**English Peas** should be shucked then blanched or added to your stir-fry, stew, pasta, soup, or rice at the last minute so as not to overcook. Or simply blanch them and serve atop a salad or as a delicious side with butter and some chopped herbs like mint, sea salt, and pepper. Get the kids to help shuck them. You can even munch on them raw. Peas have more protein than practically any other vegetable!

Fresh English Peas have a sweet delicate flavor. They need very little cooking. It may be a little time-consuming to shell them, but it’s well worth it, and can be a fun way to get the kids involved.

**Fresh Pea Soup with Mint** by Cooking Light

- 2 teaspoons butter
- 1 cup coarsely chopped green onions
- 4 cups shelled green peas (about 4 pounds unshelled)
- 3 cups fat-free, less-sodium chicken broth
- 2 cups water
- 1 tablespoon fresh lemon juice
- 1/4 teaspoon salt
- 1/4 teaspoon freshly ground black pepper
- 1 tablespoon extra virgin olive oil
- 2 tablespoons thinly sliced mint
- Cracked black pepper (optional)

Melt butter in a large saucepan over medium heat. Add onions to pan; cook 3 minutes, stirring occasionally. Add peas, broth, and 2 cups water; bring to a boil. Reduce heat, and simmer 10 minutes or until peas are very tender, stirring occasionally. Remove from heat; let stand 15 minutes. Stir in juice, salt, and 1/4 teaspoon pepper.

Place half of pea mixture in blender; process until smooth. Pour pureed soup mixture into a large bowl. Repeat procedure with remaining pea mixture. Pour half of pureed soup mixture through a sieve over a large bowl, reserving liquid; discard solids. Return liquid to pureed soup mixture. Ladle about 3/4 cup soup mixture into each of 6 bowls; drizzle each with 1/2 teaspoon oil. Sprinkle each serving with 1 teaspoon mint. Garnish with cracked pepper, if desired.
**Fresh English Pea Salad with Mint and Pecorino** by Cooking Light

- 2 cups water
- 1 cup shelled green peas (about 1 pound unshelled)
- 6 cups trimmed arugula
- 1/4 cup chopped fresh mint
- 1 1/2 tablespoons fresh lemon juice
- 1 tablespoon extra virgin olive oil
- 1/2 teaspoon salt
- 1/4 teaspoon freshly ground black pepper
- 1/2 cup (2 ounces) shaved fresh pecorino Romano cheese

English peas and mint are a classic combination, given extra depth of flavor here with the addition of savory pecorino and bitter arugula. Fresh lemon juice (always better than bottled) in the dressing brightens all the flavors. Crumbled feta or goat cheese make excellent substitutes for pecorino.

Bring 2 cups water to a boil in a medium saucepan. Add peas; cook 1 minute. Drain and plunge peas into ice water; drain. Combine peas, arugula, and mint in a large bowl. Add lemon juice, olive oil, salt, and pepper; toss well. Sprinkle with cheese. Serve immediately.

**Minted English Pea Soup** by Martha Stewart

- 3 tablespoons unsalted butter
- 1 medium yellow onion, chopped
- 1 leek, well cleaned and finely chopped
- 1 rib celery, chopped
- 1 medium russet potato, peeled and chopped
- 8 cups homemade Vegetable Stock
- 1 1/4 pounds fresh, shelled English peas (from about 3 pounds unshelled)
- Coarse salt and freshly ground white pepper
- 1 1/2 cups heavy cream
- 1 small bunch fresh mint
- Sugar

Melt butter in a large saucepan over medium heat. Add onion, leek, and celery, and cook until soft. Add potatoes and 7 cups vegetable stock; bring to a boil. Reduce heat and simmer until potatoes are soft, 10 to 15 minutes. Remove from heat.

Prepare an ice-water bath. Fill another large saucepan with water and bring to a boil over high heat. Add salt and return to a boil. Add peas and cook until tender, about 5 minutes. Drain and immediately transfer peas to ice-water bath to cool. Drain and add to saucepan with vegetables and stock.

Working in batches, puree the soup in the jar of a blender or bowl of a food processor. Strain liquid twice through a fine mesh sieve into another large saucepan. Add 1 cup of heavy cream and place
saucepan over low heat. Season with salt, pepper, and sugar. Tie mint together using kitchen twine and add to saucepan; let steep for 10 to 15 minutes. Remove mint and discard. If soup seems too thick, add some of the remaining vegetable stock to thin.

In a medium bowl, whisk remaining 1/2 cup heavy cream until soft peaks form. Gently fold into the warmed soup. Serve immediately.

If you are a weekly member, you may have things like Parsley, Asparagus, Cucumber, Scallions, Romaine to use with today's box to make a lot of wonderful meals including some recipes included here:

**Sweet Pea, Scallop & Mint Risotto** by Tyler Florence

- 5 tablespoons extra-virgin olive oil, plus more for drizzling
- 1/4 cup finely chopped shallots
- 2 cups Arborio rice
- 1/2 cup dry white wine
- Kosher salt and freshly ground black pepper
- 1/4 cup finely chopped fresh mint
- 8 cups chicken stock, heated
- 1 cup fresh peas, cooked (or frozen peas, rinse under cool water to thaw)
- 1/4 cup plus 1 tablespoon butter, room temperature
- 1/2 cup grated Parmesan
- 1 pound diver scallops

Place a large, deep skillet over medium heat and pour in 3 tablespoons olive oil. Add shallots and cook, stirring, for 5 minutes, until soft. Stir in rice and half of the chopped mint making sure to coat all the rice grains with the oil. Add wine and cook until most of the liquid (as well as the alcohol) has evaporated. Season with a little salt and pepper. Ladle in 1 cup of hot stock. Using a wooden spoon, stir gently until most of the stock has been absorbed. Keep adding stock a cup at a time and stirring. After about 10 to 15 minutes, test the rice. It should be cooked and creamy but still have a slight bite to it. (You may not need all of the stock.) Gently fold in peas and 1/4 cup butter. Stir in the parmesan cheese and taste for seasoning. Remove from heat and cover while you sear the scallops.

Set a non-stick saute pan over medium heat and add 2 tablespoons olive oil and 1 tablespoon butter. Pat the scallops with paper towels to make sure they are very dry. Season on both sides with salt and pepper. Add scallops to pan, making sure not to overcrowd, and cook until they are nicely browned on both sides, about 4 to 8 minutes depending on the size of your scallops.

Check the risotto and add a bit more stock if it has gotten too thick. In a shallow bowl or plate, make a nice mound of risotto and top with 3 or 4 scallops. Garnish with remaining mint and a drizzle of olive oil. Serve immediately.

**English Peas in the Pod** from the Los Angeles Times: Simmer the peas in their pods in a skillet with about 1 inch of water and a nice chunk of butter. Cook them just until the pods glow and begin to soften, about 3 minutes. Drain, sprinkle generously with coarse salt and then eat them by popping the whole pod in your mouth and pulling it out between your teeth. You get a scraping of slightly bitter green from the pod and then the explosion of sweet green flavor from the peas themselves.
Pureed Spinach and Sweet Pea Soup with Fresh Mint Cream by Reggie Southerland

- 2 big yellow onions, coarsely chopped
- 3 tablespoons unsalted butter
- 2 cloves fresh garlic coarsely chopped
- 2 (10-ounce) bag (or the equivalent) fresh spinach, rinsed
- 2 1/2 cups frozen petite peas
- 3 cups vegetable or chicken stock
- 1/2 cup light cream
- 1 tablespoon salt
- Freshly ground black pepper
- Fresh Mint Cream, recipe follows

Sauté onions in the butter in a large soup pot over high heat, stirring occasionally to prevent onions from sticking until they begin to soften about 10 minutes. Add garlic, lower the heat to medium and continue cooking for another 10 minutes until onions are translucent. Stir in spinach and saute until wilted about 5 minutes more. Add peas and the stock to the pot and bring to a boil over high heat. Lower the heat and simmer, uncovered, for 10 minutes. Remove soup from heat and allow to cool for a few minutes.

Using a food processor puree soup in small batches (use a second bowl to pour puree in until all soup is pureed). Place puree back into pot, add cream and bring to simmer over low heat. To serve, ladle soup into 4 large bowls and top with about 3 tablespoons of the fresh mint cream.

Fresh Mint Cream: In a bowl, using a whisk, combine all ingredients until smooth.

- 1/2 cup finely chopped fresh mint leaves
- 1 cup sour cream
- 1/2 cup half-and-half
- Salt and pepper

English Peas & Mint by Epicurious

- 1 spring onion, sliced
- 2 tablespoons olive oil
- 2 cups English peas, shelled (about 12 ounces)
- 6 mint leaves, torn
- Salt
- Water

Sauté the spring onion in two tablespoons olive oil over medium-high heat. Add the shelled peas, a pinch of salt, and enough water to barely cover. Cook over high heat for 2 minutes, then add the torn mint leaves. Continue cooking until the peas are tender, a few more minutes. Check for seasoning, and add more salt if needed.
Romaine Lettuce by The World’s Healthiest Foods:

Not all lettuce is created equal, but if you start your meal with a salad made of romaine lettuce you will be sure to add not only a variety of textures and flavors to your meal but an enormous amount of nutritional value.

SWEET PEA ROMAINE SOUP by UnfussyFare.com

- 3 tablespoons olive oil
- 2 shallots, chopped (about a cup and a quarter)
- 1 12-ounce bag frozen peas, thawed
- 1 medium head romaine lettuce, sliced into 1-inch strips
- 1 tablespoon kosher salt
- 3 cups water
- 1 tablespoon finely chopped mint leaves
- 2 tablespoons lemon juice
- black pepper to taste

Heat olive oil in a large saucepan over medium-high heat. Add shallots and saute for five minutes.

Add romaine leaves. Cook, stirring regularly, until leaves are completely wilted (about five minutes).

Add peas, water, and salt. Bring to a boil. Reduce heat to low and simmer for ten minutes. Puree soup in a blender or food processor.

Return soup to pot. Add water if it seems too thick. Add mint leaves and lemon juice. Stir, season to taste with salt and pepper, and serve with a mint leaf garnish.
**Strawberry Romaine Salad** by Weight Watchers

For the salad

- 1/2 cup strawberries
- 1 head romaine lettuce
- 1/2 cup green onions
- 1 cucumber

For the dressing

- 3 tablespoons balsamic vinegar
- 4 tablespoons salad oil
- 4 tablespoons liquid honey
- 1 teaspoon poppy seeds

Tear the romaine lettuce into bite size pieces. Peel and slice the cucumber. Slice the strawberries and green onions and strawberries into small pieces. Gently toss all ingredients together. Pour the dressing ingredients into a sealable container and shake to mix. Pour the dressing over the salad just before serving and enjoy!

**Romaine and Turkey Salad with Creamy Avocado Dressing** by CookingLight

- 1/4 cup low-fat buttermilk
- 1 tablespoon light mayonnaise
- 1 tablespoon fresh lime juice
- 1/2 teaspoon salt
- 1/8 teaspoon ground red pepper
- 1 garlic clove, peeled
- 1/2 ripe peeled avocado, seeded and coarsely mashed
- 8 (1/2-ounce) slices diagonally cut French bread (about 1/2 inch thick)
- 1/4 cup (1 ounce) preshredded Parmesan cheese
- 4 cups bagged chopped romaine lettuce
- 2 cups diced roasted turkey breast (about 8 ounces)
- 1/2 cup thinly sliced green onions
- 2 tablespoons chopped fresh cilantro

Combine first 7 ingredients in a blender, and process until smooth, scraping sides. Set aside.

Preheat broiler. Arrange bread slices in a single layer on a baking sheet. Sprinkle 1 1/2 teaspoons cheese on each bread slice. Broil bread slices 2 minutes or until lightly browned.

