

Annie's Organic Buying Club

making organics affordable for everyone!



Purple Bean, Chickpea & Tomato Salad

- 1 head Lettuce, chopped
- ½ lb Purple Beans
- ½ container Grape Tomatoes
- Juice from 1 lemon
- 1-2 tablespoons olive oil
- 1 teaspoon vinegar
- Handful fresh parsley, chopped
- 1 can Chickpeas

Boil water, drop beans in and cook for 2 minutes, remove to ice bath. Place lettuce in bowl and top with everything and toss. Note: when cooked the purple beans, purple due to the same antioxidant found in blueberries, will turn green from their chlorophyll. So try them raw in the salad instead!

Green Bean and Potato Salad with Vidalia Vinaigrette

- 2 pounds potatoes, scrubbed & chopped
- 1 pound green beans, trimmed
- ¼ Vidalia Onion. Chopped
- 1 ½ tablespoons Dijon-style mustard
- 1 small handful parsley, chopped
- Sea salt and pepper
- ¼ cup red wine vinegar
- ¾ cup extra-virgin olive oil

Boil water, drop beans in and cook for 2 minutes. Steam Potatoes in a little water until tender. I find steaming retains flavor and adds more flavor but check it to be sure the water doesn't all evaporate. Whisk remaining ingredients together and pour on top of warm beans & potatoes.

Sautéed Green Beans & Mushrooms in Creamy Thyme Sauce

- ½ pound mushrooms
- 1 tablespoon olive oil
- 1-2 garlic cloves, chopped
- 1 onion, sliced
- ½ pound green or purple beans
- ¼ cup heavy cream
- Fresh thyme, sea salt & black pepper

Sauté mushrooms in olive oil allowing them to sit without stirring like mad so that they caramelize. Add garlic and sliced onions and sauté to “deglaze” the pan. Add green or purple beans and cover for a minute to steam a bit. Add cream, thyme, sea salt and black pepper and cook uncovered a couple minutes until it thickens.

Balsamic Purple or Green Beans by Coconut & Lime

- 1 lb fresh green beans
- 2-3 cloves garlic, minced
- 2 tablespoons balsamic vinegar
- 2 tablespoons olive oil

Bring a large pot of water to boil. Boil the green beans about 2 minutes then blanch them in ice water. Meanwhile, whisk together the balsamic, oil and garlic to make the dressing. Drain the beans, toss with the dressing. Serve immediately or refrigerate.

Broccoli & Green Beans by Giada De Laurentis

- 8 cups broccoli florets (about 1 1/2 pounds)
- 1/2 pound green beans
- 2 tablespoons cup extra-virgin olive oil
- 2 cloves garlic, sliced thin
- 1/2 teaspoon crushed red pepper flakes, plus more if desired
- Sea salt and freshly ground black pepper

In a large pot, bring 6 quarts of salted water to a boil. Have ready a large bowl of ice water. Place broccoli into pot and cook for 2 minutes. You just want to parboil the broccoli at this point since you will saute it later on. Using a spider strainer, remove broccoli from pot and shock it in a bowl of ice water. When broccoli is completely cool, place it in a colander and allow to drain. Refresh the bowl of ice water. Bring the water back to a boil. Add green beans and cook for 4 minutes. Like the broccoli, you just want to parboil the green beans. Remove green beans from pot with spider strainer and add to ice water. When green beans are completely cool, add them to the colander and allow to drain.

In a large saute pan, heat olive oil. When almost smoking, add the garlic and sauté for about 45 seconds. When the garlic starts to brown, remove immediately and discard. Overcooking the garlic will impart a

very bitter taste to the dish. Add the red pepper flakes, broccoli and green beans to the pan and cook for 5 minutes. Season with salt and pepper. Serve immediately.

Broccoli Soup by The Neelys

- tablespoons butter, room temperature
- 1 1/2 pounds fresh broccoli
- 1 large onion, chopped
- 1 carrot, chopped
- Salt and freshly ground black pepper
- 3 tablespoons all-purpose flour
- 4 cups low-sodium chicken broth
- 1/2 cup cream

Melt 4 tablespoons butter in heavy medium pot over medium-high heat. Add broccoli, onion, carrot, salt and pepper and saute until onion is translucent, about 6 minutes. Add the flour and cook for 1 minute, until the flour reaches a blonde color. Add stock and bring to boil.

