

# Annie's Organic Buying Club

*making organics affordable for everyone!*



## Kale Mashed Potatoes

- 1 bunch kale
- 2 cups water
- 1 small Vidalia onion, diced
- 2-4 cloves garlic
- 2 teaspoons olive oil
- 2 lbs red potatoes
- ½ cup milk (or you can substitute vegetable or chicken broth)
- ¼ cup sour cream (optional)
- 2 tablespoons butter (optional)
- Sea salt & black pepper

Wash kale and trim tough stems away. Cut leaves. Boil water with a ½ teaspoon of salt. Place kale leaves in the water and boil for two minutes. Remove to ice bath.

Use same water to cook potatoes, covered. They can steam in the water instead of boiling in water. Be sure to check to make sure all the water doesn't evaporate. Cook until tender (about 20 minutes depending upon size of potatoes.) Drain and allow to dry out the potatoes in the hot pan with the stove off.

Sauté onion in olive oil with minced garlic until translucent for several minutes on medium heat. Add kale and sauté a few more minutes.

Add milk or broth, butter and sour cream and mash. Add the kale-onion-garlic mixture and mix. Add seasoning (salt & pepper) to taste. Serve warm.

Have leftovers mashed potatoes and kale? Add ¼ cup flour and shape into patties. Dredge in flour or panko bread crumbs and sauté in some olive oil until crispy outside and warm inside.

**Juicing?** Celery, Beets, Apples, and Kale are great together! Just be sure to use only ½ a beet, not too much. Try a combination of: 1 Apple, 3 leaves Kale, 2 stalks Celery, and maybe a little nub of ginger. Use the same mix but add ½ beet. Leave out the ginger and try a little parsley (even just the stems and use the leaves for cooking.) Try adding a kale leaf to a smoothie – no one will even notice. Add a couple more leaves for a light green color. Lots of ways to use these powerful veggies in juices!

### **Celery, Beet & Potato Salad on Romaine**

- 1 beet roasted 400F, then wipe away skin and chop
- 2 ribs celery, washed and chopped
- 4 potatoes steamed then chopped
- 1 head of Romaine

Mix Beet with Celery and Potatoes chopped about the same size. Top with dressing: ¼ cup sour cream, 1 tablespoon lemon juice, 1 teaspoon celery seed, sea salt, black pepper) and mix gently. Serve over lettuce.

### **Romaine Celery & Parmesan Salad by Martha Stewart**

- 1/4 cup extra-virgin olive oil
- 1 tablespoon red-wine vinegar
- 1/2 teaspoon coarse sea salt
- 1/2 teaspoon freshly ground pepper
- 8 to 10 celery stalks, strings removed, sliced crosswise very thinly
- 12 to 14 romaine lettuce leaves, torn into bite-size pieces
- 1/2 cup fresh flat-leaf parsley leaves
- 2 1/2-ounce chunk Parmesan cheese

In a large salad bowl, combine the olive oil and vinegar, and mix well with a fork. Season with salt and pepper; set aside.

Add the celery to the bowl with the dressing and toss to combine. Remove celery with a slotted spoon; set aside.

To the bowl with the dressing, add the lettuce and parsley. Toss to coat with dressing. Arrange the greens on a platter, and top with celery. Using a vegetable peeler, or a paring knife, scrape the cheese to make thin sheets and layer them over the celery. Serve immediately.

### **Kale With Onion, Celery, and Tomato by RecipeZaar**

- 1 tablespoon olive oil
- 1 medium onion, chopped
- 2-3 stalks celery, chopped
- 8 ounces vegetable stock
- 1 1/2 teaspoons salt (or to taste)
- 1 teaspoon pepper (or to taste)
- 1 bunch kale, chopped (leaves only)
- 1 medium tomato, chopped

Heat the olive oil in a medium-sized pot. Sauté the onion and celery over medium-heat, about five minutes, to release flavors. Reduce heat, stir in kale (note: will shrink a lot). Add stock, salt and pepper. Cook, covered, on medium heat for 30 minutes, stirring every 10. Add tomato during the last 5 minutes.

