

Annie's Organic Buying Club

making organics affordable for everyone!



Cilantro Jalapeno Pesto with Lime by All Recipes

- 1 bunch fresh cilantro
- 2 1/2 tablespoons toasted pine nuts
- 1/4 cup extra virgin olive oil
- 5 cloves garlic
- 1 tablespoon fresh lime juice
- 1/2 fresh jalapeno pepper, seeded
- 1/4 cup grated Parmesan cheese

Combine the cilantro, pine nuts, olive oil, garlic, lime juice, jalapeno pepper, and Parmesan cheese in a blender; pulse until the mixture reaches a soft, paste-like consistency. Use as a topping to meats, fish, chicken, or grilled veggies, as a spread in sandwiches or as a dip.

Cilantro Cucumber Salad by AllRecipes.com

- 2 cucumbers
- 2 tablespoons fresh lime juice
- 1 teaspoon chili powder
- 1/4 teaspoon salt
- 1 tablespoon chopped fresh cilantro



Peel cucumbers, slice lengthwise into quarters, and cut into 1 inch pieces; place in large bowl. Sprinkle with lime juice, chili powder, and salt; toss. Toss with cilantro. Refrigerate until chilled.

Cucumber Cilantro Sauce by Culinary Café

- 1 cup plain yogurt
- a 5-inch length of seedless cucumber, seeded and chopped fine (about 1 cup)
- 1/3 cup minced fresh cilantro sprigs for garnish
- 1 teaspoon fresh lemon juice

In a small bowl stir together the yogurt, the cucumber, the minced coriander, the juice, and salt to taste. Use for chicken wing dip or sauce on meats, poultry, fish, or veggies.

Cucumber Cilantro Pasta Salad by RecipeZaar

- 1 cucumber (peeled & chopped in 1/2-inch squares)
- 1 cup roma tomato (diced)
- 1/2 cup red onion (chopped)
- 3 tablespoons lime juice
- 2 tablespoons cilantro
- 1 teaspoon sugar
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 1 cup dry pasta shell macaroni



Cook pasta, drain. Combine lime juice, cilantro, sugar, salt and pepper in small bowl. In a large bowl, combine pasta and vegetables. Toss gently with lime dressing.



Cilantro Jalapeno Hummus by BuffCickpea.com

- 1 (15-oz) can of chickpeas
- 1 teaspoon sea salt
- 1 clove garlic
- 1/4 cup cashew butter or tahini
- 1/4 cup lemon juice (about 1 lemon)
- 1/2 cup fresh cilantro
- 1 jalapeno, ribs and seeds removed
- 1-2 tablespoons cooking water*

Rinse and drain the chickpeas. Gently rub the skins off of the chickpeas with your hands (I like to remove all of them for a smoother consistency). Transfer the skinned chickpeas to a small saucepan, and cover them with water by an inch or so. Bring to a boil, reduce heat, and simmer for about 5-10 minutes, until the chickpeas are very soft. Drain, making sure to reserve a little of the cooking water.*

Add the cashew butter, lemon juice, salt and garlic to a food processor, and pulse for a couple of seconds to combine. Add the chickpeas, cilantro, and jalapeno, and process until smooth. If the hummus is on the dry side, add a tablespoon or two of cooking water (or more), until you reach your desired consistency (I like a real creamy hummus, but it only took me about 1 tablespoon of water). Scrape down the sides in between each tablespoon, and season with additional salt if needed.

Transfer to a bowl, and serve with veggies or pita chips. Or if your like me, eat directly from the food processor. It was so good nice and warm from the freshly simmered chickpeas.

Tomato Salsa

- 5 plum tomatoes, chopped
- 1 jalapeno, ribs removed if you want less heat, diced tiny
- 2 scallions or ½ Vidalia onion diced small
- 2 cloves garlic, minced
- Handful fresh cilantro, chopped
- Sea salt
- Lime

Mix vegetables together seasoning with sea salt. Then add a squeeze of fresh lime. Great with chips or topping to eggs or a frittata or as a side to meat, or on top of salad greens. Add chopped avocado, optional.

Roasted Jalapeño-Tomato Salsa with Fresh Cilantro by Northville.org by Executive Chef Tim Bryant

- 2 pounds ripe tomatoes (about 10 medium), preferably plum
- 2 to 3 fresh jalapeño chiles (1 to 1 1/2 ounces), stemmed
- Half of a small white onion (2 ounces), sliced 1/4 inch thick
- 4 garlic cloves, peeled
- 1/4 cup water
- 1/3 cup chopped fresh cilantro, loosely packed
- 1 generous teaspoon salt
- 1 1/2 teaspoons cider vinegar
- 1/4 cup Extra virgin olive oil

Heat the broiler. Lay the whole tomatoes and jalapeños out on a broiler pan or baking sheet. Set the pan 4 inches below the broiler and broil for about 6 minutes, until darkly roasted — even blackened in spots — on one side (the tomato skins will split and curl in places). With a pair of tongs, flip over the tomatoes and chiles and roast the other side for another 6 minutes or so. The goal is not simply to char the tomatoes and chiles, but to cook them through while developing nice, roasty flavors. Set aside to cool.

Turn the oven down to 425 degrees. Separate the onions into rings. On a similar pan or baking sheet, combine the onion and garlic. Roast in the oven, stirring carefully every couple of minutes, until the onions are beautifully browned and wilted (even have a touch of char on some of the edges) and the garlic is soft and browned in spots, about 15 minutes total. Cool to room temperature.