Simmer uncovered until broccoli is tender, about 15 minutes. Pour in cream. With an immersion blender, puree the soup. Add salt and pepper, to taste, and then replace the lid back on the pot.

Broccoli Cheese Pie by Eating Well

- 2 tablespoons plain dry breadcrumbs
- 4 large eggs
- 1 1/4 cups 1% milk
- 1/2 teaspoon hot sauce, such as Tabasco
- 1/4 teaspoon salt, or to taste
- Freshly ground pepper to taste
- 2 cups cubed whole-wheat country bread (about 2 slices, crusts removed)
- 3 cups broccoli florets
- 2 teaspoons extra-virgin olive oil
- 4 slices Canadian bacon, diced (about 2 1/2 ounces) (optional)
- 1 medium onion, chopped
- 1 cup grated Monterey Jack or part-skim mozzarella cheese (4 ounces)

Preheat oven to 350°F. Coat a 9-inch deep-dish pie pan (6-cup capacity) with cooking spray. Add breadcrumbs, tilting to coat bottom and sides.

Whisk eggs, milk, hot sauce, salt and pepper in a large bowl. Add bread and stir to coat. Set aside in the refrigerator.

Steam broccoli until just tender, 3 to 4 minutes. Refresh under cold water and drain well. Chop coarsely.

Heat oil in a medium nonstick skillet over medium-high heat. Add bacon and onion; cook, stirring often, until softened and light golden, 3 to 5 minutes. Add onion mixture and broccoli to the egg mixture; stir in cheese. Pour into the prepared pan, spreading evenly.

Bake the pie until light golden and set, 45 to 50 minutes. Let cool slightly, cut into wedges and serve.

Sauteed Broccoli and Almonds by Sunny Anderson

- 1 large head broccoli, stalks trimmed
- 4 tablespoons butter
- 2 cloves garlic, thinly sliced in rounds
- 1 teaspoon salt
- 1/4 cup slivered almonds

Cut stalk of broccoli from florets. Peel the stalk and cut the stalk into 1/4-inch rounds. Cut head of broccoli into florets.

In a large saute pan, toast almonds until golden, about 4 minutes. Remove from pan. Add butter and when melted, add garlic and sliced stalks. Saute, until garlic turns golden and stalks start to brown, 2 to 3 minutes. Add the florets and continue cooking another 2 minutes. Add 1/4 cup water and cover pan. Cook broccoli until crisp tender, about 3 minutes more. Season with salt. Stir in toasted almonds and serve.

Roasted Broccoli & Cauliflower

Cut Broccoli & Cauliflower into florets about the same size. Drizzle on olive oil and toss to coat. Lay on a sheet pan and sprinkle with sea salt. Roast on 425F for 20-30 minutes depending upon the size of your florets until they begin to brown and caramelize.

We love roasting other vegetables including Green Beans, Brussels Sprouts, Cabbage, even Kale (but that needs only 10-15 minutes since it's so thin.) The secret is to lay them in the cookie sheet in a single layer and never crowd the pan otherwise they will steam instead of roast. Roasting intensifies the sweetness in vegetables.

Roasted Cauliflower with Caper Aioli by Dan Smith & Steve McDonagh

- 1 head cauliflower, cut into florets
- 4 ounces prosciutto, sliced thick and cut into 1/4-inch dice
- 1/2 cup pitted dates, chopped
- 1/4 cup extra-virgin olive oil
- 1/2 teaspoon salt
- 1/4 teaspoon red pepper flakes
- 1 tablespoon chopped parsley leaves, for garnish
- Caper Aioli, recipe follows

Preheat the oven to 375 degrees F.

Combine the cauliflower, prosciutto, dates, olive oil, salt and red pepper flakes in a large mixing bowl. Mix well to coat and place onto a sheet pan. Place in the top half of the oven and roast until the cauliflower is fork tender and light brown, about 30 to 40 minutes. Remove from oven, transfer to a decorative bowl and serve warm with the caper aioli on the side.

Caper Aioli:

- 1 cup mayonnaise
- 1/2 teaspoon salt
- 1 tablespoon extra-virgin olive oil
- 3 tablespoons capers, chopped
- 1 teaspoon caper brine
- 1 tablespoon chopped parsley leaves

Rub the inside of a decorative bowl with the garlic clove.