### **Caldo Verde** by Emeril Lagasse

- 2 tablespoons olive oil
- 2 pounds chorizo sausage, sliced into 1/2-inch slices
- 1 cup julienned onions
- 2 tablespoons chopped garlic
- 1/4 cup finely chopped parsley
- 3 cups white potatoes, peeled and 1/4-inch dice
- 1/4 pound split peas
- 3 quarts chicken stock
- 4 cups kale, rinsed, stemmed, and torn into pieces
- 3 bay leaves
- 2 sprigs of fresh thyme
- Salt and pepper
- Crushed red pepper
- 6 tablespoons chiffonade fresh mint

In a large pot, heat the olive oil. When the oil is hot, add the chorizo and onions. Season with salt and pepper. Sauté for 2 minutes. Add the garlic, parsley, and potatoes. Cook for 2 minutes. Add the peas, stock and kale and bring to a boil. Season with salt and pepper. Stir in the bay leaves, thyme and crushed red pepper. Reduce to a simmer and cook until the potatoes are fork tender, about 30 minutes. Remove from the heat and skim off any fat that has risen to the surface. Serve the soup in large bowl and garnish with the mint.

### **Iranian Beet, Plum and Celery Soup with Kubbeh (Meat Dumplings)** Adapted from Prina Lahav by NY Times

- 2 cups semolina or farina
- 2 1/4 teaspoons salt
- 4 small onions, peeled
- 2 tablespoons vegetable oil or olive oil
- 5 garlic cloves, peeled and diced
- 1/4 cup diced celery root
- 1 pound (about 3) beets, peeled and cut into 1/2-inch dice
- 6 small red plums or apricots, pitted and diced
- 2 tablespoons fresh lemon juice, or as needed
- 1 teaspoon sugar, or as needed
- 2 tablespoons chopped celery leaves
- 1 cup chopped Italian parsley or cilantro
- 1/2 pound lean ground beef
- 1 teaspoon freshly ground black pepper
- 2 tablespoons chopped fresh mint leaves

Mix semolina or farina and 1 1/4 teaspoons of salt in a bowl. Gradually add about 1 cup hot water, mixing with a fork until the consistency of Play-Doh. If necessary add a bit more water. Refrigerate for about 20 minutes.

Dice one onion. In large pot, heat oil and add diced onion and garlic. Sauté until golden. Add celery root, beets and plums or apricots. Cover and cook, stirring occasionally, for 15 minutes. Add 6 cups of water, bring to a boil, and reduce heat to low. Simmer until beets are tender, about 15 minutes. Add 2 tablespoons of lemon juice and 1 teaspoon sugar.

In food processor, combine remaining onions, celery leaves and parsley or cilantro. Pulse until finely chopped but not puréed and transfer to a large bowl. Add beef, black pepper and remaining 1 teaspoon salt. Mix well with fingers.

Remove dough from refrigerator and knead again until pliable. With wet hands, take a walnut-size portion of dough and flatten it as thinly as possible in your palm. Place 1 heaping teaspoon of meat mixture in center. Completely enclose meat in dough and roll it into a ball between your hands to seal. Keeping your hands wet, repeat with remaining dough and filling.

Bring soup to a boil and gently add dumplings. They will sink. Cover and simmer gently until cooked through, about 30 minutes, adding water if soup becomes too thick. Add more lemon juice and sugar if needed. Ladle into bowls, garnish with mint, and serve.

Note: Soup may be prepared up to one day ahead of time and refrigerated. Dumplings may be frozen on baking sheets. Do not thaw before placing in simmering soup.

### **Chinese Sesame Kale** by Seasonal Chef

- 2 cloves garlic, minced
- 1 pound kale (about bunch)
- 2 teaspoons sesame seed oil
- 2 tablespoons water
- 1 teaspoon soy sauce
- 2 teaspoons toasted sesame seeds
- Salt and pepper, if desired

Mince the garlic cloves. Wash the kale and shake it over the sink. It should remain a little wet. Remove and discard the stems from the kale and tear it into bite-size pieces. Save the stems for another use, such as vegetable stock.