For a little less rustic texture or if you're canning the salsa, pull off the peels from the cooled tomatoes and cut out the "cores" where the stems were attached, working over your baking sheet so as not to waste any juices. In a food processor, pulse the jalapeños (no need to peel or seed them) with the onion and garlic until moderately finely chopped, scraping everything down with a spatula as needed to keep it all moving around. Scoop into a big bowl. Coarsely puree the tomatoes — with all that juice that has accumulated around them — and add them to the bowl. Stir in enough water to give the salsa an easily spoonable consistency. Stir in the cilantro and drizzle with olive oil and vinegar. Season with Salt and pepper to taste.

Guacamole by Epicurious

- 4 ripe large avocados, peeled, pitted
- 1/2 cup finely chopped onion
- 1/2 cup chopped seeded plum tomatoes
- 1/2 cup chopped fresh cilantro
- 1 4-ounce can diced mild green chilies, drained
- 1 to 2 teaspoons finely chopped seeded jalapeño chilies

Coarsely mash avocados in large bowl. Mix in onion, tomatoes, cilantro and canned chilies. Mix in jalapeño s to taste. Season with salt and pepper. Transfer to serving bowl. (Can be prepared 4 hours ahead. Place plastic wrap directly onto surface of guacamole. Refrigerate.)

Guacamole Lime Cheeseburger by Allrecipes.com

Guacamole

- 2 avocados - halved, peeled, and pitted
- 1/2 lime, juiced
- 1 teaspoon chili powder
- 1 fresh jalapeno peppers, seeded and minced
- 1/2 cup chopped cilantro
- 1/4 cup minced onion
- 1 1/2 teaspoons minced garlic
- 1/4 teaspoon salt to taste

Burger

- 2 pounds lean ground beef
- 1/2 lime, juiced
- 1 tablespoon minced garlic
- 1/2 cup diced onion
- 1/2 cup diced tomatoes
- 6 slices Monterey Jack cheese
- 6 hamburger buns

Preheat an outdoor grill for medium heat.

To make the guacamole, mash the avocado in a medium bowl with the juice of half a lime, chili powder, jalapeno, cilantro, 1/4 cup onion, and 1 1/2 teaspoons of minced garlic; season to taste with salt, and set aside.

In a large bowl, mix together beef, the juice of half a lime, 1 tablespoon garlic, 1/2 cup diced onion, and tomatoes. Form the meat into 6 patties.

Cook the burgers to desired doneness on the preheated grill. Add a slice of cheese to each burger during the last minute of cooking. Serve on toasted buns with a dollop of guacamole.

Chilled Avocado Soup with Lime & Jalapeno by About.com

- 3 limes
- 3 ripe avocados, peeled and pitted
- 1 garlic clove, chopped
- 1/2 small jalapeño pepper, with seeds, chopped
- 1 teaspoon coarse sea salt or kosher salt, plus additional to taste
- 2 1/2 tablespoons extra-virgin olive oil
- 1 large flour tortilla (8 inches), cut into 2-inch x 1/4-inch strips
- Sour cream for serving
- Chopped fresh cilantro for garnish

Squeeze the juice from 2 1/2 of the limes and cut the remaining half into 4 wedges for garnish.

In a blender, combine 3 cups of ice water (a mixture of water and ice) with the lime juice, avocados, garlic, jalapeño, and the salt and blend until smooth. Chill the soup until ready to serve.

Heat the oil in a large skillet or sauté pan over medium heat. Add the tortilla strips and fry until they are crunchy and golden-brown, about 2 minutes. Drain the strips on paper towels and sprinkle them with salt.

Spoon the soup into bowls, and place a dollop of sour cream in the center of each bowl, top with tortilla strips, and garnish with cilantro. Serve with lime wedges on the side.

Avocado Egg Rolls by Gourmet Sleuth.com

- 1-1/2 lbs chopped red onion
- 3 tablespoons vegetable oil
- 3 tablespoons finely chopped garlic
- 1-1/4 cups fresh lime juice
- 6 oz chopped dried tomato (packed in oil)
- 1/3 cup chopped fresh cilantro
- 1-1/2 tablespoons ground cumin
- 1-1/2 tablespoons salt
- 12 medium California Avocados, seeded and peeled, cut into 1/2-inch cubes (about 6 lbs)
- 24 egg roll wrappers (6 inches)

Sauté onion in oil until soft, about 5 minutes. Stir in garlic; cook for 1 minute. Remove from heat; stir in lime juice, tomato, cilantro, cumin, and salt; fold in avocado. Cool to room temperature.

For each roll, lay an egg roll wrapper on a work surface with corner at top. Put 1/2 cup cooled filling in a line from left to right on the center of the egg roll wrapper, leaving a 1-inch border on each side. Pull top corner over filling; fold in sides. Roll once toward bottom corner. Moisten remaining corner with water; press firm to roll. Reserve on a lightly floured sheet pan, sealed side down. Cover and refrigerate until service.