Put the mayonnaise, salt, olive oil, capers, caper brine and parsley in a mixing bowl and mix well to combine. Transfer to the decorative bowl and serve with roasted cauliflower.

Cauliflower Gratin by Barefoot Contessa

- 1 (3-pound) head cauliflower, cut into large florets
- Kosher salt
- 4 tablespoons (1/2 stick) unsalted butter, divided
- 3 tablespoons all-purpose flour
- 2 cups hot milk
- 1/2 teaspoon freshly ground black pepper
- 1/4 teaspoon grated nutmeg
- 3/4 cup freshly grated Gruyere, divided
- 1/2 cup freshly grated Parmesan
- 1/4 cup fresh bread crumbs

Preheat the oven to 375 degrees F.

Cook the cauliflower florets in a large pot of boiling salted water for 5 to 6 minutes, until tender but still firm. Drain.

Meanwhile, melt 2 tablespoons of the butter in a medium saucepan over low heat. Add the flour, stirring constantly with a wooden spoon for 2 minutes. Pour the hot milk into the butter-flour mixture and stir until it comes to a boil. Boil, whisking constantly, for 1 minute, or until thickened. Off the heat, add 1 teaspoon of salt, the pepper, nutmeg, 1/2 cup of the Gruyere, and the Parmesan.

Pour 1/3 of the sauce on the bottom of an 8 by 11 by 2-inch baking dish. Place the drained cauliflower on top and then spread the rest of the sauce evenly on top. Combine the bread crumbs with the remaining 1/4 cup of Gruyere and sprinkle on top. Melt the remaining 2 tablespoons of butter and drizzle over the gratin. Sprinkle with salt and pepper. Bake for 25 to 30 minutes, until the top is browned. Serve hot or at room temperature.

We love **Roasted Cauliflower**: <http://hiporganicmama.blogspot.com/search/label/cauliflower>

Roasted Pureed Cauliflower by Guy Fieri

- 2 heads cauliflower, core removed, cut into florets
- 1 tablespoon olive oil
- 4 cups whole milk
- 1 teaspoon salt
- 1 tablespoon unsalted butter
- 1/2 bunch chives, minced for garnish

Preheat oven to 350 degrees F.

On a sheet tray, spread 1/4 of the florets with the oil, season with salt and bake until caramelized, about 25 minutes. Meanwhile, combine remaining cauliflower, milk and half a teaspoon of salt in a medium saucepan over medium heat. Bring mixture to a simmer, cover, and cook until cauliflower is tender, about 20 to 25 minutes. Strain cauliflower from milk mixture, reserving both. Transfer cauliflower to a blender. Add remaining 1/2 teaspoon of salt and butter to the blender. Add half of the reserved milk liquid. Secure top on blender and puree mixture until smooth. If mixture is too thick, thin by adding some of the remaining liquid. Season, to taste. Serve in a large serving bowl topped with caramelized florets and chives.

Acorn Squash with Apples by All Recipes

- 1 acorn squash
- 2 apples, cored and sliced
- 1 tablespoon butter
- 2 tablespoons brown sugar
- 1 tablespoon finely chopped walnuts
- 1/2 teaspoon salt
- 1/2 teaspoon ground cinnamon

To easily peel the acorn squash without losing a lot of vegetable, gently drop the squash in a large pot of boiling water, and boil for 15 minutes. Pour off the boiling water and fill with cold water and let sit 5 minutes to cool. When cool enough to handle, use a knife to slice off the peel on the ridges and use a teaspoon to dig out the peel in the valleys. Slice the squash in half and remove the seeds and stem. Then slice the halves into sections and finally cut into 1 inch chunks.

Place the squash chunks into a large microwave-safe bowl along with the apples. Dot with pieces of butter. Sprinkle the brown sugar, walnuts, salt and cinnamon over the top. Cover with plastic wrap, and poke a few holes in it for ventilation.

Cook in the microwave for 7 1/2 minutes on full power. Remove, uncover, and stir. Return to the microwave, and cook for another 7 1/2 minutes on full power, until tender. Serve hot.

