

RECIPES from CAROLYN SWART

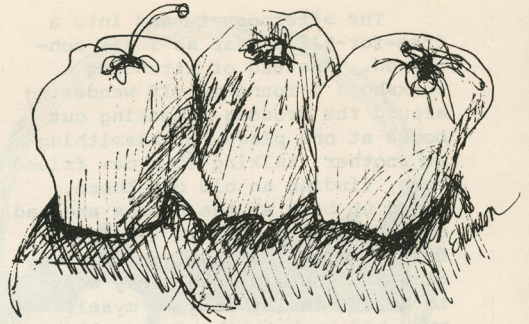
Sesamed Eggplant

olive oil
1 clove garlic, finely minced
2 Tbspns sesame seeds
1 onion, chopped
1 eggplant, cut in ½ moon slices
½ tspn basil
salt and pepper to taste
grated parmesan cheese.

In large frying pan, heat olive oil. Add garlic and sesame seeds. When seeds start to jump around, add onion and stir until soft. Add spices and eggplant. Turn heat low and cover, stirring occasionally. Eggplant is done when very tender. Serve at table with parmesan cheese.

Maple Walnut Bars

In large bowl melt ½ cup butter. Remove from heat and add 1 cup of pure maple syrup (please, no imitations). Stir in 2 eggs, 1/8 teaspoon salt, 1 cup whole wheat flour, 1 cup ground walnuts, and 1 teaspoon vanilla. Mix until smooth. Pour the batter into an oiled 8" x 8" pan. Bake at 350° for about 30 minutes.



Vegetarian Mexican Chili

This recipe was contributed by Barb Kuhnly, who lives 8,745 feet above sea level in Telluride, Colorado. The proportions are up to you. She cooks her beans in a pressure cooker, but after the experience Barb, Jimmy and I had with the pressure cooker one night (it went spastic) I prefer soaking the beans, then cooking them for the required number of hours.

cooked pinto beans
tomato sauce
chopped onions and peppers
cayenne
cumin seed
any other hot spices you like

Mix all ingredients and cook slowly in a covered pot for at least an hour.

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