Combine lettuce and remaining ingredients in a large bowl. Drizzle buttermilk mixture over lettuce mixture; toss gently to coat. Serve with cheese toasts.
Grilled Romaine by Alton Brown

- 1/2 cup red wine vinegar
- 2 hearts of romaine, rinsed and patted dry
- 1 tablespoon olive oil
- Freshly ground black pepper
- 1 cup finely grated Parmesan
- Vegetable spray, for pan

Place vinegar in shallow pan and place in the freezer. Allow the vinegar to freeze, approximately 2 hours. Once frozen, scrape with a fork to create a shaved ice texture. Return the vinegar to the freezer until ready to use.

Cut each heart of romaine in half lengthwise so that the root keeps each piece together. Lightly brush the cut side of the romaine pieces with olive oil. Season with the pepper. Place the cheese in a shallow pan large enough to lay the romaine in and press the cheese firmly onto the cut side of the romaine until it adheres.

Spray a nonstick griddle or sauté pan with vegetable spray and preheat over medium-high heat. Place the romaine in the pan and cook until the cheese turns golden, approximately 1 to 2 minutes. Place the romaine, cheese side up onto plates and sprinkle with the vinegar ice. Serve immediately.

Fattoush by Eating Well

- 2 6-inch whole-wheat pitas, split
- 3 tablespoons extra-virgin olive oil, divided
- 1 1/4 teaspoons ground sumac, (see note), divided
- 1/4 cup lemon juice
- 1/2 teaspoon salt
- 1/4 teaspoon freshly ground pepper
- 1 large head romaine lettuce, coarsely chopped
- 2 large tomatoes, diced
- 2 small salad cucumbers, or 1 large cucumber, seeded and diced (peeled if desired)
- 1/2 cup thinly sliced red onion
- 1/3 cup thinly sliced fresh mint

Preheat oven to 350°F.

Place pita halves rough-side up on a large baking sheet. Brush with 1 tablespoon oil and sprinkle with 1 teaspoon sumac. Bake until the pita halves are golden and crisp, about 15 minutes. When cool, break into bite-size pieces.

Whisk lemon juice, salt, pepper and the remaining 2 tablespoons oil and 1/4 teaspoon sumac in a large bowl. Add lettuce, tomatoes, cucumber, onion, mint and the pita pieces; toss to coat. Let stand for 15 minutes before serving.
Grilled Romaine Salad by TopWithCherries.blogspot.com

- 2 Hearts of Romaine, cut in half length-wise
- Olive Oil
- Salt, Pepper
- Feta Cheese, crumbled
- 1 cup Pecans, chopped
- 5 Tbsp. Sugar

Preheat oven to 350 degrees. Spread pecans out on a parchment-lined baking sheet and bake until toasted (about 5 minutes). Let cool.

Meanwhile, in a small pan, heat sugar over medium heat, stirring occasionally. As sugar begins to melt, start stirring more frequently until it caramelizes and turns golden-amber in color (about 5 minutes). Remove from heat and add in the toasted pecans and toss them into the sugar mixture until all pieces are coated evenly. Carefully spread the candied pecans back onto the parchment-lined baking sheet, using 2 forks to help separate the larger clumps. Let cool completely.

Preheat grill to med-high heat. Brush a small amount of olive oil on the cut side of each romaine heart. Season to taste with salt and pepper. Place each romaine heart, cut-side down, onto the grill and let cook for approximately 90 seconds. Remove from heat and sprinkle cheese and pecans generously over each romaine heart. Drizzle with Tomato Basil Vinaigrette dressing and serve warm.

Tomato Basil Vinaigrette

- 1 - 14.5oz. can Diced Fire-Roasted Tomatoes, drained
- 1/4 cup Red Wine Vinegar
- 1 clove Garlic, chopped
- 2 Tbsp. Fresh Basil, chopped
- 1/2 cup Olive Oil
- Salt
- Pepper

In a food processor or blender, combine the tomatoes, vinegar, garlic, basil and olive oil; blend well. Season with salt and pepper to taste and serve immediately.
Caesar Salad by SimplyRecipes

- 1/2 cup high quality extra virgin olive oil
- 4 cloves fresh garlic, peeled, smashed, then minced
- 1 baguette, preferably a day old, sliced thin
- 1/4 cup freshly juiced lemon juice (plus more to taste)
- 4 ounces Parmesan cheese, grated
- 1 teaspoon anchovy paste, or 1-2 anchovies, smashed and minced
- 2 eggs
- Freshly ground black pepper (1/4 teaspoon or to taste)
- 1/2 teaspoon salt
- 4-6 small heads of romaine lettuce, rinsed, patted dry, wilted outer leaves discarded

In a very large bowl, whisk together the olive oil and garlic. Let sit for half an hour.

While the oil is sitting, make the croutons. Spread the baguette slices out over a baking sheet (may need to do in batches), lined with parchment paper or Silpat. Brush or spray with olive oil (or melted butter, or if you want garlicky croutons, dip pastry brush in the garlic infused oil you have sitting in step 1). Broil for a couple of minutes until the tops are lightly browned. (Note: do not walk away, these can easily go from browned to burnt.) Remove and let cool.

The steps up until this point can be made ahead.

Add anchovies and eggs to the oil garlic mixture. Whisk until creamy. Add salt and pepper and 1/4 cup of lemon juice. Whisk in half of the Parmesan cheese. Taste, add more lemon juice to taste. The lemon should give an edge to the dressing, but not overwhelm it.

Using your hands, tear off chunks of lettuce from the heads of lettuce (do not use a knife to cut). Add to the oil mixture and toss until coated. Add the rest of the Parmesan cheese, toss.

Coarsely chop the toasted bread and add (with the crumbs from the chopping) to the salad. Toss. Serve immediately.
Creamy Avocado Green Goddess Dressing by WhatsInYourPantry.blogspot.com

- 1/2 cup of sour cream (whole or low-fat - don't try this with fat free!)
- 1 ripe avocado cut into chunks
- 2 tablespoons of olive oil (or one big glug from the bottle)
- 1/2 cup of loosely packed parsley (yes, I like the flat leaf kind but curly works just as well)
- 1/4 cup of chopped scallions
- 1/2 clove of garlic (or a very small clove)
- 1/2 teaspoon of Herbes de Provence (or a handful of fresh tarragon or basil if you've got it)
- Juice of 1 lemon
- Heavy pinch of salt
- A few grinds of black pepper
- *Optional - one anchovy filet or a few dashes of Worchestershire sauce (I like it)

Throw everything into the blender. Whir until smooth. If it’s too thick, add a teensy bit of water to thin out. Taste and adjust seasoning to your liking. If it’s too acidic, add a tad more salt.

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.
- 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 Watermelon Spinach Salad by AllRecipes.com

- 2 large avocados - peeled, pitted and diced
- 4 cups cubed watermelon
- 4 cups fresh spinach leaves
- 1 cup balsamic vinaigrette salad dressing

In a salad bowl, toss together the avocado, watermelon cubes and spinach. Stir in salad dressing just before serving.
Watermelon and Cantaloupe Salad with Mint Vinaigrette by Giada De Laurentis

- 1 bunch fresh mint, chopped
- 1/4 cup lemon juice, from about 1 lemon
- 1/4 cup simple syrup, recipe follows
- 1/8 teaspoon amaretto
- 2 cups watermelon balls, from about half a watermelon
- 2 cups cantaloupe balls, from about 1 cantaloupe

In a blender, combine mint, lemon juice, simple syrup, and amaretto. Blend until smooth. In a large bowl, combine the watermelon and the cantaloupe. Add the vinaigrette and toss. Transfer to a serving bowl and serve.

Simple Syrup:

- 1/2 cup water
- 1 cup sugar

In a saucepan, combine water and sugar over medium heat. Bring to a boil, then reduce heat and simmer for 5 minutes, until the sugar has dissolved. Take pan off heat and cool the syrup. Any extra cooled syrup can be saved in an airtight container in the refrigerator.

Spinach Cantaloupe Salad with Mint by AllRecipes

- 4 cups fresh spinach leaves
- 1 cup sliced cantaloupe
- 1 cup sliced avocado
- 1/2 cup diced red bell pepper
- 2 tablespoons chopped fresh mint leaves
- 1 tablespoon mint apple jelly
- 1 1/2 teaspoons white wine vinegar
- 3 tablespoons vegetable oil
- 1 clove garlic, minced

Divide spinach between 2 serving plates. Arrange half of the cantaloupe and half of the avocado in a circular pattern over the spinach on each plate. Sprinkle with diced red pepper and fresh mint. Mix together the mint jelly, white wine vinegar, oil and garlic. Drizzle over the salads. Serve.
**Leeks** are a delicious onion that can add flavor to any dish. They can be substituted for onions in any recipes but are so special; you’ll want to make them the star of the show. Be forewarned: they are dirty. Simply chop off the dark green tougher top and the roots at the bottom. Then slice in thin rounds or cut in half and slice. Put it a bowl full of ice water and agitate. Mix it up again. The dirt will fall and the leeks will float. Then dry them off and use in a sauté or anywhere you want to showcase the delicious sweet flavor.

**Leek Rosti** by Emeril Lagasse

- 2 large Idaho potatoes
- Salt
- Water to cover
- 2 tablespoons butter
- 1 cup chopped leeks, white part only
- Freshly ground white pepper

Place the potatoes in a saucepan, cover with water and season with salt. Over medium heat, bring the water to a boil, reduce the heat to medium low and cook until the potatoes are tender. Remove from the water and cool completely. Peel the potatoes and pass through a coarse grater. In a large non-stick sauté pan, over medium heat, melt the butter. Add the leeks. Season with salt and white pepper. Sauté for 2 minutes. Add the potatoes and mix thoroughly. Using the back on a wooden spoon press the potato mixture firmly into the pan. Reduce the heat to low and cook until the potatoes are crispy and golden brown. Using a spatula, flip the potato cake over and continue cooking the other side. **Add more butter if needed. Remove from the pan and slice into individual servings.**

**Leek & Pear Soup** by leekrecipes.org

- 2 leeks
- 2 pears
- 2 medium potatoes.
- 1 medium onion.
- 4 cups of chicken stock.
- ½ cup of cream.
- 1 ¾ oz of butter.
- Salt and pepper, to taste.
- Cream, to garnish.

Remove the dark outer leaves from the leeks and discard. Wash well to remove any dirt from between layers and chop fine. Peel and chop the onions, pears and potatoes. In a saucepan, melt the butter and gently sauté the onion and leek until soft. Add pears, potatoes and chicken stock, bring to the boil, and simmer for 30 minutes or until the potatoes are tender. Purée in a blender until smooth, reheat in a clean saucepan, then add the cream, salt and pepper. Thin slightly with milk if required.
Mac and Cheese with Leeks and Gorgonzola by The Cookworks

- 1 pound penne pasta
- 2 tablespoons unsalted butter, plus 1 tablespoon
- 1 tablespoon olive oil
- 3 leeks, thinly sliced
- Bechamel Sauce, recipe follows
- 1/2 cup Gorgonzola, crumbled
- 1/4 cup grated Asiago
- 1 tablespoon chopped fresh thyme leaves
- 1 tablespoon chopped fresh oregano leaves
- 1 tablespoon chopped fresh Italian parsley leaves
- Kosher salt and freshly ground black pepper
- Special equipment: 9-inch springform pan

Preheat the oven to 375 degrees F.

In a large pot of boiling salted water cook the pasta until al dente, drain and set aside.

In a skillet over medium heat melt 2 tablespoons of butter and oil and cook the leeks until tender but not browned. In a bowl combine the cooked leeks with the Bechamel Sauce, Gorgonzola, Asiago, thyme, oregano, and parsley. Toss the sauce with the pasta until well coated and season, to taste.

Grease a 9-inch springform pan with the remaining butter. Fill the springform pan with the pasta mixture and place on a baking sheet. Bake for 40 minutes. Let rest for 10 minutes before removing from the pan and slicing.

Bechamel Sauce:

- 1/4 cup unsalted butter
- 1 clove garlic, smashed
- 1/4 cup all-purpose flour
- 3 cups milk
- 1/4 cup grated Parmesan
- 1/4 teaspoon kosher salt
- Pinch freshly ground nutmeg

In a heavy bottomed pot over medium heat, melt the butter and saute the garlic for 2 minutes until fragrant, but not brown. Remove the garlic and discard. Reduce the heat to low and whisk in the flour to make a roux, cook for 4 minutes, stirring constantly to prevent scorching.

