

Fruits and Veggies from H to J



Recipes

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Healthy Honeydew Cucumber Smoothie

1 cup drinking water

2 small cucumbers, peeled, coarse chopped

1 honeydew melon, peeled, seeds removed, coarse chopped

Put all ingredients in a blender or food processor and blend until smooth and frothy.

Pour into glasses or a pitcher and serve immediately.

You only need to use 1 cup of water because the cucumber and honeydew melon have a lot of natural water already.

Use small cucumbers so there aren't any seeds. If you encounter seeds, just scoop them out and discard.

You'll get 2 to 4 smoothies depending on the size.

Anisette Kissed Honeydew

1 large ripe honeydew melon, peeled and seeded

1/3 cup anisette liqueur

Cut the honeydew melon into bite-sized pieces and put in a pretty salad bowl.

Sprinkle the anisette into the bowl, toss to coat well, then cover bowl with plastic wrap and refrigerate for 1 hour.

Serve cold.

Makes 4 dessert servings.

Crispy Prosciutto Topped Double Melon Salad

2 slices prosciutto, cut into thin strips
1 Tbsp plain Greek yogurt
1 Tbsp mayonnaise
2 tsp honey
1 lemon, zested and juiced
pinch each of salt and black pepper to taste
1/2 ripe honeydew melon, peeled, seeded and diced
1/2 ripe cantaloupe, peeled, seeded and diced
1/4 cup fresh basil, torn into small pieces

Preheat oven to 400 degrees.

Place prosciutto slices on baking sheet and cook in preheated oven until crisp, about 5 to 8 minutes, tossing a couple times so the pieces crisp evenly. Remove and transfer pieces to a paper towel covered cooling rack.

In a large salad bowl, whisk together the yogurt, mayonnaise, honey, zest, and juice until smooth; taste, then add salt and pepper to taste.

Add the honeydew and cantaloupe to the bowl and toss together to coat well with the dressing.

To serve, spoon mixture into 4 bowls, then sprinkle the crispy prosciutto and the basil evenly over the salads.

Serve immediately.

Serves 4.

Tangy Sweet Shrimp With Honeydew Peach Salsa

4 Tbsp rice vinegar
2 Tbsp fresh lemon juice
4 Tbsp finely chopped cilantro
1 1/2 cups finely diced honeydew melon
1 1/2 cups finely diced peeled peaches
2 Tbsp vegetable oil
1 Tbsp honey
1/4 tsp kosher salt
1 1/2 to 2 lbs large fresh shrimp, cleaned

Get out two large glass bowls.

In a separate large measuring cup, add the vinegar, lemon juice, and cilantro, and whisk together.

Divide this mixture evenly between the two large glass bowls.

In one bowl, add the diced fruit, stir to coat, cover bowl with plastic, and put in refrigerator.

In the other bowl, add the oil, honey, and salt, and whisk again, then add the peeled shrimp, stir to coat, cover bowl with plastic, and put in refrigerator.

Leave both bowls in refrigerator for 2 hours, stirring once or twice during this time to make sure everything marinades well.

After the 2 hours, prepare your grill, griddle, or baking sheet. Remove the shrimp from the marinade and grill or bake, cooking until just done.

Remove the bowl with the fruit from the refrigerator. Toss to coat, taste, season with salt if desired.

Serve by spooning cold salsa on a plate and topping with hot, grilled shrimp.

Serves 2 to 4.

Honeydew Orchard Granita

5 cups ripe honeydew melon, diced

1 cup unsweetened apple juice

1/4 cup lime juice

Put all the ingredients in the blender and puree until smooth.

Pour into a 9x13 inch glass or metal baking dish and put in your freezer.

Process the granita by stirring with a fork every 30 minutes, making sure the frozen parts around the edges of the pan are smashed with the fork and stirred into the softer center part.

You'll do this about 7 or 8 times, depending on your freezer.

After about 3 or 4 hours, you should have a firm but not solid texture.

Take the baking dish out of the freezer and use a sturdy metal spatula to shave the granita into slivers and fill a plastic container that has an airtight seal.

Put container in freezer and let freeze for at least 1 more hour, undisturbed this time.

To serve, remove from freezer about 15 minutes before attempting to scoop.

Greek Yogurt Huckleberry Muffins

5 Tbsp butter
1/2 cup sugar
1 egg
3/4 cup Greek yogurt
1 1/2 cups all-purpose flour
1 1/2 tsp baking powder
1/4 tsp baking soda
1/4 tsp salt
3/4 cup huckleberries

Preheat the oven to 375 degrees and prepare a muffin pan, either with cooking spray or paper liners.
Put the butter and sugar in a mixing bowl and beat with an electric mixer until light and fluffy.

