

A decorative border of green clovers surrounds the text. The clovers are scattered around the edges of the page, with some larger and some smaller, creating a festive and natural theme.

# *Gourmet Goes Green!*

*March 11, 2009*

*Hostesses*

*Suzanne Couch, Nancy Franich  
Lynn Gay, Sheree Williams*

*Menu:*

*Asparagus Strudel  
Cream of Broccoli Soup  
Arugula Salad with Balsamic Vinaigrette  
Mixed-Up Chicks over Wilted Spinach  
Grasshopper Pie*



### Asparagus Strudel

1/2 pound asparagus, trimmed and cut into 1" lengths  
2 medium sized leeks, white part only, thinly sliced and washed well  
1 TBSP chopped shallot  
2 1/2 sticks sweet butter, melted  
1/2 pound Greyer cheese, grated  
2 ounces sliced almonds  
3 eggs  
2 TBSP fresh chopped mint  
2 TBSP fresh chopped parsley  
4 TBSP chopped dill  
2 TBSP fresh snipped chives  
1 tsp salt  
1/2 tsp freshly ground pepper  
1/2 tsp paprika  
Dash of cayenne pepper  
2 TBSP lemon juice  
12 leaves of packaged phyllo pastry, thawed

1. Blanch asparagus in large pot of boiling water for 3 minutes. Drain and pat dry. Place in bowl
2. Sauté leeks with shallot in 4 TBSP butter until transparent. Add to the asparagus
3. Add all other ingredients except the remaining butter and the phyllo
4. Brush a cookie sheet with melted butter. Lay one leaf of phyllo on work surface and quickly brush with melted butter. Continue until you have 6 layers. Buttering each subsequent layer thoroughly
5. Place half of the asparagus mixture along one short side of the phyllo. Tuck ends in and roll up jelly roll fashion. Place on large baking sheet. Proceed to make a second strudel with remaining phyllo, butter and asparagus mixture and place it on the baking sheet, leaving ample space between the rolls. Brush tops of rolls with any remaining butter
6. Bake for 40-45 minutes, until golden. Cool slightly and slice into 2 " pieces.

Makes 8 portions.



### Cream of Broccoli Soup

4 C water  
3 C chopped fresh broccoli (I use a bag of broccoli flowers)  
2 C chopped ham  
1 medium onion chopped  
1 medium potato chopped (I never peel it)  
3 T butter  
1 1/2 t whole dried basil  
1 t pepper  
1 chicken bouillon cube or substitute 1 C chicken broth and only use 3 C water  
1/2 t dried thyme leaves  
1/2 t salt  
1 tall can (13 oz) evaporated milk  
Grated Parmesan cheese

Combine water, broccoli, chopped ham, onion, potato, butter, basil, pepper, bouillon cube, thyme and salt in a Dutch oven. Bring to a boil. Reduce heat, and simmer 30 minutes or until broccoli is tender, stirring occasionally. Spoon a third of the broccoli mixture into container of a blender and blend 20 seconds. Repeat until all ingredients have been blended. Pour mixture back into Dutch oven. Stir in evaporated milk and simmer 20 minutes. **DO NOT BOIL** as this may cause this soup to curdle. Garnish each serving with cheese. Makes 7 cups.



### Arugula Salad

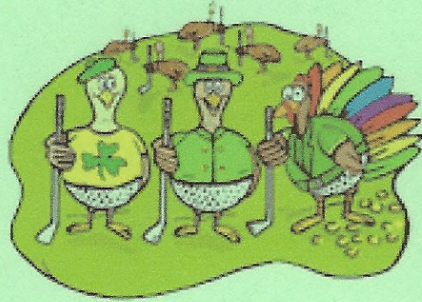
Bunches of arugula- one bunch per person  
Shaved Parmesan

1. Clean and dry arugula thoroughly
2. Wrap and refrigerate until ready to dress the salad. Pour a small amount of the dressing in the bottom of the bowl. Add the arugula, then a bit more dressing and toss thoroughly.
3. Serve and garnish with shaved parmesan

### Balsamic Vinaigrette

1 garlic clove  
1 TBSP prepared Dijon  
3 TBSP balsamic vinegar  
Salt and freshly ground black pepper, to taste  
1 cup best-quality olive oil

1. Put all ingredients into a food processor except the Olive Oil and blend
2. With the motor running, slowly dribble the oil in a steady stream, until the dressing is thick and creamy and all the oil has been incorporated
3. Taste and correct seasonings. Let stand at room temperature until you need it. Rewhisking if necessary before using.



### Mixed Up Chicks

Serves 4

- 4 skinless chicken breasts
- 2 tablespoons pesto
- 4 ounces garlic & herb flavored cream cheese
- 8 strips prosciutto
- Olive oil
- 1 lemon, cut in wedges
- Handful of fresh basil leaves
- Salt and pepper

Preheat oven to 375 degrees. Slice the chicken breasts lengthwise almost all the way through. Open out.

Spread the insides of two breasts with pesto, two with the garlic & herb flavored cheese. Close them up.

Wrap a couple of slices of prosciutto roughly around the outside of each one, and lay them in a baking dish.

Drizzle with a bit of olive oil and a squeeze of lemon. Add lemon wedges. Scatter basil over the top. Bake for 30-45 minutes.

To serve, slice each breast into 3-4 pieces and serve a piece with pesto and a piece with herb cheese on each plate.

Optional: Serve over bed of wilted spinach.

### Wilted Spinach

4-6 cups spinach leaves (1 large bunch), not baby.

Wash, dry, and remove stems (optional).

Heat 1 Tbsp olive oil in large frying pan over medium heat.

Add spinach and toss until wilted.

## Grasshopper Pie

4 T soft butter  
24 chocolate wafers (oreos) crushed  
24 marshmallows  
1/2 C milk  
4T creme de menthe  
2 T creme de cocoa  
1 C whipping cream or 10 oz Cool Whip  
1 mall carton whipping cream  
Green food coloring\*

Mix butter with chocolate wafer crumbs. Press into pie pan or spring form pan  
Melt marshmallows and milk in a double boiler or in microwave. Cool  
Stir in creme de menthe and creme de cocoa.  
Fold in 1 C whipping cream whipped.  
Freeze.

Before serving, whip the carton of whipping cream and spread over the pie. Grate chocolate on top

\* I added food coloring to both the marshmallow mixture and to the whipped cream when it was almost whipped because we wanted our dish to fit our green theme. The creme de menthe I found was clear, so there was not even a hint of green. You can add as much or as little coloring as you desire. NF



## Herb Bread

- 1 loaf unsliced sourdough French bread
- 1/4 pound butter softened (or part butter and part margarine)
- 2 Tbs minced green onion tips
- 2 Tbs minced fresh parsley
- 1 tsp rosemary

Mix butter, green onions, parsley, and rosemary in a food processor until smooth and spreadable.

Cut bread down the middle lengthwise to 1/2 inch of bottom.  
Spread butter mixture on both sides of the cut.

Cut crosswise to 1/2 inch from the bottom of the loaf at 2 inch intervals. Spread the butter mixture between the cuts in the bread and over the entire top surface if you wish.

Wrap in foil and store in the refrigerator for 24 hours or make ahead and freeze

Heat in foil at 350 ° for 30 minutes if frozen or 20 minutes if from refrigerator.



Above: Asparagus Strudel

Right: Herb Bread & Arugula Salad with Balsamic Vinaigrette

Below: Mixed-Up Chicks over Wilted Spinach

