



More Than A Side Dish:

A Foray into Vegetarian Cooking

With Chef Robin Blair



Robin Blair is the Chef and owner of Cooking with C.A.R.E. At a young age Robin was taught the love of food from her grandmother, an extraordinary cook. Under the tutelage of many talented local chefs, Robin honed her skills at Cuyahoga Community College's culinary arts program. She has worked in the professional kitchen and as a community nutrition educator. Her passion is to bring families back to the dinner table, one meal at a time

Notes:

Watermelon Gazpacho

Servings: 4

1 large tomato, pureed

1/2 serrano chile

2 cups cubed fresh watermelon

1 teaspoon red wine vinegar

2 tablespoons minced red onion

1/2 cucumber, seeded and minced

2 tablespoons minced fresh cilantro, plus more for garnish

Kosher salt and freshly ground black pepper

Directions:

In a blender, puree the tomatoes, chile, and 1/2 of the watermelon.

Pour in the [red wine vinegar](#) and pulse.

Add the onion, cucumber and dill and season with salt and pepper.

Puree until smooth.

Pour into chilled bowls and sprinkle with dill, remaining watermelon. Serve.

Fire Roasted Corn Salsa

Servings: 4

4	whole	Corn Cobs, fresh
1/2	cup	Fresh Cilantro, chopped
1/2	cup	Red Onion, minced
1	cup	Tomato, diced
3	tbsp	Fresh Lime Juice
3	tbsp	Extra Virgin Olive Oil
2	tbsp	Garlic, minced
1	tbsp	Cumin
		Salt and Pepper to taste

Directions:

Peel back corn husks and remove silk, rinse well

Pull husks back over corn and roast on the grill or in the oven, at 400 degrees, until light brown. Around 20-30 minutes, rotating for even coverage.

Allow corn to cool and cut it off cob into bowl.

Chop remaining vegetables and mix with corn and beans.

Add seasonings, oil and lime juice; mix well.

Allow to marinate several hours or overnight to give flavors time to blend.

Enjoy with pita chips or as a topping for chicken, fish or black bean burger.

Black Bean Burgers

1 ½-2 cups	black beans, prepared
½ cup	mixed peppers and onions, minced
½ cup	spelt berries, prepared
½ cup	salsa
½ cup	corn
1/3 cup	granulated sugar
2 tsp	chili powder
½ tsp	cumin
2	egg whites

If grilling, preheat an outdoor grill for high heat, and lightly oil a sheet of aluminum foil. If baking, preheat oven to 375 degrees F (190 degrees C), and lightly oil a baking sheet.

In a medium bowl, mash black beans with a fork until thick and pasty. Finely chop bell pepper, onion, and garlic. Then stir mixture and eggs into mashed beans. Stir the spices into the mashed beans. Mix in rice until the mixture is sticky and holds together. Divide mixture into four patties. Place patties in the freezer for at least 45 minutes to prevent patties from breaking

If grilling, place patties on foil, and grill about 8 minutes on each side. If baking, place patties on baking sheet, and bake about 10 minutes on each side.

Eggplant Enchiladas

1 1/2-2 lbs	eggplants, unpeeled and cut into 1/2 inch slices (I use the American ones)
15 ounces	tomato sauce
5-6	tomatoes, sliced and roasted
4 ounces	diced Green chilies
1/2 cup	green onion, sliced
1/2 teaspoon	ground cumin
1 head	garlic, roasted
	Salt and pepper
6 ounces	cheddar cheese, shredded (about 1 1/2 cups)
	Cooking spray

Preheat oven to 450. Spray baking sheet with oil and place eggplant slices on it in a single layer. Spray the tops of the eggplant with oil. Bake until soft when pressed about 15-25 minutes.

Meanwhile, in a small pot, combine tomato sauce, chiles, onions, and cumin. Bring to a simmer, then simmer, uncovered, over medium-low heat for 10 minutes. Roast garlic in the oven with the eggplant for 20-30 minutes. Turn oven down to 350 when eggplant is done.

Arrange half the eggplant slices in a single layer over the bottom of a shallow 1 1/2 quart baking dish. Spoon half the sauce over eggplant, slather with garlic and layer tomatoes on top. Sprinkle with half the cheese. Repeat layers ending with cheese.

Bake at 350 until heated through and bubbly (about 30 minutes). Top with sour cream if desired.

Oatmeal Cookie Peach Cobbler

Servings: 4

1/2 cup granulated sugar
1/2 cup packed brown sugar
1/2 cup butter, softened
2 teaspoons vanilla extract
1 large egg
4 1/2 ounces all-purpose flour (about 1 cup)
1 cup old-fashioned rolled oats
1/2 teaspoon baking powder
1/2 teaspoon salt

Filling

11 cups sliced peeled peaches (about 5 pounds)
1/3 cup granulated sugar
2 tablespoons all-purpose flour
2 tablespoons fresh lemon juice
Cooking spray

Directions:

Preheat oven to 350°.

To prepare topping, place first 3 ingredients in a large bowl; beat with a mixer at medium speed until light and fluffy. Add vanilla and egg; beat well. Weigh or lightly spoon 1 cup flour into a dry measuring cup; level with a knife. Combine 1 cup flour, oats, baking powder, and salt; stir with a whisk. Add flour mixture to sugar mixture; beat at low speed until blended. Cover and chill 30 minutes.

To prepare filling, combine sliced peeled peaches, 1/3 cup granulated sugar, 2 tablespoons flour, and fresh lemon juice in a bowl; toss to coat. Spoon mixture into a 13 x 9-inch baking dish coated with cooking spray. Dollop 12 mounds of chilled dough over peach mixture at even intervals. Bake at 350° for 40 minutes or until lightly browned and bubbly.