

Annie's Organic Buying Club

making organics affordable for everyone!



Romano Beans, a favorite among Italian cooks, are more flavorful, tender and sweeter than regular ol' green beans. Also known as Italian string beans, they are flatter than the usual Green Bean.

Wash, snip end, and cut in half or on a diagonal into bite-size pieces. Then a quick saute, blanch, or our favorite, roast them until tender. You can use them to replace Green Beans in any recipe.

Roasted Garlicky Romano Beans by Boston.com

- pound romano beans, stem ends trimmed
- 1/4 cup olive oil
- cloves garlic, smashed
- sprigs of fresh thyme, broken in half
- Salt and pepper, to taste

Set oven at 450 degrees. On a large rimmed baking sheet, toss the whole beans with the oil, garlic, thyme, salt, and pepper. Spread the beans into a single layer. Roast for 15 to 20 minutes, turning once, or until the beans are tender and browned. Serve warm or at room temperature.

Sautéed Green Beans by Robin Miller

- 2 cups green beans, trimmed
- 1 tablespoon butter
- 1/4 cup almonds, slivered or sliced
- Salt and ground black pepper

In a skillet, sauté the green beans in butter until tender-crisp. Season with salt and black pepper, to taste. Before serving, add the almonds to the skillet and heat through until the almonds are toasted.

Green Beans with Caramelized Onions and Almonds by Tyler Florence

- Kosher salt
- 3 pounds green beans, trimmed of stem end
- 1/2 cup skin on sliced almonds
- 3 tablespoons unsalted butter
- 5 tablespoons extra-virgin olive oil
- 2 large onions, sliced thin
- 2 tablespoons chopped fresh thyme leaves
- Freshly ground black pepper

Fill a large high sided skillet with some water, adding enough to be just shy of the rim of the pan by about 1 inch. Place over high heat and bring up to boil; add a big pinch of salt and the green beans. Cook for about 5 minutes, the beans should still be crisp. Drain the beans and then run them under some cold water to stop them from cooking. Reserve the beans while you start the onions.

Return the skillet you cooked the beans in to the cook top over medium heat. Add the almonds and toast stirring every now and then until golden, about 3 to 5 minutes. Remove the almonds from the skillet and reserve. Return the skillet to the heat and add the butter and olive oil and heat until the butter has melted. Add the onions, season with salt and pepper, and cook stirring frequently until the onions caramelize, 20 to 25 minutes. Add the thyme, and cook for another 5 minutes. Add the cooked cooled green beans and almonds, and stir well to combine. Season with salt and pepper, to taste.

Orange Scented Green Beans by Rachael Ray

- Peel of 1 orange
- 2 pounds trimmed green beans, available in produce department
- 2 tablespoons butter
- Salt
- 3 tablespoons fresh chives, snipped

Fill a pan with 2 inches water and bring to a boil. Add orange peel and beans. Cook 5 to 6 minutes, beans should remain bright green with a snap to them. Drain beans and return to pan. Remove peel. Toss with butter, salt and chives then transfer to a serving dish.

Tuna & Green Bean Salad by Giada De Laurentis

- 1 1/2 pounds slender green beans, trimmed, halved crosswise
- 3 teaspoons salt, plus more to taste
- 2 large red potatoes, diced
- 1/3 cup freshly squeezed lemon juice
- 2 garlic cloves, finely chopped
- 1/3 cup extra-virgin olive oil
- 1 teaspoon dried oregano
- 3/4 teaspoon freshly ground black pepper
- 8 ounces cherry tomatoes, halved
- 1/2 cup chopped fresh basil leaves

- 1/4 cup chopped fresh Italian parsley leaves
- 9 ounces canned tuna packed in oil, drained

Cook the green beans in a large pot of boiling water until crisp-tender, stirring occasionally, about 4 minutes. Using a mesh strainer, transfer the green beans to a large bowl of ice water to cool completely. Drain the green beans and pat dry with a towel. Add 2 teaspoons of salt to the same cooking liquid and bring the liquid to a simmer. Add the potatoes to the simmering liquid and cook until they are just tender but still hold their shape, about 8 to 10 minutes. Transfer the potatoes to the ice water to cool completely. Drain the potatoes and pat dry with a towel.