Heat the sesame seed oil in the skillet over medium-low heat. Add the minced garlic to the hot oil and sauté for about 20 seconds. Add the kale and water to the garlic and oil, and cover the skillet. After 1 minute, stir the kale, then re-cover. After 1-2 more minutes, when the kale is wilted, stir in the soy sauce and sesame seeds. If desired, add salt and/or pepper to taste.

### **Lacinata Kale with Caramelized Onions** by Emeril Lagasse

- 2 tablespoons olive oil
- 1 1/2 large sweet onions or white onions, thinly sliced
- 3 cloves garlic, thinly sliced
- 1 1/2 pounds Lacinata kale, middle stems removed, leaves cut into 2-inch pieces
- 3/4 cup chicken stock
- 1 1/4 teaspoons salt
- 1/2 teaspoon crushed red pepper flakes

In a large saute pan, over medium heat add the olive oil; when hot add the onion and cook until the onion is lightly browned, 4 to 5 minutes. Add the garlic and cook for another 1 to 2 minutes. Reduce the heat and cook for another 4 minutes or until the onions are soft and caramelized. Add the kale to the pan, raise the heat to medium high. Add the chicken stock, salt and red pepper; cook, stirring until the kale begins to wilt, 4 minutes. Continue to cook until most of the chicken stock has evaporated and the kale is tender, another 3 to 4 minutes. Serve immediately.

### **Austrian Kale** by SeasonalChef.com

- 2 bunches kale, washed
- 1 clove garlic, minced
- ½ medium onion, coarsely chopped
- 2 tablespoon oil
- 1 ½ cup chicken stock or bouillon
- 4 medium potatoes, quartered
- 1 stalk celery, chopped
- Sour cream, for garnish

Cut the kale leaves into 1/2-inch-wide strips. Blanch them in lightly salted boiling water for one minute. Set aside.

Saute the garlic and onion in the oil until lightly browned. Add the chicken stock, potatoes, celery, and blanched kale. Simmer together until potatoes fall apart and lose their shape. Stir; season with salt and pepper, garnish with sour cream and serve.

### **Stir-Fried Broccoli & Kale** by All Recipes

- 1/8 cup extra virgin olive oil
- 7 cloves garlic, sliced
- 1 chile pepper, chopped (optional)
- 1 head fresh broccoli, chopped
- 1 bunch kale, stems removed and chopped
- 1/4 cup sun-dried tomatoes, cut in thin strips
- juice of 2 limes (or lemons will probably work)
- salt

Heat olive oil in a large wok or skillet over high heat. Stir in garlic and chile pepper; cook for 2 minutes, stirring frequently. Stir in broccoli; cook 1 minute. Add kale, and cook 2 minutes, stirring frequently. Stir in sun-dried tomatoes. Pour in lime juice, and season with salt to taste. Toss well.

### **Kale Salad**

- 2 leaves kale, stems removed, leaves chopped into bite-size pieces
- 3 tablespoons olive oil
- ½ head lettuce
- 1 Tomato, cut
- ½ Vidalia onion sliced thin
- 4 tablespoons red wine vinegar
- Squeeze of fresh lemon juice
- ¼ cup pine nuts
- ¼ cup dried cranberries

Massage kale with olive oil. Toss with rest of veggies. Drizzle on vinegar, lemon juice, sea salt. Add nuts and dried fruit.

### **Watermelon Beet Soup** by FoodTv

- 1 (15-ounce) can beets, drained
- 1 half watermelon, chopped
- 2 oranges, peeled, pitted
- 1 cup water, optional
- 2 tablespoons fresh dill, chopped, plus more for garnish
- Salt and white pepper

Blend all ingredients together until smooth. For a smoother consistency, add approximately 1 cup of water. Chill for at least 6 hours. Season with fresh dill, salt and white pepper. Garnish with fresh dill.

