

Annie's Organic Buying Club

making organics affordable for everyone!



Au gratin recipe: sweet potato & dandelion greens by Essortment.com

This healthy, fast and easy to make cheesy au gratin recipe makes a great lunch or dinner side dish or main course for all ages. Tasted wonderful accompanying a meat main course. This recipe serves 4.

- 1 lb. potatoes, peeled and cubed
- 1 lb. dandelion greens, washed and shredded
- 1 tbsp. sunflower oil
- 1 onion, chopped
- 1 tsp. dried cardamom
- 1 tsp. salt
- 1 tsp. black pepper
- 1/3 cup half and half cream
- 1 tbsp. butter
- 2 tbsp. all-purpose flour, sifted
- 1 tsp. salt
- 1 tsp. black pepper
- 1 cup milk
- 1 ½ cups Edam cheese, grated

Preheat oven to 375 F (190 C). Boil potatoes and dandelion greens together until tender, about 15 minutes.

Meanwhile, heat oil in a pan. Add onion. Fry for 3 minutes until soft. Set aside.

Melt butter in another pan. Add flour until a thick paste is formed. Slowly add the milk until a smooth runny sauce is formed. Add salt and pepper. Set aside.

Drain potatoes and greens. Add onion, oil, cardamom, salt, black pepper and cream. Mash well until smooth. Set aside.

Heat sauce on medium heat, stirring constantly until thickened. Remove from heat and add Edam cheese. Stir until melted.

Put potato and greens mixture in a greased ovenproof dish. Pour over cheese sauce and bake for 20 minutes until golden. Serve hot as a great accompaniment to chicken, steak or bacon.



Dandelion Pesto & Sweet Potato Salad by
VeganForThePeople.blogspot.com

- 2 cups dandelion greens, washed well
- 1 cup flat leaf parsley
- 1/4 cup walnuts
- 2 cloves garlic
- 3 tbsp. extra virgin olive oil
- 1/2 tsp. salt
- juice from 1/2 a lemon, 2 tbsp. or so

Blend all of the above and toss with roasted warm cubed sweet potatoes to coat. Variation: add chopped red peppers too.

Spicy Dandelion Greens by GreenEarthOrganics.blogspot.com

- 1 Tbsp plus 1/2 tsp sea salt
- 2 lbs dandelion greens, about 8 cups
- 1/4 cup extra virgin olive oil
- 3 medium cloves of garlic, crushed
- 1/2 tsp dried red pepper flakes (to taste) or chopped chile pepper to taste
- 1/4 cup pine nuts (optional, but tasty)
- 1 Tbsp lemon juice

In a pot large enough to hold the greens, bring water with 1 tablespoon sea salt to a boil.

Wash the greens well, removing any stems left on the leaves. Cut into rough 2-inch sections cross-wise (across the leaf). Boil the greens for 4 minutes, then drain in a colander and rinse well with cold water, pressing the leaves to remove as much moisture as you can.

Heat olive oil in a pan or a wok over medium-high heat until hot but not smoking. Add garlic and sautee for 30 seconds. Add the greens, pepper, pine nuts (if using), and a 1/2 teaspoon salt. Sautee for three minutes or until moisture is removed from greens.

Add lemon juice and continue to sautee for an additional minute, or until greens start to crisp a bit around the edges.

Dandelion Green Salad by Tyler Florence

- 1 bunch dandelion greens, washed, drained and trimmed
- 3 green onions, white and green parts, chopped
- 1 handful fresh dill
- 1/4 cup extra-virgin olive oil
- 1/2 lemon, juiced
- Kosher salt and freshly ground black pepper

Place all the ingredients in a large bowl and toss together.

