

Annie's Organic Buying Club

making organics affordable for everyone!



Beets with Greens are like two vegetables in one! The root itself is loaded with antioxidants while the greens are as nutritious as your best green and can be prepared the same way as kale or any other leafy green. It can be sautéed, tossed in pasta, cut up for a salad, cooked into a casserole or gratin, or roasted to make it like chips.

Summer Borscht by Ina Garten

- 5 medium fresh beets (about 2 pounds without tops)
- Kosher salt
- 2 cups chicken stock, preferably homemade
- 16 ounces sour cream, plus extra for serving
- 1/2 cup plain yogurt
- 1/4 cup sugar
- 2 tablespoons freshly squeezed lemon juice
- 2 teaspoons Champagne vinegar
- 1 1/2 teaspoons freshly ground black pepper
- 2 cups medium-diced English cucumber, seeds removed
- 1/2 cup chopped scallions, white and green parts
- 2 tablespoons chopped fresh dill, plus extra for serving

Place the beets in a large pot of boiling salted water and cook uncovered until the beets are tender, 30 to 40 minutes. Remove the beets to a bowl with a slotted spoon and set aside to cool. Strain the cooking liquid through a fine sieve and also set aside to cool.

In a large bowl, whisk together 1 1/2 cups of the beet cooking liquid, the chicken stock, sour cream, yogurt, sugar, lemon juice, vinegar, 1 tablespoon salt, and the pepper. Peel the cooled beets with a small paring knife or rub the skins off with your hands. Cut the beets in small to medium dice. Add the beets, cucumber, scallions, and dill to the soup. Cover with plastic wrap and chill for at least 4 hours or overnight. Season, to taste, and serve cold with a dollop of sour cream and an extra sprig of fresh dill.

Chilled Beet Cucumber Soup

- 1-2 Beets
- 1-2 Cucumbers
- ½ - 1 Vidalia Onion
- 2-3 tablespoons chopped Dill, a small handful
- ¾ cup orange juice
- 2 Tablespoons red wine vinegar
- 3 cups Vegetables or Chicken
- 1 tablespoon sour cream per serving

Wash beets and remove greens to save for another dish. Rub with oil and place in a covered pot in a preheated 375F oven for about 30 minutes until tender. Once cool enough to handle, rub the skins off with a paper towel.

Roughly chop beets, cucumbers and onion.

Puree the beets, cucumbers, orange juice and 2 cups chicken stock in a blender. Chill for at least 3 hours before serving. You may need to add more chicken stock for the right consistency after it's refrigerated. Serve chilled with a dollop of fresh sour cream and a few sprigs of dill.

Sweet Beet Dressed Slaw by Rachel Ray

- 1/3 cup extra-virgin olive oil, plus 3 tablespoons
- 2 small to medium-sized red beets, peeled and grated
- Salt and freshly ground black pepper
- 2 heaping tablespoons Dijon mustard
- 3 tablespoons red wine vinegar
- 3 tablespoons chopped fresh dill
- 8 to 10 radishes, julienned
- 1/2 small head red cabbage, thinly shredded
- 3 bias cut scallions
- 2 rounded spoonfuls dill pickle relish

Preheat a medium size skillet over medium-high heat with 3 turns of the pan of extra-virgin olive oil, about 3 tablespoons. Once you see the oil ripple in the pan add the grated beets, season with some salt and pepper and cook stirring every now and then until they are tender, about 5 minutes. Transfer the beets to a bowl and let them cool down a bit. Add the mustard and the vinegar to the beets. Whisk in the remaining extra-virgin olive oil in a slow and steady stream. Add the fresh dill, radishes, shredded cabbage, sliced scallions and relish and toss to combine, taste and adjust seasoning with salt and pepper. Serve now or the next day.

Sautéed Beet Greens With Garlic and Olive Oil by NY Times

- 1 pound beet greens (2 large or 3 small bunches)
- Salt
- 1 to 2 tablespoons extra virgin olive oil, to taste
- 2 garlic cloves, minced
- 1/4 teaspoon dried red pepper flakes (optional)
- Freshly ground pepper

Bring a large pot of water to a boil while you stem the greens and wash the leaves in 2 rinses of water. When the water comes to a boil, add 1 tablespoon of salt and the greens. Blanch for 2 minutes, until tender. Transfer immediately to a bowl of ice water, then drain and squeeze the water out from its leaves. Chop coarsely.

Heat the oil over medium heat in a large, heavy nonstick skillet. Add the garlic and hot red pepper flakes (if using) and cook, stirring, until the garlic is fragrant and translucent, 30 to 60 seconds. Stir in the greens. Stir for a couple of minutes, until the greens are nicely seasoned with garlic and oil. Season with salt and pepper, remove from the heat, and serve.

Note: Some people enjoy a few drops of lemon juice with their cooked greens, so you might want to pass a plate of lemon wedges. Advance preparation: The blanched greens will keep in the refrigerator for about 3 days. Beet Greens Recipe by Simply Recipes.com

Beet Greens by Simply Recipes

- 1 pound beet greens
- 1 strip of thick cut bacon, chopped (or a tablespoon of bacon fat)
- 1/4 cup chopped onion
- 1 large garlic clove, minced
- 3/4 cup of water
- 1 Tbsp granulated sugar
- 1/4 teaspoon crushed red pepper flakes
- 1/6 cup of cider vinegar

Wash the greens in a sink filled with cold water. Drain greens and wash a second time. Drain greens and cut away any heavy stems. Cut leaves into bite-sized pieces. Set aside.