Roasted Broccoli with Shrimp by NY Times

- 2 pounds broccoli, cut into bite-size florets or Green Beans
- 4 tablespoons (1/4 cup) extra virgin olive oil
- 1 teaspoon whole coriander seeds
- 1 teaspoon whole cumin seeds
- 1 1/2 teaspoons kosher salt
- 1 teaspoon freshly ground black pepper
- 1/8 teaspoon hot chili powder
- 1 pound large shrimp, shelled and deveined
- 1 1/4 teaspoons lemon zest (from 1 large lemon)
- Lemon wedges, for serving



Preheat oven to 425 degrees. In a large bowl, toss broccoli with 2 tablespoons oil, coriander, cumin, 1 teaspoon salt, 1/2 teaspoon pepper and chili powder. In a separate bowl, combine shrimp, remaining 2 tablespoons oil, lemon zest, remaining 1/2 teaspoon salt and remaining 1/2 teaspoon pepper. Spread broccoli in a single layer on a baking sheet. Roast for 10 minutes. Add shrimp to baking sheet and toss with broccoli. Roast, tossing once halfway through, until shrimp are just opaque and broccoli is tender and golden around edges, about 10 minutes more. Serve with lemon wedges, or squeeze lemon juice all over shrimp and broccoli just before serving. Or try this variation with **Roasted Green Beans** by KalynsKitchen.Blogspot.com: <http://kalynskitchen.blogspot.com/2009/05/recipe-for-spicy-roasted-green-beans-or.html>

Zucchini or Green Bean Bundles by Paula Deen

- 1 zucchini per person, lightly peeled and thinly sliced, or 1 cup green beans per person, ends removed
- 1 tablespoon butter per person
- Salt and pepper, to taste
- Paula Deen Silly Salt*

For each serving, place the zucchini or green beans on a square of heavy-duty aluminum foil and top with butter. Sprinkle generously with salt, pepper, and Silly Salt. Wrap tightly in the foil, rolling ends to completely seal the package. Place packages directly in coals for about 10 minutes for zucchini, about 15 minutes for beans. *Paula Deen Silly Salt is a blend of salt, dehydrated onion and garlic, spices, soybean oil, and lemon flavor.

Marinated Zucchini & Green Bean Salad by Saveur



This is a popular dish served at ouzeris in and around Athens. The ouzo bar is to Greece what the tapas bar is to Spain, a place to gather and eat with friends.

- 1 lb. zucchini, trimmed
- 1/2 lb. green beans, trimmed
- 1 tbsp. fresh dill, finely chopped
- 1/4 cup scallions, finely chopped
- 1 cup white mushrooms, sliced
- 1/3 cup white wine vinegar
- 1/3 cup olive oil
- Salt and freshly ground black pepper

Using a mandoline or a knife, julienne zucchini. Halve green beans lengthwise and again horizontally. (Zucchini and beans should be about the same size.) Blanch vegetables, drain, and transfer to a bowl. Add dill, scallions, and mushrooms. Toss with vinegar and oil, and season with salt and pepper. Refrigerate for at least 1 hour before serving.

Kale is a leafy green and comes in curly and smooth (also called Dino Kale for his prehistoric look) varieties. Add a leaf to your morning smoothie, juice it, sauté it with garlic in olive oil, add it to stews, pastas, or chop up and enjoy raw in a salad. Like broccoli, Kale is a cruciferous vegetable and is a member of the cabbage family. Like any leafy green, pulverize it to hide it stews, soups, anything with pesto to add some extra vitamins, minerals, and antioxidants to your meals without anyone knowing. It is one of the milder leafy green vegetables and as such does not need to be cooked a long time.

Kale comes in many varieties: Dino or Lacinato kale is also known as smooth kale. This one is faster cooking and many of us prefer that type for juicing and cooking. I have had a hard time getting local Dino Kale so we've only received it occasionally. Curly kale comes in Green and Red. Red offers added antioxidants. All kale can pretty much be prepared the same way however curly kale is tougher and a little bitter so is best boiled first for 8-10 minutes before sautéing. Prepare kale by washing it in a sink full of water, then rip the leaves off the tough stems and chop it up.