Dandelion Green Recipes by Mariquita.com includes **Dandelion Salad w/Anchovy Dressing, w/Warm Pecan Vinaigrette, Sautéed, w/ Goat Cheese, w/Pasta** and more – check it out:
<http://www.mariquita.com/recipes/dandelion.html>

Wilted Dandelion Greens by Gourmet Magazine

- 3 tablespoons olive oil
- 3 pounds dandelion greens (or spinach), trimmed, washed and torn into
- 1-inch pieces
- 1/3 cup white wine vinegar
- 3 tablespoons granulated sugar
- Salt and freshly ground pepper
- 2 tablespoons unsalted butter

In a large heavy pot heat olive oil over moderately high heat. Add greens and toss to coat. Add vinegar and sugar, toss to combine, cover, and simmer for 10 to 15 minutes until tender. Season to taste with salt and pepper. Transfer to serving dish and top with butter.

Orecchiette with dandelion, sausage, and lemon zest by Epicurious

fine sea salt
1 ½ pounds dandelion greens, tough outer leaves removed, rinsed, and sliced 1 inch thick
¼ cup extra virgin olive oil
2 garlic cloves, crushed
2 pinches of hot red pepper flakes
grated zest of 1 lemon
1 ½ cups crumbled hot sausage meat
½ cup dry white wine
1 pound orecchiette
1/3 cup grated Pecorino Romano
freshly ground black pepper

Bring a pot of salted water to a boil over high heat. Add the dandelion greens to the pot and cook, stirring, for 5 minutes. Drain.

Heat the olive oil in a sauté pan over medium-high heat. Add the garlic and sauté until browned, about 2 minutes. Remove the garlic from the pan and discard it. Add the cooked dandelion greens to the pan, stirring to coat them with the oil. Season with salt, red pepper, and lemon zest. Cover with a lid and lower the heat. Cook for about 20 minutes or until the vegetables are tender.

Place the sausage meat in a large skillet over low heat. Cook until the fat begins to render. Raise the heat and add the wine to the pan. Cook until the alcohol evaporates, about 3 minutes, then add the dandelion greens, stir, and cook over low heat for 10 minutes.

Meanwhile, bring another pot of salted water to a boil and cook the orecchiette until al dente, about 7 minutes. Reserve ½ cup of the pasta cooking liquid and drain the pasta. Transfer it to a big bowl and add the sauce, mixing as you do. Add a bit of cooking liquid to help it emulsify. Finish by topping with grated Pecorino Romano and black pepper and serve family style at the table.

JUICING: Dandelion has been used in traditional Chinese medicine as a powerful liver tonic. Dandelion is said to enhance the flow of bile in your body, improving the function of your liver, and remedy liver conditions such as hepatitis, gallstones, and jaundice. A daily cup of dandelion tea is recommended for anyone who feels run-down, sluggish, and over-stressed. Dandelion greens are also an incredibly healthy food — chock full of vitamin C, higher in beta-carotene than carrots and richer in iron and calcium content than spinach. by GreenSmoothieBlog.com

Live Tonic Smoothie Recipe by GreenSmoothieBlog.com

- ½ small beet (juiced) *you can blend the beet in your blender, if your blender has a powerful motor
- 3 to 4 beet green leaves
- 3 to 4 dandelion leaves
- ¼ to ½ lemon
- 2 apples
- 1 inch fresh ginger
- 1 cup water

Blend and enjoy!

Dandy Juice By PurelyJuicers.com

The dandelion juice in this recipe makes it an excellent cleansing juice for our liver. It also had all the advantages of nice dark leafy greens.

- 1 handful of dandelion greens
 - 4-5 carrots
 - 1/2 cucumber
 - 1/2 lime or lemon (peeled)
1. Prep the above ingredients so they are clean and can fit in the feed tube.
 2. Mix the greens and cucumbers with pieces of carrots to make it easier for your juicer.
 3. Drink right away!

Fresh Dandelion Juice Cocktail by Wellsphere.com

- 1 bunch fresh dandelion leaves
- 4 apples
- 2 small cloves garlic
- 1-inch piece fresh ginger
- 1 small wedge onion

Rinse the dandelion greens and apples. Slice each apple in half and remove the stem and core with a , or with what you prefer. Remove the skin from the garlic cloves and onion; cut a one-inch piece of fresh ginger. Run the dandelion greens, apples, garlic, onions, and ginger through a juicer. Enjoy!