In a large skillet or 3-qt saucepan, cook bacon until lightly browned on medium heat (or heat 1 Tbsp of bacon fat). Add onions, cook over medium heat 5 to 7 minutes, stirring occasionally, until onions soften and start to brown. Stir in garlic. Add water to the hot pan, stirring to loosen any particles from bottom of pan. Stir in sugar and red pepper. Bring mixture to a boil.

Add the beet greens, gently toss in the onion mixture so the greens are well coated. Reduce heat to low, cover and simmer for 5-15 minutes until the greens are tender. Stir in vinegar. (For kale or collard greens continue cooking additional 20 to 25 minutes or until desired tenderness.)

Roasted Beets and Sautéed Beet Greens by Allrecipes.com

- 1 bunch beets with
- greens
- 1/4 cup olive oil, divided
- 2 cloves garlic, minced
- 2 tablespoons chopped onion (optional)
- salt and pepper to taste
- 1 tablespoon red wine vinegar (optional)

Preheat the oven to 350 degrees (175 degrees C). Wash the beets thoroughly, leaving the skins on, and remove the greens. Rinse greens, removing any large stems, and set aside. Place the beets in a small baking dish or roasting pan, and toss with 2 tablespoons of olive oil. If you wish to peel the beets, it is easier to do so once they have been roasted.

Cover, and bake for 45 to 60 minutes, or until a knife can slide easily through the largest beet.

When the roasted beets are almost done, heat the remaining 2 tablespoons olive oil in a skillet over medium-low heat. Add the garlic and onion, and cook for a minute. Tear the beet greens into 2 to 3 inch pieces, and add them to the skillet. Cook and stir until greens are wilted and tender. Season with salt and pepper. Serve the greens as is, and the roasted beets sliced with either red-wine vinegar, or butter and salt and pepper.

Simple Sautéed Spinach (or other Leafy Green)

- 1 bunch spinach (or kale or chard)
- 2 tablespoons olive oil
- 2-3 cloves garlic, chopped
- Sea salt
- Lemon (optional)

Clean spinach or other leafy by placing in a sink full of water, agitate, let sit, agitate again. The dirt will fall and the leaves will float. Spin dry.

When using spinach it's important to remember that the sweetness is in the stems, so only trim off the end. Chop.

Add chopped garlic to olive oil gently warmed in pan until it just begins to brown. Add the leafy green (note: if using chard, add the thicker stems first and sauté several minutes before adding the leaves.) and turn until it is all wilted by the heat. Cover and cook for one minute. Spinach takes very little time to cook whereas other greens can take a little longer. Season with salt and (a little lemon zest and a squeeze of lemon – optional) and enjoy.

If you still have some jalapenos from the share we received a couple of weeks ago and can pick up some celery and carrots, you can enjoy this recipe from one of our members:

Kale & White Bean Soup by member Tressa B. from Islamorada

- 1 small bag white beans, cooked al dente
- 2 tbs olive oil
- 1 large onion, diced
- 1 cup celery, sliced
- 1 large garlic clove, minced
- 1/2 jalapeno pepper (or more depending on your taste)
- 1 sweet red pepper diced (optional)
- 2 potatoes, diced (I used two of our sweet potatoes)
- 2 carrots, sliced, then halved
- 5 cups vegetable broth (or chicken if you eat meat)
- 1/2 cup tomato sauce/puree (I left out this time...did not want tomato base)
- sea salt & pepper
- 1 large or 2 small sprigs rosemary, leaves only, finely chopped
- (really enhances the flavors)
- 1 bunch kale (stalks removed, torn, cleaned & chopped)

Cook beans according to package, but cook in vegetable (or chicken) broth. (Measure remaining broth in beans after cooking and use as part of soup stock.)

Heat the oil in a heavy bottomed stock pot over medium low heat. Add celery, then onions then peppers and cook until softened. Add the garlic, turn down heat, cook for a few more minutes, do not let the garlic brown.

Add the carrot & potato, cover, and cook for 4-5 minutes over medium low, stirring occasionally. Add the vegetable broth, (and tomato sauce if you use) and bring to a boil. Turn down to a simmer, add the kale, salt & pepper, and chopped rosemary and add the beans. Simmer for 5 minutes. Check seasoning and serve!

Don't over cook! I found the soup delicious as I was testing and everything still al dente...I actually turned off burner before finished and let cook in pot as it cooled.

