

Annie's Organic Buying Club

making organics affordable for everyone!



Classic Mirepoix:

A great way to start any stew or virtually any dish, to bring on lots of layers of flavor, is to use the classic French mirepoix by sautéing, actually sweating (not caramelizing, just until onions are translucent):

- onion (1 cup diced small)
- carrot (1/2 cup diced small)
- celery (1/2 cup diced small)

Dice should be uniform in size. Use that base in endless food combinations from vegan or vegetarian, to meats, seafood and poultry. Use it as the base to soups, stews, roasts, sauces, even simple sautéed greens bring on a whole new meaning when this base is used first.



Recipe Links (remember to hold down the control key – CTRL to link):

- Chicken Pot Pie: <http://www.celerycarrotsandonions.com/2009/04/chicken-pot-pie.html>
- Carrot, Onion, Celery Soup: <http://www.recipezaar.com/Carrot-Onion-and-Celery-Soup-by-ME-75570>
- Italian Chicken Breast with Carrots, Celery & Onion: <http://www.italian-food-recipes.net/2008/11/chicken-breast-with-carrots-celery-and.html>

Cabbage is a versatile green since it can be enjoyed fresh in a salad or even instead of lettuce in a sandwich, it can be fermented into sauerkraut, it can be simmered in soups, sautéed in olive oil or butter or roasted. It is a super-food with fiber, Vitamin C and indoles (that's the nutrient that protects us from some cancers.)

Cabbage Carron & Onion Curry by BigOven.com

- 1/2 sm Cabbage
- 3 md Carrots
- 2 lg Onions
- 1 tb Ghee
- 1/2 ts Cumin
- 1/4 ts Turmeric
- 1/4 ts Mustard seeds
- 1/4 ts Chili powder
- 1/4 ts Coriander
- 1/4 ts Cinnamon powder
- Salt, to taste

Cut the cabbage into small pieces. In a separate container cut carrots into thin rounds. Peel onions and cut into small pieces. In a medium-sized pan saute the onion with butter or margarine. When onions feel soft, add mustard seeds. 30 seconds after that add cumin powder, coriander powder, and turmeric powder. Mix the spices. Drop carrots in pan and saute. Put the lid on for 5 minutes. Now add cabbage. Mix all the vegetables together. Add cinnamon powder, salt, and chili powder. Put the lid on. Wait for 5 minutes. Turn over mixture in pan. Make sure the spices dont stick to the bottom of the pan. Put the lid back on and leave it another 8 minutes. If you want curry to be softer, keep the lid on longer after cooking. Serve hot or warm

Veggie CHOW MEIN adapted from The Best of Country Cooking Cookbook by Jo Groth

- 1 cup carrots, thinly sliced on a diagonal
- 1 cup celery, thinly sliced on a diagonal
- 1 cup onion, chopped
- 1 cup cabbage, shredded or sliced
- 1 cup spinach, chopped (optional)
- 1 garlic clove, minced
- 1 cup low-sodium vegetable broth
- 1/4 cup low-sodium non-GMO soy sauce
- 1 tablespoon non-GMO cornstarch
- 1/2 to 1 teaspoon ground ginger or fresh ginger grated from frozen

Heat pan, add oil, add vegetables and garlic and stir fry for several minutes until the carrots are almost tender. Mix broth, soy sauce, cornstarch and ginger to form a slurry. Add broth to vegetables. Cover and simmer for 3 minutes until it begins to boil and the sauce thickens. Serve over rice or with chow mein noodles.

Crock-Pot Pot Roast with Potatoes, Carrots, Celery, Cabbage & Onion by Spark Recipes

- 2 lb chuck roast
- 1 TB salt
- 1 TB black pepper
- 1 TB Creole Seasoning
- 1 TB garlic powder
- 4 medium potatoes, peeled and chunked
- 4 medium carrots, peeled and chunked
- 1 large white onion, coarsely chopped
- 1/4 head of green cabbage
- 1 cup water
- 1/2 cup worcestershire sauce

Mix all seasonings together in small bowl, and rub on all sides of pot roast. Put pot roast in crock pot on HIGH. Drop in potatoes and carrots, water, and worcestershire sauce. Cover the crock pot and leave on for 5 hrs. After 5 hrs, put in the onion, celery, and cabbage. Cook one more hour on LOW.

