

Ginger Broccoli (adapted from Eating Well)

Ingredients

1 tablespoon olive oil
2 tablespoons minced garlic
4 teaspoons minced fresh ginger
1 pound broccoli crowns, chopped (about 6 cups)
3 tablespoons water
1 tablespoon fish sauce
1 tablespoon rice vinegar

Directions

Heat oil in a large skillet over medium-high heat. Add garlic and ginger and cook until fragrant but not browned, 30 seconds to 1 minute. Add broccoli and cook, stirring, until the broccoli is bright green, 2 minutes. Drizzle water and fish sauce over the broccoli; reduce heat to medium, cover and cook until the broccoli is just tender, about 3 minutes. Stir in vinegar just before serving.

Autumn Squash Bisque with Ginger (from foodhero.org)

Ingredients

2 teaspoons olive oil
2 cups sliced onions
2 pounds winter squash, peeled, seeded, and cut into 2-inch cubes (4 generous cups)
2 pears, peeled, cored, and diced, or 1 can (15 ounces) sliced pears, drained and chopped
2 cloves garlic, peeled and chopped
2 Tablespoons coarsely chopped, peeled fresh ginger, or 1 teaspoon powdered ginger
1/2 teaspoon thyme (fresh or dried)
4 cups chicken or vegetable broth
1 cup water
1 Tablespoon lemon juice
1/2 cup plain nonfat yogurt

Directions

- Heat oil in a large pot over medium heat. Add onions and cook, stirring constantly until softened, 3 to 4 minutes.
- Add squash, pears, garlic, ginger and thyme; cook, stirring, for 1 minute.
- Add broth and water; bring to a simmer. Reduce heat to low, cover, and simmer until squash is tender, 35-45 minutes.
- Puree soup, in batches if necessary, in a blender. (If using a blender, follow manufacturer's directions for pureeing hot liquids.)
- Return soup to pot and heat through. Stir in lemon juice.
- Garnish each serving with a spoonful of yogurt.

Gingerbread from American Heart Association

Ingredients

1 cup New Orleans molasses (dark)
1/2 cup Brown sugar
1/2 cup Oil
1/2 teaspoon Cinnamon
1/2 teaspoon Cloves
1/2 teaspoon Nutmeg
1 teaspoon Ginger
1 cup boiling water
2 1/2 cups All-purpose Flour (or a combination of All-Purpose and White Wheat)
1 teaspoon Baking soda

Directions

- Blend together the first 7 ingredients and stir in the boiling water.
- Mix in the flour.
- Dissolve the baking soda in 2 T. of hot water; add to batter.
- Pour into a greased 8x8x2" cake pan. Bake 30 min. at 350F.