Add the egg and beat with electric mixer until just combined.

Add the Greek yogurt, and beat again until just combined.

In separate bowl, put the flour, baking powder, baking soda, and salt, and whisk together until well combined.

With electric mixer running slowly, carefully add dry ingredients to wet ingredients, mixing until just combined - do not over-mix.

With a rubber spatula, fold in the huckleberries, being sure to carefully get the berries distributed evenly through the batter, but not over-mixing. The batter should remain thick and not get runny by overmixing.

Fill the muffin cups 2/3 full.

Bake in preheated oven for 20 to 25 minutes or until the edges brown a bit and a toothpick poked in the middle comes out dry.

Remove and allow to cool slightly, then remove from the muffin pan to a cooling rack.

Huckleberry Apple Pie

3 cups huckleberries
1 cup finely chopped firm apple
3/4 to 1 cup sugar (according to taste)
2 Tbsp flour
1/2 tsp almond extract
pinch of salt
2 pie crust pastries (9 inch size)

Preheat oven to 375 degrees.

Put all ingredients (except pie pastry) into a large bowl and stir together until well combined.

Lay bottom pie pastry in 9 inch pie pan.

Pour the filling into the pie pan.

Lay the second pie crust pastry over the filling, crimp the edges, then cut several small slits in the top crust for steam to vent.

Bake in preheated 375 degree oven for 1 hour or until golden brown.

Remove and cool at room temperature.

Makes 1 pie.

Hackberry Orange Sauce

1 large orange, zested and juiced
1 cup water
2 cups sugar
4 cups hackberries
1/4 tsp ground cinnamon
pinch ground cloves

Sterilize canning quality jars, lids, and rings in boiling water and keep hot.

In a saucepan over low heat, put the orange zest, orange juice, water, and sugar, cooking for 10 minutes, stirring frequently.

Add the hackberries and continue cooking until the hackberries 'pop.'

Add the cinnamon and cloves and continue cooking for 5 minutes, stirring occasionally.

Pour the mixture through a food mill or wire mesh colander and press through to remove seeds and skin.

Pour strained mixture back into the saucepan and put over high heat. Bring to a rapid boil, remove from heat and skim off the foam that forms.

Pour mixture into hot sterilized jars, put on lids and rings, and set aside in a cool, dark location, undisturbed overnight.

Hawthorn Berry Sweet And Savory Sauce

1 lb hawthorn berries, washed and stems removed

1/2 cup water

3/4 cup sugar (more or less to taste)

2 cinnamon sticks

pinch crushed red pepper

Put the hawthorn berries in a saucepan with the water, and put over medium-low heat just until the water starts to bubble, then turn down to low, cover the saucepan tightly and simmer for 30 minutes, stirring a couple times. Remove from heat, allow mixture to cool, then pour through a mesh colander over a bowl and push through the sieve with the back of a big spoon to remove the seeds.

Pour the sauce from the bowl back into a saucepan, add the remaining ingredients, put over low heat, and cook, stirring occasionally, until the sauce gets thick.

Remove from heat and remove the cinnamon sticks.

Serve immediately by pouring hot over ice cream, or pound cake, or other desserts.

You can also use this sauce with duck, pork, or other grilled foods.

Beet Horseradish Relish

2 cups finely diced cooked beets

1/2 cup sugar

1/3 cup prepared horseradish

2 Tbsp finely diced onion

1/2 cup white wine vinegar

Put all ingredients into a saucepan and stir together gently.

Put over medium heat and bring to a simmer, cooking, stirring for 2 to 3 minutes.

Remove from heat and serve warm with grilled meat or fish, or refrigerate to serve cold as a condiment with grilled sausages.

Horseradish And Dill Blended Smoked Salmon Spread

8 oz. cream cheese, room temperature
2 Tbsp prepared horseradish
2 Tbsp chopped fresh dill
1/4 lb. smoked salmon, cut into small pieces
salt and black pepper to taste
celery sticks and crackers for serving

In a bowl, smash up the softened cream cheese with a fork.
Add the horseradish and dill and mix until very creamy and blended well.
Add the salmon and mix well.
Taste and add salt and pepper as needed, stirring to combine.
Serve on celery sticks or spread on crackers.