Chicken Enchilada Casserole with Avocado Cream and Jalapeno Cream Cheese by

Recipes.SparkPeople.com

- 15 corn tortillas
- 7 boneless skinless chicken
- 1.5 large onions diced
- 2 large stalks of celery
- 4 cloves garlic chopped
- 1 tbsp GROUND cumin
- 1 tbsp salt
- 1 tbsp black pepper
- 5 cups water
- 3 cups frozen yellow sweet corn
- 3 cups canned black beans (drained)
- 3 cups diced tomatoes
- 1/2 cup cilantro chopped

Avocado Cream

- 12oz Fat Free sour cream
- 1 Avocado
- 1cup Cilantro
- 1 Lime Juiced

Jalapeno cream: Combine the first 8 ingredients and simmer until chicken is cooked thru and can be easily shredded with fork strain remaining water and the next 4 ingredients stir to combine.

Avocado Cream: In food processor pulse Avocado add cilantro add lime juice, add sour cream.

Jalapeno Cream Cheese: In food processor pulse peppers (if you dont like spicy food seed the peppers i like spicy so i dont seed them). Now add cream cheese pulse till combined.

Coat a 9x13 baking dish w/cooking spray now cover bottom of pan with tortillas now chicken mixer, a couple of spoons of avocado cream next layer instead of avocado cream add jalapeno cream cheese repeat until gone ending with avocado cream and jalapeno creams being on top cover with lowfat cheese. Serve with salad.

Avocado Tomato Salad by BigOven.com

- 2 large tomatoes seeded and chopped in large chunks
- 2 large Avocados cut in large chunks
- 1 tablespoon Red onion cut in very fine strips
- 1/2 tablespoon Pickled jalapeno pepper finely chopped
- Juice of 1 lime (approx. 1 - 2T)
- 1 teaspoon Salt

The avocados and tomatoes should be approximately the same size. Combine all ingredients and serve immediately. I often prepare the entire dish ahead of time without the avocados and then add them at the last minute. Be sure to seed the tomatoes or there will be too much juice. Adjust lime juice so there's not too much liquid.

Plantains can be used to prepare dishes at every stage of ripeness: green, yellow, and even black. Black are sweetest and used mostly for desserts. Green is used as a starch in a meal. For more see <http://www.elboricua.com/platanos.html>

When peeling plátanos, moisten hands and rub with salt to prevent the juices from sticking to your hands.

Cut off about 1 inch from both ends as in figures 1 & 2.

Using a sharp knife, make 2 lengthwise cuts at opposite ends of the plátano (fig. 3)

Now drop them in very hot water for easier peeling. Just let them sit in the water for a few minutes or so.

While holding the plátano steady with your left hand, use your right hand to slide the tip of the knife under the skin and begin to pull it away, going from top to bottom. (fig 4).



Soak the peeled plátanos in salted water. Drain on a paper towel to use in your recipe.

In Puerto Rico we also eat green unripened bananas - the same bananas we get at the grocery store, but still green. We boil them or fry them, and use them in many recipes. The peeling process for green bananas is the same as shown here.



Fried Plantains by Allrecipes.com

- 1 quart oil for frying
- 2 yellow but firm (so green to yellow) plantains

Preheat oil in a large, deep skillet over medium high heat. Peel the plantains and cut them in half. Slice the halves lengthwise into thin pieces. Fry the pieces until browned and tender. Drain excess oil on paper towels.



Tostones – Fried Plantains by Allrecipes.com

- 5 tablespoons oil for frying
- 1 green plantain, peeled and broken into chunks
- 3 cups cold water
- salt to taste

Heat the oil in a large skillet. Place the plantains in the oil and fry on both sides; approximately 3 1/2 minutes per side. Remove the plantains from the pan and flatten the plantains by placing a plate over the fried plantains and pressing down. Dip the plantains in water, then return them to the hot oil and fry 1 minute on each side. Salt to taste and serve immediately.

Mashed Green Plantains by Turbana.com

- 2 plantains (green or yellow), peeled and cut in half
- 1/2 cup (low fat) milk
- 5 tbsp. butter
- salt and pepper
- to taste
- 6 cups of water

Place the plantains in a saucepan with the water and cover. Boil on high for 45 minutes or until soft. Once soft, discard the water and mash with electric mixer or by hand after adding the milk, butter, salt and pepper. Serve as a side dish with any kind of meat. Substitute for mashed potatoes.

Baked Plantains in Coconut Oil

- 2 yellow or freckled plantains
- 3 tablespoons coconut oil
- Sea salt

Cut plantains on an angle and toss in coconut oil. Sprinkle on sea salt and roast in a preheated 425 oven until tender and done about 25-30 minutes. Optional: if using very ripe plantains sprinkle with cinnamon and maple sugar or a little brown sugar once done and still hot.

Baked Sweet Plantains by Turbana.com

- 4 very ripe plantains (black)
- 1 cup (low fat) milk
- 1/2 cup sugar or brown sugar
- 4 tbsp. margarine

Peel plantains, place them in a baking dish and pour the milk and sugar over them. Spread one tbsp. of margarine over the top of each plantain. Bake at 400 for about 1/2 hour.

Grilled Plantains by Cooking Light

- 3 soft black plantains, unpeeled (about 1 1/2 pounds)
- 2 tablespoons butter, melted
- 1 teaspoon brown sugar
- 1/8 teaspoon ground red pepper
- Cooking spray
- 6 lime wedges



Prepare grill to medium heat. Cut plantains in half lengthwise. Cut plantain halves in half crosswise. Combine butter, sugar, and pepper; brush evenly over cut sides of plantain sections. Place plantain sections, cut sides up, on grill rack coated with cooking spray; grill 7 minutes or until flesh is soft and skins begin to pull away from the flesh. Turn plantain sections over; grill 3 minutes. Serve warm with lime wedges.

