, or until the mina is golden brown and crisp on top. Serve hot or warm.



Broccoli and Cheese Mina

This recipe is from Tammy's Recipes.

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# Matzo Meal and Cottage Cheese Latkes

A flavorful patty of matzo meal, eggs, cottage cheese, and onions, fried in shallow oil

Yield:

20 latkes

Ingredients:

1 1/4 cups cottage cheese

3 eggs, separated

1 teaspoon salt

2 1/4 cups matzo meal (9 ounces)

1 large onion, minced

1/2 teaspoon sugar

3 tablespoons sour cream or plain yogurt or water

ground black pepper

oil, for shallow frying

Instructions:

1.  
In a large bowl, mash the cottage cheese. Add egg yolks, half of the salt, the matzo meal, onion, sugar, sour cream, and pepper. Mix well.
2. With an electric mixer on high speed, beat egg whites with remaining half of salt until stiff. Fold a third of the egg whites into the cottage cheese mixture, then fold in remaining egg whites.
3. Heat a half-inch layer oil in a heavy frying pan, until a drop of water added sizzles. Form latkes into thin patties (if batter/dough is too wet for your hands, shape with two tablespoons or spatulas).

4. Drop into oil and fry over a medium or medium-high heat until the undersides are golden brown. Turn carefully and brown the second side. Remove with slotted spoon and drain on paper towel. Serve immediately, or keep warm on a baking sheet in the oven.



Matzo Meal and Cottage Cheese Latkes

This recipe is from Tammy's Recipes.

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## Cooked Pinto Beans

Simple instructions for making delicious pintos from dried beans!

Yield:

varies

Ingredients:

Dried pinto beans

Water

Salt

## Instructions:

1.

Wash pinto beans in water. Sort out any rocks or other items, if needed. Be sure you're using beans that aren't too old, or they will never cook soft enough no matter how long you cook them!

2. Choose a soaking method:

### Overnight Soak:

Place washed beans in a large stock pot. The pot should be no more than 1/4 filled with dry beans. Fill the pot 3/4 of the way with cold water. Allow beans to soak overnight or at least 6-8 hours. Drain soaking water. Rinse beans.

### Quick Soak:

Use 10 cups of water per pound of dried pintos. Put water and beans into a large stock pot. Bring to a boil. Boil 2 minutes and then allow beans to rest in the water for an hour, covered. Rinse beans.

3. Cooking:

*See additional notes below for crockpot instructions!*

Fill pot with soaked beans and fresh water to 3/4 full. Cook over medium heat and allow to boil until tender (1-2 hours). Drain beans.

Add a little fresh water (1 cup or so for about 8 cups of cooked beans) and stir in salt to taste (important step!).

Keep warm until ready to serve, or refrigerate and re-warm when needed.



Cooked Pinto Beans

Additional Notes:

For beans that are more like refried beans (but still lumpy!), add some additional water and salt and cook beans, stirring occasionally, until desired consistency. Yum! ☐

**Pintos and Cheese:** Sprinkle cooked and salted pintos with shredded cheese for a yummy quick snack or lunch!

**Crockpot pinto beans:**

Cover soaked beans with water, at least an inch above the level of the beans. Cook on low for 8-10 hours or until soft. (Remember, old beans might refuse to ever get soft, so be sure you're using good beans!)



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# Grilled Asparagus

Crisp-tender grilled asparagus spears seasoned with garlic, soy sauce and pepper

Yield:

4 servings

Ingredients:

1 pound fresh asparagus spears

2 tablespoons oil

1 tablespoon soy sauce\*

1 teaspoon garlic salt

8-10 cranks of black pepper

Instructions:

1.  
In clean water, soak 4 long bamboo skewers for at least 20-30 minutes.  
If using shorter skewers, use 8 – or however many it takes.  
Even sturdy toothpicks will work, thought not ideal.
2. Wash asparagus and trim the hard bottoms, leaving only the tender spears.
3. Whisk oil and soy sauce together. Put oil mixture into a ziplock bag with the asparagus spears and shake to coat. Or, if you have a small cookie sheet or tray of some sort, whisk the marinade in that and then roll the spears in the oil mixture to coat.
4. Put skewers through asparagus spears as pictured, making

long flat “rafts” so the asparagus is easy to evenly turn and grill.

5. Pre-heat grill to medium. Sprinkle both sides of the asparagus flats with garlic salt and black pepper.

6. Grill for 3-4 minutes on each side. Grill temperatures and grilling times will vary, so just keep an eye on it and be sure to not over-cook! Asparagus should still be crisp-tender. Remove from skewers and enjoy! ☐

Additional Notes:

\*I’ve also substituted Bragg’s Liquid Aminos and thought it was just as delicious. ☐



Grilled Asparagus

This recipe is from Tammy’s Recipes.

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# Balsamic Maple Brussels Sprouts and Cauliflower

Tender

brussels sprouts and cauliflower florets sauteed with onions and tossed

with balsamic vinegar and maple syrup for a lightly sweet, tangy

flavor!