Serve with vegetables as a complete meal, or combine with rice if you'd like. You can use the liquid from the crock pot as an au jus or as the base for a brown gravy.

Braised Cabbage & Carrots by The Neely's

- 1 large head (about 3 pounds) green cabbage
- 4 slices extra-thick bacon, cut into 1-inch squares
- 1 cup water
- 2 tablespoons Smash Seasoning, recipe follows
- 1 (10-ounce) bag baby carrots
- Salt and freshly ground black pepper

Core cabbage and chop into 2-inch pieces. Clean thoroughly and let drain.

In a large pot over medium heat, cook bacon halfway through. Cook's Note: It will release its fat and be lightly browned, but still moist.

Add the cabbage, water and Smash Seasoning. Cover and reduce to a simmer and steam 2 hours, stirring every 15 minutes. Drain water from pot and add carrots. Cover and simmer another 15 minutes, until carrots are tender. Add salt and pepper, to taste.

Smash Seasoning:

- **1 teaspoon cayenne**
- **1 teaspoon celery seed**
- **1/2 tablespoon lemon pepper**
- **1 tablespoon garlic powder**

Mix ingredients thoroughly and keep in a tightly sealed container for up to 6 months.

Martha Stewart's Stuffed Cabbage

- 2 quarts water
 - 1 large green cabbage (about 2 1/2 pounds)
 - 2 tablespoons unsalted butter
 - 1 large onion, chopped
 - 1 garlic, finely chopped
 - 2 cups cooked rice
 - 8 ounces ground beef
 - 8 ounces ground pork
 - Coarse salt and freshly ground pepper
 - 1 tablespoon dried parsley flakes
 - 1 medium green pepper, grated
 - 2 celery stalks with leaves, finely chopped
 - 4 cups tomato puree
 - 1 Granny Smith apple, peeled, cored, and chopped
 - 1/2 cup sour cream, plus more for garnish
1. Using a paring knife, remove center core of cabbage. In a large nonreactive stockpot, bring 2 quarts water to a boil. Add cabbage and cook 2 to 3 minutes or until outer leaves are bright green and tender. Lift cabbage from water, and remove outer leaves. Return cabbage to boiling water, and repeat brief cooking and removal of leaves until all leaves are cooked. Reserve 2 cups cabbage cooking water. Trim thick center vein from bottom of each leaf. Reserve four large outer leaves to line bottom of pan.
 2. In a medium skillet, melt butter over medium heat. Add onion and garlic, and cook until golden and tender, about 8 minutes. In a large bowl, combine onion mixture, rice, beef, pork, salt, pepper, parsley flakes, green pepper, and celery. Stir to combine.
 3. Add about 1/3 cup rice filling to one cabbage leaf. Fold sides of cabbage over filling, and, starting with the stem end, roll the cabbage up. Repeat with remaining leaves and filling.
 4. Line a 5-quart Dutch oven with reserved outside leaves. Transfer stuffed cabbage leaves to Dutch oven.
 5. In a large bowl, combine tomato puree and the reserved 2 cups of cabbage cooking water. Pour some of the tomato sauce over cabbage to almost cover. Sprinkle apple over top of cabbage leaves. Bring to a boil and immediately reduce to a gentle simmer; cover. Cook for 1 hour or until cabbage is very tender, adding additional tomato sauce as needed.
 6. Place sour cream in a small bowl, and ladle in about 3/4 cup of tomato sauce from the cooked stuffed cabbage rolls. Whisk to combine. Add sour cream mixture back to Dutch oven, and stir to combine. Serve with additional sour cream.

Stuffed Cabbage Stoup by Rachael Ray

- 4 tablespoons extra virgin olive oil, divided
- 1 cup raw white rice
- 1 quart plus 2 cups chicken stock, divided
- 1 1/2 pounds ground meatloaf mix (a combination of beef, pork and veal)
- 1/2 teaspoon allspice, eyeball it in your palm
- 1 1/2 teaspoons coriander, half a palm full
- 2 teaspoons smoked paprika, eyeball it in your palm
- Salt
- Pepper
- 1 bay leaf
- 1 onion, chopped
- 2 cloves garlic, minced
- 1 carrot, thinly sliced with a vegetable peeler into strips then finely chopped
- 1/2-3/4 head Savoy cabbage, thinly sliced
- 1 (28-ounce) can diced tomatoes
- 1 cup tomato sauce
- Handful of flat-leaf parsley, chopped
- 3 tablespoons dill, finely chopped

Heat a sauce pot over medium-high heat with 2 turns of the pan of extra-virgin olive oil, about 2 tablespoons. Add the rice and toss to coat in oil. Add 2 cups of chicken stock, bring up to a simmer, cover and cook for 16 to 18 minutes or until the rice is tender.