Plantain Chips with Warm Cilantro Dipping Sauce by Epicurious

- 3 large unripe (green) plantains
- 1 cup canola oil
- 1 cup extra-virgin olive oil

Trim off ends of plantains and cut 4 vertical slits in skin of each (do not cut into fruit). Microwave for 1 minute at 50 percent power, then pull off peel. Cut diagonally into thin (scant 1/8-inch) slices.

Pour both oils into 3- to 4-inch-deep medium saucepan. Attach deep-fry thermometer to side of pan and heat oil to 350°F over medium heat. Working in batches, carefully add several plantain slices to hot oil. Cook until golden brown, turning occasionally, about 4 minutes. Using slotted spoon, transfer chips to paper towels to drain. Sprinkle with salt and pepper; cool slightly. Serve with **Warm Cilantro Dipping Sauce**:

- 1 cup chopped fresh cilantro leaves
- 4 garlic cloves, minced
- 2 tablespoons apple cider vinegar
- 1 tablespoon fresh lime juice
- 3/4 cup olive oil
- 1/2 teaspoon hot pepper sauce

Blend first 4 ingredients in food processor until cilantro is finely chopped, about 15 seconds. Transfer mixture to medium heatproof bowl. Heat oil in medium skillet over medium heat until hot; slowly whisk into cilantro mixture. Mix in hot sauce. Season sauce to taste with salt and pepper; transfer to small bowl. Serve with plantain chips. (Dip can be made 2 hours ahead. Let stand at room temperature.)



Sweet Dessert Plantains over Ice Cream by TooManyChefs.net

- 2 plantains, black peels, firm fruit, peeled, sliced into 1/2" rounds
- 2 tablespoons butter
- 1/4 cup brown sugar
- 1/2 teaspoon powdered cinnamon
- 1/4 teaspoon powdered cloves

Mix the brown sugar, cinnamon and cloves together well. Melt the butter over high heat in a medium to small skillet. Arrange the plantains in the skillet and sauté for about 30 seconds. Flip and sauté for another 30 seconds.

Add the brown sugar mix to the pan, sprinkling over all the plantains. Stir well to distribute sugar on plantains. If you can do the pan flip thing, flip the plantains in the pan repeatedly to coat them evenly with the butter and sugar. If you can't, stir occasionally, flipping the plantain slices over from time to time.

Continue sautéing for about 5 minutes until the sugar caramelizes and the plantains get a nice dark coating of the mix. Serve with a scoop of good vanilla ice cream.

Mofongo – Smashed Garlic Plantains by RecipeZaar.com

This is a classic Puerto Rican dish that is also popular in Cuba (similar to the Dominican "mangu". If you don't have a tostonera (two pieces of wood hinged together to flatten plantains) use a glass or a small plate to flatten the plantains. If you don't use bacon and stop at step 2 you have tostones which also a great side dish.

- salt
- 4 green plantains, peeled and cut into 1/2-inch chunks
- 4 cups beef stock or chicken stock
- oil (for deep frying)
- 1/2 cup pork crackling (chicharrones) or 4 slices thick bacon or 4 salt pork
- 1 tablespoon chopped garlic
- fresh ground black pepper
- chopped fresh cilantro leaves (to garnish)

Mix handful of salt into a bowl of cold water and soak plantain chunks. Place stock in saucepan over low heat to warm. Bring at least 1 inch of oil to about 350 F degrees in a deep skillet.

Meanwhile, cook chicharrones or bacon until crisp; remove from heat and drain. Remove plantains from water, drain and dry them on towels, then deep fry the pieces (careful, they may spatter) until golden brown and tender. Remove from oil. Flatten the plantains using the bottom of a flat-bottomed glass bottle or a tostonera if you have one. Fry the plantains again for 30 seconds on each side until slightly crispy.

While the plantains are still hot use a wooden mortar and pestle to mash them with the garlic and the chicharrones. Add salt and pepper to taste.

You can also use a food processor – add the plantains to food processor with bacon, garlic and some salt and pepper. You may have to work in batches. Process to consistency of mashed — not whipped — potatoes. Do not over process!

Place the mixture in soup bowls or wooden pilons, douse with broth, garnish with cilantro and serve immediately.

Pineapple Salsa

- 2 cups pineapple chopped
- ½ onion chopped small
- ½ red pepper chopped
- 1 jalapeno minced
- 1 garlic clove diced
- 1 handful cilantro chopped
- Sea salt, squeeze of fresh lime juice

Mix the ingredients together. Great served with fish or chicken.

Zesty Mexican Cauliflower by FoodDownUnder (THANK YOU to Patrice for this recipe!)