Sautéed Kale

- 1 bunch kale
- 1 small onion
- 1 garlic clove
- Olive oil
- Sea Salt, Pepper
- Red-wine vinegar

Boil kale in salted water for 6-10 minutes until tender. Drain well. Sauté onions and garlic. You can add some hot pepper flakes to spice it up a bit. Add drained kale and sauté 8 minutes. Add salt and pepper. Add some shakes of red wine vinegar before serving.

Spanish-Style White Bean, Kale and Chorizo Soup by Sara Moulton

- 1/2 pound dried white beans, such as Great Northern, rinsed and picked over
- 8 1/2 cups chicken stock, (preferably homemade)
- 1 bay leaf, preferably Turkish
- Kosher salt
- Pinch saffron threads
- 2 tablespoons extra-virgin olive oil
- 3 Spanish chorizo sausages, about 3/4 pound, cut into 1/2-inch dice
- 1 large onion, finely chopped
- 4 garlic cloves, minced
- 1 large red bell pepper, finely diced
- 1 tablespoon sweet paprika
- 1 small bunch kale, about 3/4 pound, tough stems removed, washed well, and coarsely chopped
- Freshly ground black pepper
- Sherry vinegar, to taste

Place the beans in a large pot or soup kettle. Pour in 8 cups of the stock and bring to a boil over high heat. Reduce the heat to medium and add the bay leaf and a pinch of salt. Cook, partially covered, stirring often and adjusting the heat to keep it at a slow steady simmer, until the beans are tender, about 2 hours. Remove and discard the bay leaf.

Soak the saffron in the remaining 1/2 cup chicken stock.

Heat the oil in a large skillet over medium-high heat. Add the chorizo and cook, stirring often, until lightly browned, about 5 minutes. Use a slotted spoon to transfer to a plate. Add the onion; reduce the heat to medium and cook, stirring often, until softened, about 5 minutes. Add the garlic and cook 1 minute longer. Stir in the red pepper and the paprika. Cook for 2 minutes longer, then transfer the contents of the skillet to the bean pot. Stir in the saffron with the soaking liquid, the chorizo, and the kale. Bring back to a simmer and cook just until the kale is wilted, about 5 minutes. Season with salt and pepper, stir in the vinegar, and serve hot in warmed soup bowls.

Kale-Ilaloo by Sunny Anderson

- 1 tablespoon butter
- 3 slices bacon, roughly chopped
- 1/2 cup diced Vidalia onion
- 1 (1 1/2-pound) bunch kale, chopped
- 1/2 cup coconut milk
- 1 cup beef broth
- Salt and freshly ground black pepper

In a large saute pan, add butter and bacon and cook over medium heat until bacon begins to crisp and renders its fat. Add onions and cook until softened, 5 to 8 minutes. Add kale and saute until it wilts and combines with the onion and bacon. Add coconut milk and broth and continue to cook until kale softens, another 10 minutes. Season with salt and pepper, to taste.

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.

Spicy Parmesan Green Beans and Kale by Giada De Laurentis

- 3 tablespoons olive oil
- 1 onion, sliced
- 1/4 pound cremini mushrooms, trimmed and quartered (about 14 mushrooms)
- 1 1/2 pounds green beans, trimmed and slice into 1-inch pieces
- 2 teaspoons salt
- 1/2 teaspoon freshly ground black pepper
- 1/4 cup white wine
- 1/2 teaspoon red pepper flakes
- 1 bunch kale (1/2 pound), rinsed, stemmed, and roughly chopped
- 2 tablespoons lemon juice (about 1/2 a lemon)
- 3 tablespoons finely grated Parmesan

Warm the olive oil in a large, heavy saute pan over medium-high heat. Add the onions and cook until translucent, about 4 minutes. Add the mushrooms, green beans, salt, and pepper and cook for 2 minutes. Add the wine and continue cooking until the green beans are almost tender, about 5 minutes. Add the red pepper flakes and the kale and continue cooking until the kale has wilted, about 4 to 5 minutes. Add the lemon juice and the Parmesan cheese. Toss to coat and 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.

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.

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 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.

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.



