

# Annie's Organic Buying Club

*making organics affordable for everyone!*



## Arugula-Cilantro Pesto with Yogurt by LivetoEat

- 2 cups packed baby arugula (rocket)
- 1/2 cup packed cilantro
- 2 garlic cloves
- 1 tbsp toasted pine nuts
- 2 tbsp yogurt
- 1 tbsp fresh lemon juice
- 2 tbsp extra virgin olive oil
- salt and pepper to taste
- crushed red chili flakes to taste

Place the garlic and pine nuts in a food processor and pulse to chop. Add arugula, cilantro, yogurt, lemon juice and olive oil and process until smooth. Add the salt and pepper and red chili flakes and mix well. Taste and adjust the seasonings as needed. To Serve: Cook the pasta according to directions on the package and drain well. Toss the warm pasta with pesto till well-coated.

## Cilantro Cucumber Salad by AllRecipes.com

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



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

**Crispy Panko Sesame Chicken with Cucumber & Arugula Salad** based upon a recipe by Tyler Florence from DailyUnadventuresInCooking

Vinaigrette:

- ¼ cup soy sauce
- Juice of half a lemon
- 1 tablespoon rice wine vinegar
- 1/3 cup extra-virgin olive oil
- 1-inch knob fresh ginger, peeled and chopped
- 1 teaspoon sugar



Chicken:

- 4 boneless, skinless chicken breasts (about 1.5 lb), cut crosswise into 1-inch-wide finger strips
- 1 ½ cups panko breadcrumbs
- ¼ cup sesame seeds
- Kosher salt and freshly ground black pepper
- Extra-virgin olive oil

Salad

- A couple good handfuls of stemmed Spinach or Arugula leaves (about 4 cups)
- 1 cucumber, peeled, and cut into thin strips with a vegetable peeler
- Handful fresh cilantro leaves
- 1 tablespoon sesame seeds toasted in a dry skillet over low heat, plus extra for garnish
- Cracked black pepper

Mix together the soy, oil, chili's, ginger, vinegar, sugar and lemon juice and set aside. Pound the chicken to an even 1/4" thick if possible, if large, cut into a few smaller pieces. ( To pound the chicken, I put the chicken between two pieces of saran wrap with a pinch of water and then pound it with the back of a small frying pan. Works like a charm.) Toss the chicken with half of the vinaigrette and put in the fridge,. Marinate for up to 2 hours, but I gave it about 30 minutes including the time needed to prep the remaining ingredients.

Place breadcrumbs and sesame seeds on a large plate with a healthy amount of salt and pepper. Mix to combine. In a separate bowl toss together the carrot, arugula, cilantro and cucumber. Take your chicken out of the marinade and dredge both sides with the breadcrumb mixture. Put on a clean plate and let sit for 5 minutes to set, meanwhile heat a medium skillet to medium heat. Add the 2 tablespoons of oil, and when hot add the chicken. Brown for 2-3 minutes on each side. When nice and browned on both sides remove to a paper towel and allow to drain on a paper towel. Make sure the chicken is cooked.

Toss dressing on salad, reserving a bit of vinaigrette to plate dish. Plate salad and chicken in layers, garnish with sesame seeds and scallions.

## Shredded Chicken Wraps with Avocado, Cucumber & Cilantro by Epicurious

- 1 small onion
- 2 skinless whole chicken legs (about 1 pound)
- 2 tablespoons unsalted butter
- a 14- to 16-ounce can whole tomatoes
- 1/2 cup water
- 1/4 to 1/2 teaspoon cayenne
- 1 teaspoon ground cumin
- 3/4 teaspoon salt
- 1 English cucumber
- 2 tablespoons fresh lime juice, or to taste
- 1 firm-ripe California avocado
- four 12-inch flour tortillas
- 2 cups fresh cilantro sprigs

Chop onion. In a 2-quart heavy saucepan cook onion and chicken legs in butter over moderate heat, stirring, 5 minutes. Drain tomatoes and measure 1 cup packed, reserving remainder for another use. Stir tomatoes into chicken mixture with water, cayenne to taste, and cumin and simmer, covered, 1 hour. Working over pan, pull meat off bones with tongs, returning it to pan, and discard bones. Simmer chicken mixture, uncovered, until most liquid is evaporated, about 20 minutes. Stir in salt and cool chicken mixture. Chicken mixture may be made 1 day ahead and cooled completely before being chilled, covered. Bring mixture to room temperature before proceeding.