Heat a deep pot over medium high heat. Add the remaining extra-virgin olive oil, once hot add meat and begin to brown, 2 to 3 minutes. Season the meat with allspice, coriander, smoked paprika, salt and pepper. Add bay leaf, onions, garlic and carrots. Cook veggies 2 to 3 minutes to begin to soften them, then add cabbage and wilt it down a bit. Add tomatoes, tomato sauce, and remaining stock and cover the pot. Raise the heat to high and bring the soup to a simmer. Simmer for about 10 minutes. Once the rice is cooked, add to the soup and continue to simmer for 2 to 3 minutes. Stir in parsley and dill, adjust salt and pepper to your taste, and serve.

Basic Cole Slaw

- 6 cups shredded cabbage
- 1 carrot, shredded
- 2/3 cup mayonnaise
- 2 tablespoons vinegar
- 2 tablespoons vegetable oil
- 2 1/2 tablespoons sugar, or to taste
- 1/2 teaspoon celery salt
- 1/4 teaspoon salt, or to taste

Toss cabbage in a large bowl with the carrots. In a bowl, whisk together the remaining ingredients. Pour the mixture over the cabbage and carrots and toss to coat thoroughly. Refrigerate until serving time.

Cabbage Slaw

- ½ cup orange juice
- ¼ cup lime or lemon juice
- vidalia onion sliced
- 1-2 garlic cloves minced
- 1 handful parsley
- 1 tablespoon of honey
- Sea salt and black pepper
- ½ head of cabbage, cored and shredded

Add everything from the cabbage to a blender until emulsified a minute or two. Drizzle over the cabbage and toss. Store in the refrigerator. Even better the next day.

Non-Mayo Slaw

- ½ head cabbage, shredded
- 2 carrots, shredded
- 2 stalks celery, chopped thin
- 1 onion sliced thin
- ½ cup apple cider vinegar
- 2 teaspoons dry mustard
- 2 teaspoons evaporated cane juice or agave nectar
- 1/3 cup olive oil
- Sea salt & black pepper

Mix vegetables together. Whisk rest together. Pour over the vegetables and toss to coat. It gets better the next day. Perfect in a sandwich or as a salad.

Slow Cooker Cabbage & Apples by About.com

- 1 medium cabbage, coarsely chopped
- 2 tart apples, cored, diced
- 2 medium onions, quartered and sliced
- 1 scant teaspoon salt
- 1/4 teaspoon ground black pepper
- 1 cup apple juice concentrate, thawed
- 1/2 cup chicken broth
- 3 tablespoons spicy mustard

Lightly oil the slow cooker or spray with nonstick cooking spray; add the cabbage, diced apples, and sliced onions. Toss with the salt and pepper. In a cup, combine the apple juice concentrate, chicken broth, and mustard; pour over the cabbage mixture. Cover and cook on LOW for 6 to 8 hours, or until the vegetables are tender. Stir the mixture every 2 to 3 hours. Remove to a bowl with a slotted spoon. Serves 6 to 8.

Nanny Flay's Sauerbraten with Braised Cabbage and Noodles by Bobby Flay

- 3 tablespoons canola oil
- 1 (4 to 5 pound) boned and rolled beef rump roast
- 2 medium-size yellow onions, peeled and coarsely chopped
- 2 stalk celery, coarsely chopped
- 1 large carrot, peeled and sliced thin
- 3 cloves garlic, crushed
- 1 cup white wine vinegar
- 1/2 cup white wine
- 4 cups cold water
- 6 whole cloves
- 8 black peppercorns
- 2 bay leaves
- 8 sprigs parsley
- 6 sprigs fresh thyme
- Salt and freshly ground pepper
- 3 tablespoons unsalted butter
- 3 tablespoons flour
- 12 gingersnaps, finely crushed
- 2 tablespoons honey