Horseradish Cream Sauce

1 Tbsp prepared horseradish

1/2 tsp prepared mustard

1 cup sour cream

Put ingredients in a small saucepan, stir to combine, then put over low heat and cook until hot and bubbly, stirring constantly.

Pour hot over cooked vegetables, such as broccoli or asparagus.

Makes enough for 2 servings. You can easily double or triple the recipe as needed.

Grated Horseradish Tossed Skillet Potatoes

4 medium Yukon Gold potatoes, scrubbed
4 Tbsp butter, clarified
2 garlic cloves, minced
1 piece fresh horseradish, peeled and finely grated (about 1 tsp)
2 Tbsp Greek yogurt
salt and pepper to taste
freshly chopped parsley for garnish

Put the potatoes, whole, into a large pot of salted water, bring to a boil, turn heat down and cook at a gentle boil until knife tender (not fork tender) for about 7 to 9 minutes.

Remove potatoes from pot and let cool, then cut into thin slices.

While potatoes cool, put butter in a small saucepan over medium-low heat, melt and let bubble and foam up. Remove from heat and skim off the white foam from the top and discard.

Pour the clear butter that's left into a large heavy skillet over medium-high heat.

When butter sizzles, add the sliced potatoes.

Season potatoes with salt and pepper and fry potatoes until browned and crispy, about 10 minutes, flipping as needed; Add the garlic 1 minute before the potatoes are done, and gently toss to combine and heat.

Remove the skillet from heat when the potatoes are ready, then add the horseradish and the yogurt.

Turn gently with a spatula to combine, but don't break up the potatoes.

Season again if needed with salt and pepper, then top with chopped parsley.

Serve hot as a side dish.

Will serve 2 to 4 people.

Creamy Roquefort Dressed Ice Plant Salad

1 lb Ice Plant
1/2 cup Roquefort cheese
4 Tbsp heavy cream
3 Tbsp sour cream
1/2 lemon, juiced
salt and pepper to taste
2 Tbsp chives, chopped

Wash and dry the ice plant thoroughly.

Make dressing by putting the cheese, heavy cream, sour cream, and lemon juice in blender and pulsing until smooth. Taste and add salt and pepper, then pulse again, taste, until dressing is flavored well.

Put the ice plant in a large salad bowl and toss with the dressing, then sprinkle with cut chives. Serve immediately on chilled salad plates.

Jicama Peach Salad With Mint Lime Dressing

1 lb jicama, peeled and diced small
1 lb peaches, peeled and diced small
3/4 cup light oil
1 tsp lime zest
3 Tbsp fresh squeezed lime juice
2 Tbsp honey
2 Tbsp fresh mint, chopped

In a large salad bowl, put the prepared jicama and peaches.

Put the lime zest, lime juice, and honey in a food processor or blender, start mixing then slowly drizzle in the oil while motor is running, blending until smooth.

Add in the mint and pulse just until combined.

Pour the dressing over the fruit in the bowl and toss gently just until fruit is coated with dressing.

Let sit together at room temperature for about 15 to 20 minutes so the flavors combine.

This salad will serve 4 to 6 people.

Jicama Corn Relish

1/4 lb jicama, peeled, finely diced
1/4 cup frozen whole kernel corn, thawed and drained well
1 small Roma tomato, diced
2 Tbsp green bell pepper, diced
1 Tbsp black olives, diced
1 Tbsp apple cider Vinegar
1 1/2 tsp picante sauce (use favorite jarred)
1 tsp olive oil

Put all the ingredients in a glass bowl and stir together with a spoon until well combined.
Cover bowl with plastic food wrap, and refrigerate for 1 to 2 hours.
Remove from refrigerator and let stand at room temperature for 15 minutes before serving.
Serve with warm tortilla chips, hearty crackers, or anywhere you would normally serve a relish.

Fish Tacos Filled With Jicama Cilantro Salsa

1 cup jicama, peeled, diced
1 cup whole kernel corn
1/2 cup red onion, diced
1/2 cup red bell pepper, diced
1 cup fresh cilantro leaves, finely chopped
1 lime, zested and juiced
2 Tbsp cayenne pepper
1 Tbsp ground black pepper
2 Tbsp salt
6 tilapia filets (about 4 oz each)
2 Tbsp olive oil
12 taco shells
sour cream for topping

Put the jicama, corn, red onion, red bell pepper, cilantro, lime zest, and lime juice in a glass or plastic bowl and toss together until well blended; set aside.

In a separate small bowl, stir together the cayenne pepper, ground black pepper, and salt.

Lay out the fish filets and brush both sides with the olive oil, then sprinkle the mixed dry seasonings evenly over both sides of each filet.