Chickpea, Cauliflower and Kale Curry by InnocentPirate.Wordpress.com

- 2 TBS canola oil
- 1 medium onion
- 3 large cloves garlic
- 2 anaheim peppers (optional)
- 1 head cauliflower, chopped
- 1 bunch kale, chopped
- 3 C cooked chickpeas
- 1 jar tomato paste
- 1 tsp each: cumin seeds, coriander seeds, ground cumin, ground coriander, curry powder, chili powder
- 1 TBS salt

In large pan, heat oil over medium. Add onion. When onion begins to turn clear, add garlic, pepper, and cumin and coriander seeds. When onion mixture has browned slightly, stir in tomato paste. Fill the tomato paste jar with water and stir it in by spoonfuls. Add spices. Stir in kale and chickpeas. Let stew for 10 minutes, stirring occasionally. Add cauliflower. Cook another 5-7 minutes, until cauliflower softens slightly. Remove from heat. Enjoy with some potatoes or rice of choosing.

Sauteed Broccoli with Garlic and Parmigiano by NoLemonJuice.com

- 1 1/4 pounds broccoli crowns
- 3 tablespoons extra-virgin olive oil, plus a little extra for drizzling
- 2 garlic cloves, thinly sliced
- 1/4 teaspoon crushed red pepper flakes (optional)
- 1/2 teaspoon kosher salt
- Juice of 1/2 lemon (1 to 2 tablespoons)
- 2 tablespoons freshly grated Parmigiano-Reggiano

Cut the broccoli into little florets, about 2 inches long. In a large, deep frying pan over medium-high heat, combine the oil, garlic, and red pepper flakes, if using. Cook the garlic and pepper, stirring, until the garlic sizzles, about 1 minute. Add the broccoli, sprinkle with the salt, and stir for 1 to 2 minutes. Add 1/2 cup water, cover, and cook for 2 to 3 minutes, until the broccoli is just barely tender. Uncover the pan, raise the heat, and cook until the water evaporates, 1 to 2 minutes longer. Spoon the broccoli into a bowl and give it a squeeze of lemon juice. Drizzle with a little olive oil, sprinkle with the Parmigiano, and serve.

Broccoli with Creamy Lemon Sauce by Recipe Zaar

- 2 tablespoons fat-free mayonnaise
- 4 1/2 teaspoons low-fat sour cream
- 1 tablespoon fat free skim milk (I use 2%)
- 2 teaspoons lemon juice
- 1 teaspoon lemon, zest of
- 1 1/4 cups cooked hot broccoli florets

Combine all the ingredients except the broccoli in the top of a double boiler, Cook over simmering water 5 minutes or until heated through, stirring constantly. Serve over hot cooked broccoli. This is also very good over hot cooked green beans

BROCCOLI RIGATONI with CHICKPEAS & LEMON by KitchenParade.com

- 8 cups water
- 3 tablespoons sea salt
- 1 pound fresh broccoli, crowns cut into bite-size florets, stalks peeled & chopped
- 8 ounces rigatoni
- 15 ounce can chickpeas (garbanzo beans), rinsed & drained
- Zest & juice of 2 lemons
- Freshly ground pepper to taste
- 1 tablespoon olive oil
- 5 garlic cloves, sliced thin
- 1/4 - 1/2 teaspoon red pepper flakes
- 1/2 cup grated Parmesan (from 1-1/2 ounces)

In a large pot, bring water and salt to boil. Prep broccoli, keeping florets and chopped stalks separate. Drop broccoli florets into boiling water, cover, cook for 3 minutes, lift out with slotted spoon to drain in a colander. Add rigatoni, cook til done, drain.

Meanwhile, in a bowl large enough to hold everything, stir together chickpeas, lemon zest, juice and pepper.

Meanwhile, in a large skillet, heat olive oil on medium til shimmering. Add chopped broccoli stalks, cook til just beginning to soften. Add garlic and red pepper flakes, cook for about 3 minutes, stirring often. Add broccoli florets, warm through. Add chickpea mixture, warm through. Turn this and cooked rigatoni into chickpeas. Add Parmesan, stir gently.

Roasted Cauliflower by Food & Wine

- One 2 1/2-pound cauliflower, cut into 2-inch florets
- 1/3 cup extra-virgin olive oil
- Salt and freshly ground pepper

Preheat the oven to 400°. On a large rimmed baking sheet, drizzle the cauliflower florets with the olive oil. Season them with salt and pepper and toss well. Roast for about 30 minutes, stirring occasionally, until the cauliflower is tender and golden brown. Transfer to plates, garnish with the lemon wedges and serve hot or at room temperature.