- 1 1/2 cup cauliflower florets
- 1/2 cup low sour cream
- 1 tbl low-fat mayonnaise
- 1 tsp hot pepper
- 1/2 cup salsa
- 1/4 cup shredded low-fat cheddar cheese
- 1 1/2 cup cooked fresh corn

Cook the cauliflower florets by steaming them over boiling water for 5 minutes until tender. Drain and set aside. Combine all sauce ingredients in a large saucepan and cook over medium heat until bubbly, stirring constantly. Add the cooked cauliflower and corn. Toss well and serve

Kale Cauliflower Bake by 3FatChicks

- 1 T olive oil
- 2 med onions, thinly sliced
- 1 bunch kale (1 1/4 lbs) tough stems removed, leaves coarsely chopped
- 3/4 C vegetable broth
- 8 cups cauliflower (3lbs), cut into florets
- 8 oz firm tofu, crumbled (I squeezed the excess water out too)
- 1 C rf shredded sharp cheddar cheese (I used a mix of mozz. and provolone)
- 1 C italian flavored ww bread crumbs (P2 only...and yummy without too)
- 3 garlic cloves, finely chopped
- Salt and Pepper

Preheat oven to 350. Spray a 9X13 baking pan w/ cooking spray.

Heat oil in large skillet, add onions, cook @3 min. Add kale and broth, cook @ 5 min till kale is almost tender. Add cauliflower, cover and cook, stirring occasionally, for @ 8 min (I did @ 5 min). Season w/ salt and pepper and transfer to baking dish. Combine tofu, cheese, garlic, salt, pepper, and bread crumbs (if using). Spoon evenly over veggie mixture.

Bake uncovered @ 20 min. Let stand 5 min before serving. Enjoy!!

Roasted Cauliflower with Caramelized Onions Pasta Salad by IAmMyOwnSweatshop.org

- 1 head cauliflower (medium to large)
- 2 or 3 large sweet onions
- 8 oz frozen peas
- optional - 1 bunch kale
- pasta of choice- up to 1 lb package, but usually about 8oz dry.
- olive oil
- sugar
- salt
- pepper
- fresh parmesan or romano cheese, shredded or grated

Carmelizing the Onions: This usually takes 30-45 minutes to complete. Start with the onions and once they are cooking, start the other steps. Prepare the onions by cutting in half from top to bottom (opposite the way you would cut to make onion rings or slices). Make thin lengthwise slices. Place these in a large pan with 2-3 tbsp olive oil and cook over medium high heat, stirring occasionally until the onions soften and lose some of their water. Add 1-2 tsp of sugar. Cook onions on medium/medium low heat, now stirring regularly to avoid burning. When done, the onions should reduce to about 1/4 or less of the volume in size you started with and should have a deep brown color. Add more oil if needed while cooking, and be careful to not burn the onions, which makes them bitter.

Roasting the Cauliflower: Heat oven to 425-450 degrees Fahrenheit. Separate the cauliflower florets into bite sized pieces. The stalk can also be trimmed and cubed into 1/2" pieces for roasting. Put the cauliflower in a pan (cast iron skillet, cookie sheet, or oven roasting pan). Lightly coat with olive oil and sprinkle with salt. Roast in the oven, stirring the cauliflower about every 10 minutes until done. Cauliflower is ready when edges are browned and the cauliflower is soft. Usual cooking time is 30-40 minutes, varies by size and amount of cauliflower and oven heat. Reduce heat if cauliflower starts to burn, but don't reduce it so much that it does not brown on the edges.

Pasta: Once the cauliflower is in the oven, start your pasta water. Fix your pasta according to the instructions provided with it. Most of the pasta I use cooks in about 10 minutes. Drain the pasta and lightly rinse in cold water (unless your pasta specifies otherwise).

Peas: Frozen peas cook quickly. You can steam them over top of the cooking pasta if you have a strainer basket, or you can put them in the microwave, or in a saucepan with a little water.

Kale: Kale is an optional but delicious addition to this dish. Most varieties will work, but I usually use a dinosaur or red kale.

Wash 1 bunch of kale well, and remove the larger parts of stems. Cut kale into small pieces — if you roll the leaves together you can cut strips and then cross cut those to make a relatively fine cut size. Kale will steam in a basket in about 10 minutes, so if you have a basket that fits your pasta cooker, that is a good option. Otherwise, add a bit of water and use the microwave to steam it, probably about 4 minutes. I like my kale tender, but you might like it cooked less or more. For this dish it is better to leave it undercooked. It will hold up better with the other ingredients.

Assembly: When all ingredients are ready (they should all be ready within a couple of minutes of one another, but don't worry if they are not), mix the cauliflower and onions together in a serving bowl. Add a little bit of the onion at a time until they separate and coat the cauliflower. Add peas and mix. If you made kale, add that and mix. This mixture can now be served on top of your pasta, or it can be mixed with the pasta. Garnish with parmesan or romano cheese. This dish can be served in bowls or on a plate as a side dish

Pasta with Cauliflower and Kale Pesto by HarvestEating.com

- 1 cup roasted cauliflower
- 1/2 cup roasted shallots
- 1/4 cup kale pesto (see video in video player)
- 1/2 pound whole wheat Penne pasta (cooked)
- 5 tbs extra virgin olive oil
- 1 tsp orange zest
- 1 tbs orange juice
- 3 tbs Parmesan cheese
- 2 tbs minced fresh chives

In a large skillet placed over medium heat add 3 tbs oil, add cauliflower and shallots. Saute for 2 minutes then add cooked pasta. Add kale pesto and stir often to prevent sticking. Add 1 tbs chives, the orange zest and continue stirring. Add orange juice, Parmesan cheese salt and pepper. Plate the dish up then top with more cheese, chives and a drizzle of olive oil.

Tomatillos offer a citrusy flavor and can be blanched, roasted, fire roasted or used raw. Store in the husks in the refrigerator. To use, remove husks.