Heat the milk to just below boiling. Pour 1 cup of milk into the roux, whisking constantly as the sauce thickens. Add the rest of the milk, in 1/2 cup portions, whisking constantly to prevent lumps. Simmer the sauce over low heat for 8 minutes, stirring the bottom of the pot with a spatula to prevent burning. Remove the pot from the heat and stir in the cheese, kosher salt and nutmeg to finish the sauce.
Carrot, Celery and Leek Soup with Cornbread Dumplings by OChef.com from 300 Sensational Soups, by Carla Snyder and Meredith Deeds

For the Soup:

- 2 Tbsp olive oil (25 mL)
- 2 Tbsp unsalted butter (25 mL)
- 3 leeks, white part only, thinly sliced
- 6 carrots (about 12 oz/375 g), thinly sliced
- 2 stalks celery, thinly sliced
- 1/2 tsp each salt and dried thyme (2 mL)
- Pinch each freshly ground black pepper and cayenne pepper
- 6 cups chicken or vegetable stock (1.5 L)
- 1 cup half-and-half (10%) cream (250 mL)
- 1/4 cup minced fresh flat-leaf (Italian) parsley (50 mL)

For the Cornbread Dumplings:

- 1 cup all-purpose flour (250 mL)
- 1/4 cup stone-ground cornmeal (50 mL)
- 1 tsp baking powder (5 mL)
- 1/4 tsp each baking soda and salt (1 mL)
- 2 eggs, beaten
- 1/2 cup buttermilk (125 mL)
- 2 Tbsp unsalted butter, melted (25 mL)
- 1/2 cup frozen corn kernels, thawed (125 mL)

In a large pot, heat oil and butter over medium-high heat. Add leeks and sauté until starting to soften, about 2 minutes. Add carrots, celery, salt, thyme, black pepper and cayenne; sauté until vegetables start to soften, about 5 minutes. Add stock, cream and parsley; bring to a simmer. Reduce heat and simmer, stirring occasionally, while you assemble the dumplings.

Prepare the dumplings: In a large bowl, combine flour, cornmeal, baking powder, baking soda and salt.

In another bowl, whisk together eggs, buttermilk and butter. Pour over dry ingredients, along with corn. Using a large spatula, fold the dry ingredients into the wet just until mixed. (Don't overmix, or the dumplings will be heavy and tough.) Drop dumpling batter by tablespoonfuls (15 mL) into simmering soup. Cover, reduce heat to low and simmer until vegetables are tender and dumplings are cooked through, about 20 minutes.

Ladle into heated bowls.
**Lemon Frittata with Leeks and Goat Cheese** by TheKitchn.com

7 eggs  
1 Meyer lemon, zested  
3 ounces goat cheese  
Olive oil  
2 large leeks, cut lengthwise and rinsed  
1/3 cup Italian parsley, chopped  
Salt and fresh ground black pepper

Pre-heat the broiler. In a large bowl, whisk the eggs until slightly bubbly and well-mixed, then stir in the lemon zest. Crumble in the goat cheese.

Heat about a tablespoon of olive oil in a deep skillet over medium heat. It can be cast iron or another metal; just make sure it can go in the oven. Trim the leeks of any dry or browned edges on the green tops, then slice the remaining stalk into half moons. Toss everything into the skillet and cook, stirring frequently, for about ten minutes or until the leeks are softened. Stir in the parsley and cook just until wilted. Remove from the heat and add salt and pepper to taste. Let cool for just a minute or two, then pour the cooked leeks into the bowl with the eggs and stir.

Put the skillet back on the heat and film lightly with just a bit more olive oil. Pour the egg and leek mixture in and cook over medium heat for about 10-15 minutes, or until the frittata has mostly set. Use a spatula to lift up the edges and make sure it's cooking evenly, letting the uncooked eggs run down into the bottom of the pan.

When the frittata has set, put under the broiler for 3-5 minutes, or until the top is golden brown and slightly puffy. Remove from the oven and let rest for 5 minutes. Flip out onto a platter and serve immediately.
Bacon, Potato, Leek, Crab Chowder by RachelRayShow

- 3 leeks, trimmed of rough tops and roots
- 2 small to medium carrots
- 2 tablespoons extra-virgin olive oil (EVOO)
- 6 slices lean, smoky, good quality bacon, chopped into 1/2 inch pieces
- 3 small ribs celery from the heart of the stalk, finely chopped
- 3 sprigs fresh thyme, 1 bay leaf
- Salt and pepper
- 3 medium starchy potatoes, such as Idaho, peeled
- 3 tablespoons flour
- 1 shot (a couple of large splashes) good quality dry sherry
- 3 cups chicken stock
- 3-4 cups half-and-half or heavy cream
- 1/2 pound lump crab meat
- 1/2 tablespoon (half a palmful) seafood seasoning, such as Old Bay
- Hot sauce to taste, optional
- A handful of flat-leaf parsley, finely chopped
- Crusty bread, for dunking and mopping

Fill a large bowl with cold water. Cut the leeks in half lengthwise and then thinly slice into half moons. Add the sliced leeks to the bowl of water and swoosh it around a little and then let them sit, the grit and dirt will fall to the bottom of the bowl.

While the leeks are sitting in the water chop up the carrots, take peeled carrots and lay flat on cutting board. Hold each carrot at root end and use the vegetable peeler to make long, thin strips of the carrot. Chop the thin slices into small carrot bits or carrot chips, 1/2-inch wide.

Heat a medium soup pot or deep-sided skillet over medium high heat with 2 turns of the pan of EVOO, about 2 tablespoons. Add the bacon and cook until brown and crisp, 2-3 minutes. Add the chopped celery and carrot strips. Pull the sliced leeks from the water with your hands, trying not to disturb the water too much so that the grit and dirt stays put on the bottom of the bowl. Transfer the sliced leeks to a kitchen towel to drain off some of the water then add them to the carrots and celery. Stir veggies together, add thyme springs and bay leaf, and season with salt and pepper.

While the leeks cook to wilt, about 3-4 minutes, slice the potatoes: Cut each potato into quarters lengthwise, lay them flat on a cutting board and thinly slice. Reserve. Stir the flour into the pot with the veggies and cook for a couple minutes. Add the sherry and cook for a minute or so.

Add the sliced potatoes to the veggies then the stock, half-and-half, hot sauce and seafood seasoning. Bring up to a bubble and simmer for 10-15 minutes.

While the soup is simmering, run your fingers through the crab meat to remove any leftover bits of shell and cartilage. Place crabmeat in a bowl, sprinkle with the seafood seasoning and toss to coat.

Once the chowder is cooked and the potatoes are tender, add the crab to heat it through. Remove from heat, add parsley and adjust seasonings. Serve immediately along with some crusty bread.
Leek & Potato Fritters with Lemon-Cumin Yogurt by CookingLight

This is based on keftes de prasa, a traditional Sephardic recipe for fritters. Leeks add an aromatic note to traditional Hanukkah latkes (potato pancakes). Fritters and latkes are typically fried with olive oil; here, we use canola oil, which has a mild flavor and high smoke point to brown the fritters. To prepare fritters ahead, place cooked fritters in a 250° oven to stay warm until you’re ready to serve. Garnish with parsley sprigs, if desired.

Yogurt:
- 1 1/2 cups plain nonfat yogurt
- 1/2 teaspoon minced garlic
- 1/2 teaspoon grated lemon rind
- 1/4 teaspoon ground cumin
- 1/8 teaspoon salt
- 1/8 teaspoon freshly ground black pepper

Fritters:
- Cooking spray
- 4 cups thinly sliced leek (about 1 1/2 pounds)
- 6 tablespoons water, divided
- 1 teaspoon salt, divided
- 3/4 teaspoon freshly ground black pepper, divided
- 1 (20-ounce) package refrigerated shredded hash brown potatoes (such as Simply Potatoes)
- 2 large eggs
- 2 large egg whites
- 8 teaspoons canola oil, divided

To prepare yogurt, spoon yogurt onto several layers of heavy-duty paper towels; spread to 1/2-inch thickness. Cover with additional paper towels; let stand 5 minutes. Scrape into a bowl using a rubber spatula. Combine yogurt and next 5 ingredients (through 1/8 teaspoon pepper) in a small bowl. Cover and chill.

To prepare fritters, heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray. Add leek, 2 tablespoons water, 1/4 teaspoon salt, and 1/4 teaspoon pepper. Sauté 10 minutes or until golden, adding remaining 1/4 cup water as necessary to prevent leeks from sticking to pan. Place leeks and potatoes in a large bowl. Combine 1/2 teaspoon salt, 1/4 teaspoon pepper, eggs, and egg whites; stir well with a whisk. Add egg mixture to potato mixture.

Heat 4 teaspoons oil in a large nonstick skillet coated with cooking spray over medium-high heat. Spoon about 3 tablespoons potato mixture for each of 8 fritters into pan. Cook 3 minutes on each side or until browned. Remove from pan. Repeat procedure with the remaining 4 teaspoons oil and potato mixture. Sprinkle fritters with remaining 1/4 teaspoon salt and remaining 1/4 teaspoon pepper. Serve with yogurt sauce.
Potato & Leek Gratin by FineCooking.com

The ham in this gratin is optional. If you do use it, however, taste it first. If it’s very salty, use a bit less ham and be careful with the added salt.

- 1/2 cup homemade or low-salt chicken or vegetable broth
- 1-1/2 cups heavy cream
- 1 clove garlic, crushed
- 1 bay leaf
- 2-1/2 lb. Yukon Gold potatoes, peeled and sliced about 1/8 inch thick
- Kosher salt and freshly ground black pepper
- Freshly grated nutmeg to taste
- 1 large leek (white and light green parts only), sliced very thinly, washed well, and drained (about 2 cups)
- 4 oz. thinly sliced baked or cured ham, chopped (about 1 cup)
- 1/2 cup grated Gruyère

In a small saucepan, combine the broth, cream, garlic, and bay leaf; bring just to a boil. Take it from the heat and let the flavors infuse as you assemble the gratin.

Heat the oven to 350°F. Spread about one-third of the potatoes in the bottom of a 2-qt. gratin or heavy baking dish. Season with salt, pepper, and nutmeg. Next, spread about half of the leeks and half of the ham on the potatoes. Top with another one-third of the potatoes, season with salt, pepper, and nutmeg again, and top with the rest of the leeks and ham. Arrange the remaining potatoes on top, and season.

Put the gratin dish on a baking sheet (to catch any spills). Pour the cream mixture over the potatoes, discarding the garlic. Tuck the bay leaf in the center of the gratin for decoration (but don’t let anyone eat it), or discard it, too. Sprinkle with the cheese.

Cover the dish loosely with foil and bake in the hot oven until the potatoes start to get tender, about 30 minutes. Remove the foil and continue baking, basting occasionally with the liquid in the dish, until the potatoes and leeks are very tender when pierced with a knife and a golden crust forms on top, another 30 to 45 minutes. Let cool for about 15 minutes before serving.
**Potato Leek Soup** by Alton Brown

- 1 pound leeks, cleaned and dark green sections removed, approximately 4 to 5 medium
- 3 tablespoons unsalted butter
- Heavy pinch kosher salt, plus additional for seasoning
- 14 ounces, approximately 3 small, Yukon gold potatoes, peeled and diced small
- 1 quart vegetable broth
- 1 cup heavy cream
- 1 cup buttermilk
- 1/2 teaspoon white pepper
- 1 tablespoon snipped chives

Chop the leeks into small pieces. In a 6-quart saucepan over medium heat, melt the butter. Add the leeks and a heavy pinch of salt and sweat for 5 minutes. Decrease the heat to medium-low and cook until the leeks are tender, approximately 25 minutes, stirring occasionally.

Add the potatoes and the vegetable broth, increase the heat to medium-high, and bring to a boil. Reduce the heat to low, cover, and gently simmer until the potatoes are soft, approximately 45 minutes.