ROASTED Cauliflower by Simply Recipes

- 1 head of cauliflower
- 2-3 cloves of garlic, peeled and coarsely minced
- Lemon juice (from 1/2 or a whole lemon)
- Olive oil
- Coarse salt and freshly ground black pepper
- Parmesan cheese

Preheat oven to 400°F. Cut cauliflower into florets and put in a single layer in an oven-proof baking dish. Toss in the garlic. Squeeze lemon juice over cauliflower and drizzle each piece with olive oil. Sprinkle with salt and pepper. If the oven hasn't reached 400°F yet, set aside until it has.

Place casserole in the hot oven, uncovered, for 25-30 minutes, or until the top is lightly brown. Test with a fork for desired doneness. Fork tines should be able to easily pierce the cauliflower. Remove from oven and sprinkle generously with Parmesan cheese. Serve immediately.

Simple Cauliflower Recipe by 101Cookbooks.com

To make this recipe vegan, just omit the Parmesan cheese finish - still delicious.

2 - 3 heads of small cauliflower (or 1/2 head large)
2 tablespoons of olive oil
a couple pinches of sea salt
1 clove garlic, minced
1 small bunch of chives, chopped
zest of one lemon
freshly grated Parmesan
a bit of flaky sea salt

To prep the cauliflower, remove any leaves at the base and trim the stem. Now cut it into tiny trees - and by tiny, I mean most florets aren't much larger than a table grape. Make sure the pieces are relatively equal in size, so they cook in the same amount of time. Rinse under running water, and set aside.

Heat the olive oil and fine grain salt in a large skillet over medium-high heat. When hot, add the cauliflower and stir until the florets are coated. Wait until it gets a bit brown on the bottom, then toss the cauliflower with a spatula. Brown a bit more and continue to saute until the pieces are deeply golden - all told about six minutes. In the last 30 seconds stir in the garlic.

Remove from heat and stir in the chives, lemon zest, and dust with a bit of freshly grated Parmesan cheese and a pinch of flaky sea salt (if you have it on hand). Serve immediately.

Broccoli Parmesan & Lemon by Tyler Florence

- 3 heads broccoli (about 3 pounds)
- 3 tablespoons olive oil
- Salt and freshly ground black pepper
- 1 cup freshly grated Parmigiano-Reggiano
- 1 lemon, juiced

Preheat the oven to 400 degrees F.

Trim about 1 inch off the ends of the broccoli stalks and cut the broccoli lengthwise into spears. Arrange the broccoli on a nonstick cookie sheet, drizzle with some olive oil and season with a little bit of salt and a generous amount of freshly ground black pepper. Toss to coat evenly. Transfer to the oven and roast for 10 minutes.

Remove the broccoli from the oven and sprinkle the cheese evenly over the top and bake until the cheese melt and forms a crisp shell over the broccoli, about 10 minutes. Lift the broccoli out onto a platter with a spatula and drizzle with fresh lemon.



Ratatouille by About.com

Use what veggies you have to make this including peppers, zucchini, garlic, tomatoes, onions, zucchini, yellow squash or any combination of those.

- 2 tablespoons olive oil
- 2 cloves garlic, crushed and minced
- 1 large onion, quartered and thinly sliced
- 1 small eggplant, cubed
- 2 green bell peppers, coarsely chopped
- 4 large tomatoes, coarsely chopped, or 2 cans (14.5 ounces each) diced tomatoes
- 3 to 4 small zucchini, cut into 1/4-inch slices
- 1 teaspoon dried leaf basil
- 1/2 teaspoon dried leaf oregano
- 1/4 teaspoon dried leaf thyme
- 2 tablespoons chopped fresh parsley

In a 4-quart Dutch oven or saucepan, heat olive oil over medium heat. Add garlic and onions and cook, stirring often, until softened, about 6 to 7 minutes. Add eggplant; stir until coated with oil. Add peppers; stir to combine. Cover and cook for 10 minutes, stirring occasionally to keep vegetables from sticking.

Add tomatoes, zucchini, and herbs; mix well. Cover and cook over low heat about 15 minutes, or until eggplant is tender but not too soft.

Black Italian Prune Plums are only available for a short time and are great eaten out of hand but delectable when baked releasing their juices.