Heat the oil in a large Dutch oven. Season the beef with salt and pepper, and cook until golden brown on all sides, about 15 minutes. Add onions, celery, carrot, garlic, white wine vinegar, white wine water, cloves, peppercorns, bay leaves, parsley, thyme and salt and pepper, to taste. Cover, and simmer 1 1/2 hours, turn meat, re-cover, and simmer 1 to 1 1/2 hours longer until tender. Transfer to a large platter and keep warm. Strain cooking liquid into a bowl, remove 1/2 cup to be used for the braised cabbage and set aside. Heat butter in a heavy medium saucepan over medium heat, whisk in flour and cook until golden brown, about 2 minutes. Whisk in cooking liquid, reduce heat to low, and cook, stirring, until thickened and season with salt and pepper to taste. Mix in gingersnaps and honey, to taste. Carve meat at the table (not too thin or slices will crumble) and serve with plenty of gravy. Or carve in the kitchen, arrange slices slightly overlapping on a platter, and pour some of the gravy down the center; pass the rest. Serve with braised cabbage and buttered noodles.

Braised Cabbage:

- 3 tablespoons unsalted butter
- 1 large yellow onion, peeled, halved and thinly sliced
- 3 pounds red cabbage, cored and shredded
- 1/2 cup reserved cooking liquid from sauerbraten
- 1/2 cup white wine
- Salt and freshly ground pepper

Heat butter in a large saute pan over medium heat. Add onion and cook until soft. Add the cabbage, cooking liquid and wine and season with salt and pepper, to taste. Cover and cook until the cabbage is wilted, about 15 to 20 minutes.

Buttered Noodles:

- 1 1/2 pounds egg noodles
- 4 tablespoons unsalted butter
- 1/4 cup finely chopped flat-leaf parsley
- Salt and freshly ground pepper

Cook the noodles in a large pot of boiling salted water until al dente. Drain well, return to the pan, toss with the butter and parsley, and season with salt and pepper, to taste.

Warm Cabbage with Bacon and Gorgonzola by Sara Moulton

- 3 thick slices bacon, about 3 ounces
- 6 tablespoons dry white wine
- 1/2 small shallot, minced
- 1/2 tablespoon drained bottled green peppercorns
- Kosher salt
- 6 tablespoons heavy cream
- 1/2 small green cabbage, halved, cored, and sliced about 1/4-inch thick (about 6 cups shredded cabbage)
- Freshly grated black pepper
- 1 1/2 ounces Gorgonzola, crumbled (about 1/3 cup)
- 1/2 tablespoon finely chopped fresh parsley leaves

Cook the bacon in a large skillet over medium-high heat until crisp. Drain on paper towels and crumble. Reserve 1 1/2 tablespoons of the fat in the skillet.

Combine the wine, shallot, peppercorns, and a pinch of salt in a small saucepan. Bring to a boil over high heat, reduce the heat to medium-high, and simmer until reduced to about 1 tablespoon. Pour in the cream and simmer until reduced by half.

Heat the large skillet with the reserved bacon fat over medium-high heat. Add half the cabbage and season with salt and pepper. Cook, stirring often, until it begins to wilt, about 5 minutes. Transfer the cabbage to a bowl and cook the remaining cabbage in the same manner. Return all the cabbage to the skillet and pour in the cream mixture. Cook, stirring often, until the cabbage is very tender yet still crisp, 5 to 7 minutes. Stir in the Gorgonzola and the parsley. Season with salt and pepper and cook, stirring, until the cheese has melted. Sprinkle each portion with the crumbled bacon.

Colcannon

- 3 pounds potatoes, scrubbed
- 1/2 stick of rBGH-free butter
- 1 1/4 cups warm milk
- 2 scallions, chopped
- Sea Salt and freshly ground black pepper
- 1 head cabbage, cored and shredded

Cook the potatoes. I like to steam them instead of boil them. Add the potatoes to a couple of cups of water and steam covered. Check after 20 minutes to be sure there is still water in the pot and test for doneness. Add more water if necessary and steam until done. I find steaming instead of boiling potatoes retains more nutrients and flavor.

Mash the potatoes with ½ stick of organic rBGH-free butter, and hot milk. Season liberally with sea salt and freshly ground black pepper and add chopped scallions.

Chop the cabbage and boil in unsalted water until tender. Drain. Add to the potatoes and stir together.