Heat a large skillet, grill, or griddle which has been lightly sprayed with cooking spray to medium-high heat.

Set filets carefully on hot grill and cook for about 3 to 4 minutes, then flip and cook 3 to 4 more minutes or until fish is just cooked through.

Remove fish from grill and break up into smaller pieces.

To serve, divide the fish and salsa between the tacos, and top each with sour cream.

Serve immediately.

Jicama Broccoli Slaw With Orange Slices

1 jicama
3 cups broccoli slaw
2 large oranges; one peeled and segmented, one juiced
1/4 cup red onion, diced
1/2 cup chopped fresh cilantro
1 lime, juiced
salt and pepper to taste

Peel the jicama and cut into very thin strips, matchstick-style.

Broccoli slaw can either be purchased or you can cut them from fresh broccoli stalks. Just peel the stem and slice the tender inside of the stalk into matchstick-style pieces.

Carefully cut the orange segments in half, lengthwise, so you have thin wedges.

In a salad bowl, put the jicama slaw, broccoli slaw, cut up orange, onion, and the cilantro.

Stir in 1/2 the orange juice and all the lime juice until slaw is mixed well and coated well with juice.

You can add more orange juice if needed, but start with 1/2 the orange juice.

Taste and add salt and pepper as needed.

Cover bowl with plastic food wrap and refrigerate for 1 hour.

Toss again before serving.

Serve cold.

Jicama Avocado Tapas

1/2 cup jicama, diced small
1 tsp chopped chives
1/4 cup fresh lime juice
1/2 cup avocado, diced small
1 Tbsp finely chopped sweet onion
1 tsp finely chopped cilantro
pinch hot pepper flakes
salt and pepper to taste
cracked pepper crackers for serving

Put jicama, chives, and half the lime juice in a glass bowl and toss together. Salt and pepper to taste; set aside.

In a separate glass bowl, gently mix the avocado, onion, cilantro, red pepper flakes, and remaining lime juice. Salt and pepper to taste; set aside.

Put the jicama mixture in a pile in the middle of a cold plate.

Arrange the avocado mixture around the jicama mixture in a circle.

Arrange crackers around the outside of the avocado mixture in a circle.

Garnish with chive spikes and flowers if desired.

Serve as an appetizer or as a part of a tapas assortment for dinner.

Sesame Dressed Jicama Bell Pepper Salad

1 Tbsp sesame seeds, toasted
2 Tbsp minced green onions
2 Tbsp minced fresh cilantro
2 Tbsp minced fresh mint
2 Tbsp white wine vinegar
2 Tbsp soy sauce
2 tsp sesame oil
1 Tbsp fresh lemon juice
2 garlic cloves, minced
3 cups jicama cut into thin strips
1 1/2 cup red bell pepper cut into thin strips
1 1/2 cup green bell pepper cut into thin strips
1/2 cup sweet onion, cut into thin strips

Put the first 9 ingredients in a large glass salad bowl and whisk until smooth.

Add all the vegetables to the bowl and toss to coat well.

Cover and refrigerate for 30 minutes.

Toss again before serving.

Will serve 4 to 6.

Jaboticaba Mango Salad

1 cup of jaboticaba (peeled, seeded, and diced)

3 cups of mangos (peeled and diced)

1/2 cup unsweetened shredded coconut

4 large Romaine lettuce leaves

Mix together the jaboticaba and mangos in a glass bowl, cover and refrigerate for 1 hour.

When ready to serve, put one Romaine lettuce leaf on each of 4 cold salad plates and spoon fruit over.

Sprinkle shredded coconut over and serve cold.

Makes 4 fruit salads.

Roasted Tomato And Jalapeno Salsa

8 Roma tomatoes
2 large fresh jalapeno peppers
3 garlic cloves, unpeeled
1/4 tsp salt
1/2 small white onion, finely chopped
1/2 cup chopped cilantro
1 tsp cider vinegar
salt and black pepper to taste

Prepare tomatoes: Wash the tomatoes and put them on a broiler pan. Place the broiler pan under a preheated broiler so the tomatoes are about 4 inches from heating element. Broil until blackened, then turn and broil until other side is blackened. Remove from broiler; put tomatoes in bowl and cover with plastic wrap; set aside to sweat and cool slightly, about 5 minutes. Remove plastic wrap and carefully pull blackened skin from tomatoes, discarding the skin. Do this over a bowl so you collect the juice that drips from the tomatoes. Put peeled tomatoes in bowl with the juice.

