**Cool Cucumber Soup**  
*From Arboretum Cooking Classes*  
*Serves 6*

2 ½ C. chicken broth  
3 cucumbers, peeled  
1 T. vinegar  
1 C. sour cream  
1 T. dill weed  
1 clove garlic  
½ t. salt

Combine all ingredients in a blender, and process until soup is smooth. Refrigerate for 2 hours and serve cold. For a low-fat variation, substitute non-fat plain yogurt for the sour cream. For a flavor variation, use mint instead of dill.

**Seasonal Vegetables with Lemon Olive Sauce**  
*From Arboretum Cooking Classes*  
*Serves 6*

For Sauce:  
4 cloves garlic, chopped  
Juice of 2 lemons  
grated zest of 1 lemon  
1 C. pitted black or green olives, sliced  
½ C. olive oil  
2 T. honey  
1 t. fresh fennel, chopped

4 C. seasonal vegetables:  
Beets, onions, zucchini, green beans

This is best on the grill, but can be prepared in the oven as well. Preheat grill to high heat, or oven to 425F. Combine sauce ingredients and mix well. Cut vegetables into large, thin pieces, and marinate in the sauce for up to 4 hours. Remove vegetables and reserve the sauce.

Place the vegetables on a hot, oiled grill and turn once. Cook about 15 minutes until vegetables are crisp-tender and brown. For oven cooking, prepare a baking sheet by spraying with oil and then covering with aluminum foil. Spread the vegetables in a single layer, and bake about 20-25 minutes.

Top with remaining sauce before serving.
Couscous with Currants and Cumin
From Chef Jenny Breen
Serves 8

2 ⅔ C. water
2 C. couscous
1 C. currants
¼ C. olive oil
2 small onions, finely chopped
4 cloves garlic, minced
2 T. fresh ginger, finely grated
2 t. cumin seeds
2 oranges, zested
¼ C. slivered almonds
2 T. fresh cilantro, finely chopped
salt to taste
red pepper flakes

Bring water to a boil in saucepan. Remove from heat, then stir in the couscous and currants. Cover and let stand 5 minutes. Heat oil over medium-high heat. Add onion, garlic and ginger and sauté until tender, about 3 minutes. Add cumin seeds and sauté 1 minute more. Fluff couscous with fork. Stir in onion mixture, orange zest, almonds and cilantro. Add salt and red pepper flakes to taste.

Asparagus with Citrus and Olive Marinade
From Chef Jenny Breen
Serves 8-10

Marinade:
Juice of ½ lemon (about 3 T.)
2 T. honey (use agave syrup for vegan version)
¼ C. olive oil
¼ C. champagne vinegar
2 t. salt
4 garlic cloves, minced
2 T. minced fresh thyme or 2 t. dried
2 very ripe navel oranges or tangerines, peeled, seeded and coarsely chopped with their juice
1 C. Kalamata olives, pitted and chopped

Asparagus:
¼ C. water
2 T. olive oil
2 pounds asparagus, trimmed and cut in thirds
½ red onion, sliced very thinly

Prepare marinade by combining the lemon juice, honey, ¼ C. of olive oil, vinegar, salt, garlic, and thyme and whisk well. Stir in the oranges with their juice and the olives and set aside. In a saucepan, heat the water and 2 T. of olive oil. When almost boiling, place the asparagus and red onion in the pan, cover and steam until the asparagus is bright green and tender, about 2 to 3 minutes. Remove the onions and asparagus form the pan and cover with the marinade. Chill for up to 4 hours.
ENTREES

Chicken Kabobs in Yogurt Marinade
From Chef Jenny Breen
Serves 8

4 whole boneless, skinless chicken breasts
½ C. plain yogurt
½ t. salt
1 t. turmeric
¼ t. dry mustard
½ t. chili powder
½ t. cumin
¼ t. ground cardamom
2 t. lemon juice
2 t. white vinegar
1 onion, quartered and layers separated
1 pint cherry tomatoes
2 zucchini, halved and sliced thickly
16 bamboo skewers
2 lemons cut into wedges
parsley

Cut chicken into 1-inch cubes, about 32 pieces. Combine yogurt, salt, spices, lemon juice and vinegar. Add chicken and vegetables and stir. Marinate for several hours or overnight. Soak skewers in water. Thread chicken, onions, tomatoes and zucchini onto skewers. Grill or broil 8-10 minutes, turning half way through. Garnish with parsley and serve with lemon wedges.

Chicken in Spicy Yogurt-Almond Sauce
From the Arboretum Cooking Classes
Serves 6-8

6 half chicken breasts, skinless and boneless
4 medium onions, sliced thinly
1/3 C. olive oil
¾ C. blanched, ground almonds
3 T. coriander
1 inch fresh ginger, peeled and chopped
2 t. cardamom
2 t. salt
2 t. cumin
1 t. ground fennel
1 t. cayenne pepper (to taste)
2 C. Greek-style plain yogurt
1 C. water
Fresh parsley sprigs

Cucumber accompaniment:
2 cucumbers, peeled and sliced
1 C. Greek-style plain yogurt
1 T. vinegar
1 T. vegetable oil
Freshly ground pepper

Cut chicken breasts in half length-wise and pound to ¼-inch. Sauté in olive oil 2-3 minutes on each side. Set chicken aside. Sauté onions in olive oil until very soft. Add remaining ingredients, except for the yogurt, water and parsley. Cook about 3-5 minutes longer. Remove from heat and puree in two batches, mixing ½ of the onion mixture with 1 C. of yogurt and ½ C. water. When pureed, pour sauce over chicken in skillet and bring to boil. Cook another 5-7 minutes until cooked through. Garnish with fresh parsley sprigs.

For cucumbers, mix yogurt with vinegar and oil, then stir in cucumbers. Finish with freshly ground pepper and chill. Serve chicken with saffron rice.