

# KITCHEN

WHAT TO SERVE FRIENDS AND FAMILY  JUNE 2014



**FLAVOR TIP**  
Amp up the protein with tofu, nuts, and beans.

**GOOD TASTE**

## Veg Fund

Vegetable lovers strike it rich with this portfolio of meatless main dishes

THAI PEANUT  
SUMMER  
SQUASH PIZZAS,  
P. 106

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## Thai Peanut Summer Squash Pizzas

**PREP:** 15 minutes  
**GRILL:** 11 minutes

- 1 zucchini**
- 1 yellow squash**
- 1 1/2 tablespoons plus 2 teaspoons olive oil, divided**
- 1/8 teaspoon salt**
- Peanut-Ginger Sauce (recipe below)**
- 1 1/2 pounds deli fresh pizza dough or thawed frozen pizza dough**
- 2 cups (8 ounces) shredded mozzarella cheese**
- 2 green onions, thinly sliced**
- 1 cup fresh mung bean sprouts or 1/2 cup very thinly sliced baby bok choy**
- 1/3 cup shredded or coarsely grated carrot**
- 3 tablespoons chopped fresh cilantro**
- 3 tablespoons chopped salted, dry-roasted peanuts**

**1.** Preheat grill to medium-high heat (350° to 400°). Slice zucchini and yellow squash lengthwise into 6 slices. Brush with 1 1/2 tablespoons oil, and sprinkle with salt. Grill 2 minutes on each side or until tender. Dip in Peanut-Ginger Sauce to coat; set aside squash and remaining sauce.

**2.** Shape dough into 2 (9- to 9 1/2-inch round) crusts. Brush both sides with remaining 2 teaspoons olive oil. Grill 3 to 5 minutes; flip crusts, and top with 1 cup mozzarella cheese, reserved grilled squash and zucchini, and remaining 1 cup cheese. Grill, covered with grill lid, 4 minutes or until crust is cooked through and cheese melts.

**3.** Place pizzas on a cutting board, and top with green onions and next 4 ingredients. Drizzle with remaining Peanut-Ginger Sauce. Serve immediately. Makes 4 servings.

### PEANUT-GINGER SAUCE

- 3 tablespoons creamy natural peanut butter**
- 3 tablespoons honey**
- 1 1/2 tablespoons soy sauce or tamari**
- 1 1/2 teaspoons toasted sesame oil**
- 1 1/2 teaspoons grated fresh ginger**
- 1 teaspoon rice vinegar**
- 1/2 teaspoon chili-garlic paste or sauce**

Combine all ingredients in a small bowl, stirring until well blended. Makes 2/3 cup.

Grilling adds smoky flavor and brings out the natural sweetness of summer vegetables



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## Curry Tofu-and-Bell Pepper Skewers with Sticky Coconut Couscous

**PREP:** 15 minutes **MARINATE:** 45 minutes **GRILL:** 6 minutes **STAND:** 10 minutes

- 1/3 cup rice vinegar**
- 3 tablespoons prepared mango chutney**
- 2 tablespoons grapeseed oil or peanut oil**
- 2 tablespoons hot Madras curry powder or mild curry powder**
- 1/2 teaspoon ground cumin**
- 1/2 teaspoon sea salt**
- 1 (14-ounce) package extra-firm tofu, cut into 24 (1-inch) cubes**
- 8 (10-inch) bamboo skewers**
- 2 large bell peppers, cut into 1-inch pieces**
- Sticky Coconut Couscous (recipe at right)**
- 1/4 cup packed fresh cilantro leaves**

**1.** Combine first 6 ingredients in a blender; blend until smooth. Pour mixture into a 13- x 9-inch baking dish, and add tofu cubes, turning to coat. Marinate 45 minutes, turning occasionally. Meanwhile, soak skewers in water at least 30 minutes.

**2.** Preheat grill to medium-high heat (350°

to 400°). Thread tofu and bell peppers on skewers, reserving marinade.

**3.** Grill skewers, turning occasionally, 6 to 8 minutes or until peppers are lightly charred and tender. Serve with Sticky Coconut Couscous; sprinkle with cilantro. Makes 4 servings.

### STICKY COCONUT COUSCOUS

- 1 teaspoon salt, divided**
- 1 1/2 cups uncooked couscous**
- 2 green onions, minced**
- 1 (13.66-ounce) can unsweetened coconut milk, warm**

**1.** Bring 1 1/2 cups water and 1/2 teaspoon salt to a boil in a medium saucepan. Stir in couscous and green onions. Cover and remove from heat; let stand 5 minutes.