Spinach & Kale Salad by Curtis Aiken

- 2 tablespoons olive oil
- 1 red bell pepper, diced
- 2 garlic cloves, diced
- 1 bunch of Kale, chopped
- 1 bunch of spinach, chopped
- Salt and freshly-ground black pepper to taste
- 4 tablespoons balsamic vinegar

Heat the oil in a pan and cook red bell pepper, garlic, and kale about 5 minutes, covered. Add spinach, salt and black pepper, and cook about 5 minutes more. Stir in the balsamic vinegar. Serve hot

Kale & Apple Soup by TheKitchn.com

- 1/4 cup cubed pancetta
- 1 large bunch kale
- 4 cups chicken stock, divided
- 2 tablespoons olive oil
- 1/2 vidalia onion, chopped
- 1/4 teaspoon salt
- 1 medium apple, cored and chopped
- 1/4 cup crème fraîche, mascarpone cheese, or plain yogurt (or maybe sour cream!)
- freshly ground black pepper

Wash the kale and remove the bottom 1" of stem. Chop roughly into 1" pieces.

In a large skillet over medium heat, sauté the pancetta for 1 minute or until just barely showing color. Add the kale and stir to coat with rendered fat. Add a glug or olive oil if pancetta didn't render much fat and kale sticks to pan. Cook, stirring, until kale begins to wilt. Add 2 cups chicken stock, lower heat to medium-low and cook, stirring occasionally, for about 10 minutes.

Transfer mixture to blender, reserving some as a second batch if blender jar is more than 1/2 full.

In the same skillet over medium heat, heat olive oil and cook onions with salt until just barely showing color. Add chopped apples and cook, stirring occasionally, for 5 minutes, or until apples soften and onions are translucent.

Transfer mixture to blender, reserving half if you reserved half of the kale mixture earlier.

If working in two batches, add half the remaining chicken stock (1 cup), cover and puree until smooth. If working in one batch, add all the remaining stock and puree until smooth. When working with hot liquids in a blender, it's wise to hold down the lid with a kitchen towel in case some liquid escapes when the motor is engaged.

If soup seems too thick, add more stock if available, or water until it reaches the desired consistency.

Garnish with a dollop of crème fraîche, mascarpone cheese, or plain yogurt and a few grinds of black pepper.

Wilted Greens & Ricotta Salata by Giada De Laurentis

- 2 bunches Swiss chard, or kale (or 1 bunch each)
- 3 tablespoons olive oil
- 1 large yellow onion, peeled and thinly sliced
- 4 garlic cloves, minced
- 1/2 cup chicken broth
- 2 tablespoons soy sauce
- 1/4 teaspoon freshly ground black pepper
- 3 ounces ricotta salata cheese

Wash the greens, but do not dry. Trim the large stems and coarsely chop. Set aside.

Warm 3 tablespoons of olive oil in a large, heavy pot over medium-high heat. Add the onions and sauté for 4 minutes. Add the garlic and sauté for 4 minutes longer. Add the greens, chicken broth, soy sauce, and pepper. Cook, stirring often, until the greens have wilted and become tender, about 7 to 10 minutes.

Spinach and Kale Turnovers by Cooking Light

Transfer the cooked greens to a serving plate and crumble the ricotta salata cheese over the top.

- 2 teaspoons olive oil
- 1 cup chopped onion
- 1 garlic clove, chopped
- 3 cups chopped kale (about 1 small bunch)
- 1 (6-ounce) package fresh baby spinach (or 1 bunch spinach, cleaned well in a sink full of water, trimmed ever so slightly)
- 1/2 teaspoon freshly ground black pepper
- 1/4 teaspoon salt
- 1/8 teaspoon ground nutmeg
- 3/4 cup (3 ounces) crumbled feta cheese
- 1 (11.3-ounce) can refrigerated dinner roll dough (such as Pillsbury)
- Cooking spray
- 2 1/2 tablespoons grated fresh Parmesan cheese

Preheat oven to 375°.

Heat olive oil in a large skillet over medium-high heat. Add onion; sauté 10 minutes or until tender and lightly browned. Add garlic; sauté 2 minutes. Add kale and spinach; sauté 8 minutes or until kale is tender. Stir in pepper, salt, and nutmeg. Remove from heat; cool slightly. Stir in feta.

Separate dough into 8 pieces. Roll each dough piece into a 5-inch circle. Spoon about 1/3 cup kale mixture on half of each circle, leaving a 1/2-inch border. Fold dough over kale mixture until edges almost meet. Bring bottom edge of dough over top edge; crimp edges of dough with fingers to form a rim.

Place turnovers on a baking sheet coated with cooking spray. Lightly coat turnovers with cooking spray; sprinkle each turnover with about 1 teaspoon Parmesan. Bake at 375° for 18 minutes or until golden brown. Let stand at least 5 minutes before serving; serve warm or at room temperature.

Beet Green Gratin by Alton Brown

- 1 tablespoon butter
- 12 ounces sliced mushrooms
- 2 cloves garlic, minced
- 1 pound beet greens, cleaned and picked
- Kosher salt and fresh ground black pepper
- 4 egg yolks, beaten
- 1 cups ricotta
- 1/2 cup grated Parmesan
- 1/2 teaspoon salt
- 3/4 cup crumbled crackers (recommended: Ritz crackers)

Preheat the oven to 375 degrees F. Melt the butter in a saucepan. Add the mushrooms and garlic and sweat. Add the beet greens and mix well. Remove pan from heat. Season with salt and pepper. In a separate bowl, combine the egg yolks, ricotta, Parmesan cheese, and salt. Combine everything and put into a lightly oiled 9 by 11-inch baking dish. Top with the crumbled crackers and bake for 30 minutes covered. Uncover and bake for an additional 15 minutes.

