

Three Global Recipes

COMMENTS: Learn how to use fresh herbs and dried spices to create quick and delicious meals for one or two people.

INGREDIENTS		
<p><i>Caponata</i> ½ large eggplant ½ large zucchini ½ large onion, sliced round 1 bell pepper, sliced 2 cloves of garlic, minced ¼ cup sliced dried tomatoes ¼ cup Italian parsley 1 tsp Italian seasoning 6 basil leaves 1/8 cup Balsamic vinegar, or to taste 1/8 cup toasted pine nuts (optional)</p>	<p><i>Moroccan Turkey Tagine</i> 1 lb ground turkey ½ large onion, sliced ½ bell pepper, sliced ¼ cup minced dried tomatoes 2 cloves of garlic, minced ½ cup artichoke hearts 2 tbsp tomato paste ¼ cup water ½ tsp salt or to taste ½ tsp pepper or to taste ½ tsp ground ginger ½ tsp ground cumin ½ tsp turmeric ¼ tsp cayenne pepper ¼ tsp red chili pepper ½ lemon, juice squeezed into the dish</p>	<p><i>Soy chorizo quesadilla</i> 1 tube soy chorizo (Trader Joe's preferably) Or regular chorizo 1 garlic clove, minced ½ cup diced onions ½ cup diced bell pepper 2 jalapeno peppers, diced ¼ cup minced dried tomatoes ¼ cup Italian parsley or cilantro Salt and pepper to taste</p>

<ol style="list-style-type: none"> 1. Drizzle olive oil in a hot pan and cook the eggplant and zucchini. Set aside when half-cooked. 2. Add onion and garlic in the pan until soft. 3. Add bell pepper and cook until half-cooked. 4. Add the eggplant and zucchini. 5. Add parsley and basil. 6. Add spices and vinegar. 7. Add pine nuts 	<ol style="list-style-type: none"> 1. Cook ground turkey in olive oil. 2. Add garlic, onions and tomatoes. 3. Add artichoke hearts. 4. Add tomato paste. Add water. Stir. 5. Add spices. 6. Cook uncovered for about 5 minutes or until the spices are absorbed by the meat. Stir frequently. 7. Add a bit more water if dish is getting too dry. 8. Squeeze ½ a lemon into the dish. Stir. 	<ol style="list-style-type: none"> 1. Cook garlic and onions in olive oil. 2. Add the peppers. Cook until soft. 3. Add the soy chorizo. 4. Add the cilantro, if desired.
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