### **Summer Borscht** by Ina Garten

- 5 medium fresh beets (about 2 pounds without tops)
- Kosher salt
- 2 cups chicken stock, preferably homemade
- 16 ounces sour cream, plus extra for serving
- 1/2 cup plain yogurt
- 1/4 cup sugar
- 2 tablespoons freshly squeezed lemon juice
- 2 teaspoons Champagne vinegar
- 1 1/2 teaspoons freshly ground black pepper
- 2 cups medium-diced English cucumber, seeds removed
- 1/2 cup chopped scallions, white and green parts
- 2 tablespoons chopped fresh dill, plus extra for serving

Place the beets in a large pot of boiling salted water and cook uncovered until the beets are tender, 30 to 40 minutes. Remove the beets to a bowl with a slotted spoon and set aside to cool. Strain the cooking liquid through a fine sieve and also set aside to cool.

In a large bowl, whisk together 1 1/2 cups of the beet cooking liquid, the chicken stock, sour cream, yogurt, sugar, lemon juice, vinegar, 1 tablespoon salt, and the pepper. Peel the cooled beets with a small paring knife or rub the skins off with your hands. Cut the beets in small to medium dice. Add the beets, cucumber, scallions, and dill to the soup. Cover with plastic wrap and chill for at least 4 hours or overnight. Season, to taste, and serve cold with a dollop of sour cream and an extra sprig of fresh dill.

### **Kale & White Bean Soup** by member Tressa B. from Islamorada

- 1 small bag white beans, cooked al dente
- 2 tbs olive oil
- 1 large onion, diced
- 1 cup celery, sliced
- 1 large garlic clove, minced
- 1/2 jalapeno pepper (or more depending on your taste)
- 1 sweet red pepper diced (optional)
- 2 potatoes, diced (I used two of our sweet potatoes)
- 2 carrots, sliced, then halved
- 5 cups vegetable broth (or chicken if you eat meat)

- 1/2 cup tomato sauce/puree (I left out this time...did not want tomato base)
- sea salt & pepper
- 1 large or 2 small sprigs rosemary, leaves only, finely chopped
- (really enhances the flavors)
- 1 bunch kale (stalks removed, torn, cleaned & chopped)

Cook beans according to package, but cook in vegetable (or chicken) broth. (Measure remaining broth in beans after cooking and use as part of soup stock.)

Heat the oil in a heavy bottomed stock pot over medium low heat. Add celery, then onions then peppers and cook until softened. Add the garlic, turn down heat, cook for a few more minutes, do not let the garlic brown.

Add the carrot & potato, cover, and cook for 4-5 minutes over medium low, stirring occasionally. Add the vegetable broth, (and tomato sauce if you use) and bring to a boil. Turn down to a simmer, add the kale, salt & pepper, and chopped rosemary and add the beans. Simmer for 5 minutes. Check seasoning and serve!

Don't over cook! I found the soup delicious as I was testing and everything still al dente...I actually turned off burner before finished and let cook in pot as it cooled.

#### **Spinach & Kale Salad** by Curtis Aiken

- 2 tablespoons olive oil
- 1 red bell pepper, diced
- 2 garlic cloves, diced
- 1 bunch of Kale, chopped
- 1 bunch of spinach, chopped
- Salt and freshly-ground black pepper to taste
- 4 tablespoons balsamic vinegar

Heat the oil in a pan and cook red bell pepper, garlic, and kale about 5 minutes, covered. Add spinach, salt and black pepper, and cook about 5 minutes more. Stir in the balsamic vinegar. Serve hot

#### **Kale & Apple Soup** by TheKitchn.com

- 1/4 cup cubed pancetta
- 1 large bunch kale
- 4 cups chicken stock, divided
- 2 tablespoons olive oil
- 1/2 vidalia onion, chopped
- 1/4 teaspoon salt
- 1 medium apple, cored and chopped
- 1/4 cup crème fraîche, mascarpone cheese, or plain yogurt (or maybe sour cream!)
- freshly ground black pepper