Pasta with Beet Greens by Gourmet Magazine

- 1/4 cup olive oil
- 1/3 cup pine nuts
- 3 garlic cloves, finely chopped
- 2 medium red onions (1 lb), halved and thinly sliced lengthwise
- 3 tablespoons balsamic vinegar
- 1 1/2 lb beet greens with stems (from about 2 bunches beets), stems cut into 1-inch pieces and leaves cut crosswise into 3-inch-wide pieces, divided
- 1 cup water, divided
- 3/4 lb penne
- 1/3 cup golden raisins
- 1/2 cup pitted brine-cured black olives, coarsely chopped

Heat oil in a 12-inch heavy skillet over medium heat until it shimmers. Add pine nuts and toast, stirring, until golden, about 2 minutes. Transfer to a plate with a slotted spoon.

Add garlic to oil remaining in skillet and cook, stirring, until golden. Add onions and 1/4 tsp salt and cook, stirring occasionally, until softened, about 8 minutes. Add vinegar and cook, stirring, until most is evaporated, about 2 minutes. Add beet stems, 3/4 cup water, and 1/2 tsp salt and cook, covered, stirring occasionally, until stems begin to soften, about 12 minutes.

Cook penne in a pasta pot of boiling salted water (2 Tbsp salt for 6 qt water) until al dente. Reserve 1 cup pasta-cooking water, then drain pasta.

Meanwhile, add raisins, then beet leaves to onion mixture in handfuls, turning each handful with tongs until beet leaves are wilted before adding next batch. Add remaining 1/4 cup water and 1/4 tsp salt and cook, covered, stirring occasionally, until just tender, 5 to 6 minutes. Add olives, then add pasta and cook, tossing and moistening with some of the cooking water as necessary, just until liquid has thickened slightly. Serve sprinkled with pine nuts.

Kale Chips

- 1 bunch kale
- 1 teaspoon Olive oil
- 1 teaspoon red wine or balsamic vinegar
- Sea salt

Preheat oven to 375F. Remove tough stems and cut leaves of kale into pieces. Mix olive oil and vinegar and drizzle over kale. Toss to coat and lay in a single layer on a cookie sheet. Sprinkle on sea salt. Roast in batches so you don't crowd the pan. Roast 5-10 minutes until crispy. Be careful not to burn, they will just begin to brown.

Cucumber Dill Salad

- 1-2 cucumbers
- 1 tablespoon apple cider vinegar
- 1 tablespoon fresh chopped dill
- Sea salt & black pepper

Toss it all together and chill.

Dill Pickles by Alton Brown

- 5 1/2 ounces pickling salt, approximately 1/2 cup
- 1 gallon filtered water
- 3 pounds pickling cucumbers, 4 to 6-inches long
- 1 tablespoon black peppercorns
- 1 tablespoon red pepper flakes
- 2 cloves garlic, crushed
- 1 teaspoon dill seed
- 1 large bunch dill

Combine the salt and water in a pitcher and stir until the salt has dissolved. Rinse the cucumbers thoroughly and snip off the blossom end stem. Set aside.

Place the peppercorns, pepper flakes, garlic, dill seed and fresh dill into a 1-gallon crock. Add the cucumbers to the crock on top of the aromatics. Pour the brine mixture over the cucumbers in order to completely cover. Pour the remaining water into a 1-gallon zip-top plastic bag and seal. Place the bag on top of the pickles making sure that all of them are completely submerged in the brine. Set in a cool, dry place.

Check the crock after 3 days. Fermentation has begun if you see bubbles rising to the top of the crock. After this, check the crock daily and skim off any scum that forms. If scum forms on the plastic bag, rinse it off and return to the top of the crock.

The fermentation is complete when the pickles taste sour and the bubbles have stopped rising; this should take approximately 6 to 7 days. Once this happens, cover the crock loosely and place in the refrigerator for 3 days, skimming daily or as needed. Store for up to 2 months in the refrigerator, skimming as needed. If the pickles should become soft or begin to take on an off odor, this is a sign of spoilage and they should be discarded.

Tzatziki by Ina Garten

- 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.

Cucumber Dill Yogurt Dip by Aida Mollenkamp

- 2 cups plain whole milk yogurt
- 1/4 English hothouse cucumber, small dice (about 3/4 cup)
- 2 tablespoons minced fresh dill
- 1 teaspoon ground coriander
- 3/4 teaspoon red pepper flakes
- 1/2 teaspoon white wine vinegar
- 1 teaspoon kosher salt
- Freshly ground black pepper
- Serving Suggestion: Assortment of vegetables such as green beans, celery, cucumber, mushrooms, roasted beets, or boiled potatoes

In a medium bowl, mix together yogurt, cucumber, dill, coriander, red pepper flakes, vinegar, and salt until evenly combined. Season well with freshly ground black pepper, taste, and adjust seasoning, as needed. Serve with an assortment of vegetables for dipping.

