

## Carrot Zucchini Cupcakes

Makes 12 Cupcakes

1/2 cup expeller pressed canola oil  
1/2 cup unbleached, evaporated cane sugar  
1/4 cup unsweetened organic applesauce  
2 large organic eggs  
1 cup unbleached, organic white flour  
1/2 cup organic whole wheat pastry flour  
3/4 tsp baking soda  
1 tsp cinnamon  
1/8 tsp sea salt  
2 medium organic carrots, grated  
1/2 medium organic zucchini, grated  
1/2 cup chopped walnuts

### Frosting

1/2 cup organic cream cheese, softened  
12/3 cup powdered sugar, sifted, (buy natural and unbleached, if possible)  
2 tsp freshly squeezed lime juice  
12 walnut halves for decoration  
Preheat oven to 400°F.

In a large mixing bowl, beat the oil with the sugar and applesauce. Add eggs. In a separate bowl, mix together mix together the flours, baking soda, cinnamon and salt. Add to the liquid ingredients. Fold in carrots, zucchini and nuts. Spoon into muffin cups filling 3/4 full. Bake 20 to 25 minutes or until done when tested with a toothpick. Cool on a wire rack.

For frosting, beat the softened cream cheese with the powdered sugar. Add lime juice. Ice the cupcakes with a blunt knife. Garnish each with a walnut

## Dilly Beans

2 ½ pounds fresh green beans, washed, with the ends and strings removed  
2 ½ cups vinegar  
2 ½ cups water  
½ cup coarse kosher or pickling salt  
4 stalks fresh dill, washed and drained  
4 cloves garlic, peeled  
4 dried whole red chile peppers

1 teaspoon cayenne pepper  
1 teaspoon dill seed

Prepare your canning jars and two-piece caps (lids and screw bands) according to the manufacturer's instructions. Keep the jars and lids hot. Combine the vinegar, water, and salt in a 6 to 8 quart pot. Bring the liquid to a boil over high heat; boil for 1 minute, stirring to dissolve the salt. Reduce the heat to low and keep the mixture hot.

Pack your washed beans into the prepared jars, leaving headspace of  $\frac{1}{2}$  inch. Trim the tops of the beans, if necessary. During the packing process, add the following to each jar; a sprig of dill, 1 garlic clove, 1 dried red chile pepper,  $\frac{1}{2}$  teaspoon cayenne pepper,  $\frac{1}{2}$  teaspoon dill seed.

Ladle the hot liquid over the beans, leaving headspace of  $\frac{1}{2}$  inch, covering the tops of the beans. Release any air bubbles with a non-reactive tool, adding more liquid to maintain a headspace of  $\frac{1}{2}$  inch.

Wipe the jar rims; seal the jars with the two-piece caps, hand-tightening the bands. Process your filled jars in a water bath for 10 minutes from the point of boiling. Remove the jars from the boiling water with a jar lifter. Place them on a clean kitchen towel or paper towels away from drafts. After the jars cool completely, test the seals. If you find the jars that haven't sealed, refrigerate them and use them within 2 months. Makes 4 to 5 pints.

### Easy Coleslaw

5 cups shredded green or red cabbage  
2 large carrots, grated  
 $\frac{3}{4}$  mayonnaise  
 $\frac{1}{3}$  cup apple cider vinegar  
2 tablespoons honey  
1 teaspoon caraway seeds  
 $\frac{3}{4}$  teaspoon salt or more to taste

Toss the cabbage and carrots in a large bowl. Mix mayonnaise, vinegar, honey, and caraway seeds in a small bowl. Pour the dressing over the cabbage; toss to combine. Stir in salt to taste. Chill until ready to serve.