Prepare jalapeno and garlic: Put a heavy skillet over medium heat and add the jalapeno peppers and the unpeeled garlic. Shake the skillet and turn the jalapenos and garlic several times with tongs until both get blackened spots. The jalapenos will blacken faster than the garlic, so watch both carefully. Remove when each blackens to a plate to cool slightly. When cool enough to handle, pull the stems off the jalapeno peppers and peel the garlic.

Process: In a food processor, put the jalapeno, garlic, and 1/4 teaspoon of the salt, and process until it makes a paste. Be sure to stop and scrape down the sides with a rubber spatula several times to reincorporate the ingredients together. Add the whole roasted tomatoes (not the reserved juice left from the peeling) to the food processor and pulse several times until you get a size and texture you want for your salsa. Don't over process, you want the tomatoes to still have some pieces, not mush.

Finish salsa: Transfer the mixture from the food processor to a serving bowl. Add any tomato juices reserved from peeling the tomatoes. Add the onion, cilantro, and cider vinegar; stir to combine, taste, and add salt and black pepper to taste. You can add a couple tablespoons of water if desired to make the salsa thinner.

Cover the bowl with plastic food wrap and let sit at room temperature for 1 hour.

Serve as desired as a side, on tacos, or any dish you like.

This recipe yields about 2 cups salsa.

Refrigerate any leftover salsa.

Juniper Berry And Apple Sauerkraut

1 jar (16 oz) sauerkraut
1 cup dry white wine
1/2 small sweet onion, diced
1 medium size firm apple, peeled, cored, diced
8 juniper berries, cracked
salt and pepper
1 Tbsp olive oil
water to cover

Place all ingredients in large saucepan, stir gently to combine.

Pour in just enough water to cover the ingredients.

Turn heat to medium-high and bring contents to a gentle boil, then immediately turn down heat to low, place the lid on the saucepan, slightly tilted, and simmer very slowly for 25 to 35 minutes or until onions and apples are soft. You will want to stir this gently several times during this cooking time.

Serve hot alongside grilled pork sausage or other meats.

Serves 2 to 4.

Super Seasoned Jackfruit Carnitas

2 tsp ground cumin
2 tsp chili powder
1/2 tsp oregano
1/2 tsp salt
1/4 tsp cayenne pepper
1/4 tsp paprika
1/4 tsp garlic powder
1/4 tsp black pepper
1 tsp lime juice
1 tsp soy sauce
1 Tbsp canola oil
1 small onion, diced
2 garlic cloves, minced or grated
1 can (20 oz) of jackfruit in brine, drained

In a skillet over medium heat, put all the ingredients except the jackfruit.

Stir over the heat until onions are softened slightly.

Add the jackfruit, turn heat down to low, and simmer uncovered, stirring frequently until the jackfruit shreds and turns dark in color.

Serve like you would shredded meat in a taco, tortilla, burrito, or on a salad.

Jackfruit Bean Patties

1 small onion, chopped
1 can (20 oz) jackfruit in water or brine, drained
1 can (15 oz) cannellini or other white beans, drained
1 tsp Old Bay Seasoning (more or less to taste)
2 garlic cloves, minced or grated
2 tsp soy sauce
1 tsp prepared mustard
1/2 cup rolled oats (oatmeal)

Put onion and jackfruit in food processor and pulse until jackfruit is broken up into pieces, but not too fine, just small chunks.

Add the white beans to the processor along with the Old Bay Seasoning, garlic, soy sauce, and mustard. Pulse until the beans are broken down but not mushy.

Put the rolled oats into a large bowl, add the jackfruit mixture from the food processor into the bowl and stir well to combine.

Cover the bowl and refrigerate for 20 to 30 minutes.

Preheat oven to 375 degrees.

Get out a baking sheet and line it with parchment paper.

Form patties out of mixture (about 1/3 cup each) and set on prepared baking sheet.

Bake in preheated oven for 20 minutes, turn and bake for another 15 to 20 minutes until golden brown on both sides.

Serve on a toasted bun with condiments or alongside a salad.

This will make 6 to 8 patties depending on size.

Jackfruit Enchilada Casserole

1 can Young Jackfruit in brine
1/2 cup salsa verde
1 can black beans, rinsed and drained well
1 cup Mexican blend shredded cheese
1 cup enchilada sauce
10 corn tortillas (6 inch size)

Put jackfruit in a saucepan and cook for 5 minutes over medium heat, stirring frequently.
Add the salsa verde to the pot, lower the heat to low, and simmer for 35 to 45 minutes, stirring frequently.