Turn off the heat and puree the mixture with an immersion blender until smooth. Stir in the heavy cream, buttermilk, and white pepper. Taste and adjust seasoning if desired. Sprinkle with chives and serve immediately, or chill and serve cold.

**Potato Leek Soup** by SimplyRecipes

- 3 large leeks, cut lengthwise, separate, clean. Use only the white and pale green parts, chop.
- 2 Tbsp butter
- 2 cups water
- 2 cups chicken broth (or vegetable broth for vegetarian option)*
- 2 lbs potatoes, peeled, diced into 1/2 inch pieces
- Marjoram - dash
- 1/4 cup chopped fresh parsley
- 2 teaspoons chopped fresh thyme, or 1/2 teaspoon dried thyme
- Tabasco sauce or other red chili sauce
- Salt & Pepper

Cook leeks in butter with salt and pepper in a medium sized sauce pan. Cover pan, cook on low heat for 10 minutes. Check often. Do not brown leeks! Browning will give leeks a burnt taste.

Add water, broth, and potatoes. Bring to a low simmer and cook for 20 minutes. Scoop about half of the soup mixture into a blender, puree and return to pan. Add marjoram, parsley, and thyme. Add a few dashes of chili sauce to taste. Add some freshly ground pepper, 1-2 teaspoons salt or more to taste.
Leek Rosti by Emeril Lagasse

- 2 large Idaho potatoes
- Salt
- Water to cover
- 2 tablespoons butter
- 1 cup chopped leeks, white part only
- Freshly ground white pepper

Place the potatoes in a saucepan, cover with water and season with salt. Over medium heat, bring the water to a boil, reduce the heat to medium low and cook until the potatoes are tender. Remove from the water and cool completely. Peel the potatoes and pass through a coarse grater. In a large non-stick saute pan, over medium heat, melt the butter. Add the leeks. Season with salt and white pepper. Saute for 2 minutes. Add the potatoes and mix thoroughly. Using the back of a wooden spoon press the potato mixture firmly into the pan. Reduce the heat to low and cook until the potatoes are crispy and golden brown. Using a spatula, flip the potato cake over and continue cooking the other side. **Add more butter if needed. Remove from the pan and slice into individual servings.

Creamy Potato Soup with Sour Cream, Bacon and Chives by Oprah.com

- 6 strips bacon
- 1 large onion, chopped (about 2 cups)
- 3 large cloves garlic, chopped
- 3 pounds unpeeled russet or baking potatoes (about 4 potatoes), cut into 1-inch chunks
- 6 cups vegetable or chicken broth
- Kosher salt and freshly ground black pepper, to taste
- 1/2 cup sour cream
- 1/2 cup shredded Cheddar cheese
- 1/4 cup chopped chives

In a large pot, cook bacon over medium-low heat until crisp, about 3 minutes per side. Remove bacon to a paper-towel-lined plate, break into small pieces and set aside.

Drain from the pot all but 2 tablespoons fat. Add onion and increase heat to medium. Cook until golden, about 12 minutes. Add garlic; cook 1 more minute. Add potatoes and broth and bring to a boil over high heat. Reduce heat and simmer until potatoes are tender, about 25 minutes.

With an immersion blender, puree soup until chunky-smooth (or puree in batches in a food processor fitted with knife blade). Season to taste with salt and pepper. Serve hot, in bowls, topped with bacon bits, sour cream, Cheddar cheese and chives.
Zucchini Vichyssoise by The Barefoot Contessa

- 1 tablespoon unsalted butter
- 1 tablespoon good olive oil
- 5 cups chopped leeks, white and light green parts (4 to 8 leeks)
- 4 cups chopped unpeeled white boiling potatoes (8 small)
- 3 cups chopped zucchini (2 zucchini)
- 1 1/2 quarts Homemade Chicken Stock, recipe follows, or canned broth
- 1 teaspoon kosher salt
- 1/2 teaspoon freshly ground black pepper
- 2 tablespoons heavy cream
- Fresh chives or julienned zucchini, for garnish

Heat the butter and oil in a large stockpot, add the leeks, and sauté over medium-low heat for 5 minutes. Add the potatoes, zucchini, chicken stock, salt, and pepper; bring to a boil; then lower the heat and simmer for 30 minutes. Cool for a few minutes and then process through a food mill fitted with the medium disc. Add the cream and season to taste. Serve either cold or hot, garnished with chopped chives and/or zucchini.

Braised Zucchini & Leeks by Cooking Light

- 1 tablespoon butter
- 2 cups finely chopped leek (about 2 large)
- 6 cups finely chopped zucchini (about 5 small)
- 1 teaspoon salt
- 2 garlic cloves, minced

Melt butter in a large nonstick skillet over medium heat. Add leek; sauté for 2 minutes. Add zucchini, salt, and garlic. Cover; reduce heat to medium-low, and cook 20 minutes, stirring occasionally. Uncover and cook over medium-high heat 10 minutes or until most of liquid evaporates. Serve immediately.

Zucchini Leek Casserole (Dairy) by Healthy Kosher Eating with Chana

- 2 tablespoons olive oil
- 2 pounds (1 kilo leeks), trimmed, halved lengthwise and thinly sliced
- 1 pound (½ kilo) zucchini squash, coarsely grated
- 1 cup crumbled low-fat feta or Bulgarian cheese
- 1 cup shredded kashkeval, Jack or other mild yellow cheese
- ¼ cup chopped fresh dill or 1 tablespoon dried dill
- ½ to 1 teaspoon salt (depending on the saltiness of the cheese)
- 4 eggs, lightly beaten
- 1-2 teaspoons olive oil

Preheat the oven to 350 F (180 C) Heat the olive oil in a large skillet. Add the leeks and sauté, stirring occasionally, until they just start to soften. Add the zucchini and stir. Cover the pan and cook for about 10 minutes, until the vegetables are soft but not mushy. If necessary, add a bit of water to prevent
sticking. Transfer the mixture to a large bowl and stir in the cheeses, dill and salt (start with the smaller amount). Taste for salt. Add the eggs and mix everything together.

Spray a shallow baking dish with non-stick spray or coat it with olive oil. Pour in the vegetable mixture. Drizzle with a teaspoon or two of olive oil and bake for 30-45 minutes, or until golden brown and firm.

**Leek and Zucchini Pasta** recipe by Rotini.com

- 3 cups of Rotini pasta.
- 2 medium leeks.
- 1 medium zucchini, julienned.
- 2 tablespoons of vegetable oil.
- 1 ½ cups of sliced mushrooms.
- 1 cup of sour cream.
- ¼ cup of dry white wine.
- 1 teaspoon of tarragon leaves.
- ½ teaspoon of salt.

Discard the green part of leeks and slice thinly lengthways. In a large frying pan, heat the oil over medium-high heat. Sauté the leeks, mushrooms, and zucchini for 5 minutes. Add the dry white wine and simmer for another 5 minutes. Stir in the cream, tarragon and salt. Bring to a boil and simmer until slightly thickened. While preparing sauce, cook the Rotini pasta according the instructions on its packaging. Drain thoroughly. Spoon onto plates and top with sauce.

**Frittata with Leeks, Zucchini & Spaghetti** by Cooking Light

- 1 tablespoon butter
- 2 cups thinly sliced leek
- 1 1/2 cups diced zucchini
- 1/3 cup 1% low-fat milk
- 2 teaspoons chopped fresh basil
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 4 large egg whites
- 3 large eggs
- 2 cups hot cooked spaghetti (about 4 ounces uncooked pasta)
- 1/3 cup (about 1 1/2 ounces) shredded Gruyère or Swiss cheese

Heat 1 1/2 teaspoons butter in a skillet over medium heat. Add leek and zucchini; sauté 6 minutes or until lightly browned. Combine milk and next 5 ingredients (milk through eggs) in a bowl; stir with a whisk. Stir in leek mixture and spaghetti. Preheat broiler. Heat 1 1/2 teaspoons butter in skillet over low heat. Add egg mixture. Cover; cook 10 minutes or until almost set. Top with cheese. Wrap handle of skillet with foil. Broil 5 minutes or until cheese melts.
Zucchini, Leek, and Chevre Tart in Wild Rice Crust by Recipesource.com

WILD RICE CRUST

- 1 egg
- 1/3 cup grated Parmesan cheese preferably Parmigiano-Reggiano
- 2 tablespoons fresh lemon juice
- 3 tablespoons unsalted butter -- melted
- 2 1/2 cups cooked wild rice
- Salt
- Freshly ground black pepper

CUSTARD FILLING

- 2 cups zucchini -- coarsely grated
- Salt
- 1/4 pound unsalted butter
- 2 cups thinly sliced leek --include some stalk
- 4 eggs
- 1 1/2 cups whipping cream
- 1 teaspoon Dijon mustard
- 1 cup crumbled chevre cheese (goat's milk)
- 1 tablespoon chopped fresh marjoram – or savory
- Freshly ground black pepper

A zucchini quiche but the crust is made with a crunchy wild rice; try Wehani. It's a satisfying counterpoint to the creamy French custard filling. Allow time to cook and cool the rice. Preheat an oven to 350F.

To make the crust, beat the egg, cheese, lemon juice, and melted butter together in a howl. Stir in the cooked rice, season to taste with salt and pepper, transfer to a 9-inch pie pan, and press with your fingertips to cover bottom and sides evenly. Bake until set and crisp, about 15 minutes. Remove from the oven and cool to room temperature, about 30 minutes. (Or cover and refrigerate as long as overnight; return to room temperature before filling.)

Meanwhile, make the filling. Place the squash in a colander set over a bowl or in a sink. Generously sprinkle with salt, mix with your fingertips to distribute the salt, and let stand for 30 minutes. Gather squash in your hand and gently squeeze to release any additional surface moisture. Reserve.

Heat the butter in a sauté pan or skillet over medium-high heat, add the leek, and sauté until soft, about 5 minutes. Add the drained squash and sauté about 5 minutes longer; reserve.

In a bowl, combine the eggs, cream, mustard, cheese, marjoram, and salt and pepper to taste and whisk to blend well. Stir in the leek and squash mixture, pour into the rice shell, and bake in the 350F oven until filling is set and the top is golden, about 30 to 35 minutes. Serve hot or at room temperature.
Potato, Swiss Chard, and Bread Soup  Zuppa di Patate, Bietole, by Lidia’s Italy

- 3/4 pound Yukon Gold or Idaho potatoes, peeled, rinsed and cut into 1/2-inch slices
- Salt
- 1 small bunch Swiss chard (about 1-1/2 pounds)
- 1/2 cup diced (1/2-inch) day-old Italian bread without crusts
- 1/4 cup extra virgin olive oil
- 6 cloves garlic, peeled
- 1/2 teaspoon crushed hot red pepper
- 1/2 cup freshly grated Pecorino Romano cheese

Pour enough cold water over the potatoes in a deep, heavy 4-quart pot to cover by three fingers. Salt the water lightly and bring to a boil. Adjust the heat so the water is at a gentle boil and cook the potatoes, covered, until they are tender but still hold their shape, about 15 minutes.

Meanwhile, strip the chard leaves from the stems. Wash the chard in a sinkful of cool water, swishing it well and waiting for the dirt to settle to the bottom of the sink. Scoop the chard out with a wire skimmer or your hands; drain well in a colander. Cut the chard leaves into 1 1/2 inch strips and stir them into the water after the potatoes have been cooking about 5 minutes.

Stir the bread into the pot after the chard has been cooking about 5 minutes. Season the soup with salt and cook until the potatoes and chard are tender and the bread is falling apart, about 10 minutes.

Meanwhile, heat the olive oil in a small skillet over low heat. Whack the garlic cloves with the side of a knife and stir them into the oil. Sprinkle the crushed red pepper over the oil and cook until the garlic is golden, about 3 minutes. Scrape the contents of the skillet into the pot. Stir well. Taste the soup and season with additional salt if you like. Ladle the soup into warm bowls, and sprinkle some of the grated cheese over the top of each, or pass a bowl of cheese separately.