Halve cucumber lengthwise and crosswise and seed. Cut pieces lengthwise into very thin strips. In a bowl toss cucumber with 1 tablespoon lime juice and season with salt and pepper. Halve, peel, and pit avocado. Cut avocado into 1/4-inch-thick slices. In a small bowl toss avocado with remaining lime juice and season with salt and pepper.

Cut 1 inch off 1 edge of each tortilla. On a work surface arrange 1 tortilla with cut edge farthest from you and smear a small piece of avocado lengthwise along cut edge of tortilla (this will help the "wrap" hold together). Spread about one fourth chicken mixture across lower fourth of tortilla about 1 inch from bottom. Top chicken mixture with 1/2 cup cilantro sprigs. Top cilantro with 4 or 5 avocado slices and top avocado with about one fourth cucumber. Beginning with bottom edge, tightly roll up tortilla and arrange seam side down on work surface. Make 3 more wraps with remaining tortillas, chicken mixture, cilantro, avocado, and cucumber. Wraps may be made 6 hours ahead and chilled, individually wrapped in plastic wrap. Cut wraps on a slight diagonal into \*-inch-thick slices and serve chilled or at room temperature.

### **Farro, Avocado, Cucumber & Cherry Tomato Salad** by Cooking Light and BigFlavors.blogspot.com

Farro is a whole grain with a pleasantly chewy texture. Look for it at specialty markets and gourmet grocers or health food stores. With crunchy cucumber, sweet cherry tomatoes, and buttery avocado, this dish makes a refreshing lunch. Pair it with a simple starter soup and whole-grain crackers for dinner.



- 1 cup uncooked farro or spelt
- 4 teaspoons extravirgin olive oil
- ¼ teaspoon fresh grated lime rind
- 1 tablespoon fresh lime juice
- 1 tablespoon white wine vinegar
- ¾ teaspoon salt
- ½ teaspoon black pepper
- 2 cups cherry tomatoes, halved
- ¾ cups chopped seeded English cucumber (about 1 small)
- ¼ cup fresh cilantro leaves
- ¾ cup sliced peeled avocado (about 1 small)

Place farro in a large saucepan; cover with water to 2 inches above farro. Bring to a boil. Cover, reduce heat, and simmer 30 minutes. Drain and rinse with cold water; drain well.

Combine oil, rind, juice, vinegar, salt, and pepper in a large bowl; stir with a whisk. Add farro, tomatoes, cucumber, and cilantro; toss gently to coat. Place about 1 cup farro mixture on each of 5 plates; garnish evenly with avocado. Serve immediately.

### **Cucumber Cilantro with Avocado & Red Bell Pepper** by Family Oven

- 2 large cucumbers, cubed 2 large cucumbers, cubed
- 2 avocados, cubed 2 avocados, cubed
- 1 large bell red pepper diced 1 large bell red pepper diced
- 4 tablespoons chopped fresh cilantro 4 tablespoons chopped fresh cilantro
- 1 clove garlic, minced 1 clove garlic, minced
- 2 tablespoons minced green onions 2 tablespoons minced green onions
- lemon pepper to taste lemon pepper to taste
- 1/4 large lemon juice 1/4 large lemon juice
- 1 lime juice 1 lime juice
- salt to taste salt to taste
- tabasco optional

In a large bowl, combine cucumbers, avocados, and cilantro, red pepper. Stir in garlic, onions, lemon papper . Squeeze lemon and lime over the top, and toss. Cover, refrigerate at least 20 min before serving





### Avocado Cucumber Soup with Shrimp by Martha Stewart

- 1 English cucumber, peeled and cut into 1/4-inch cubes (about 2 cups)
- 2 avocados, pitted and peeled
- 1/2 cup low-fat plain yogurt
- 3 tablespoons fresh lime juice
- 1 minced small jalapeno chile (seeds and ribs removed for less heat, if desired)
- 1/3 cup sliced scallions
- 2 tablespoons chopped fresh cilantro
- Coarse salt and ground pepper
- 1 teaspoon olive oil
- 12 medium shrimp (about 6 ounces), peeled and deveined

In a blender, combine half the cucumber and 1 avocado with the yogurt, lime juice, jalapeno, scallions, 1 tablespoon cilantro, 1 cup ice water, 1 1/2 teaspoons salt, and 1/4 teaspoon pepper. Puree until completely smooth. Transfer to a large bowl.

