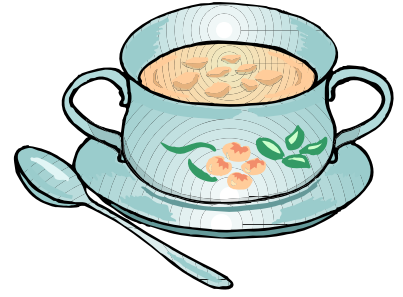


Split Pea Soup

1 pound split green peas, rinsed and drained
8 cups water
2 carrots scrubbed but not peeled cut into eighths or smaller
2 medium yellow onions cut into eighths
3 cloves garlic quartered
2 stalks celery with leaves cut into eighths or smaller
4 ounces lean ham (use Rose ham and a much larger quantity than four ounces) cut into bite size pieces
3 tablespoons soy sauce
1 tsp chopped fresh oregano or ½ tsp dried oregano
(1/2 tsp grated fresh ginger or 1/8 tsp dried ginger
3 dashes hot pepper sauce or to taste) (*optional*)
Freshly ground black pepper to taste



In large saucepan or Dutch oven, bring peas, water, carrots, onions, garlic, celery and ham to a rapid boil over medium-high heat. Reduce heat and cook, covered, at a gently rolling boil for 1 to 1.5 hours or until peas are soft.

Add soy sauce, oregano (ginger, hot pepper). Simmer 10 minutes to blend flavors. (Process in processor with metal blade two to three cups at a time until pureed. Return to sauce pan and reheat if necessary.) (*optional*)

Salmon Stuffed with Zucchini, Garlic, Leeks and Spinach

6 five ounce salmon fillets
4 ½ tablespoons olive oil
Salt and pepper
1 ½ zucchini, chopped
1½ leeks, chopped
3 tablespoons orange juice, plus more for drizzling
1 ½ tablespoons minced garlic
1 cup chopped spinach
1 ½ teaspoons dried oregano, crushed



Lay out 6 sheets of foil (I double the sheets) on counter
Lay one piece of salmon on each sheet. Sprinkle salmon with olive oil, salt and pepper.
Stir the zucchini, leeks, juice, garlic, spinach, and oregano together in a medium bowl.

Spoon zucchini mixture over salmon. Drizzle with a little more orange juice. Fold the sides of the foil over the fish, covering completely and seal.

Freeze the packets.

Thaw packets overnight in refrigerator. Preheat oven to 400 degrees. Bake until the salmon is just cooked through—about 25 minutes. Transfer packets to plates.

Makes 6 servings.