Stuffed Acorn Squash by Alton Brown

- 4 small acorn squash, 1 to 1 1/4 pounds each
- 2 tablespoons unsalted butter, cut into 4 pieces
- 1/2 pound ground pork
- 1 tablespoon olive oil
- 1/4 cup chopped onion
- 1/4 cup chopped celery
- 1/4 cup chopped carrot
- 1/2 cup white wine
- 1 1/2 cups cooked rice
- 1 (10-ounce) package frozen spinach, completely thawed, drained and chopped
- 1/2 cup toasted pine nuts
- 1 1/2 teaspoons dried oregano
- Generous pinch kosher salt
- Freshly ground black pepper

Preheat the oven to 400 degrees F.

Cut 1-inch off the top of each acorn squash and scoop out the seeds. If necessary in order for the squash to sit upright, cut off a small portion of the bottom. Put 1 of the 4 pieces of butter in the cavity of each squash. Set squash on a sheet pan lined with parchment paper. Set aside.

In a large saute pan over medium heat, brown the ground pork until no longer pink. Remove the meat from the pan, add the olive oil and saute the onion, celery, and carrot until they begin to soften, approximately 7 to 10 minutes. Deglaze the pan with the white wine.

Acorn Squash Slices by All Recipes

- 2 medium acorn squash
- 1/2 teaspoon salt
- 3/4 cup maple syrup
- 2 tablespoons butter or margarine, melted
- 1/3 cup chopped pecans

Wash squash. Cut in half lengthwise; discard seeds and membrane. Cut each half crosswise into 1/2-in. slices; discard the ends. Place slices in a greased 13-in. x 9-in. x 2-in. baking dish. Sprinkle with salt. Combine syrup and butter; pour over squash. Sprinkle with pecans if desired. Cover and bake at 350 degrees F for 40-45 minutes or until tender.

Moroccan-Style Stuffed Acorn Squash by All Recipes

- 2 tablespoons brown sugar
- 1 tablespoon butter, melted
- 2 large acorn squash, halved and seeded
- 2 tablespoons olive oil
- 2 cloves garlic, chopped
- 2 stalks celery, chopped
- 2 carrots, chopped
- 1 cup garbanzo beans, drained
- 1/2 cup raisins
- 1 1/2 tablespoons ground cumin
- salt and pepper to taste
- 1 (14 ounce) can chicken broth
- 1 cup uncooked couscous

Preheat oven to 350 degrees F (175 degrees C). Arrange squash halves cut side down on a baking sheet. Bake 30 minutes, or until tender. Dissolve the sugar in the melted butter. Brush squash with the butter mixture, and keep squash warm while preparing the stuffing.

Heat the olive oil in a skillet over medium heat. Stir in the garlic, celery, and carrots, and cook 5 minutes. Mix in the garbanzo beans and raisins. Season with cumin, salt, and pepper, and continue to cook and stir until vegetables are tender.

Pour the chicken broth into the skillet, and mix in the couscous. Cover skillet, and turn off heat. Allow couscous to absorb liquid for 5 minutes. Stuff squash halves with the skillet mixture to serve.

Southwestern Stuffed Acorn Squash by Eating Well

- 3 acorn squash (3/4-1 pound each)
- 5 ounces bulk turkey sausage
- 1 small onion, chopped
- 1/2 medium red bell pepper, chopped
- 1 clove garlic, minced
- 1 tablespoon chili powder
- 1 teaspoon ground cumin
- 2 cups chopped cherry tomatoes
- 1 15-ounce can black beans, rinsed (see Tip)
- 1/2 teaspoon salt
- Several dashes hot red pepper sauce, to taste
- 1 cup shredded Swiss cheese

Preheat oven to 375°F. Lightly coat a large baking sheet with cooking spray. Cut squash in half horizontally. Scoop out and discard seeds. Place the squash cut-side down on the prepared baking sheet. Bake until tender, about 45 minutes.

Meanwhile, lightly coat a large skillet with cooking spray; heat over medium heat. Add sausage and cook, stirring and breaking up with a wooden spoon, until lightly browned, 3 to 5 minutes. Add onion and bell pepper; cook, stirring often, until softened, 3 to 5 minutes. Stir in garlic, chili powder and cumin; cook for 30 seconds. Stir in tomatoes, beans, salt and hot sauce, scraping up any browned bits. Cover, reduce heat, and simmer until the tomatoes are broken down, 10 to 12 minutes.

When the squash are tender, reduce oven temperature to 325°. Fill the squash halves with the turkey mixture. Top with cheese. Place on the baking sheet and bake until the filling is heated through and the cheese is melted, 8 to 10 minutes.