Cabbage & Cheddar Bake by About.com

- 1 small head of cabbage
- 1 small onion, chopped
- 6 to 8 slices bacon or turkey bacon, diced
- 2 teaspoons vegetable oil
- 1 can (10 1/2 ounces) cream of celery soup
- 3/4 cup milk
- 1/2 cup mayonnaise
- Dash pepper
- 2 cups fresh bread crumbs
- 3 tablespoons melted butter
- 1 tablespoon chopped parsley
- 1 1/2 cups shredded sharp Cheddar cheese

Heat oven to 375°. Lightly grease a 2 1/2 to 3-quart baking dish.

Cut cabbage into 4 wedges, then cut out core and cut each wedge crosswise into thin slices. Put cabbage in a saucepan, cover with water, and bring to a simmer. Cover and simmer until tender, about 10 to 12 minutes. Drain well and set aside.

Meanwhile, sauté the onion and diced bacon in the vegetable oil until onion is tender. In a bowl, combine the soup, milk, mayonnaise, pepper, and cooked onion and bacon. Add the cabbage and stir to mix well.

In another bowl, combine bread crumbs with melted butter and parsley. Toss to blend thoroughly.

Sprinkle about 1/3 cup of the crumbs over the bottom of the casserole. Top with the cabbage mixture, then sprinkle cheese over all. Top the cheese layer with the remaining bread crumbs.

Bake the casserole, uncovered, for 45 minutes.

Asparagus - if it's new to you try it roasted in a preheated 425F oven for 15 -20 minutes after drizzling with olive oil and sprinkling with sea salt until tender. Once out of the oven we like to grate parmesan on top. Or cut on the diagonal and add to a stir fry or frittata. Asparagus can be prepared roasted, steamed, sautéed, mixed with other veggies or on its own. You can add leftover cooked asparagus to a salad, turn it into soup, or add it to your breakfast frittata.

Basics: Wash. Hold it and snap toward the bottom, wherever it snaps is where the tough part is that you will discard (or you can add to water to make an asparagus broth/soup with garlic and onions but just be sure and discard once the love is cooked out of them.)

Fun Fact: um, how do I put this delicately, after you eat Asparagus, the next time you pee, it will smell different.

Asparagus and Smoked Salmon Bundles by Giada De Laurentis

- 1 bunch asparagus, ends trimmed (about 20 spears)
- 2 tablespoons olive oil
- 1 tablespoon chopped fresh rosemary leaves
- Pinch kosher salt
- Pinch freshly ground black pepper
- 4 to 6 ounces thinly sliced smoked salmon (1 slice per asparagus spear)

Preheat the oven to 400 degrees F.

Lay the asparagus on a foil-lined baking sheet. Drizzle with olive oil. Sprinkle with rosemary, salt, and pepper. Roast until cooked and starting to brown around the edges, about 10 minutes. Remove from the oven and transfer to another baking sheet to cool.

Once the asparagus have cooled, wrap each spear in a slice of smoked salmon. Arrange on a serving platter and serve at room temperature.

Simple Prepared Asparagus:

- Bunch of Asparagus
- Olive Oil
- Garlic
- Sea Salt

Add asparagus to a warm pan with some olive oil and garlic and stir fry. You can chop in pieces on a diagonal or leave it whole. If they are thicker spears add 1/8 cup of water and cover to steam and then uncover to sauté a bit. You want them crisp-tender.

Roasted Asparagus

You can also roast them in a hot oven 425F for 15 - 25 minutes. Drizzle with olive oil, garlic and salt. Lay flat on a cookie tray. Roast until tender and enjoy. We like topping it with shaved parmesan once out of the oven while still warm enough to melt it.

Asparagus & Lemon Chicken over Rice by Cathy Lowe

- 2 tablespoons olive oil
- 1 whole boneless and skinless chicken breast, cut into 1/2 inch slices
- Salt and pepper
- 4 cloves garlic, minced
- 1/2 red pepper, seeded and diced
- 1/2 pound asparagus, trimmed and cut into 1-2 inch pieces
- 1 teaspoon lemon zest
- 1/2 cup water, white wine or chicken stock
- 3 cups cooked rice

In a large non-stick skillet heat the oil over medium high heat. Season the chicken pieces with the salt and pepper and add to the skillet. Cook the chicken until golden brown, about 5 minutes. Stir in the garlic and red pepper. Add the asparagus and cook for 1 minute. Stir in the zest and 1/2 cup liquid and bring to a simmer. Cover and cook for 3 minutes. Serve immediately over hot rice. Copyright (c)