Cheddar Dill Scones by The Barefoot Contessa

- 4 cups plus 1 tablespoon all-purpose flour, divided
- 2 tablespoons baking powder
- 2 teaspoons salt
- 3/4 pound cold unsalted butter, diced
- 4 extra-large eggs, beaten lightly
- 1 cup cold heavy cream
- 1/2 pound extra-sharp yellow Cheddar, small-diced
- 1 cup minced fresh dill
- 1 egg beaten with 1 tablespoon water or milk, for egg wash



Preheat the oven to 400 degrees F. Combine 4 cups of flour, the baking powder, and salt in the bowl of an electric mixer fitted with a paddle attachment. Add the butter and mix on low speed until the butter is in pea-sized pieces. Mix the eggs and heavy cream and quickly add them to the flour-and-butter mixture. Combine until just blended. Toss together the Cheddar, dill, and 1 tablespoon of flour and add them to the dough. Mix until they are almost incorporated.

Dump the dough onto a well-floured surface and knead it for 1 minute, until the Cheddar and dill are well distributed. Roll the dough 3/4-inch thick.

Cut into 4-inch squares and then in half diagonally to make triangles. Brush the tops with egg wash. Bake on a baking sheet lined with parchment paper for 20 to 25 minutes, until the outside is crusty and the inside is fully baked.

Sweet Potato Cakes with Dill Cream Sauce by Essrotment.com

- 1 lb. sweet potatoes, peeled, diced and boiled
- 1 tsp. butter, melted
- 1 tsp. fresh dill, chopped
- 1 onion, diced
- 1 tbsp. half and half cream
- 1 tsp. salt
- 1 tsp. black pepper
- 2 eggs, beaten
- 1 tbsp. all-purpose flour, sifted
- 1 cup breadcrumbs
- salad to serve

Preheat grill to hot and put oven rack in top middle of oven. Heat butter. Add onion. Fry gently until starting to go golden. Add dill and cook until dark green, about 4 minutes. Stir occasionally.

Put potatoes, onion mixture (including butter), cream, salt, black pepper and 1 egg in a bowl. Mash well until smooth and firm in texture.

Divide mixture into 24 portions. Dust hand with flour and make each portion into a ball. Dust each portion with flour and brush with remaining egg. Dip each one in breadcrumbs and put on a non-stick pan. Grill for 5 minutes each side until golden. Serve hot with a salad and buttered rolls to serve as a great accompaniment to meat and poultry for a tasty dinner.

Cinnamon Sweet Potato Slices by Allrecipes.com

- 4 medium sweet potatoes, peeled and sliced 1/2 inch thick
- 1/4 cup butter, melted
- 2 tablespoons sugar
- 1/2 teaspoon ground cinnamon

Preheat oven to 350 degrees F (175 degrees C). Spray a baking sheet with cooking spray.

Arrange sweet potato slices on the baking sheet. Brush with 1/2 the butter. Mix the sugar and cinnamon in a small bowl, and sprinkle 1/2 over the potatoes.

Bake 15 minutes in the preheated oven. Turn, brush with remaining butter, and sprinkle with remaining cinnamon and sugar. Continue baking 15 minutes, or until tender.

If you got ginger with the club the other week then you'll be able to enjoy this dish with a few modifications on the salad. Carrots are readily available and inexpensive at any grocery store so we haven't included them in a while but we will again with enough interest.

Asian Sweet Potato Salad with Cucumbers, Dates and Arugula by Tyler Florence

- 4 large sweet potatoes, peeled and cut into 1-inch cubes
- Kosher salt

Carrot-Ginger Dressing:

- 1/2 cup grated carrot
- 1 tablespoon grated ginger
- 2 tablespoons rice vinegar
- 2 tablespoons mirin rice wine
- 1 tablespoon low-sodium soy sauce
- 1 teaspoon toasted sesame oil
- 1/2 cup mayonnaise
- Salt and freshly ground black pepper

Begin by peeling and dicing sweet potatoes. Bring a large pot of salted water to a boil over high heat. Add the potatoes, reduce heat and cook until just tender but still have a little bite. Drain and place in a bowl to cool.

Combine the dressing ingredients in a blender and puree until smooth. Season with salt and pepper. Once potatoes are cool toss with dressing and set aside on salad platter.

Salad:

- 4 cups lightly packed Israeli arugula
- 1/2 hothouse cucumber, finely sliced
- 1 cup fresh picked cilantro leaves
- 1 cup dates, pitted and cut in 1/2
- 2 cups crispy wonton strips
- 1 lemon, juiced
- Olive oil
- Splash soy sauce
- Kosher salt and freshly ground black pepper

Combine ingredients in a large mixing bowl and dress with lemon juice, olive oil, to taste, a splash of soy sauce, and a little salt and pepper. Toss well and place on top of the sweet potatoes to serve as a complete salad.

Tomato Dill Soup by Recipesource.com

- 1/8 cup olive oil
- 1/2 tablespoon Butter
- 1 large Vidalia Onion -- chopped
- 2 cloves garlic, minced
- 2-4 large Tomatoes, chopped
- 1/4 cup flour
- 1 tablespoon tomato paste
- 3 cups chicken broth
- ½ bunch dill, chopped
- 1 cup sour cream
- Sea salt & black pepper

Saute onion and garlic in melted butter and heated olive oil just until the onion turns translucent. Add chopped tomato and cook 5 minutes. Add flour to coat and cook another minute. Add broth and tomato paste and bring to a boil. Add dill and simmer 1 more minute. Add sour cream and seasoning and puree.