Cut remaining avocado into 1/4-inch cubes. Stir avocado and remaining cucumber into soup. Thin with 1/2 to 1 cup ice water, as desired. Season again with salt and pepper. Chill, about 1 hour.

In a large skillet, heat oil over medium-high heat. Cook shrimp, turning once, until opaque throughout, 2 to 3 minutes. Ladle soup into bowls; garnish with shrimp and remaining tablespoon cilantro.

### Spa Avocado Pasta with Tomato, Cucumber & Cilantro by RossiPasta.com

- 1 package of Pasta (your choice of flavor)
- 1 or 2 avocado(s), 2 if smaller
- 1/2 cucumber, peel optional
- 1/2 cup fresh cilantro
- 1 1/2 cups plum tomatoes, seeded, skins optional
- 4-16 cloves garlic, 8-10 would be non-excessive
- 1/3 cup light sour cream
- 1/3 cup plain yogurt
- 1/2 cup half & half or heavy cream
- 2 tablespoons lime juice
- 1 teaspoon salt
- 1/2 teaspoon peppercorn
- pinch clove, pinch garlic, pinch cayenne

Cook the pasta according to the directions on the package. Chill when cooked. Blend all of the other ingredients in a food processor until creamy. Serve chilled on its own or incorporate with the Rossi pasta

A NOTE FROM JOHN ROSSI: Use the heavy cream! This dish has no more than 8g fat (2g saturated) per 1 cup serving.

### **Raw Avocado & Cucumber Soup** by DeliciousLivingMag.com

- cup raw almonds
- Filtered water
- 2 medium avocados, pitted and cubed
- 1 large cucumber, peeled, seeded, and roughly chopped
- 5 large scallions, thinly sliced (including some green tops)
- 1/4 cup chopped fresh cilantro
- Sea salt and black pepper, to taste
- Fresh cilantro sprigs, for garnish

Place almonds in a large glass jar and cover with filtered water; soak overnight. Drain and rinse well. In a food processor, blend almonds and slowly add 2 cups filtered water until smooth, 2–4 minutes. Strain through a fine sieve or cheesecloth into a bowl, pressing or squeezing to extract all liquid. Discard solids (or save them for baking). Refrigerate milk in a clean glass jar.

In a food processor, combine avocados, cucumber, and scallions; add almond milk and purée until smooth, about 2 minutes. Stir in cilantro and pulse for 5 seconds. Season with salt and pepper and garnish with cilantro sprigs.

### **Cucumber-Avocado Salad Dressing** by AllRecipes

- 1/3 cup olive oil
- 1 clove garlic, minced
- 3/4 cup chopped fresh cilantro
- 2 avocados, peeled, seeded and cubed
- 1 large cucumber, peeled, seeded and cut into chunks
- 1/4 cup lemon juice
- salt and pepper to taste

Puree the olive oil and garlic in a blender until smooth. Add the cilantro, avocado, cucumber, and lemon juice. Puree again until smooth, then season to taste with salt and pepper.

### **Arugula Salmon Salad with Date Cilantro Vinaigrette** by Room Chef Enrique Leon at DatesAreGreat

- 1/2 lb Atlantic Salmon, de-boned and outer skin removed, cut into 1/2 inch cubes
- Red Onion, sliced paper thin
- Bell Pepper, remove seeds
- Arugula
- Olive Oil
- Salt and Pepper, to taste

Roast Bell Pepper in a 350 degree oven for 30 minutes, remove and peel away out skin layer. Slice into lengthwise pieces, set aside. Sauté in a frying pan, Salmon with a little Olive Oil, salt and pepper. Do not overcook Salmon. Doneness is when a fork easily separates a layer. Remove Salmon from the pan and cool down. In a large bowl toss together all salad ingredients, place in refrigerator until you're ready to add vinaigrette.