Stuffed Acorn Squash from the NY Times

- 4 small acorn squashes
- 1/2 cup bulgur wheat
- 1 cup cooked brown rice
- 1/4 cup chopped, roasted, unsalted cashews
- 1 teaspoon mixed ground spices (Grind 4 or 5 cardamom seeds, 1/2 teaspoon coriander seeds, a small piece of cinnamon stick and 6 cloves. This will make more than 1 teaspoon, but you can store the excess.)
- 1/2 medium yellow onion, minced
- 1/2 -inch fresh ginger root, peeled and minced
- 1 clove garlic, minced
- 1/2 sweet red pepper, minced
- 1/2 sweet green pepper, minced
- 1 small jalapeno pepper, finely sliced
- 1 tablespoon olive oil
- 2 tablespoons tomato paste
- 8 tablespoons low-fat yogurt
- Salt and freshly ground black pepper to taste

Preheat the oven to 350 degrees. Pierce each squash with a fork in a dozen places and roast for about 1 hour. Remove the squashes from the oven, let them cool slightly and then cut each one in half and scoop out the seeds.

Place the bulgur wheat in a bowl and add 1 1/2 cups of boiling water. Set aside to soften for at least 30 minutes. Drain the bulgur wheat and combine it in a bowl with the rice, cashews and spices. Mix well and set aside.

Sauté the onion, ginger, garlic and peppers in the olive oil over medium-low heat until they are

Add the bulgur wheat mixture to the saute pan and continue to cook over medium-low heat for 3 to 4 minutes. Mix in the tomato paste and add 2 tablespoons of yogurt. Remove from heat and stir until the yogurt is thoroughly incorporated. Then add the rest, 2 tablespoons at a time. Taste and season with salt and pepper if desired. Turn the oven up to 400 degrees. Mound about 4 or 5 tablespoons of stuffing in each squash half. Place the squashes on a cookie sheet and drizzle a little olive oil over them. Bake for 20 minutes, or until both stuffing and squashes are lightly browned. Serve immediately.

Collards are high in calcium and are very delicious when cooked low and slow.

Sauteed 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 saute 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.

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.

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.

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!

Sweet Potato Fries

- 1 – 1.5 lbs sweet potatoes
- 3 tablespoons olive oil
- ½ teaspoon sea salt or grey salt
- Options for spicy to sweet add: ¼ teaspoon cinnamon , ½ teaspoon cinnamon sugar , ½ teaspoon paprika, ¼ teaspoon garlic powder, ½ teaspoon honey-lime glaze (warm honey, add fresh lime juice, and use as coating to last 5 minutes of cooking), 1 tablespoon brown sugar, pinch of cayenne pepper, or any combination of these

Preheat oven to 425 degrees. Cut potatoes into steak fries. Toss potatoes with salt. Sprinkle with salt and (optional) cinnamon sugar. Lay them flat on a baking sheet so as not to crowd the pan. Cook for 30 minutes, but turn after 15, until just browned and caramelized on the outside and ooey gooey sweet goodness on the inside. Even non-sweet potato eaters will devour! Note: I've read that if you soak the cut potatoes in water first and then pat dry, they will crisp up even better.

Sweet Potato Pie by Alton Brown

- 1 pound 3 ounces sweet potatoes, peeled and cubed
- 1 1/4 cups plain yogurt
- 3/4 cup packed, dark brown sugar
- 1/2 teaspoon of cinnamon
- 1/4 teaspoon of nutmeg
- 5 egg yolks
- Salt
- 1 (9-inch) deep dish, frozen pie shell
- 1 cup chopped pecans, toasted
- 1 tablespoon maple syrup
- Special equipment: steamer basket

Put cubed potatoes into steamer basket and place steamer basket into a large pot of simmering water that is no closer than 2 inches from the bottom of basket. Allow to steam for 20 minutes or until the potatoes are fork tender. Mash with potato masher and set aside.

Preheat the oven to 350 degrees F.

Place sweet potatoes in the bowl of a stand mixer and beat with the paddle attachment. Add yogurt, brown sugar, cinnamon, nutmeg, yolks, and salt, to taste, and beat until well combined. Pour this batter into the pie shell and place onto a sheet pan. Sprinkle pecans on top and drizzle with maple syrup.

Bake for 50 to 55 minutes or until the custard reaches 165 to 180 degrees. Remove from oven and cool. Keep refrigerated after cooling.