

## Recipes from Esther Attean's Incredible Lunch

### **Three sisters salad:**

Sautee cubed butternut squash, chopped green peppers and red onions in olive oil. Cool, add cooked kidney beans, corn and chopped tomatoes. Dressing is chopped garlic, cilantro, salt, pepper in 1 part olive oil to 2 parts apple cider vinegar.

### **Brown and wild rice salad:**

combine 1 part cooled brown rice to 2 parts cooled wild rice, add chopped carrots, red onion, dried cranberries. Dressing is chopped garlic, parsley, salt, pepper, 1 part red wine vinegar, 1 part orange juice, 1 part olive oil

**Salmon** was poached in equal amounts of water and white wine, fresh dill, sliced lemon, celery ribs & peppercorns. Simmer the mixture for 10 minutes then add fish, simmer w/lid until flaky.

### **Hulled corn soup (vegetarian version):**

Soak yellow eye beans in cold water, drain, rinse and gently boil with chopped onions, salt & pepper, when semi soft, add golden hominy (1 lb beans to 2 cans corn). Folks usually add fried salt pork, ribs or corned beef. Some add potatoes or dumplings, too.

### **Blueberry cake:**

Mix 3 cups flour, 2 cups sugar, 1 Tablespoon baking powder, 2 eggs, 1 1/2 cup milk, 1 stick soft butter, 1 tsp vanilla. Add 2 cups blueberries. Bake 375 for 30 to 35 minutes.

Esther