Tomatillo Salsa - Fresh & Cooked versions

- ½ pound tomatillos
- ½ onion
- 1 jalapeno pepper (ribs and seeds removed if you want it less hot)
- handful cilantro
- 1 garlic clove
- ½ teaspoon olive oil
- ¼ teaspoon kosher salt & black pepper
- 1 lime

FRESH: Place the tomatillos, onion, jalapeno, garlic, olive oil, cilantro, salt, and pepper in a blender container. Blend to a coarse puree. Add squeeze of lime juice and mix. Taste for seasoning and serve at room temperature within 3 hours.

COOKED: Combine chopped vegetables (tomatillos, onion, jalapeno and garlic) in pan with olive oil and bring over med high heat. Reduce to low and cook 20 minutes until it cooks down stirring frequently. Add all the ingredients to a food processor once cool and pulse.

FoodDownUnder.com Variation: Creamy Tomatillo and Avocado Table Salsa Peel and pit 1 ripe Hass avocado and scoop the flesh into the blender with the room-temperature tomatillo salsa. Blend a few seconds, keeping some texture.

Avocado & Roasted Tomatillo Salsa by FoodDownUnder.com

- 1/2lb tomatillos
- ½ small onion
- 2 garlic cloves
- 2 tablespoons cilantro
- 1 teaspoon salt
- 1 jalapeno
- 1 avocado

Preheat broiler. Remove husks and rinse tomatillos under warm water to remove stickiness. Halve onion half and arrange on rack of a broiler pan with tomatillos and garlic. Broil vegetables 1 to 2 inches from heat turning once, until softened and slightly charred, about 10 minutes. Peel garlic and put in a food processor with tomatillos, onion, cilantro, and salt. Wearing gloves, discard seeds from jalapeno if desired and coarsely chop. Add jalapeno to tomatillo mixture and puree until mixture is almost smooth. Transfer mixture to a bowl. Halve and pit avocado and scoop flesh into tomatillo mixture. With a fork mash avocado into mixture, leaving texture coarse.

Spicy Southwest Chopped Salad with Salsa Verde by AllRecipes.com

- 1 pound tomatillos, husked
- 1/2 bunch fresh cilantro leaves
- 1/2 jalapeno chile pepper, chopped
- 1/4 large white onion, chopped
- 1 clove garlic, chopped
- salt, to taste
- 4 teaspoons lime juice
- 1 avocado - peeled, pitted and diced
- 1 teaspoon lime juice
- 1/4 medium head red cabbage, chopped
- 1 (14.5 ounce) can black beans, rinsed and drained
- 1 red bell pepper, chopped
- 1 pound skinless, boneless chicken breast halves
- 2 teaspoons Cajun seasoning, or to taste
- 1 head green leaf lettuce
- 1 cup crumbled cotija cheese
- 1 lime, cut into wedges

Fill a large pot with water and bring to a rolling boil; add the corn and boil 15 to 20 minutes. Remove the corn and allow to cool until cool enough to handle. Cut the corn off of the cob and place into a large mixing bowl; set aside.

Place the tomatillos, cilantro, jalapeno, onion, garlic, salt, and 4 teaspoons of lime juice into a blender. Pulse until the vegetables have been finely chopped; set aside. Toss the avocado with 1 teaspoon of lime juice and mix with the corn, cabbage, black beans, and bell pepper.

Preheat an outdoor grill for medium-high heat and lightly oil the grate. Season the chicken breasts with Cajun seasoning.

Cook the chicken breasts on the preheated grill until no longer pink in the center and the juices run clear, about 6 minutes. An instant-read thermometer inserted into the center should read at least 165 degrees F (74 degrees C). Set the breasts aside until cool enough to handle; cut into bite sized pieces.

Divide the lettuce leaves onto 4 plates. Mound the avocado mixture on top of the lettuce, followed by the chicken. Sprinkle with cotija cheese and garnish with lime wedges to serve.

Chicken soup with tomatillos adapted from from *Splendid Soups* by Mariquita.com.

- 1 chicken cut into 8 pieces
- 1 lb tomatillos coarsely chopped
- 1 onion finely chopped
- 3 cloves garlic finely chopped
- 2 jalapenos seeded and chopped
- 3 c chicken broth
- 2 T chopped cilantro
- salt and pepper

Brown the chicken in a pan 8-10 minutes a side. Adjust the fat and lightly saute the onions and garlic. Add broth, tomatillos, jalapenos and chicken to pan. When chicken is done (~15 minutes) remove to cool. Skim any fat (I use a stick blender) and puree what is in the pan. The recipe calls for straining it, but I prefer it more 'peasant' and don't. Shred the chicken meat and return to the pan with the cilantro. Adjust salt/pepper (add cayenne if you need it) to taste and you have a great soup (I'll sometimes add a little lime juice to taste as well). Serve with sour cream and/or shredded cheese.

Kale and Jalapeno Soup by AlbionCooks.Blogspot.com

- 3 tbsp olive oil
- 1 onion, finely chopped
- 2 large garlic cloves minced
- 6 baby potatoes, diced
- 1/4 head cauliflower, cut into small florettes
- 1 tsp cumin
- a dash of chili powder
- 16 oz vegetable broth
- 1/2- 1 cup water
- 2-3 tbsp chopped jalapenos
- 1 bunch dinosaur kale, ribbed and torn
- S & P

Heat the oil in a heavy-bottomed saucepan and cook the onion for 4 minutes. Add the garlic and cook 2 additional minutes. Add the potatoes, cover and cook for 3 minutes. Add the cauliflower, cover and cook for 3 additional minutes. Add the cumin, chili powder, vegetable broth, water and jalapenos. Bring to the boil, then cover and simmer for 8-10 minutes. Add the kale, season, and cook until kale is just tender.