Sautéed Swiss Chard  by Martha Stewart

- 1 tablespoon olive oil
- 1/2 pound Swiss chard, leaves torn, rinsed well
- Coarse salt and freshly ground pepper

Heat oil in a large skillet over medium-high heat. Working in batches, add Swiss chard to skillet, tossing until wilted. Continue adding chard to pan and let cook until wilted and tender, 2 to 3 minutes. Season with salt and pepper; serve immediately.
Collards are high in calcium and are very delicious when cooked low and slow.

Sautéed Collard Greens by Tyler Florence

- 2 bunches collard or kale greens, about 2 pounds
- 3 tablespoons olive oil
- 4 garlic cloves, whole
- 2 quarts chicken broth
- 1 tablespoon vinegar
- Kosher salt and freshly ground black pepper

To prepare the greens: cut away the tough stalks and stems from the collards and discard any leaves that are bruised or yellow. Fill the sink with water and salt, the salt helps to remove any impurities. Wash the collards thoroughly to remove the grit, 2 or 3 times, until the water runs clear. Dry thoroughly. Stack up several leaves and roll up lengthwise in a bundle, cut them into 1-inch ribbons. Repeat until all the leaves are shredded.

Heat a large deep skillet over medium flame and coat with the oil. Add the garlic and sauté for 2 minutes to soften. Add the greens and toss well with the oil and garlic. Pour in the chicken broth and cook for 45 minutes to 1 hour until the greens are wilted and tender; take care not to overcook. Season with salt and pepper and serve.

Slow-Cooked Collard Greens by Tyler Florence

- 2 large bunches collard greens
- 3 tablespoons olive oil
- 1 onion, sliced
- 2 garlic cloves, smashed
- 2 bay leaves
- 1 smoked ham hock
- 2 quarts chicken broth, warm
- 2 tablespoons cider vinegar
- 1 teaspoon sugar
- Kosher salt and freshly ground black pepper

To prepare the greens: cut away the tough stalks and stems from the collards, and discard any leaves that are bruised or yellow. Wash the collards thoroughly to remove the grit, 2 or 3 times, until the water runs clear. Dry thoroughly. Tear the leaves into large pieces.

Place a large pot over medium heat and add the olive oil. Add the onion, garlic, bay leaves, and ham hock. Cook until the onions are soft and starting to brown, about 8 to 10 minutes. Pack in the greens, pushing them down into the pot. Add the broth, vinegar, and sugar. Bring up to a boil turning the greens over occasionally with a wooden spoon as they wilt. Lower to a simmer, cover the pot, and let cook for 45 minutes. Taste the "pot liquor" (broth) and check the seasoning, add salt and pepper. Cover and let cook for 15 more minutes. Remove the bay leaves and serve.
Southern California Collard Greens by Foodnetwork Kitchens

- 4 pounds young collard greens (about 4 bunches)
- 3 tablespoons olive oil
- 1 onion, julienned
- 2 garlic cloves, smashed
- 2 large ham hocks (about 2 pounds), smoked and cooked
- 2 bay leaves
- 2 quarts chicken broth, low sodium
- 1/4 cup apple cider vinegar
- 1 tablespoon sugar
- 1 teaspoon red pepper flakes
- Seasoned salt

To prepare the greens: cut away the tough stalks and stems from the collards, and discard any leaves that are bruised or yellow. Fill the sink with water and salt (the salt helps to remove any impurities). Wash the collards thoroughly to remove the grit, 2 or 3 times, until the water runs clear. Dry thoroughly. Stack up several leaves and hand shred them into ribbon-like pieces (chiffonade). Repeat until all the leaves are shredded.

Coat a 6-quart stockpot with olive oil and place over medium heat. Add the onion and garlic, stir to coat, then add the ham hocks and bay leaves; cook about 8 minutes. Pack in the greens, pushing them down into the pot. Add the broth, vinegar, sugar, and red pepper flakes.

Bring up to a hard boil for 10 minutes, until greens start to wilt. Turn the greens over with a wooden spoon, do not stir. Lower to a gentle boil, cover the pot, and let cook for 45 minutes. Taste the "pot liquor" (broth) and check the seasoning, add seasoned salt. Cover and let cook for 15 more minutes.

Collard Greens with Coconut Milk From The Lyle Estate

- 1 pound collard greens
- 1/2 cup water
- 1/2 cup chopped white onion
- 1 cup coconut milk
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 1 large tomato seeded and chopped

This recipe came from an estate sale in Lyle Estate in Hurst, Texas in 1984. Wash collard greens well then remove and discard stems and chop leaves. Bring water to boiling in a large pan then add collard greens and onion and return to boiling then reduce heat and simmer covered for 10 minutes. Drain well and return to pan. Stir in coconut milk, salt and pepper then cook uncovered over medium heat for 10 minutes longer then stir in tomatoes and heat through. Serve immediately.
Collards, Raisins, Almond Sauté by Cheryl Smith

- 1/2 cup olive oil
- 1 Spanish onion, small diced
- 3 cloves garlic, chopped
- 2 bunches collard greens, washed, and cut in 1/2-inch strips
- 1 cup golden raisins
- 1/2 cup slivered almonds, toasted
- Kosher salt
- Freshly ground black pepper

Heat an 8-quart saucepan over high heat. When very hot, add the oil, onions, and garlic, sauteing quickly for 1 minute. When the onions just start to turn golden, add the collard greens, raisins, and almonds. Season with salt and pepper, and add a little water if necessary, for a little steam. Saute for about 5 to 6 minutes more, and adjust seasoning, to taste.

Spiced Chicken with Sautéed Collards and Peppers by Real Simple.com

- 2 tablespoons olive oil
- 4 6-ounce boneless, skinless chicken breasts
- 1 teaspoon ground cumin
- 1/4 teaspoon cayenne pepper
- kosher salt and black pepper
- 1 large red onion, thinly sliced
- 1 red bell pepper, thinly sliced
- 1 large bunch collard greens, thick stems removed

Heat oven to 400° F. Heat 1 tablespoon of the oil in a large skillet over medium-high heat. Season the chicken with the cumin, cayenne, and 1/2 teaspoon salt. Cook until browned, 3 to 4 minutes per side. Transfer to a baking sheet and roast until cooked through, 6 to 7 minutes.

Return the skillet to medium heat and add the remaining tablespoon of oil. Add the onion and bell pepper and cook, stirring, until soft, 6 to 8 minutes.

Meanwhile, thinly slice the collard leaves crosswise. Add to the skillet along with 1/2 teaspoon salt and 1/4 teaspoon pepper. Cook, tossing, until just tender, 2 to 3 minutes. Serve with the chicken.

Krunchy Collard Chips

- 1 bunch Collards, washed & dried, tough stems removed
- 1 tablespoon olive oil
- 1 teaspoon sea salt

Preheat an oven to 350 degrees F. Chop or tear Collard leaves into chip pieces. Toss in olive oil, sprinkle with sea salt and roast in a flat layer on a cookie sheet until crispy and the edges are brown, about 10 minutes. Flip and cook another 5 minutes or so. Be careful not to burn!
Garlic Greens by HawaiiHealthGuide.com

- 1 1/2 to 2 pounds collard greens or turnip greens, boiled or steamed until tender
- 3 to 4 tablespoons vegetable oil
- 2 to 3 tablespoons minced garlic (about 4 large cloves)
- salt and black pepper, to taste
- hot pepper sauce

Drain greens well.

In a large skillet or Dutch oven over medium heat, cook garlic in the vegetable oil until it just begins to brown. Add the drained greens; season to taste with salt and pepper then add a few dashes of your favorite hot sauce.

See this video for a Raw Mexican Collard Wrap:
http://www.welikeitrav.com/rawfood/2008/12/mexican-collard.html

Smothered Beans with Leeks and Collard Greens by CookingLight

- 1 cup dried Great Northern beans
- 1/4 cup dried pinto beans
- 1 quart water
- 2 tablespoons olive oil
- 2 cups thinly sliced leeks (about 2 large)
- 1 tablespoon chopped fresh or 1 teaspoon dried oregano
- 1 1/2 teaspoons sea salt, divided
- 3 garlic cloves, thinly sliced
- 1 pound collard greens, chopped
- 1/2 teaspoon freshly ground black pepper
- 1 (14.5-ounce) can no-salt-added whole tomatoes, undrained and chopped

Sort and wash beans; place in a large saucepan. Cover with water to 2 inches above beans; cover and let stand 8 hours. Drain beans. Add 1 quart water and return beans to pan. Bring to a boil over medium heat. Reduce heat, and simmer, partially covered, for 30 minutes. Cool. Drain beans in a colander over a bowl, reserving cooking liquid; set beans aside. Add enough water to cooking liquid to equal 3 cups; set aside.

Heat the oil in a Dutch oven over medium-high heat. Add leeks, oregano, 1 teaspoon salt, and garlic; sauté 5 minutes or until leeks are tender. Reduce heat to low; cover and cook 10 minutes, stirring occasionally. Transfer leek mixture to a large bowl; add greens. Toss well to combine.

Place half of greens mixture in bottom of Dutch oven; top with beans. Spread remaining greens mixture over beans. Sprinkle with 1/2 teaspoon salt and pepper. Pour reserved liquid over greens. Cover and simmer over medium heat 1 hour or until beans are tender, stirring once. Uncover and stir in tomatoes; simmer 10 minutes.
Cannellini Bean Soup Recipe with Collard Greens by HubPages.com

- 4-6 Tablespoons olive oil
- 1 large sweet onion
- 1/2 a head of garlic
- 3 stalks celery
- 3 cups dried cannellini beans
- 48 ounces (6 cups) non-tomato vegetable broth *
- 1 cup white wine
- 3 cups filtered water
- 1 teaspoon salt
- 2 bay leaves
- 1 heaping teaspoon finely minced fresh rosemary
- 1/2 teaspoon thyme
- a pinch of oregano
- a pinch of cayenne pepper
- 1/2 small sweet onion
- a couple tablespoons olive oil
- 1 teaspoon liquid smoke
- dash of salt to taste
- 3-4 cups chopped green chard
- freshly ground black pepper to taste

Check the ingredients list. Acidic tomatoes wouldn't go well in this soup, so you want a broth made from other vegetables, like onions, celery, and the like.

Optional: You can soak the cannellini beans the night before if you wish to reduce the cooking time, but it isn't necessary when using a slow cooker that you can leave on for several hours or all day. Some people say that soaking the beans makes them easier to digest, but that's still up for debate. Do whatever works best for you!

Wash the celery, peel the garlic cloves, and remove the onion skin. Dice the onion, thinly chop the celery, and crush each garlic clove with the flat of the knife and then slice them thinly. Put all three into a large (gallon-sized) soup pot over medium heat (a bit below medium on a gas range). Drizzle with the olive oil and then stir frequently until the onions have turned translucent.

Meanwhile, sort and rinse the dried cannellini beans.

When the veggies in the pot have cooked enough, add the 48 ounces of non-tomato vegetable broth, the cup of white wine, the three cups of filtered water, the salt, and the bay leaves. Turn the heat up to medium-high and bring to a boil. Reduce heat a little but keep the pot at a strong simmer. Stir every few minutes, and keep it simmering for about 15 minutes.

Meanwhile, pre-heat your crock pot. If you will only be cooking it for a few hours, you'll want a higher setting, if you'll be cooking it all day, you can use a low setting. Consult your manual for cooking times.

Mince your rosemary.
When the pot has simmered long enough, carefully transfer the contents to the pre-heated crock-pot. Add the rosemary, thyme, oregano, and cayenne pepper, and stir well. Close the lid tightly and let it cook until the beans are soft and starting to fall apart. (In my crock-pot, this took about 3 to 4 hours on high, but takes all day on low. Consult your manual, or know your own crock-pot well).

About a half an hour from serving time, turn your crock-pot to high if it isn’t already there. Dice up half a sweet onion, sauté it in a couple tablespoons of olive oil until caramelized, then add it plus the liquid smoke to the pot, mixing well.