Asparagus & Parmesan-Egg Crumb Topping by Ellie Krieger

- 2 slices whole-wheat bread, crusts removed
- 1 hard-boiled egg
- 3 tablespoons chopped parsley leaves
- 1/2-ounce (1/4 cup) freshly grated Parmesan
- 1/4 teaspoon salt
- Pinch pepper
- 2 pounds asparagus, washed, ends snapped off

Pulse the bread in the bowl of a food processor until it becomes fine crumbs. Spray a nonstick skillet with cooking spray and heat pan over medium-high heat until hot. Lower heat to medium, add bread crumbs to the skillet and toast, tossing often, until crumbs are golden brown and toasted, about 5 to 6 minutes. Remove from heat and cool completely.

Grate egg in the medium-sized holes of a box grater or on a medium microplane grater (used for grating chocolate or cheese). Combine the egg, bread crumbs, parsley, cheese, salt, and pepper in a medium-sized bowl and toss to combine.

Steam the asparagus until firm, but tender, about 3 to 4 minutes. Arrange asparagus on a serving platter and top with Parmesan-Egg Crumb Topping. (Note: 1 serving = 1/4 pound asparagus, plus 1/4 cup topping) Copyright (c)

Asparagus Quiche by asparagusrecipes.net

- One nine-inch pie shell
- 3 eggs
- 1 green onion, chopped
- 1 onion caramelized
- 1 cup of shredded Swiss cheese
- 1 cup of shredded cheddar cheese
- 1 cup of asparagus, cooked, chopped
- ½ cup of milk
- ½ cup of cream

Mix together all of the ingredients as above and pour into the pie shell. Bake at 375°F (190°C) for 45 minutes, or until a toothpick inserted near the middle comes out clean. Allow to stand for 5-10 minutes before serving.

Asparagus Frittata

- 1 scallion, chopped
- 6 eggs
- 1 cup of shredded cheese, fontina or parmesan is nice
- ¼ cup of milk, half and half or cream
- left over asparagus, cooked, chopped
- Olive oil or butter
- Sea salt

A frittata is basically a crust-less quiche but is a fun twist for breakfast, brunch, lunch or even a nice dinner with a side salad. Heat oven 375F.

Heat pan on medium heat. Add a tablespoon of oil or butter. Add sliced onions and caramelize slowly, 15 – 20 minutes until golden.

In the meantime, mix the eggs, cheese, and milk. Add in the asparagus (or any other vegetable.) Once the onions are caramelized, add the egg mixture to the pan on the stove top. As it begins to set, after a couple minutes, move it to the oven and cook for 10 – 15 minutes until it begins to brown on top and gets puffy.

Roasted Kale

It's also amazing roasted, the secret is not to crowd the pan so they crisp up like potato chips. Just chop into inviting uneven shapes. Toss with olive oil. Sprinkle with sea salt. Lay on a sheet pan. Roast in preheated 400F oven for 10 minutes, check as you may need to flip them. When the tips just begin to brown remove and enjoy!

Sauteed Kale

Simply sautéed with garlic in olive oil. If you find it is bitter, add a shake or two of red wine vinegar. Add cut up Kale to soups, you can even pulverize it to make a green soup!

Indian Spiced Kale & Chickpeas by Eating Well Magazine

- 1 tablespoon extra-virgin olive oil
- 3 cloves garlic, minced
- 1-1 1/2 pounds kale, ribs removed, coarsely chopped
- 1 cup reduced-sodium chicken broth or vegetable broth
- 1 teaspoon ground coriander
- 1/2 teaspoon ground cumin
- 1/4 teaspoon garam masala (see Ingredient note)
- 1/4 teaspoon salt
- 1 15-ounce can chickpeas, rinsed

Heat oil in a Dutch oven over medium heat. Add garlic and cook, stirring, until fragrant, about 30 seconds. Add kale and cook, tossing with two large spoons, until bright green, about 1 minute. Add broth, coriander, cumin, garam masala and salt. Cover and cook, stirring occasionally, until the kale is tender, 8 to 10 minutes. Stir in chickpeas; cover and cook until the chickpeas are heated through, 1 to 2 minutes.