Tomatillo Cauliflower Spinach (or Kale) Soup by Food Down Under.com (thanks to PATRICE for finding this one!)

- 1 head cauliflower cut in large chunks
- ¼ cup white onions 1/4" dice
- 2 rg garlic cloves finely chopped
- 1 tsp olive oil
- ½ lb tomatillos husked and rinsed in warm water quartered
- 2 tbl chopped jalapenos
- ¼ cup salsa verde - optional
- 3 tsp vegetarian bouillon & 6 cups water OR use 6 cups vegetable or chicken stock/broth
- ¼ to ½ bunch chopped spinach leaves or Chard or Kale
- ¼ cup fresh cilantro leaves tightly packed
- salt and pepper to taste
- cream and/or chopped fresh cilantro for garnish
- hot pepper sauce

Position a rack about 5 to 5-1/2 inches below the broiler in an oven. Preheat the broiler.

Combine the cauliflower, onion, garlic, and oil in a mixing bowl. Toss to coat. Transfer mixture to a baking sheet or pan, spray with a little liquid margarine and broil for 12 to 15 minutes or until the edges of the florets are dark brown, almost black. Remove from oven. Set aside to cool.

Spray a large soup pot; place pot over high heat; sauté the tomatillos and chopped green jalapenos or other peppers for 5 minutes, stirring often.

Add the salsa verde and cook, stirring for 1 minute. Add the water and concentrated soup base, stir; bring to a boil, let boil 5 minutes, then decrease the heat and simmer for about 10 minutes.

Coarsely chop the broiled vegetables and add them to the pot along with the spinach and cilantro. Let simmer 10 minutes. Add the cauliflower.

Puree with a handheld blender until as smooth as possible. Season to taste with salt. Let simmer 3 minutes. Ladle the soup into bowls. Garnish with a dollop of sour cream and/or cilantro and serve with a hot pepper sauce.

Cauliflower and Kale with Mustard Currant Dressing by AllRecipes.com

- 1 tablespoon Dijon mustard
- 2 teaspoons lemon zest
- 1/2 lemon, juiced
- 2 tablespoons extra virgin olive oil
- 3 tablespoons dried currants
- 1 quart water
- 1 head cauliflower, chopped into bite size pieces
- 1 bunch dino kale, chopped
- salt and freshly ground black pepper to taste

In a medium bowl, whisk together mustard, lemon zest and lemon juice. Slowly drizzle in olive oil, whisking constantly. Mix in currants. Set aside.

Boil water in a medium saucepan fitted with a steamer rack. Steam cauliflower 4 minutes, until just tender. Drain cauliflower and transfer to bowl with the dressing. Remove steamer rack from saucepan. Place kale in the boiling water and cook 2 to 3 minutes, until just tender. Drain kale and transfer to bowl.

Toss cauliflower and kale with the dressing to coat. Season with salt and pepper

Chickpea, Cauliflower & Kale Curry by InnocentPrimate.Wordpress.com

- 2 TBS canola oil
- 1 medium onion
- 3 large cloves garlic
- 2 anaheim peppers (optional)
- 1 head cauliflower, chopped
- 1 bunch kale, chopped
- 3 C cooked chickpeas
- 1 jar tomato paste
- 1 tsp each: cumin seeds, coriander seeds, ground cumin, ground coriander, curry powder, chili powder
- 1 TBS salt



In large pan, heat oil over medium. Add onion. When onion begins to turn clear, add garlic, pepper, and cumin and coriander seeds. When onion mixture has browned slightly, stir in tomato paste. Fill the tomato paste jar with water and stir it in by spoonfuls. Add spices. Stir in kale and chickpeas. Let stew for 10 minutes, stirring occasionally. Add cauliflower. Cook another 5-7 minutes, until cauliflower softens slightly. Remove from heat. Enjoy with some potatoes or rice of choosing.

Island Kale & Sweet Potato Soup by Food & Wine

- 2 tablespoon(s) cooking oil
- 1 onion, chopped
- 2 cloves garlic, minced
- 1 jalapeño pepper, seeds and ribs removed, sliced thin
- 3/4 pound(s) kale, tough stems removed, leaves washed well and shredded (about 1 quart)
- 1 1/2 pound(s) sweet potatoes (about 3), peeled and cut into 3/4-inch cubes
- 1 1/2 quart(s) canned low-sodium chicken broth or homemade stock
- 1 1/2 teaspoon(s) salt
- 1 cup(s) canned unsweetened coconut milk
- 1 cup(s) long-grain rice

In a large saucepan, heat the oil over moderately low heat. Add the onion and cook, stirring occasionally, until translucent, about 5 minutes. Stir in the garlic and jalapeño and cook, stirring, until fragrant, about 30 seconds.

Stir in the kale, sweet potatoes, broth and salt and bring to a boil. Reduce the heat and simmer, partially covered, until the potatoes are tender, about 20 minutes. Add the coconut milk and just heat through.

