

**North Carolina Vegetable Growers Recipe Challenge**  
**Sunday, October 15, 2017**

First Place: Jackie Boegel, Raleigh

**Italian Cabbage Casserole**

1 large onion, diced  
3 Tbsp. oil  
2 lbs. ground chicken (any ground meat will work)  
1 tsp. salt and ¼ tsp. black pepper

2 – 28 oz. cans of crushed tomatoes

1 red bell pepper, diced

2 cups grated zucchini

2 tsp. Italian seasoning

2 tsp. basil

1 tsp. parsley

¾ tsp. garlic powder

2 tsp. onion powder

3 tsp. paprika

1 tsp. dried dill weed

1-2 tsp. salt

¼ tsp. pepper

4-6 mini scoops stevia

½ tsp. baking soda

16 oz. cottage cheese

1 egg

1/3 cup parmesan cheese

½ head of cabbage, chopped (approx. 8 cups)

2 cups chopped spinach

4 cups shredded cheese – cheddar, mozzarella

In a 5 qt. pan, sauté onion in oil for 3-5 mins, add ground meat. Sprinkle with 1 tsp. salt and ¼ tsp. pepper. Cook until no longer pink.

Add crushed tomatoes, red pepper, zucchini, Italian seasoning, basil, parsley, garlic and onion powder, paprika, dill weed, 1 tsp. salt, pepper stevia and baking soda. Stir and simmer 15-30 minutes. Add extra salt and stevia to taste.

Mix cottage cheese, egg and parmesan cheese.

Preheat oven to 350 degrees. Grease edges of 9 x 13 pan.

Mix cabbage and spinach in 9 x 13 pan. Add a couple scoops of meat sauce and mix into the cabbage and spinach.

Spoon cheese mixture on top of cabbage, spread out, sprinkle with 1 ½ - 2 cups shredded cheese.

Top with the meat sauce.

Bake uncovered 25-30 minutes or until hot and bubbly. Top with 1 ½-2 cups shredded cheese and sprinkle with Parmesan cheese. Return to oven for 5-10 mins for cheese to melt.

Second Place: Carol Thomas, Raleigh

### **Hot Kale and Turnip Dip**

2 TBSP. Olive Oil

1.5 Cups (1 medium-large), peeled and diced 1/4" Turnips

3 slices, chopped Turkey bacon

1 TBSP, minced Sweet onion

1 clove, minced Garlic

1/2 cup Dry white wine

6 cups, washed, stemmed, and coarsely chopped Kale

8 ounces, cut into pieces Cream cheese

8 ounces Sour cream

1/2 teaspoon Dried crushed red pepper

1/2 cup, plus 1/4 cup for sprinkling on top Freshly grated Parmesan

#### Preparation

1. Preheat olive oil in a large pan over medium-high heat. Cook turnips, turkey bacon and onion for 10 minutes or until bacon is crisp and onion is translucent.
2. Add garlic for the last 2 minutes.
3. Reduce heat to medium. Add wine and kale. Cover and cook 10-15 minutes until kale are tender, stirring occasionally.
4. Stir in cream cheese, sour cream, red pepper, and Parmesan cheese. Cook, stirring often, 6 to 8 minutes or until cream cheese melts and mixture is thoroughly heated.
5. Transfer to a lightly greased 1 1/2-qt. baking dish. Sprinkle top with 1/4 cup Parmesan cheese.
6. Broil 6 inches from heat 4 to 5 minutes or until cheese is lightly browned.
7. Serve with crackers.

NOTE: This dip is very easy to prepare in advance. Follow steps 1 - 4. Refrigerate even freeze until ready. If frozen, thaw. Place in greased baking dish and sprinkle with the 1/4 cup parmesan. Cover with foil and bake at 350 degrees for 25-30 minutes until heated through.

Third Place: Genna Preston, Raleigh

### **Spicy Curry Farmer's Market Soup**

8 cups chicken stock (vegetable stock for a vegetarian friendly recipe)  
2 small yellow onions, diced  
4 cloves garlic, diced  
2 large red or yellow peppers, chopped  
2 large carrots, chopped  
½ medium cabbage, chopped into small pieces  
3 large zucchini, Zoodle spiral or chopped  
2 cans chick peas /garbanzo beans, drained  
4 Tbsp. olive oil  
3 Tbsp. curry powder (yellow)  
2 Tbsp. cumin powder  
1 ½ tsp. Cajun seasoning  
½ tsp. cayenne pepper (optional for less heat or to taste)  
½ tsp. coriander powder  
½ tsp. ginger powder  
Salt and pepper to taste

Add olive oil to a pot and turn heat to medium. Add onions and garlic and cook till translucent. Then add peppers and reduce heat to low. While they are cooking, add the curry, cumin, Cajun, cayenne, coriander, ginger and 2 pinches of salt. Mix the seasonings into the peppers and onions ensuring they are all coated evenly. Next, add the carrots, cover and cook for about 5 minutes.

If you chop your zucchini, cut cabbage into thin strips. Add zucchini and stock to the mixture, cover and bring to a boil. Once your soup has come to a boil, add the cabbage and reduce heat to low. Add chick peas to the soup.

Zucchini options: you can either Zoodle Spiral or chop your zucchini and add it to the soup. Reduce heat and let soup simmer on low. The soup can be served now however, the longer you let it simmer, the longer the flavors have to develop and evolve. I usually let mine simmer for an hour and then let it sit for 30 minutes with the heat off.

Serving suggestions: Bread bowls are a great way to serve this hearty vegetable soup. The bread helps cut the heat while absorbing all of the delicious flavors. The best part is; there are no extra dishes to clean.

Toppings (optional): chopped peanuts to add a nice crunch and flavor punch.

Honorable Mention: Srishti Srivastava, Moorisville

### **Broccoli Pan Cake**

- Broccoli (Grated) – 1½ cups
- White Boiled Potatoes (Grated)- 1½ cups
- Semolina- 1¼ cups
- Cheddar Cheese (Grated)- ½ cup
- Garlic (Grated)- 3 cloves
- Salt- Add to taste
- Black Pepper Powder- ½ tsp
- Vegetable Oil – ½ cup.
- Green coriander – (To Garnish)

Mix Broccoli, Potatoes, Semolina, Garlic, Salt and Pepper. Prepare small balls of the mixture and stuff each ball with Cheddar Cheese and flatten them. Shallow fry the flattened balls at 365 degrees F (185 degrees C) in a 6” frying pan till they turn brown. Garnish them with coriander leaves and serve.

- Serves - 8
- Cooking time - 30 minutes