Add the black beans to the pot and stir to combine; remove saucepan from stove and set aside.

Pour enchilada sauce into a shallow bowl or plate. Drag 5 tortillas through the sauce to moisten, then lay out to cover the bottom of a large casserole dish.

Spoon the jackfruit/bean mixture over the tortillas in casserole, then sprinkle over half the cheese.

Cover the mixture with the remaining tortillas, first dragging them through the enchilada sauce to moisten. Drizzle any remaining enchilada sauce over the top, then sprinkle the remaining cheese over.

Preheat your oven to 375 degrees.

When hot, put casserole in and bake for 30 to 35 minutes, uncovered, until cheese is melted and casserole starts to brown and pull away from the edges.

This is a good size casserole that will serve 6 to 8 people.

Jerusalem Artichoke Au Gratin

7 or 8 Jerusalem artichokes, depending on the size

1/2 Tbsp butter

salt and pepper to taste

1/2 to 3/4 cup freshly grated Parmesan cheese

Preheat oven to 400 degrees.

Scrub the Jerusalem artichokes with a stiff vegetable brush to remove the skins.

Bring a pot of salted water to boil, add the Jerusalem artichokes, lower the heat slightly, and boil gently for about 8 to 10 minutes or until knife tender. Drain well and cool slightly.

Spread the butter evenly over the bottom of sides of a small baking dish.

Thinly slice the Jerusalem artichokes and lay them in the baking dish.

Season with salt and black pepper, then evenly sprinkle the Parmesan cheese over the top.

Bake in preheated oven until the Parmesan cheese browns nicely and the Jerusalem artichokes are fork tender.

Remove and serve warm.

This is serve 2 to 4 as a side dish.

Lemony Jerusalem Artichoke And Chicken Skillet Dinner

4 to 6 chicken pieces (whatever you like)
1/2 cup fresh lemon juice
1/4 cup olive oil
4 garlic cloves
salt and pepper
8 fresh basil leaves, chopped or torn small
1/4 cup pine nuts, toasted
cooked rice for serving

Peel the garlic cloves and mince or grate.

In a large deep skillet over medium heat, add the olive oil and lemon juice, whisking until just mixed, then add the garlic, Jerusalem artichokes, and enough water to cover.

Bring to a boil, stir, then add the chicken pieces, then salt and pepper to taste.

Cover and cook for 1 to 1.5 hour (more if on the bone, less if boneless.)

When done cooking, uncover and sprinkle the basil over the top, cover, and cook for another 10 minutes.

Toast pine nuts by putting them in a small dry (no oil) skillet over medium heat and shake until they start to get light golden brown, about 1 minute.

Serve chicken with rice on the side and spoon Jerusalem artichoke mixture over the rice.

Makes 4 servings.

Easy Jujube Cheddar Strudel

1 pie pastry
5 oz jujubes (chinese dates), stems removed and halved
1 sweet onion, chopped very fine
1 cup grated Cheddar cheese
1 egg, beaten

Preheat oven to 400 degrees.

Lay pastry out onto a floured work surface, and roll out thin.

Fold the pastry into thirds and roll out thin again.

In a bowl, put the jujube, onion, and cheese and stir together until mixed well.

Evenly spread this mixture over half of the pastry, lengthwise.

Brush all the edges of the pastry with half the beaten egg.

Fold the pastry over the filling and press the edges closed.

Cut little slits diagonally in the top of the pastry and brush the top with the remaining beaten egg.

Set pastry on a baking sheet and bake for 40 to 45 minutes or until golden brown.

Remove from oven and let cool slightly before slicing.

Serve warm or cold as a lunch, snack, or a light dinner.

Soothing Almond Jojoba Body Oil

3/4 cup sweet almond oil

3/4 cup jojoba oil

2 Tbsp apricot oil

Put the ingredients in a pretty bottle with a firm seal. Seal and gently flip and turn the bottle so oils combine.

To use: apply immediately after shower or bath while skin is still damp.

This oil is particularly soothing for skin that has been exposed to too much sun or anywhere on your body where skin is dry.

Be careful after applying the oil - your skin will be slippery. If you applied the oil to your feet, be sure to cover with socks and put on shoes to prevent slipping and falling. Also, if you apply the oil while standing in the shower or tub, the surface will get oily and slippery, so be sure to use grab bars to exit. I recommend placing a towel on the bottom of the shower to stand on while applying the oil, then stepping out onto another towel or rug, and put on socks immediately.