**2.** Stir in coconut milk and remaining 1/2 teaspoon salt; let stand 5 more minutes. Makes 4 cups. ➤

## Veggie Sliders with Red Onion Jam

PREP: 15 minutes CHILL: 1 hour COOK: 1 hour, 15 minutes

- 1/2 cup dried brown lentils, rinsed and drained
- 1 cup vegetable broth
- 1 1/2 tablespoons fresh lemon juice
- 3 tablespoons extra virgin olive oil, divided
- 2 large shallots, finely chopped
- 5 ounces fresh baby spinach
- 2 large garlic cloves, minced
- 3/4 teaspoon salt
- 1/2 teaspoon freshly ground black pepper
- 1/3 cup fine, dry breadcrumbs
- 1/4 cup toasted pine nuts or walnut pieces, finely chopped

### Red Onion Jam (recipe at right)

- 6 small crusty rolls, split and toasted
- 6 tablespoons crumbled blue cheese
- 1 1/2 cups baby arugula or micro arugula

1. Combine first 3 ingredients in a saucepan over medium-high heat. Bring to a boil, reduce heat to medium-low, partially cover, and simmer 28 minutes or until lentils are softened and liquid is absorbed. Transfer to a bowl; mash with a potato masher.

2. Heat 1 1/2 tablespoons oil in a large non-stick skillet over medium heat. Add shallots, and sauté 5 minutes or until softened. Add spinach and next 3 ingredients; sauté 3 minutes or until spinach wilts.

3. Stir together lentil mixture, spinach mixture, breadcrumbs, and pine nuts until well combined. Cover and chill 1 hour.

4. Press mixture into 6 patties. Heat remaining 1 1/2 tablespoons oil in a non-stick skillet over medium-high heat. Sauté burgers 2 minutes on each side or until well browned.

5. Spoon about 3 tablespoons Red Onion Jam onto roll bottoms. Top with burgers, blue cheese, arugula, and bun tops. Makes 2 to 3 servings.

### RED ONION JAM

- 2 tablespoon extra virgin olive oil
- 2 large red onions, coarsely chopped
- 3 tablespoons sugar
- 1/4 teaspoon salt
- 3 tablespoons red wine vinegar

1. Heat oil in a heavy skillet over medium heat. Add onions, sugar, and salt; sauté 25 minutes or until onions are softened and lightly caramelized.

2. Stir in vinegar; reduce heat to low, cover, and simmer 8 minutes or until mixture thickens. Let cool before serving. Makes 1 1/2 cups.



## Grilled Eggplant Parmesan with Grilled Tomato Marinara

PREP: 15 minutes  
MARINATE: 30 minutes  
GRILL: 18 minutes

- 2 (1-pound) eggplants
- 1/4 cup plus 3 tablespoons extra virgin olive oil
- 1 teaspoon sea salt, divided
- 3 tablespoons fresh lemon juice
- 1 large shallot
- 8 (10-inch) bamboo skewers
- 2 pints cherry tomatoes
- 2 large garlic cloves, halved
- 1/2 teaspoon balsamic vinegar
- 1/4 teaspoon dried crushed red pepper
- 1 pound fresh mozzarella, cut into 20 slices
- 2 tablespoons grated fresh Pecorino-Romano cheese

### Fresh basil leaves

1. Cut eggplants crosswise into 20 slices about 3/4 inch thick; place in a 13- x 9-inch baking dish.

2. Whisk together 1/4 cup oil, 1/4 teaspoon sea salt, lemon juice, and shallot. Pour mixture over eggplants, turning to coat. Marinate 30 to 45 minutes. Meanwhile, soak bamboo skewers in water 30 minutes.

3. Preheat grill to medium-high heat (350° to 400°). Thread tomatoes on skewers; brush with 1 tablespoon oil. Grill 8 minutes, turning once.

4. Combine grilled tomatoes, garlic, vinegar, red pepper, 1/2 teaspoon sea salt, and remaining 2 tablespoons oil in a food processor. Pulse until a chunky sauce forms.

5. Grill eggplant slices 5 minutes. Turn over, and sprinkle with remaining 1/4 teaspoon sea salt. Top each eggplant slice with 1 mozzarella cheese slice, and grill 5 minutes or until eggplants are tender and cheese begins to melt.

6. Pour tomato sauce onto a serving platter. Top with eggplants, and sprinkle with Pecorino-Romano cheese and basil. Makes 4 servings. ≡