Taste the soup, and add just a little salt, to taste. Wash and chop the green chard into bite-sized pieces. Add to the soup, let it bubble for about 10 minutes until the chard is cooked but still bright green.

Serve with freshly ground black pepper to taste, with a side of hearty bread, like sourdough. A bread bowl is an excellent way to eat this soup.

**Shredded Mediterranean Carrots Wrapped in Collard Greens** by RawEpicurean.net

- 1 bunch of fresh collard greens, rinsed, stems removed, cut each large leaf down the middle in half
- 3 cups shredded carrots
- 1 cup pine nuts
- 1/4 cup dried currants
- 1/4 cup raisins [your choice: golden, Hunza…]
- 1/4 cup extra virgin olive oil
- 2-3 tablespoons chopped fresh dill, stems reserved
- tablespoons chopped fresh mint leaves, stems reserved
- 2 tablespoons organic chardonnay, optional
- 2 tablespoons fresh lemon juice
- 2 tablespoons finely chopped lemon zest
- 1 small onion, finely chopped
- 1 clove garlic, minced or pressed
- Sea salt to taste
- Fresh dill sprigs or lemon slices, for garnish

Using a shredder attachment, shred the carrots in a food processor or use a handheld shredder. Combine shredded carrots and all ingredients, except the collard greens halves, in a large bowl. Stir and toss to combine well and set aside until ready to wrap. Can make ahead. Keeps refrigerated up to 2 days.

Take one half collard leaf, spoon carrot filling in the center, folder over the outer edge, take one end of the leaf and fold it in, and roll to the other end. Plate and garnish with fresh dill sprigs or lemon slices.
Leek Collard Pizza by InPraiseOfLeftovers.com

Leek Collard Topping

- 3 or 4 medium leeks, tough dark green tops cut off, and white/light green parts cut into rings. Cut first, then wash very well. Leek are notoriously dirty.
- 3 cups collard greens, de-ribbed, washed, and finely shredded
- 1 large garlic clove, minced
- salt
- pepper
- olive oil
- 1 roasted poblano pepper, peeled and coarsely chopped (technique for that later)
- squeeze of lemon juice
- 1 1/2 c. Gruyere cheese, shredded
- 1 large ball fresh mozzarella, sliced
- 2 Tb. finely chopped mint

In a large skillet, pour a couple good glugs of olive oil and heat on medium-high. Add leeks, collard greens, garlic, salt, and pepper and saute for 15-20 minutes until soft. Add poblano. Squeeze lemon in at the end and let cool a bit.

To assemble the pizza: Put your pizza crust on a floured pizza peel. Brush it with a bit of olive oil. Line with Gruyere, then add the leek mixture. Top with the fresh mozzarella. Slide onto the hot stone and bake at 500 for about 10 minutes until it’s bubbling and bottom of crust is golden.

Scatter fresh mint over the top and let cool for 5 minutes before slicing.

Best Pizza Dough Ever

(from The Gourmet Cookbook—makes one crust. I always double it, at least. If doubling, put each round into a separate bowl.)

- 1 (1/4 oz.) package (2 1/4 ts.) active dry yeast
- About 1 3/4 c. unbleached all-purpose flour, plus more for kneading and dredging
- 3/4 c. warm water
- 1 1/2 ts. salt
- 1 1/2 ts. olive oil

Stir together yeast, 1 Tb. flour, and 1/4 c. warm water in a measuring cup and let stand until surface appears creamy, about 5 minutes.

Stir together 1 1/4 c. flour and salt in a large bowl. Add yeast mixture, oil, and remaining 1/2 cup warm water and stir until smooth. Stir in enough remaining flour (about 1/2 cup) so dough comes away from sides of bowl. (The dough will be wetter than other pizza doughs you may have made.)
Knead dough on a dry surface with lightly floured hands until smooth soft, and elastic. Put into a bowl, dust with flour, cover loosely with plastic wrap, and let it rise in a warm place until doubled in bulk, about an hour and 15 minutes.

TO SHAPE THE DOUGH FOR BAKING: Do not punch down dough. Carefully dredge dough in a bowl of flour to coat and transfer to dry work surface. Holding one edge of dough in the air with both hands and letting bottom touch work surface, carefully move hands around edge of dough (like turning a steering wheel), allowing weight of dough to stretch round to roughly 10 inches.

Lay dough flat on a lightly floured pizza peel and continue to work edges with fingers, stretching it into a 14-inch round.

VERY IMPORTANT: Turn your oven to 500 degrees and put your pizza stone in it ONE HOUR before you plan to eat. That’s the secret. If you’re using a pre-baked crust, it’s still helpful to preheat your oven for a good 15 minutes.

**Portuguese Green Soup** by FrugalYankee.com

- 2 tablespoons olive oil
- 1 medium leek, chopped
- 3 cloves garlic, minced
- 1 bunch collard greens, leaves thinly sliced (TIP: Roll the leaves then slice.)
- 1 lb fully cooked spicy sausage (such as linguiça, andouille, or hot links), cut into 1/2-inch-thick rounds
- 5 3/4 cups chicken broth
- 1 3/4 pounds potatoes, diced. (I leave the skins on for extra nutrition. Some folks peel them.)
- 1/2 teaspoon dried crushed red pepper

Heat olive oil in large pot over medium-high heat. Add onion and garlic. Sauté until onion is soft and golden, about 5 minutes. Add collard greens and sauté until wilted, about 4 minutes. Add sausage and sauté, about 5 minutes. Add broth and potatoes. Simmer soup uncovered until potatoes are tender, about 20 minutes. Mix in crushed red pepper. Season with salt and black pepper.

**Stuffed Collard Greens** by SamTheCook.spaces.live.com

- 10-12 collard green leaves
- 3 sweet potatoes
- 1 medium tomato
- 1 medium onion
- 2 cups of broth (any)

All spice, salt, pepper and paprika to taste. Boil the collard green in water for 5-8 minutes until soft. Cut 2-3 inches of the hard stem.

Sauté chopped onion, add average cut sweet potato and boil in the broth until soft. Add rest and let boil until a thick paste. Stuff collards and warm a little to combine tastes. Pour any sauce you like.
Stuffed Collard Green Leaves with Bulgur (Bulgurlu Kara Lahana Sarması) by MediterraneanTurkishFoodPassion.blogspot

Stuffing:

- 2 cups bulgur (medium grain)
- 1 tbsp fresh mint (chopped)
- 1 tbsp tomato paste
- 1 tbsp red pepper paste
- 4 cloves of garlic
- Juice of 1 lemon
- ½ tsp ground black pepper
- ½ tsp cumin
- ½ cup olive oil
- 2 tsp salt
- 1 ½ cup hot water (for soaking bulgur)

For Rolling and Cooking Sarmas:

- 2 bunches collard greens
- 2 tbsp olive oil
- 2 garlic cloves (sliced)
- 1 tsp salt
- 2 cups water

For Garnishing:

- 1 roasted red bell pepper
- 3-4 sprigs parsley
- ½ lemon (sliced)

Soak the bulgur in a large bowl with hot water. Cover with plastic wrap and let it sit for 15-20 minutes until the bulgur is soft. If it is not completely soft, that is fine as the bulgur will be cooking later.

Add all the stuffing ingredients to the bulgur. Mix well with your hands so that all the ingredients are married together.
Collards, Carrots and French Green Lentils by SummerTomato.com

- 4-5 collard leaves
- 4-5 medium carrots
- 1/2 cup French green lentils, cooked
- 1 small leek
- 1 clove garlic
- olive oil
- sea salt
- lemon juice (optional)
- chopped parsley (optional)

If you are making your lentils from scratch, quickly pick through them for pebbles, give them a rinse then boil them in excess water with a pinch of salt for 20-30 minutes, until tender. Even though I rarely consume more than half cup (cooked) in one sitting, I usually like to cook up at least one cup dry (at least 4 servings) and save the rest for later. Start them boiling as soon as you step into the kitchen and start cooking your vegetables at least 15 minutes after you turn them on.

In the mean time clean and chop your leek and mince your garlic. Peel and slice your carrots at a sharp angle to maximize the surface area for cooking. Clean your collard leaves, chop off the stems then stack them on top of each other in a pile. Cut into one inch squares, removing any sections that have thick pieces of stem.

Heat a pan on medium heat, then add olive oil. When the oil swirls easily in the pan, add the leeks and allow to cook for 1-2 minutes, until the pieces break up and become tender and translucent. Add carrots and stir. Cook 2 minutes, then add collards. Sprinkle with sea salt and continue to cook, stirring occasionally.

Be careful with your heat when pan frying collard greens–don’t let it get too high. The leaves easily trap steam from cooking, and I had a few jump out of my pan onto the floor. They make a loud popping sound too, which is very exciting! If it makes you feel safer, you can cover the greens for the first minute or two while they soften.

Shortly after the collards turn bright green from cooking (4-5 minutes), clear a space in the center of the pan and add your minced garlic in a single layer (you can add a touch more oil if necessary). Let garlic cook 30 seconds or so until fragrant, then add the lentils and mix with the other vegetables. A squeeze of lemon juice, zest or a dash of vinegar is a good addition here, if you like. A sprinkle of your favorite herb, e.g. Italian parsley, basil or thyme, adds depth and complexity if you have them around. Continue cooking 3-4 more minutes, stirring every 30 seconds. If you are using cold lentils, cook until warm. Adjust salt and serve.
Cumin Scented French Lentils and Collards by TheFriendlyKitchen.com

- 2 Tbs. Olive Oil
- 1 shallot, minced
- 1 large garlic clove, minced
- 1 carrot, peeled and diced
- 1 celery stalk, diced
- 1 tsp. ground cumin
- 1/2 tsp. spicy chili powder*, or 1/4 tsp. each or TT chili powder and cayenne powder
- 1 tsp. sea salt
- 1 cup French green Lentils
- 2 huge collard green leaves, sliced into 1/4 inch strips
- 3 cups filtered water
- 1/4 cup minced fresh cilantro

In a medium sized saucepan, heat olive oil. Add shallot, garlic, carrot, and celery and sauté over med-high heat until veggies just start to soften, about 2 minutes. Add spices. Stir to coat veggies in spices. Add the lentils and water and bring to a simmer. Turn the heat down to low, cover with the lid tilted slightly askew to allow some steam to escape, and simmer until lentils have softened. French lentils generally take a bit longer to cook and stay much more firm that their non-French counterparts. These will probably take approx. 30 minutes to cook. When the lentils are almost finished, add the shredded collard green leaves. Stir and cover. Remove from heat when the lentils are cooked all the way through and the collards are soft, but still bright green, about 3 minutes. Stir in fresh cilantro and serve with steamed brown rice.

Collard Greens by SimplyRecipes.com

- 2 lbs collard greens, tough stems discarded, leaves chopped
- 2 Tbsp medium onion, chopped
- 1 large garlic clove, minced
- 2 teaspoons bacon fat
- 2 Tbsp olive oil
- 2 Tbsp dark sesame oil (Dynasty or comparable)
- Chili pepper flakes, a pinch
- Salt, a couple pinches
- Sugar, a couple pinches

Use a large skillet with a tight fitting cover. Melt bacon fat and heat olive oil on medium heat. Sauté onion until transparent, a couple of mintues. Add garlic and and sauté until fragrant, about 20 seconds.

Mix in the greens, sesame oil, chili pepper flakes, salt, and sugar. Cover and cook until tender, 8-10 minutes. Serve with barbecue sauce.
**Collard Warp Stuffed with Broccoli, Cauliflower, Tomato, Onion Garlic and Ginger Dressing** by SimplyRawRecipes.com

* Ingredients for Broccoli, Cauliflower, Tomato and Onion Salad
  3-5 florets of shredded broccoli
  
  - 1/4 head of shredded cauliflower
  - 1 tomato
  - Handful of sliced red onion

Ingredients for Garlic and Ginger Dressing

  - 3 cloves of garlic
  - Small piece of ginger
  - 1/8 cup of olive oil
  - Half of a lemon
  - 1/4 cup water
  - 1 teaspoon of agave nectar
  - Dash of cayenne pepper
  - 3-5 collard green leaves

Machine use Vita-Mix or Food Processor

Make the garlic and ginger dressing. Add all of the vegetables into a large salad bowl and mix. Cover with dressing and toss to coat. Let marinate for a 20-30 minutes. Scoop salad mixture into a collard green leaf and wrap.