Wash the kale and remove the bottom 1" of stem. Chop roughly into 1" pieces. In a large skillet over medium heat, sauté the pancetta for 1 minute or until just barely showing color. Add the kale and stir to coat with rendered fat. Add a glug or olive oil if pancetta didn't render much fat and kale sticks to pan. Cook, stirring, until kale begins to wilt. Add 2 cups chicken stock, lower heat to medium-low and cook, stirring occasionally, for about 10 minutes.

Transfer mixture to blender, reserving some as a second batch if blender jar is more than 1/2 full.

In the same skillet over medium heat, heat olive oil and cook onions with salt until just barely showing color. Add chopped apples and cook, stirring occasionally, for 5 minutes, or until apples soften and onions are translucent.

Transfer mixture to blender, reserving half if you reserved half of the kale mixture earlier.

If working in two batches, add half the remaining chicken stock (1 cup), cover and puree until smooth. If working in one batch, add all the remaining stock and puree until smooth. When working with hot liquids in a blender, it's wise to hold down the lid with a kitchen towel in case some liquid escapes when the motor is engaged.

If soup seems too thick, add more stock if available, or water until it reaches the desired consistency.

Garnish with a dollop of crème fraîche, mascarpone cheese, or plain yogurt and a few grinds of black pepper.

### **Kale Chips**

- 1 bunch kale
- 1 teaspoon Olive oil
- 1 teaspoon red wine or balsamic vinegar
- Sea salt

Preheat oven to 375F. Remove tough stems and cut leaves of kale into pieces. Mix olive oil and vinegar and drizzle over kale. Toss to coat and lay in a single layer on a cookie sheet. Sprinkle on sea salt. Roast in batches so you don't crowd the pan. Roast 5-10 minutes until crispy. Be careful not to burn, they will just begin to brown.

**Avocados** are actually a fruit, but we eat them as a vegetable. They add texture, flavor and richness:

- Try pureeing one with goat or cream cheese and a dash of hot sauce or pepper flakes, sea salt and pepper.
- Make guacamole by adding chopped avocados with lime juice, finely diced onion or scallion, finely diced jalapeno, fresh cilantro, sea salt, garlic, and a little diced tomato.
- Blend with sour cream, sea salt, and some spices, as a topping for fish and chicken.
- Mix with eggs, lemon juice, mayo, and maybe some fresh dill to make "green eggs" (and then stuff into the hard cooked whites.)
- Add to smoothies for a green smoothie, this is common in many countries where they mix it with sweetened condensed milk and ice.
- Like bananas, avocados add a creamy texture. It imparts a lovely light green color that's fun for kids too – we add milk vanilla, and honey.
- Use instead of butter on bread.
- Make a creamy salad dressing by blending avocado, olive oil, salt, parsley or dill, and vinegar
- Dice and eat with morning eggs, add to a salad, slice and use in a sandwich or wrap.
- Avocado Pit Facial Scrub: [http://www.ehow.com/how\\_2252610\\_make-avocado-banana-exfoliating-scrub.html](http://www.ehow.com/how_2252610_make-avocado-banana-exfoliating-scrub.html)

### **Raw Chocolate Mousse** by Raw Food

- ¼ cup pitted medjool dates, soaked
- ¼ cup maple syrup or agave nectar
- ¼ cup coconut oil
- ½ teaspoon vanilla
- 2 ripe avocados
- ¼ cup unsweetened fair trade cocoa powder
- ¼ cup cold water (or you can use milk if not raw)

Place everything except water in a food processor and pulse until smooth and creamy. Add water to reach desired consistency. Serve chilled or at room temperature.

