

Spaghetti Squash Lasagna

INGREDIENTS

- 1 spaghetti squash, halved lengthwise and seeded
- 1 onion, chopped
- 2 tablespoons minced garlic
- 2 (14 ounce) cans stewed tomatoes
- 1 tablespoon dried basil
- 1 cube vegetable bouillon
- Black pepper to taste
- 1 (15 ounce) can black olives, chopped
- 1 cup shredded mozzarella cheese
- 1 cup shredded Parmesan cheese

DIRECTIONS

1. Preheat oven to 325 degrees F (165 degrees C). Spray a baking sheet with a thin layer of cooking spray. Place squash halves cut side down on the baking sheet.
2. Bake squash 35 minutes in the preheated oven or until a knife can be easily inserted. Remove from oven, and cool.
3. Meanwhile, spray a non-stick saucepan with cooking spray. Over medium heat, sauté

the onion and garlic until golden brown. Stir in tomatoes, basil, bouillon cube, and black pepper. Cook for about 15 minutes, or until you have a medium thick sauce.

4. Remove squash strands with a fork, reserving the shells. Layer each half with a spoonful of the sauce, a layer of spaghetti squash strands, olives, and mozzarella cheese. Repeat layers until shells are full, or until all of the ingredients are used. Top with Parmesan cheese.

5. Bake for 20 minutes in the preheated oven, or until Parmesan cheese melts.



Garlic is Wonderful!

In a recent study published in the Proceedings of the National Academy of Sciences, researchers show that eating garlic appears to boost our natural supply of hydrogen sulfide. Hydrogen sulfide is actually poisonous at high concentrations — it's the same noxious by-product of oil refining that smells like rotten eggs. But the body makes its own supply of the stuff, which acts as an antioxidant and transmits cellular signals that relax blood vessels and increase blood flow.

The power to boost hydrogen sulfide production may help explain why a garlic-rich diet appears to protect against various cancers, including breast, prostate and colon cancer, say the study authors. Higher hydrogen sulfide might also protect the heart, according to other experts. Although garlic has not consistently been shown to lower cholesterol levels, researchers at Albert Einstein College of Medicine earlier this year found that injecting hydrogen sulfide into mice almost completely prevented the damage to heart muscle caused by a heart attack.



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help to make
it all work!**

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TOMATILLO— TO-MA-TEE-OH

Lots of us have seen tomatillos before, looking like some kind of funky tomato, but we've simply ignored them because we didn't know what to do with them.

The tomatillo is a member of the tomato family. You might have eaten a tomatillo in a Mexican restaurant at one time or another, probably without realizing it.

A tomatillo looks like a small green tomato, wrapped in a papery husk that is peeled before eating. (Some varieties are actually yellow or even purple.) They will have a tart or slightly sour flavor.

The tomatillo (pronounced to-ma-tee-oh) is native to Mexico and has been grown there for centuries. It is a staple in Mexican cooking and becoming more common in the United States.

Remove the husks from the tomatillos and wash them well. They have a natural soap-like coating you should remove. Tomatillos are not usually seeded prior to use. Wrap loosely in paper in a single layer or place in paper bag and keep in the coolest section of your refrigerator.

Culinary Uses

Although mostly the tomatillo is used cooked it can be eaten raw. It's commonly used in salsas as well as stews and sauces for meats. It is also made into jams & marmalades.

Sweet Salsa Verde

Green sauces are common in [Mexican](#) and Mexican-American cuisines. The basis of the green sauce (known as [salsa verde](#)) is typically [pureed](#) cooked or raw [tomatillos](#), with [chiles](#) or [jalapenos](#), [white onion](#), [cilantro](#), and sometimes [lime](#) added to taste. Salsa verde can range in spiciness from mild to mouth-searing. It may be warm, as in a [chile verde](#), or cold, as a condiment. In Mexican-American cuisine, a green sauce is frequently used as a dip for [tortilla chips](#) and served with [tacos](#), grilled pork, grilled meats and even fish. ^[1]

2 lbs tomatillos
2 jalapenos, stemmed and deseeded & a sweet pepper or 2, deseeded & chopped.
bunch of cilantro
1 large onion, quartered
4-6 cloves garlic
juice of 2 limes
salt and pepper

Remove papery skins and wash tomatillos. Bring a large pot of water to a boil and add tomatillos, onion, garlic, jalapenos & sweet peppers. Turn to low and simmer for about 15 minutes or until tomatillos are soft. Drain and reserve a quarter cup of the cooking water. Add cooking water, lime and roughly chopped cilantro and blend until smooth. A hand blender works perfectly for this but you could easily use a regular blender.

Lemon Cucumbers

They're called "lemon" not because of the taste, but because they are about the size of a lemon and yellow-colored when ripe. They have a lovely, mild taste, even when quite mature, and the skins are relatively thin, so many people serve them with peels on. Lemon Cucumbers (*cucumis sativus*) are an heirloom cucumber variety dating back to 1894. They are pale to bright yellow, shaped like lemons. When they are pale yellow they can be eaten with the skin on. As they mature and become a brighter shade of yellow, the skin becomes a tad harder and one must peel it off. Lemon Cucumbers "don't have much of the chemical that makes other cucumbers bitter and hard to digest", they could be used as one would any other cucumber. Cool, out of the fridge with a little sprinkle of salt, in sandwiches, salads and even salsas.

Quick & Easy Cucumber Pickles

Lemon Cucumbers

Walla Walla Onions (these are a milder onion with a sweeter flavor, but yellow onions will also work)

2 parts vinegar

1 part water

1.) Peel and slice (if need be) cucumbers

2) Peel and thinly slice onion (keep them in a circle shape, not chopped).

1) 3) Put cucumber-onion mixture into bowl or jar (large enough that the vegetables are immersed when liquids are added).

4) Add vinegar and water (adjust to taste; if it's too sharp, add more water).

5) Cover bowl/jar and refrigerate at least 1 hour, before serving.

***Eat as a snack, with a meal or add to your favorite summer garden salad.**

Asian eggplants = Oriental eggplants, which include [Japanese eggplants](#) and [Chinese eggplants](#), have thinner skins and a more delicate flavor than American eggplants, and not as many of the seeds that tend to make eggplants bitter. They're usually more slender than American eggplants, but they vary in size and shape. They range in color from lavender to pink, green, and white.

Hot and Sour Oriental Eggplant

- 2 long Oriental eggplants, cubed
- 1 1/2 tablespoons soy sauce
- 1 tablespoon red wine vinegar
- 1 tablespoon white sugar
- 1 green chile pepper, chopped
- 1 teaspoon cornstarch
- 1/2 teaspoon chili oil, or to taste
- 2 teaspoons salt
- 2 tablespoons vegetable oil

Directions.

1. Place the eggplant cubes into a large bowl, and sprinkle with salt. Fill with enough water to cover, and let stand for 30 minutes. Rinse well, and drain on paper towels.
2. In a small bowl, stir together the soy sauce, red wine vinegar, sugar, chile pepper, cornstarch and chili oil. Set the sauce aside.

Heat the vegetable oil in a large skillet or wok over medium-high heat. Fry the eggplant until it is tender and begins to brown, 5 to 10 minutes. Pour in the sauce, and cook and stir until the sauce is thick and the eggplant is evenly coated. Serve immediately.