Yield:

6-8 servings

Ingredients:

1 pound brussels sprouts, washed

1 pound cauliflower florets, washed and cut bite-size

1 large red onion, thickly sliced

2 tablespoons oil

salt, to taste

dash of black pepper

pinch of granulated garlic or garlic salt

2 tablespoons Balsamic vinegar

1/4 cup pure maple syrup

Instructions:

1.

Bring a large pot of water to a rolling boil. Add brussels sprouts to

the boiling water, cover, and boil for 6-8 minutes, until brussels

sprouts are hot in the middle (don't over cook).

2. Add cauliflower florets to the brussels sprouts in the pot, and

cook for 3-4 minutes, just until cauliflower is starting to get tender.

Drain water.

3. In a heavy skillet, saute onions in oil over medium-high heat for about 2 minutes until slightly browned but still crisp.

4. Add the still-hot brussels sprouts and cauliflower to skillet and cook and stir for a couple minutes. Season with salt, pepper, and garlic. Remove skillet from heat.

5. Pour vinegar and maple syrup over vegetables, tossing gently to coat. Serve hot in bowls.

Leftovers are good cold, too!



Balsamic Maple Brussels Sprouts and Cauliflower

This recipe is from Tammy's Recipes.

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# Maple Rosemary Bean Salad

A flavorful medley of kidney beans, black beans, green beans and artichokes seasoned with rosemary and lightly sweetened with maple syrup

Yield:

8 servings

Ingredients:

1 can (15 ounces) cut green beans, drained (OR 1 1/2 cups cut cooked green beans from fresh or frozen)

1 can (15 ounces) dark red kidney beans, drained (or 1 1/2 cups cooked dark red kidney beans)

2 cans (15 ounces each) black beans, partially drained

1 can (15 ounces) marinated artichoke hearts, drained and cut into bite-size chunks (about 1 cup)

1/3 cup finely chopped onion

3 tablespoons balsamic vinegar

6 tablespoons pure maple syrup

1/2 teaspoon salt

1 1/2 tablespoons dried rosemary

1/2 teaspoon poultry seasoning

1/2 teaspoon granulated garlic (or 1 clove freshly minced garlic)

2 tablespoons olive oil

Instructions:

1.  
In large mixing bowl, combine all ingredients and toss to coat.

Refrigerate for 4-6 hours to allow flavors to combine. Serve bean salad

cold or at room temperature.

Bean salad will keep in the fridge for up to a week.



### Maple Rosemary Bean Salad

This recipe is from Tammy's Recipes.

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## Easy Grilled Corn on the Cob

Super easy, fun and yummy – this hot tender grilled corn on the cob is a summer favorite!

Yield:

6 servings

Ingredients:

6 ears of corn (in the husk)

Salt, pepper, and butter, for serving

Instructions:

1.

Rinse ears to remove any dirt, and then soak ears in cool water for

10-30 minutes. You can do this in a clean sink filled with water, or a

large bowl of water.

2. While ears are soaking, preheat grill on high. Remove corn from water and pat or shake gently dry.

3. Place ears of corn on the grill and turn heat to medium. Grill for 15 minutes (lid closed). Turn ears once and grill 15 minutes longer (lid closed).

4. Remove ears from grill (use oven mitts or tongs!) and allow to cool for a few minutes. Peel back husks and break ear away from the husk. Serve hot with butter, salt, and pepper!



Easy Grilled Corn on the Cob

This recipe is from Tammy's Recipes.

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# Whole Berry Cranberry Sauce

An easy thick cranberry sauce using whole cranberries

Yield:

5 cups

Ingredients:

6 cups cranberries, rinsed and drained

1 cup sugar\*

1 1/2 cups water

Instructions:

1. In large sauce pan, combine water and sugar and stir. Add cranberries.
2. Cover and cook at medium heat, stirring occasionally, until mixture boils. Reduce heat (so that mixture is simmering and not boiling) and stir (uncovered) as berries pop and mixture thickens.



Whole Berry Cranberry Sauce

This recipe is from Tammy's Recipes.



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# Roasted Root Veggies

A blend of potato wedges, carrots, and onion strips, tossed with seasonings and oven-roasted to perfection!

Yield:

6-8 servings

Ingredients:

1 1/2 pounds Yukon Gold potatoes (about 5 medium)

1 1/2 pounds carrots (about 6 medium)

1 large onion

2 cloves garlic\*

1 1/2 teaspoons salt

1/4 teaspoon ground black pepper

1/4 cup oil

Instructions:

1.  
Wash potatoes and cut into wedges. Wash or peel carrots, and cut into strips (about 2-3 inches long). Cut onion into wedges or strips or thick slices.\*\*

2. In a large bowl, toss together the prepared veggies with the garlic, salt, pepper, and oil. Spread in a single layer on two greased 11x15-inch baking sheets.

3. Bake in preheated 425 degree oven for 15 minutes. Stir (or turn) and bake for 15 minutes longer, or until golden on the outside and soft

inside. Serve hot!

These roasted veggies go great with a main course of grilled meat, roasted chicken, or burgers.



Roasted Root Veggies

This recipe is from Tammy's Recipes.