**Spiced Chicken with Sautéed Collards and Peppers** by Real Simple.com

  - 2 tablespoons olive oil
  - 4 6-ounce boneless, skinless chicken breasts
  - 1 teaspoon ground cumin
  - 1/4 teaspoon cayenne pepper
  - kosher salt and black pepper
  - 1 large red onion, thinly sliced
  - 1 red bell pepper, thinly sliced
  - 1 large bunch collard greens, thick stems removed

Heat oven to 400° F. Heat 1 tablespoon of the oil in a large skillet over medium-high heat. Season the chicken with the cumin, cayenne, and 1/2 teaspoon salt. Cook until browned, 3 to 4 minutes per side. Transfer to a baking sheet and roast until cooked through, 6 to 7 minutes.

Return the skillet to medium heat and add the remaining tablespoon of oil. Add the onion and bell pepper and cook, stirring, until soft, 6 to 8 minutes. Meanwhile, thinly slice the collard leaves crosswise. Add to the skillet along with 1/2 teaspoon salt and 1/4 teaspoon pepper. Cook, tossing, until just tender, 2 to 3 minutes. Serve with the chicken.
Glazed Carrots with Mint and Lemon by CookingForTwo

- 1/2 lb. baby carrots
- 1 Tbsp. unsalted butter
- 2 Tbsp. minced fresh mint
- 1/2 tsp. sugar
- 1 tsp. lemon zest
- 1/4 lg. lemon, juiced
- Salt to taste

Steam baby carrots until tender and drain; about 10 minutes.

Heat a small skillet over medium-high heat and add butter and sugar. Stir in the lemon zest and fresh mint. Add the carrots and cook until they begin to caramelize. Add the juice of a lemon quarter and a pinch of salt.

Broccoli and Carrots with Toasted Almonds by MyRecipes

- 1/3 cup sliced almonds
- 1 pound (1-inch) diagonally cut carrots (about 3 cups)
- 1 (12-ounce) bag broccoli florets (about 6 cups)
- 1 tablespoon butter
- 1/4 cup finely chopped shallots
- 1/2 cup Homemade Turkey Stock
- 1/2 teaspoon salt
- 1/4 teaspoon freshly ground black pepper

Preheat oven to 350°.

Spread almonds in a single layer in a shallow pan. Bake at 350° for 7 minutes or until lightly browned and fragrant, stirring occasionally. Cool completely, and set aside.

Place carrots in a large saucepan of boiling water; cook 3 minutes. Remove with a slotted spoon. Plunge into ice water, and drain. Place broccoli in boiling water; cook 2 minutes. Drain and plunge into ice water; drain.

Melt the butter in a 12-inch nonstick skillet over medium-high heat. Add the shallots; sauté 2 minutes or until tender. Reduce heat to medium. Add carrots, broccoli, Homemade Turkey Stock, salt, and pepper; cover and cook 6 minutes or until carrots and broccoli are crisp-tender. Sprinkle with almonds. Serve immediately.
Broccoli Leek Soup from Oprah.com

- 1 large bunch broccoli (about 1 1/2 pounds)
- 1 tablespoon olive oil
- 1 tablespoon unsalted butter
- 2 medium leeks, white and light green parts only, thinly sliced
- 1 medium baking potato, peeled and cut into 1-inch pieces
- 1 clove garlic, thinly sliced
- 3 cups low-sodium chicken or vegetable broth
- 3/4 teaspoon salt
- Pinch freshly ground pepper
- 1/4 cup half-and-half (optional)
- 1/4 cup snipped chives

Separate broccoli stems from florets. Using a vegetable peeler, peel stems to remove tough outer layer, then slice into 1/4-inch-thick "coins." Break or cut the florets into small pieces. Reserve stems and florets separately.

In a medium saucepan, heat oil and butter over medium heat. Add leeks and cook, stirring often, until softened and fragrant, about 3 minutes. Add broccoli stems, potato, and garlic, and cook 2 to 3 minutes. Add 3 cups water, broth, salt, and pepper; bring to a boil. Reduce heat; cover partially and simmer until broccoli and potato are tender, about 12 minutes.

Add florets; bring to a boil and then simmer 5 minutes. Transfer soup in batches to a blender or food processor, and puree until smooth. Return soup to saucepan; add half-and-half (if using) and chives, and reheat briefly.

Pureed Broccoli-Leek Soup by Rachael Ray

- 1 large head broccoli, cut into small florets
- 4 tablespoons butter
- 4 leeks, white parts only, thinly sliced
- Salt
- 1/2 cup chicken broth
- 1/2 cup heavy cream
- 1/2 teaspoon freshly grated nutmeg or 1/4 teaspoon ground nutmeg
- Pinch cayenne pepper
- 4 ounces Gruyere cheese, grated (about 1 cup)

In a steamer set over simmering water, cook the broccoli florets until soft, about 5 minutes. Drain and set aside. In a large skillet, melt the butter over medium-low heat. Add the leeks, sprinkle with salt and cook, stirring often, until soft, about 15 minutes. Stir in the chicken broth and cook until half the broth is absorbed. Remove from the heat.
In a food processor, combine the broccoli and the leek mixture. Add the cream and process until smooth. Season with the nutmeg, cayenne and salt to taste. Add to the skillet and warm over low heat. Add the cheese and cook until melted.

**Lively Broccoli Mint Soup** by Blue-Kitchen.com

- 1 pound broccoli, roughly chopped, about 6 cups [can include stems]
- 4 cups water
- 1 tablespoon fresh mint, roughly chopped
- 2 tablespoons yogurt [see Kitchen Notes]
- 2 tablespoons buttermilk [see Kitchen Notes]
- 1/2 teaspoon garam masala [or curry powder—see Notes]
- zest of 1 lime
- salt and freshly ground pepper, to taste

Bring water to a boil in a large covered saucepan. Lightly salt water, add broccoli and cover pot. Cook broccoli for 5 minutes. Drain broccoli, reserving cooking water, and let cool slightly.

Transfer broccoli to food processor, add 2 cups of cooking water and purée for 1 to 2 minutes. Scrape down sides of processor bowl, add mint and continue to blend until smooth. Some recipes caution against blending too much. Not this one—blend the bejesus out of it, to make it nice and creamy. There will still be a slight texture to it when you’ve finished. That’s fine. Set aside and let cool to room temperature.

Mix together yogurt, buttermilk, garam masala or curry powder and lime zest. Ladle soup into serving bowls, drizzle with yogurt mixture and serve immediately.

**NOTES:**

Yogurt and buttermilk. The original recipe called for plain yogurt. During the TV preparation, someone threw out the term Greek yogurt. I went with that. Delicious but way too thick. So I thinned it with equal parts buttermilk. If you use regular yogurt, use less buttermilk, adding it gradually until you reach a consistency that will easily pour from the spoon for drizzling on soup before serving.

Garam masala. While it’s primarily thought of as a Northern Indian spice mix, garam masala is actually used throughout South Asia and varies by region. It doesn’t scream Indian food and it doesn’t pack much in the way of heat, but it adds a delicious spiciness. You can find it in the spice aisle of many supermarkets or in Indian grocery stores. The Spice House also sells it in their stores and online. Wherever you get it, read the ingredients. If salt is too high up the list, don’t get it—some we’ve tried are waaaaay too salty. If you’re adventurous and would like to make your own, here’s a recipe at food-nepal.com. If you can’t find garam masala, you can substitute curry powder. The original recipe suggested Madras curry powder, but I would go for one with less heat—you don’t want fire to get in the way of the freshness of the mint and broccoli.
Broccoli, Leek and Taleggio Roll by CookAlmostAnything.Blogspot.com

8 sheets Filo pastry
melted butter
finely grated Parmesan

Filling:
2-3 large leeks, tops removed, sliced thickly
2 medium heads broccoli
1 tablespoon cream
salt and freshly ground white pepper
finely grated Parmesan
Taleggio, diced

Prepare the broccoli: One of my favourite parts of the broccoli is in fact the stem so please don't throw it away. It has such a sweet flavour and a lovely texture that even in larger stems where the outer layer may be a bit tough, peel it away and savour that tender core. If you are using smaller heads then you won't need to peel it. Cut the stem into bite sized pieces and steam for a minute or two - you aren't looking to cook them through just to give them a start.

Cut the rest of the heads into florets and steam these for a minute. Set this aside.

Make the filling: This needs to be done first and allowed to cool completely before using. Place a good knob of butter in a pan over a low heat - when melted add in the sliced leeks. Cook very slowly and without colouring until soft.

Add a tablespoon of cream, increase the heat slightly and stir well until the cream reduces and thickens. Season sparingly with sea salt and freshly ground white pepper before removing from the heat.

Sprinkle in a little grated Parmesan and then tip in the broccoli pieces and gently toss through. Let this cool completely before proceeding.

Make the filo roll: Lay a sheet of filo on a large sheet of baking paper. Brush the surface generously with melted butter and a scattering of grated Parmesan. Top with another sheet of filo. Repeat the process until all 8 sheets are used.

Place half the filling evenly along the length of filo - offset it from the long edge closest to you by a couple of inches and by an inch or so from the shorts ends. Dot with cubes of Taleggio and then cover with the remaining filling. Finish off with some more Taleggio cubes.
Emeril’s Lemony Roasted Broccoli by PlanetGreen

- 12 cups broccoli florets (about 3 heads)
- 1/4 cup extra-virgin olive oil
- 1 1/2 teaspoons salt, or to taste
- Freshly ground pepper
- 1 cup Panko bread crumbs
- 1 cup Parmesan cheese
- 1 teaspoon lemon zest
- 2-3 teaspoons lemon juice

Preheat oven to 450 degrees F.

Heat a baking sheet greased with 1 tablespoon olive oil in a preheated oven. Toss broccoli with remaining 3 tablespoons olive oil. In a small bowl combine the salt, pepper, bread crumbs, Parmesan, lemon zest and lemon juice. Place the broccoli on the preheated baking sheet and then sprinkle the top with the bread crumb mixture. Roast until the broccoli is tender and browned, 15 minutes.

Tenderstem Broccoli, Summer Pea and Mint Soup by Saga.co.uk

- 15ml olive oil
- 25g butter
- 1 medium white onion, finely chopped
- 1 garlic clove, peeled and finely chopped
- 400ml chicken stock
- 400g shelled peas
- 100g tenderstem broccoli florets
- Juice of 1 lemon
- Salt and cracked black pepper
- Small bunch of mint, shredded
- Extra virgin olive oil to drizzle

Melt the oil and the butter, add the onion and garlic and cook over a gentle heat until soft (about 10 minutes). Add the chicken stock and bring to the boil, add the peas and tenderstem and cook until they are soft (about 5 minutes). Remove half of the soup and blend in a food processor then add back into the rest of the soup. Add lemon juice, season with salt and pepper. Stir in mint. Serve in warmed bowls drizzled with extra virgin olive oil.
Homemade Mint Jelly adapted from essortment.com

- 1 ½ cups white grape juice
- ½ cup water
- 3 ¾ cups sugar
- 3/4 cup fresh mint leaves, crushed
- 1-3 ounce package liquid pectin

Combine all of the ingredients; except pectin in a large saucepan. Bring to a rolling boil; stirring constantly. Cook 1 minute, add pectin and bring to a full rolling boil again. Boil 1 minute, stirring frequently. Remove from heat, and skim off the foam with a metal spoon.

Quickly pour the hot jelly through a sieve into the hot jars, leaving 1/4 inch of headspace; be sure that you wipe off the rims of your jars. Cover at once with lids. Process for 5 minutes in a boiling water bath. Makes 4 half pints.