Meanwhile, bring a medium pot of salted water to a boil. Stir in the rice and boil until just done, 10 to 12 minutes. Drain. Put a mound of rice in the center of each bowl. Ladle the soup around the rice.

Notes: Crinkly kale leaves are wonderfully sturdy and flavorful, making them especially well-suited to soups. Remove and discard the thick stems and then wash the leaves really well before adding them to a dish. The twists and turns of kale leaves are great places for dirt to hide.

Kale Saag by Vegweb.com

- 1 bunch kale
- 1 jalapeno or serrano pepper, fresh
- few sprigs of fresh cilantro
- 1 teaspoon cumin seeds
- 1 teaspoon ground cumin
- 2 teaspoons ground coriander
- Ginger
- lemon juice
- olive oil
- salt

Remove the kale stems, chop, and steam the kale with the chopped jalapeno and the cilantro. When soft, remove from pan, and puree with a food processor or hand blender, adding a little olive oil as needed. Add a few shakes of ground ginger, or a bit of grated fresh ginger.

In a frying pan, pour a little olive oil and add the remaining spices. Heat the spices until sizzling; then add the kale puree. Stir well; taste and add salt. If it looks and tastes dry, you may want to add more olive oil. Serve with a sprinkling of lemon juice.

Kale, Onion, Jalapeno Frittata

- Olive oil
- 1 bunch kale
- ¼ cup water
- 1 onion diced
- ½ jalapeno diced thin
- 1 garlic clove diced thin
- 6 eggs
- 1 cup ricotta cheese (optional, will work w/o it but won't have the exact same texture but it's still very good, I've made it both ways)
- ¼ teaspoon sea salt
- 1 teaspoon or so butter (or olive oil)
- handful shredded cheese (optional)

Preheat oven to 350 F. Strip kale off the stems and chop after washing well. Add olive oil to warm pan over medium heat and stir fry 5 minutes. Add ¼ cup water and allow it all to evaporate while continue to stir the kale. Add a little more olive oil and then the chopped onion, garlic, and jalapeno with the kale until the onion is translucent.

In bowl mix the eggs and ricotta with salt. Stir the veggies into the eggs and stir well. Add butter to the warm pan and once it bubbles add the egg mixture. Move egg to oven and bake for 10-20 minutes until puffy and done and slightly golden brown. Top with a handful of cheese sprinkled on top while warm so it melts.

Variations: frittatas are great with any veggies. We often make them with leeks (leeks and goat cheese go well together), scallions, red peppers, kale or other leafy greens, basil, parsley, onions. It's an easy way to start your day with vegetables. We often serve it with a side salad (tomatoes, lemon zest, and parsley is always delicious!) - enjoy!

Kale, Onions & Feta Omelet by GreenEarthInstitute.org

Chop two or three kale leaves, steam. Sauté 1/4 of a large onion in butter or oil. You can add the kale if you want. Just before taking these off the fire, add some feta cheese so that it starts to melt, about 1/8 cup. Put 2 or 3 beaten eggs in omelet pan. When ready, add the above mix and voila... yummy and delicious omelet!

Kale with Roasted Onion Rings by Food & Wine

- 1 large sweet onion, cut into 1/3-inch-thick rings
- 1/2 cup extra-virgin olive oil, plus more for drizzling
- Salt and freshly ground pepper
- 2 1/2 pounds kale, preferably Tuscan kale, thick stems discarded
- 2 large shallots, thinly sliced
- 3 large garlic cloves, minced

Preheat the oven to 425°. On a large rimmed baking sheet, toss the onion rings with 2 tablespoons of the olive oil and season with salt and pepper. Roast for about 35 minutes, until the onion rings are richly browned on the bottom.

Meanwhile, in a large pot of boiling salted water, blanch the kale until just tender, 4 minutes, and drain. When it's cool enough to handle, squeeze the excess water from the kale and coarsely chop the leaves.

In a large, deep skillet, heat the remaining 6 tablespoons of olive oil. Add the shallots and garlic and cook over moderately low heat until softened, about 7 minutes. Add the kale, toss well and cook over moderate heat until hot throughout and evenly coated with the shallots and garlic, about 2 minutes. Season with salt and pepper. Transfer the kale to a large bowl. Garnish with the roasted onion rings, drizzle with olive oil and serve.

Swamp Soup (a.k.a. Green Gazpacho) by VegWeb.com

- 4 large tomatoes, peeled and chopped
- 1/2 large cucumber, peeled and chopped
- 1/2 bell pepper, seeded and chopped
- 1/2 small onion, chopped
- 1 clove garlic, pressed
- 1/2 jalapeno pepper, diced
- 1 - 2 kale leaves, torn into pieces
- juice of 1/2 large lemon
- Celtic sea salt, to taste
- avocado, diced (optional)
- green onions, sliced (optional)

Place tomatoes, cucumber, bell pepper, onion, garlic, jalapeño, kale, lemon juice and salt into the pitcher of a blender or food processor. Blend until smooth. Turns a brownish green that looks a bit like swamp muck, hence the name. Chill for 2 hours and then blend again as liquid will separate some. To serve as soup, pour into bowls and top with chopped avocado and sliced green onions. Or just drink it like a smoothie!

If you have red peppers from last week, try the Red Pepper soup with Cilantro Cream Swirl:

<http://www.wellnessletter.com/html/wr/wrRedPepperBlackBeanSoup.html>