A 1- to 1 1/2-pound bunch of kale yields 16 to 24 cups of chopped leaves. When preparing kale for these recipes, remove the tough ribs, chop or tear the kale as directed, then wash it--allowing some water to cling to the leaves. The moisture helps steam the kale during the first stages of cooking.

Ingredient note: Garam masala, a ground spice mixture traditionally including coriander, cumin, cinnamon, peppercorns, cardamom and cloves, is commonly used in Indian cooking. Find it in the specialty-spice section of large supermarkets.

Israeli-type Salad

- Tomatoes
- Scallions or Onions
- Cucumber
- Red Pepper
- Olive Oil
- Freshly squeezed Lemon
- Sea Salt, Black Pepper
- Handful of freshly chopped parsley

Dice the vegetables into equal-sized small square pieces. Drizzle on some olive oil and fresh lemon. Add cup chopped parsley, sea salt black pepper. Mix. Enjoy. This is great also mixed in Bulgur as Tabouleh or mixed in Couscous or Rice.

Nontraditional but add in diced avocado to the salad too. Mmmmm....

Cucumbers are 95% water and low in calories. They can be juiced, chopped for salads or shredded for dips. The skins have Vitamin A and Vitamin C and folic acid. They are great chopped added to salads or shredded added to yogurt with some spices to make Tzaziki dip.

Tabbouleh by the Barefoot Contessa

- 1 cup bulghur wheat
- 1 1/2 cups boiling water
- 1/4 cup freshly squeezed lemon juice (2 lemons)
- 1/4 cup good olive oil
- 3 1/2 teaspoons kosher salt
- 1 cup minced scallions, white and green parts (1 bunch)
- 1 cup chopped fresh mint leaves (1 bunch)
- 1 cup chopped flat-leaf parsley (1 bunch)
- 1 hothouse cucumber, unpeeled, seeded, and medium-diced
- 2 cups cherry tomatoes, cut in half
- 1 teaspoon freshly ground black pepper

Place the bulghur in a large bowl, pour in the boiling water, and add the lemon juice, olive oil, and 1 1/2 teaspoons salt. Stir, then allow to stand at room temperature for about 1 hour.

Add the scallions, mint, parsley, cucumber, tomatoes, 2 teaspoons salt, and the pepper; mix well. Season, to taste, and serve or cover and refrigerate. The flavor will improve if the tabbouleh sits for a few hours.

Tzatziki by Barefoot Contessa

- 1 pound (1 pint) plain yogurt (whole milk or low fat)
- 1 hothouse cucumber, unpeeled and seeded
- 1 tablespoon plus 1/2 teaspoon kosher salt
- 1/2 cup sour cream
- 1 tablespoon Champagne vinegar or white wine vinegar
- 2 tablespoons freshly squeezed lemon juice (1 lemon)
- 1 tablespoon good olive oil
- 1 1/2 teaspoons minced garlic
- 1 1/2 teaspoons minced fresh dill
- Pinch freshly ground black pepper

Place the yogurt in a cheesecloth or paper towel-lined sieve and set it over a bowl. Grate the cucumber and toss it with 1 tablespoon of kosher salt; place it in another sieve, and set it over another bowl. Place both bowls in the refrigerator for 3 to 4 hours so the yogurt and cucumber can drain.

Transfer the thickened yogurt to a large bowl. Squeeze as much liquid from the cucumber as you can and add the cucumber to the yogurt. Mix in the sour cream, vinegar, lemon juice, olive oil, garlic, dill, 1/2 teaspoon salt, and pepper. You can serve it immediately, but I prefer to allow the tzatziki to sit in the refrigerator for a few hours for the flavors to blend. Serve chilled or at room temperature

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 saute 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.

If you have some ginger in your freezer from a share a couple weeks back, you can enjoy making **Carrot-Ginger Dressing** by Gourmet Magazine

- 1/2 pound carrots (3 medium), chopped
- 1/4 cup water
- 1/4 cup seasoned rice vinegar
- 3 tablespoons minced peeled fresh ginger
- 1 tablespoon soy sauce
- 1 tablespoon Asian sesame oil
- 1 shallot, chopped (or sweet Vidalia onion might work)
- 1 tablespoon sherry
- 1/2 cup peanut or vegetable oil

In a blender, combine the carrot, water, vinegar, ginger, soy sauce, sesame oil, shallot and sherry and puree. While the motor is running, drizzle in the oil until incorporated. Store in the refrigerator until ready to use.