Mojito

- fresh mint leaves
- 2 T sugar mixed with 2 tablespoon water cooked to make a simple syrup
- juice 1/2 lime
- 2oz rum
- 2oz club soda
- crushed ice

Mash mint in bottom of glass. Add rest ingredients. Garnish w/mint leaves & lime wedge

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.
Heavenly Bananas Foster Bread Pudding by Woman’s Day

- 1/2 of a baked Classic Angel Food Cake or 1 (9 oz) purchased angel food cake, cut into 1-in. cubes (about 6 cups)
- 2 1/4 cups milk
- 3 large eggs
- 1/2 cup packed light brown sugar
- 1/4 cup spiced rum
- 2 tsp vanilla extract
- 3 firm-ripe bananas, sliced 1/2 in. thick
- Confectioners’ sugar, for dusting
- Lowfat vanilla ice cream (optional)

Heat oven to 350°F. Spread out angel cake cubes on a large rimmed baking sheet. Bake 20 minutes, tossing three times, until lightly toasted and dry. Turn off oven.

Whisk milk, eggs, sugar, rum and vanilla in a large bowl until sugar is dissolved. Gently stir in cake cubes and banana slices; pour into an 8-in. square baking dish. Cover dish with foil. Let stand 30 minutes at room temperature for cake cubes to absorb most of the milk mixture.

Heat oven to 350°F. Bake, covered, 30 minutes. Remove foil; continue to bake 25 minutes or until pudding is set.

Let stand 15 minutes. Dust top with confectioners’ sugar. Serve with small scoops of vanilla ice cream.

Caramelized Bananas by Delish.com

- 2 medium-small firm bananas, peeled
- 1/2 tablespoon(s) butter
- 3 tablespoon(s) light brown sugar
- 1/4 cup(s) dark rum, or orange juice
- 1/8 teaspoon(s) ground cinnamon
- 1 cup(s) low-fat vanilla ice cream, or frozen yogurt

Cut bananas in half lengthwise. Melt butter in a nonstick skillet over medium-high heat. Add brown sugar and lay the banana slices on top, cut side up. Cook undisturbed for 20 seconds, then add rum (or orange juice) and cinnamon. Cook for 10 seconds, then turn bananas carefully and cook for 45 to 60 seconds more, basting with the pan sauce. Divide the bananas between 2 dessert plates, drizzling the sauce on top. The bananas have to get in and out of the pan in 1 1/2 minutes, no longer, so they stay firm in the center. If you are cooking for 4, you can easily double the recipe; it is important not to crowd the skillet, so get everything ready to go and make it in 2 batches. Serve immediately, with a scoop of ice cream (or frozen yogurt).
**Banana Nut Crumb Cake** by Woman's Day

**Crumb Topping**

- 2 cups all-purpose flour
- 1 cup packed light brown sugar
- 3/4 cup unsalted butter, softened
- 1/2 cup walnut pieces

**Cake**

- 1 cup mashed bananas (2 large)
- 1/2 cup vegetable oil
- 1 cup sugar
- 2 large eggs
- 1/3 cup reduced-fat sour cream
- 2 tsp vanilla extract
- 1 tsp ground cinnamon
- 1/2 tsp salt
- 2 cups all-purpose flour
- 3/4 tsp baking soda

Confectioners’ sugar

Heat oven to 350ºF. You’ll need a 13 x 9-in. baking pan lined with nonstick foil; let foil extend over ends of pan.

Crumb Topping: Mix flour and brown sugar in bowl. Cut in butter with two knives until mixture forms coarse crumbs; stir in nuts.

Cake: mashed bananas, oil, sugar, eggs, sour cream, vanilla, cinnamon and salt with whisk until combined. Stir in flour and baking soda until blended, spread evenly into lined pan and crumble topping on top.

Bake 40 minutes or until wooden pick inserted in center comes out clean. Cool completely in pan on rack. To cut: Lift foil by ends onto cutting board. Cut into 12 squares; sprinkle with confectioners’ sugar.
**Banana Pudding Pie** by Country Living

A retro dessert gets a delicious makeover

**Crust:**
- 50 vanilla wafers
- 2 tablespoon(s) dark brown sugar
- 2 tablespoon(s) granulated sugar
- 1/8 teaspoon(s) sea salt
- 5 tablespoon(s) melted unsalted butter
- 1/4 teaspoon(s) vanilla extract

**Filling:**
- 3 egg yolks
- 2 tablespoon(s) cornstarch
- 1/2 cup(s) granulated sugar
- 1/4 teaspoon(s) sea salt
- 1 teaspoon(s) powdered gelatin
- 1/4 cup(s) cold milk
- 1 cup(s) heavy cream
- 3/4 cup(s) milk
- vanilla bean, pod and scraped seeds
- 1 1/2 teaspoon(s) unsalted butter
- 3/4 teaspoon(s) vanilla extract
- 1 cup(s) fresh whipped cream
- 5 tablespoon(s) caramel sauce, plus extra for garnish
- medium bananas, sliced

For the crust: Preheat oven to 350 degrees F. Crush vanilla wafers and toss with brown sugar, 2 tablespoons granulated sugar, and sea salt. Stir in melted butter and vanilla extract and press mixture into a 9-inch pie plate. Bake for 10 minutes. Cool on a wire rack.

For the filling: Chill a medium bowl over a larger bowl filled with ice water and set aside. In another bowl, whisk egg yolks, cornstarch, 1/2 cup granulated sugar, and sea salt together until very thick and light in color. Set aside. Sprinkle gelatin over 1/4 cup cold milk. Let sit for 5 minutes.

Bring heavy cream, remaining 3/4 cup milk, and vanilla bean to a boil in a medium pot. Remove from heat, slowly whisk cream mixture into reserved egg mixture, pour back into pot, and stir over medium-low heat until it reaches a boil. Pour into chilled bowl, remove vanilla bean pod, and stir in gelatin mixture, butter, and vanilla extract. Let cool and fold in whipped cream.
Spread caramel sauce over crust. Line with 2 1/2 bananas and top with pudding. Chill for 2 hours. Decorate with remaining banana slices and caramel.

**Banana Coconut Cake** by JustHungry.com

- 2 large eggs (about 120g / 4 oz total weight)
- 120g / 4 oz unsalted butter
- 120g / 4 oz cake or all-purpose flour
- 100g / a bit less than 3 oz raw cane sugar or light brown sugar
- 1 tsp. baking powder
- 3 medium ripe bananas, cut up into smallish pieces
- 1 Tbs. brandy or 1 tsp. vanilla extract
- 2 Tbs. milk or soy milk
- 4 Tbs. dessicated coconut
- extra butter for the pan
- Equipment: 8 inch / 20cm square cake or brownie pan, electric or handheld whisk, kitchen parchment paper

Preheat the oven to 180 °C / 355° F.

Butter the cake or brownie pan and line with parchment paper, OR butter and flour the pan.

If the butter is still hard from the refrigerator, put it in a bowl and nuke it for a minute to soften.

Mix together the flour and baking powder.

Cream together the butter and sugar with the whisk until blended and fluffy. Add the eggs and whisk some more. Add the flavoring (brandy or vanilla) and milk.

Fold in the flour and baking powder, and fold in the bananas. Don’t overmix.

Pour the batter into the prepared pan. Sprinkle the top with the dessicated coconut.

Bake for about 40 minutes or until a skewer or chopstick inserted in the center comes out clean.

Serve warm or at room temperature.

Notes: If the coconut looks too brown, put a piece of foil over the pan until the cake has finished baking through.
Banana Coconut Muffins by Latartinegourmande.com

- 3 ripe bananas
- 2 eggs
- 2/3 cup packed (100 g) dark Muscovado sugar
- 1/3 cup unsweetened grated coconut + more for topping
- 1 cup quinoa flour
- 1/2 cup hazelnut flour
- 1/2 cup buckwheat flour
- 1/2 cup coconut oil*
- 1/4 cup unsweetened coconut milk
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- Pinch of salt

*In a pot, heat the coconut oil on low to medium heat until melted. Measure then.

In a bowl, mash the bananas with a fork; set aside. Preheat the oven at 350 F. Fill a muffin mold with paper cases; set aside. In the bowl of a stand mixer, beat the eggs with the sugar until light and fluffy. Add the oil and mix well. Add the coconut milk and mix.

In a bowl, combine the flours, grated coconut, baking powder, baking soda and salt. Add the dry ingredients to the wet ones and mix until just combined. Add the bananas and mix gently.

Fill the muffins cases. Sprinkle with more grated coconut and bake for 25 minutes.

Baked Bananas with Coconut by SouthernFood.about.com

- 4 firm bananas
- 1 to 2 tablespoons melted butter
- pinch salt
- 1 tablespoon lemon juice
- 2 teaspoons granulated sugar
- 1/2 cup flaked coconut

Preheat oven to 375°.

Peel bananas and place in a well greased baking dish. Brush generously with butter and sprinkle lightly with salt. Sprinkle granulated sugar evenly over bananas, then drizzle with lemon juice and sprinkle with coconut. Bake for 15 to 18 minutes, or until bananas are tender. Serve with syrup or a dessert sauce, if desired.
**Banana Smoothie** by TasteOfHome

- 2 cups milk
- 2 medium ripe bananas
- 1/4 cup honey
- 1/2 teaspoon vanilla extract
- (optional: dash of cinnamon)

Combine all ingredients in a blender until smooth.

**Simple and Easy Banana Smoothie** by Smoothie-Recipes.com

- 1 banana
- 1 cup of whole milk
- 1 cup yogurt (plain, vanilla, strawberry or strawberry banana yogurt)
- 4 large strawberries

Blend the banana and strawberries with the milk and yogurt until a smooth creamy texture is formed. For those who would like to add a shot of protein, ginko biloba, or other item, this smoothie is perfect for it.

**Starbuck's Coffee and Banana Smoothie** by Smoothie-Recipes.com

- 1 banana frozen
- 1 bottle of your favorite Starbuck's Coffee
- 1/2 cup of yogurt
- 1 tbsp of condensed milk (flavor as you like)

Blend all the ingredients except the condensed milk. Taste the smoothie and add the condensed milk to make the banana smoothie as sweet as you would like.

**Chocolate Banana Smoothie** by Smoothie-Recipes.com

The chocolate banana smoothie recipe combines two ingredients that are meant to be together, chocolate and bananas. If you ever wondered what a chocolate covered banana on a stick would taste like as a drink, then here is your answer.

- 1 1/2 banana cut into chunks and frozen
- 2 tablespoons of chocolate syrup or your favorite melted chocolate
- 1/2 cup of yogurt
- 1 cup of milk

Combine all ingredients in a blender
Avocado Banana Berry Smoothie by BeWellBuzz

- Half a ripe avocado
- 1 to 1 1/2 frozen bananas
- 4 to 5 frozen or fresh strawberries
- Splash of nut milk
- Pinch cardamom
- Pinch allspice

Blend

Raspberry Avocado Smoothie by EatingWell

- 1 avocado, peeled and pitted
- 3/4 cup orange juice
- 3/4 cup raspberry juice
- 1/2 cup frozen raspberries, (not thawed)

Puree avocado, orange juice, raspberry juice and raspberries in a blender until smooth.

Avocado Smoothie by AllRecipes

- 1 ripe avocado, halved and pitted
- 1 cup milk
- 1/2 cup vanilla yogurt
- 3 tablespoons honey
- 8 ice cubes

Combine the avocado, milk, yogurt, honey, and ice cubes in a blender; blend until smooth.

Tips on How to Make Avocado Smoothies by NaturalNews.com

The avocado smoothies that are very popular in Vietnam, the Philippines, Malaysia, and Indonesia are made with sweetened condensed milk. You can make a dairy-free version with almond, coconut, or rice milk. For a traditional Mexican avocado smoothie, sweeten with agave nectar.

Use a half to one whole fresh avocado for every two cups of milk or milk substitute to make an avocado smoothie. For flavored smoothies, use half of the avocado for every two cups of milk or milk substitute with peaches, persimmons, mangos, pineapple, or other tropical fruits.