Salmon with Tomato, Dill, and Garlic Soup excerpted from *Into the Vietnamese Kitchen* by Andrea Nguyen

- 1 pound salmon fillet, skin removed
- 1 tablespoon plus 1/2 teaspoon canola or other neutral oil
- 1 small yellow onion, thinly sliced
- 2/3 pound ripe tomatoes, cored and coarsely chopped
- 3/4 teaspoon salt
- 1 tablespoon fish sauce
- 6 cups water
- 3 tablespoons chopped fresh dill, feathery tops only
- 2 cloves garlic, finely minced
- Black pepper

Briefly blot the salmon dry with a paper towel before cutting it into 1-inch chunks. In a nonstick skillet, heat the 1/2 teaspoon oil over medium-high heat. Add the salmon and sear, turning once, for 1 to 2 minutes on each side, or until lightly browned. The fish will cook further in the soup. Transfer to a plate and set aside.

In a 3- or 4-quart saucepan, heat the remaining 1 tablespoon oil over medium heat. Add the onion and cook gently, stirring occasionally, for about 4 minutes, or until fragrant and soft. Add the tomatoes and salt, cover, and simmer for about 4 minutes, or until the tomatoes have collapsed. Uncover and add the salmon, fish sauce, and water. Raise the heat to high and bring to a boil, using a ladle to skim and discard any scum that rises to the surface. Lower the heat to a gentle simmer, so that the ingredients dance in the broth. Cook for 15 minutes to develop and concentrate the flavors. If you are not serving the soup right away, turn off the heat and cover.

Just before serving, return the soup to a simmer. Taste and add extra salt or fish sauce, if necessary. Add the dill and garlic and turn off the heat. Ladle into a serving bowl and sprinkle with the pepper. Serve immediately.

Sweet Potato & Kale Quesadillas by Wellsphere.com

- 1 large sweet potato, diced
- 2 tbsp oil
- 1/2 large Vidalia onion, sliced
- 1/2 cup frozen sweet corn
- 1 clove of garlic, chopped
- 1/2 jalapeno pepper, seeded and minced
- 1 cup canned black beans, rinsed and drained
- few dashes hot sauce
- 1/4 cup salsa
- 1 tsp chili powder
- 1/2 tsp cumin
- 1/2 tsp cinnamon
- salt and pepper to taste
- 2 kale leaves, stalks removed, chopped
- 6-8 small wheat tortillas
- butter

Place chopped sweet potato in a small pot and cover with water. Bring to bubbling, reduce heat, cover, and simmer for about 15 minutes, until potatoes are tender.

While potatoes are cooking, heat oil in a frying pan over medium heat. Sauté onions for 5-7 mins, until starting to nicely brown. Add corn and cook for another 5 mins, until corn begins to brown.

Add corn and jalapeno and sauté for 2 mins. Add beans and hot sauce and mix well. Add salsa and spices, and season to taste with salt and pepper.

Drain potatoes and roughly mash. Add to pan along with the chopped kale. Cook for a few mins, until kale is softened and a nice brilliant green. Add more salsa if mixture is too dry. Adjust seasonings to taste. Remove from heat. Heat a different frying pan over medium heat.

Fold in half and fry tortilla for a few minutes on each side, until golden brown. Remove from heat and slice in 3 triangles.

Whipped Sweet Potatoes with Bananas & Honey by Tyler Florence

- 5 medium sweet potatoes, scrubbed
- 4 bananas, unpeeled
- 1 cup (2 sticks) unsalted butter, at room temperature
- 1/4 cup honey
- Kosher salt
- 1/2 cup all-purpose flour
- 3/4 cup dark brown sugar
- 1 1/2 cups pecans, chopped

Preheat the oven to 375 degrees F.

Prick the sweet potatoes all over with a fork, put them in a roasting pan and roast for 30 minutes. Toss the bananas into the pan and continue roasting for 10 to 15 minutes, until both the bananas and potatoes are very soft. Remove the pan from the oven but don't turn the oven off.

When the potatoes are cool enough to handle, scoop out the flesh into a large mixing bowl. Peel the bananas and add them to the bowl along with 1 stick of the butter, and the honey. Season with salt and beat vigorously with a wooden spoon until everything's well combined and the mixture is fluffy. Spoon into an oven-proof serving bowl and smooth the top.

In a separate mixing bowl, use your fingers to rub together the remaining stick of butter, the brown sugar, flour, and pecans until the mixture is the consistency of coarse crumbs. Sprinkle the crumb mixture over the sweet potatoes and return to the oven. Cook for about 20 minutes, until the crumbs are golden. Serve hot.