### Date Cilantro Vinaigrette

- 1/2 lb Dates, chopped
- 1/2 cup Fresh Cilantro, chopped
- 1 tsp Fresh Garlic, minced
- 1/2 tsp Dry Thyme
- 1/2 tsp Dry Basil
- 1 cup Red Wine Vinegar
- 2 cups Virgin Olive Oil
- Salt and Pepper, to taste
- Butter

Sauté Dates with 1 teaspoon of Butter and 1/2 ounce of Red Wine Vinegar for 5 minutes. Set aside and let cool. Blend together in a large bowl dry ingredients until well mixed. Slowly pour Virgin Olive Oil and the rest of the Red Wine Vinegar into dry ingredients. Makes 1/4 gallon of Vinaigrette. Refrigerate unused portion.

To serve, sprinkle vinaigrette onto salad, mix well and portion onto salad plate, sprinkle with sesame seeds.

### Arugula and Cilantro Salad by RecipeZaar

- 4 ounces baby arugula
- 4 ounces baby spinach leaves
- 1 bunch fresh cilantro, discard stems
- 6-7 fresh parsley sprigs
- 1 garlic clove, crushed or very finely minced
- 3 tablespoons olive oil
- 1-2 tablespoon white wine vinegar, to taste
- 1 dash paprika
- 1 dash cayenne pepper, to taste
- 1 dash salt, to taste

Place the arugula and spinach leaves in a salad bowl. Chop the cilantro and parsley and sprinkle them on the top. In a small bowl, combine the garlic, olive oil, vinegar, paprika, cayenne pepper and salt. Taste and adjust seasonings. Pour the dressing onto the salad and serve immediately.

### **Cauliflower With Fresh Cilantro** by RecipeZaar

- 1 head cauliflower, cut into flowerets
- 1/4 cup olive oil
- 6 scallions, thinly sliced
- 3 garlic cloves, minced
- 1 serrano chili, seeded and minced
- 1/2 cup fresh cilantro leaves (NOT dried)
- 1 teaspoon middle eastern red pepper (or substitution)
- salt
- black pepper
- lemon slice, for garnish



In a large pot steam the cauliflower in salted water for about 6-7 minutes. Drain well.

In saute pan, heat the olive oil on medium-high and add the steamed cauliflower, garlic, and chili. Stir fry for about 2-3 minutes being careful not to burn. Add the scallions, the cilantro leaves and the Middle Eastern red pepper. Stir in well. Season with salt and pepper to taste.

NOTE: I've never used Middle Eastern red pepper. I have been informed by a kind Zaar member that harissa can be used for the Middle Eastern Pepper.

### **Cauliflower with Cilantro** by TheEpicenter.com

Ground beef or cubes of lamb are sometimes added to this tasty combination of cauliflower tossed with fresh herbs and chilis.

- 1 head cauliflower, cut into florets
- 1/4 cup olive oil
- 6 green onions
- 3 cloves garlic minced
- 1 serrano chili, seeded and minced
- 1/2 cup minced cilantro
- 1 tsp. Aleppo pepper
- salt
- black pepper

Steam the cauliflower in a bit of salted water for 6 minutes. Drain.

Heat the olive oil and add the cauliflower, onions, garlic and chili. Stir-fry for 2 minutes. Add the remaining ingredients, taste to adjust seasoning, and toss to blend flavours.

**Cauliflower and cilantro soup with brown butter** by Boston.com *Adapted from "Casa Moro*

- 1 tablespoon olive oil
- 1 tablespoons butter
- 1 medium onion, finely chopped
- 2 cloves garlic, finely sliced
- 1 1/2 tablespoons coriander seeds, coarsely ground
- 2 small heads of cauliflower, leaves discarded, washed and thinly sliced
- 3 cups water or vegetable stock
- 1 egg yolk
- 1/2 tablespoon cornstarch
- Salt and pepper, to taste
- 1 1/2 cups Greek-style yogurt (Fage Total brand is widely available)
- 2 tablespoons coarsely chopped fresh cilantro
- Pinch of chili powder, or to taste

In a soup pot over medium heat, heat the oil and add 1 tablespoon of the butter. Stir in the onion, garlic, and coriander seeds. Cook, stirring often, for 10 minutes. Add the cauliflower and 1 1/2 cups of water or vegetable stock. Bring to a boil, lower the heat, and cover the pan. Simmer over medium heat for 20 minutes. When the cauliflower is soft, add the remaining water or vegetable stock and bring to a simmer. Puree the soup in a blender in batches and return it to the pot.