### **French Onion Soup** by Alton Brown

- 5 sweet onions (like Vidalias) or a combination of sweet and red onions (about 4 pounds)
- 3 tablespoons butter
- 1 teaspoon salt
- 2 cups white wine
- 10 ounces canned beef consume
- 10 ounces chicken broth
- 10 ounces apple cider (unfiltered is best)
- Bouquet garni; thyme sprigs, bay leaf and parsley tied together with kitchen string
- 1 loaf country style bread
- Kosher salt
- Ground black pepper
- Splash of Cognac (optional)
- 1 cup Fontina or Gruyere cheese, grated

Trim the ends off each onion then halve lengthwise. Remove peel and finely slice into half moon shapes. Set electric skillet to 300 degrees and add butter. Once butter has melted add a layer of onions and sprinkle with a little salt. Repeat layering onions and salt until all onions are in the skillet. Do not try stirring until onions have sweated down for 15 to 20 minutes. After that, stir occasionally until onions are dark mahogany and reduced to approximately 2 cups. This should take 45 minutes to 1 hour. Do not worry about burning.

Add enough wine to cover the onions and turn heat to high, reducing the wine to a syrup consistency. Add consume, chicken broth, apple cider and bouquet garni. Reduce heat and simmer 15 to 20 minutes.

Place oven rack in top 1/3 of oven and heat broiler.

Cut country bread in rounds large enough to fit mouth of oven safe soup crocks. Place the slices on a baking sheet and place under broiler for 1 minute.

Season soup mixture with salt, pepper and cognac. Remove bouquet garni and ladle soup into crocks leaving one inch to the lip. Place bread round, toasted side down, on top of soup and top with grated cheese. Broil until cheese is bubbly and golden

### **Broccoli and Celery Slaw** by Ingrid Hoffman

- 1 medium head broccoli, stalks thinly sliced and florets chopped
- 4 celery stalks, thinly sliced on the diagonal
- 1/2 medium red onion, thinly sliced
- 1/2 cup mayonnaise
- 1 lime, zested and juiced
- 1/2 teaspoon ground cumin
- 1/2 teaspoon chili powder
- 2 teaspoons sugar
- Kosher salt and freshly ground black pepper
- 1/2 cup golden raisins

Combine the broccoli, celery, and red onion in a large mixing bowl. To prepare the dressing, in a small bowl combine the mayonnaise, lime juice, zest, cumin, chili powder, sugar, salt and pepper. Whisk to combine.

Pour the dressing over the vegetables and stir to combine. Cover and allow the slaw to sit for at least 30 minutes, tossing every so often to combine well. Top with raisins before serving

### **Smashed Potatoes & Broccoli** by The Neelys

- 4 pounds Yukon gold or russet potatoes, quartered
- 2 (about 6 cups) broccoli heads
- 1/2 cup whole milk
- 1/2 cup heavy cream
- 1/2 stick butter
- Salt and freshly ground black pepper

Boil potatoes in salted water until very tender; about 20 minutes. Cut the florets off the broccoli and add to boiling potatoes, about 7 minutes. Drain and place back into pot. Heat the milk, cream, and butter in a small saucepan. Pour sauce into the potatoes and broccoli, mash together. Season, to taste, with salt and pepper.

### **Broccoli Salad** by AmericanProfile.com

- 8 slices bacon, plus an additional slice for garnish if desired
- 1 medium bunch broccoli
- 1/2 small red onion
- 1/2 cup finely chopped celery
- 1/2 cup raisins (or more)
- 3/4 cup mayonnaise
- 3 tablespoons sugar
- 3 tablespoons red wine vinegar

Cook the bacon (crisply), drain it, and crumble into small pieces. Using only the florets and the most tender stem sections of the broccoli (you may save the rest of the stem for soup or just discard it), chop the broccoli into very tiny pieces. Peel the red onion, and chop it very finely as well. In a bowl, combine the broccoli, onion, celery, and raisins.

In a smaller bowl, mix together the remaining ingredients. Pour this dressing over the salad and toss. Cover and refrigerate for at least an hour. Garnish with additional bacon pieces if you like. Serves 6 to 8.