Maple Sweet Potato Puree with Caramelized Vidalia Onions by Claire Robinson

- 4 large sweet potatoes, peeled and chopped into rough chunks
- 1/4 cup grade B maple syrup, plus 2 tablespoons
- 1/4 cup extra-virgin olive oil, divided in 1/2
- 2 teaspoons kosher salt, plus more for seasoning
- 1 teaspoon freshly ground black pepper, plus more for seasoning
- 2 tablespoons butter
- 1 large Vidalia or other sweet onion, thinly sliced
- Hot water

Preheat oven to 375 degrees F.

Place sweet potatoes, 1/4 cup of the maple syrup, 2 tablespoons of the olive oil, 2 teaspoons salt and 1 teaspoon pepper in a large mixing bowl. Toss to evenly coat and place on sheet tray. Roast in the preheated oven for 35 to 40 minutes or until sweet potatoes are soft. Be sure to check on them after 15 minutes and stir, if needed.

Meanwhile, in a medium saucepan over medium-high heat, melt butter and add remaining 2 tablespoons of olive oil. Add the sliced onion, 2 tablespoons of maple syrup and season with salt and pepper, to taste. Saute until deep golden brown, about 2 minutes. Remove from the heat and set aside. Add water, 1 tablespoon at a time, if the pan becomes dry.

Transfer sweet potato mixture to a food processor, (may need to be done in batches) and add about a tablespoon of hot water. Pulse until just blended and then add half the caramelized onions. Pulse just a few times until desired consistency, adding more hot water for a smoother puree. Fold in remaining caramelized onions, reserving some for garnish.

Serve in a warm dish and garnish with the reserved caramelized onions. YUMMY!!!

French Onion Soup by Alton Brown

- 5 sweet onions (like Vidalias) or a combination of sweet and red onions (about 4 pounds)
- 3 tablespoons butter
- 1 teaspoon salt
- 2 cups white wine
- 10 ounces canned beef consume
- 10 ounces chicken broth
- 10 ounces apple cider (unfiltered is best)
- Bouquet garni; thyme sprigs, bay leaf and parsley tied together with kitchen string
- 1 loaf country style bread
- Kosher salt
- Ground black pepper
- Splash of Cognac (optional)
- 1 cup Fontina or Gruyere cheese, grated

Trim the ends off each onion then halve lengthwise. Remove peel and finely slice into half moon shapes. Set electric skillet to 300 degrees and add butter. Once butter has melted add a layer of onions and sprinkle with a little salt. Repeat layering onions and salt until all onions are in the skillet. Do not try stirring until onions have sweated down for 15 to 20 minutes. After that, stir occasionally until onions are dark mahogany and reduced to approximately 2 cups. This should take 45 minutes to 1 hour. Do not worry about burning.

Add enough wine to cover the onions and turn heat to high, reducing the wine to a syrup consistency. Add consume, chicken broth, apple cider and bouquet garni. Reduce heat and simmer 15 to 20 minutes.

Place oven rack in top 1/3 of oven and heat broiler.

Cut country bread in rounds large enough to fit mouth of oven safe soup crocks. Place the slices on a baking sheet and place under broiler for 1 minute.

Season soup mixture with salt, pepper and cognac. Remove bouquet garni and ladle soup into crocks leaving one inch to the lip. Place bread round, toasted side down, on top of soup and top with grated cheese. Broil until cheese is bubbly and golden

Asparagus and Parmesan Omelet or Frittata by NY Times

- 5 thin or medium stalks asparagus, trimmed
- 4 large or extra-large eggs
- Salt and freshly ground pepper
- 1 tablespoon plus 1 teaspoon low-fat milk
- 1 tablespoon plus 1 teaspoon freshly grated Parmesan
- 1 tablespoon chopped fresh parsley, dill, chives, tarragon, or a combination
- 1 tablespoon plus 1 teaspoon extra virgin olive oil

Steam the asparagus until tender, about 5 minutes. Refresh with cold water, and pat dry. Cut into 1/2-inch slices and set aside.

Break 2 eggs into a bowl and beat with a fork or a whisk until frothy. Add salt and pepper to taste (about 1/8 teaspoon salt) and 2 teaspoons milk. Whisk 2 teaspoons of the Parmesan and half the herbs into the eggs and mix well.

Heat an 8-inch nonstick omelet pan over medium-high heat. Add 2 teaspoons of the olive oil. When the oil feels hot when you hold your hand above it, pour in the eggs, scraping every last bit into the pan. Swirl the pan to distribute the eggs evenly over the surface. Shake the pan gently, tilting it slightly with one hand while lifting up the edges of the omelet with the spatula in your other hand, to let the eggs run underneath during the first few minutes of cooking. As soon as the eggs are set on the bottom, sprinkle half the asparagus down the middle of the eggs, then jerk the pan quickly away from you then back towards you so that the omelet folds over on itself. If you don't like your omelet runny in the middle (I do), jerk the pan again so that the omelet folds over once more. Cook for a minute or two longer. Tilt the pan and roll out onto a plate. Repeat with the remaining eggs, Parmesan herbs, and asparagus, and serve.