In a small skillet, melt the remaining 2 tablespoons of butter over low heat until it browns and has a nutty aroma. Remove from the heat; set aside.

In a bowl, stir the egg yolk, cornstarch, salt, and pepper to form a smooth paste. Stir in the yogurt. Whisk the yogurt mixture into the soup. Bring to a boil over medium heat.

Ladle the soup into bowls, and sprinkle with cilantro, chili powder, and a drizzle of brown butter. -

**Goat Cheese, Cilantro, and Mushroom Crust-less Quiche** by GreenvilleArms1889Inn.Blogspot.com

- 1/2 cup of sautéed button mushrooms (I like them well browned).
- 2 large eggs
- 2 large egg yolks
- 1 - 1/2 cups heavy cream
- Kosher salt and black pepper
- 1/2 cup crumbled goat cheese
- 2 - 4 fresh chopped cilantro (or 1/2 tsp of dry cilantro)
- 1/3 cup freshly grated Parmigiano cheese

Saute the sliced mushrooms in butter until well browned. Drain and set aside. Preheat the oven to 375 F. In a bowl, combine the eggs, yolks, and heavy cream. Season the mixture with salt and pepper and whisk until blended. Whisk in the goat cheese, cilantro, mushrooms, and Parmigiano.

Set 3 or 4 5-inch ramekins on a baking sheet and pour the egg mixture into them, dividing it evenly. Bake until the filling is nicely puffed and browned, 40 - 50 minutes. Let cool for at least 15 - 20 minutes before serving.

### **Mushroom and Cilantro Soup** Asian Soups by Suzy Smith by KahakaiKitchen.blogspot.com

- 3 Tbsp light olive oil
- 1 yellow (brown) onion, chopped
- 2 cloves garlic, minced
- 1-inch (2.5 cm) piece fresh ginger, peeled and finely chopped
- 5 cilantro (coriander) roots, finely chopped
- 1 green chili pepper, finely chopped
- 3 Tbsp lime juice
- 3 cups (24 fl oz / 750 ml) vegetable stock
- 3 cups (24 fl oz / 750 ml) coconut milk
- 2 tsp fish sauce
- 1 lb (500 g) mixed button, enoki, shitake, cremini and oyster mushrooms, sliced if large
- 2 cups (2 oz / 60 g) cilantro (coriander) leaves



Heat 1 tablespoon oil in a large saucepan over medium-high heat. Add onion, garlic, ginger, cilantro roots and chili pepper and cook, stirring, until onion is soft, about 5 minutes. Add lime juice, stock, coconut milk and fish sauce and bring to a steady simmer. Simmer for 15 minutes.

Meanwhile, heat remaining oil in a frying pan over medium heat. Add mushrooms and cook, stirring, until soft, about 5 minutes. Reserve some mushroom slices for garnish. Add remaining mushrooms and mushroom juice to soup. Add cilantro leaves. Working in small batches, process soup in a food processor until smooth, 1-2 minutes. Return soup to saucepan and reheat over medium-high heat, about 2 minutes. Serve immediately garnished with reserved mushrooms.

### **Chicken With Mushroom Cilantro Sauce** Recipe by GroupRecipes

- 1 (8 oz) package fresh mushrooms .
- 4 tbsps butter, divided .
- 1/4 c fresh cilantro or fresh parsley, sliced .
- 1 tbsp lemon juice .
- 2 tbsps all-purpose flour .
- 1 c chicken broth .
- 2 whole chicken breasts, halved .
- 1/4 c milk .
- 1/4 tsp pepper .
- 1/2 c leeks or green onions, thinly sliced

In a small bowl, mix 2 tbsp melted butter & lemon juice. Place chicken on a greased broiler pan, broil 6-8 inches from heat, turning every 10 mins & basting with lemon-butter mixture, 30-35 mins. Meanwhile, melt the remaining butter in a saucepan until sizzling. Stir in leeks & mushrooms. Cook

over med-heat/flame, stirring occasionally, for 2-3 mins. Stir in flour. Add chicken broth, continue cooking & stir constantly until mixture is thickened, about 2-3 mins. Reduce heat to low.

In a small bowl, mix cilantro, milk, & pepper. Add to mushroom sauce, & continue to stir for a minute or two until thickened. Serve sauce over chicken.