Asparagus with Orange Dressing & Toasted Hazelnuts by Gourmet Magazine

- 2 tablespoons finely chopped hazelnuts
- 1 1/2 to 2 pounds asparagus stalks, washed and trimmed
- 1/4 teaspoon freshly grated orange zest
- 2 teaspoons fresh orange juice
- 1 teaspoon fresh lemon juice
- 2 tablespoons extra-virgin olive oil
- Coarse coarse salt
- Coarsely ground black pepper

Preheat oven to 375°F. Toast hazelnuts in a small shallow baking pan until golden, 4 to 5 minutes.

Cook asparagus in a large frying pan of boiling salted water until crisp-tender, about 3 to 4 minutes, and drain well in a colander. Transfer hot asparagus to serving platter or individual serving plates.

In a small bowl, whisk together orange zest, orange juice, lemon juice, olive oil, salt and pepper to taste. Spoon orange dressing over top of asparagus and sprinkle with nuts.

Grilled Asparagus with Romesco Sauce

Chicken and Asparagus in White Wine and Spaghetti Squash by The Agnostic cook.com based upon a recipe by Cooking Light

- 4 (6 oz) skinless, boneless chicken breast halves
- 3/4 t salt
- 1/4 t freshly ground bl. pepper
- 2 T butter
- 1/2 C all-purpose flour
- 1/2 C dry white wine
- 1/2 C fat-free, less-sodium chicken broth
- 2 garlic cloves, minced
- 1 lb. asparagus spears, trimmed
- 2 T fresh parsley, chopped
- 1 T fresh lemon juice
- Spaghetti Squash

Place each chicken breast half between 2 sheets of heavy-duty plastic wrap; pound to 1/4-inch thickness using a meat mallet or small heavy skillet. Sprinkle chicken breasts evenly with salt and freshly ground black pepper.

Melt butter in a large skillet over med-high heat. Place flour in a shallow dish. Dredge chicken in flour. Add chicken to pan; cook 3 minutes on each side or until done.

Remove chicken from pan; keep warm. Add wine, broth, and garlic to pan, scraping pan to loosen browned bits; cook 2 min.

Add asparagus; cover and cook 3 minutes or until asparagus is crisp-tender. Remove from heat; stir in parsley and juice. Serve asparagus and sauce with chicken over Spaghetti Squash.

Herbed Spaghetti Squash by Emeril Lagasse

- 1 small spaghetti squash, about 2 1/4 pounds
- 2 1/2 tablespoons butter
- 2 1/2 tablespoons finely chopped mixed soft herbs, such as basil, chives, chervil, parsley and sage (or maybe dill?)
- 1/2 teaspoon salt
- 1/8 teaspoon freshly ground black pepper

Preheat the oven to 375 degrees F.

Using a sharp knife, cut the squash in half lengthwise and place, cut side down, in a baking dish. Add enough water to come 1/2-inch up the sides of the baking dish and cover with aluminum foil. Bake for 45 minutes, until the squash is easily pierced with a paring knife. Turn squash over and cover with foil again and continue to cook another 15 minutes, until the squash is very tender. Remove from the oven, uncover, and allow to cool slightly. Using a spoon, remove the seeds and discard. Using a fork, gently pull the strands of squash away from the peel and place the squash strands into a mixing bowl.

Heat a skillet. Add the butter, spaghetti squash, herbs, salt and pepper and toss thoroughly but gently to heat and combine. Serve immediately or cover and keep warm until ready to serve.

Stuffed Spaghetti Squash with Tomatoes, Olives, Tuna and String Cheese by Robin Miller

- 2 medium spaghetti squash, halved lengthwise
- 1 (14-ounce) can diced tomatoes
- 1/2 cup pimento-stuffed green olives, chopped
- 1 teaspoon dried oregano
- Salt and ground black pepper
- 2 tablespoons green olive brine (from the olive jar)
- 2 (6-ounce) cans chunk white tuna in water, drained
- String cheese
- 1/4 cup chopped fresh basil leaves

Arrange the spaghetti squash halves in the bottom of a slow cooker.

In a medium bowl, combine the tomatoes, olives, oregano, and 1/2 teaspoon each of salt and black pepper. Spoon the mixture over the spaghetti squash. Pour the olive brine in the slow cooker. Cover and cook on LOW for 6 to 8 hours or on HIGH for 3 to 4 hours.

When ready to serve, using a fork, "loosen" the squash slightly, creating spaghetti-like strands. Spoon the tomato sauce over the squash, top each piece with some tuna, string cheese, and basil and serve.

Spaghetti Squash and Marinara by Michael Chiarello

- 2 whole spaghetti squash
- 1/4 cup extra-virgin olive oil
- Gray salt and freshly ground black pepper
- 4 cups prepared (jarred) marinara sauce

Preheat the oven to 450 degrees F.

Split the squashes in half and scrape out seeds. Line an oven tray with aluminum foil. Season the spaghetti squash with olive oil, salt, and pepper. Place flesh side down and roast for 30 to 40 minutes until fully cooked. Remove from the oven and let rest until cool enough to handle.

Meanwhile heat the marinara sauce in a large sauté pan. When squash is cool enough to handle, using a large kitchen spoon scrape the strands of squash from the inside of the skin. Toss the spaghetti squash in the pan with the hot marinara for just long enough to get hot. Serve and enjoy.

Link here for more about [Spaghetti Squash](#)