Plum Tart by JoyofBaking.com

Pate Brisee (Short Crust Pastry):

- 1 1/4 cups (175 grams) all-purpose flour
- 1/2 teaspoon (2 grams) salt
- 1 tablespoon (14 grams) granulated white sugar
- 1/2 cup (1 stick) (113 grams) unsalted butter, chilled, and cut into 1 inch (2.54 cm) pieces
- 1/8 to 1/4 cup (30 - 60 ml) ice water

Filling:

- 1 pound (454 grams) prune plums
- 1/4 cup (50 grams) granulated white sugar
- 1/8 teaspoon salt

Pate Brisee: In a food processor, place the flour, salt, and sugar and process until combined. Add the butter and process until the mixture resembles coarse meal (about 15 seconds). Pour 1/8 cup (30 ml) water in a slow, steady stream through the feed tube until the pastry just holds together when pinched. Add remaining water, if necessary. Do not process more than about 30 seconds. Turn the pastry out onto your work surface, gather it into a ball, cover with plastic wrap, and refrigerate for about one hour to chill the butter and allow the gluten in the flour to relax.

Once the pastry has chilled sufficiently, remove from refrigerator and place on a lightly floured surface. Roll out the pastry to fit into a 9 inch (23 cm) tart pan. To prevent the pastry from sticking to the counter and to ensure uniform thickness, keep lifting up and turning the pastry a quarter turn as you roll (always roll from the center of the pastry outwards to get uniform thickness). To make sure it is the right size, take your tart pan, flip it over, and place it on the rolled out pastry. The pastry should be about an inch larger than your pan.

When the pastry is rolled to the desired size, lightly roll the pastry around your rolling pin, dusting off any excess flour as you roll. Unroll onto the top of your tart pan. Never pull the pastry or you will get shrinkage (shrinkage is caused by too much pulling of the pastry when placing it in the pan). Gently lay in pan and with a small floured piece of pastry, lightly press pastry into bottom and up sides of pan. Roll your rolling pin over top of pan to get rid of excess pastry. With a thumb up movement, again press dough into pan. Roll your rolling pin over the top again to get rid of any extra pastry. Cover and place in the freezer until firm, several hours or even overnight.

Preheat oven to 375 degrees F (190 degrees C) and place rack in center of oven.

Plum Filling: With a sharp knife, cut the plums in half by following the natural crease in the plum's skin. Then, holding one half of the plum, gently twist the other half. The plum should easily fall into two halves so the pit can be removed. then cut each half into thirds. Place the cut plums in a large bowl and gently toss with the sugar and pinch of salt.

Remove the tart shell from the freezer and quickly place the plums, cut side up, in neat concentric circles in the frozen tart shell. Crowd the fruit, but do not overlap. Scrape any remaining sugar from the

bowl and sprinkle over the plums. Bake the tart until the crust is golden brown and the fruit has sunken into itself, about 45-50 minutes.

Read more: <http://www.joyofbaking.com/PrunePlumTart.html#ixzz0RlwNwxN5>

Fresh Peach Cobbler by Annie-Eats

- 2 1/2 lbs. ripe but firm peaches
- 1/4 cup sugar
- 1 tsp. cornstarch
- 1 tbsp. lemon juice
- Pinch of salt

For the biscuit topping:

- 1 cup all-purpose flour
- 3 tbsp. plus 1 tsp. sugar, divided
- 3/4 tsp. baking powder
- 1/4 tsp. baking soda
- 1/4 tsp. salt
- 5 tbsp. cold unsalted butter, cut into 1/4-inch cubes
- 1/2 cup plain whole milk yogurt



*Note – this recipe can be doubled easily by baking in a 9×13- inch baking dish and increasing the baking time for both the peaches and the assembled cobbler about 5 minutes each.

Adjust an oven rack to the lower-middle position. Preheat the oven to 425° F. For the filling, peel the peaches and then cut each into 8 wedges, removing the pits as you go. Gently toss the peaches and sugar together in a large bowl and let stand for 30 minutes, tossing several times. Drain the peaches in a colander set over a bowl. Whisk together 1/4 cup of the drained juice with the cornstarch, lemon juice, and salt in a small bowl. Toss the peaches with the juice mixture and transfer to a 8-inch square glass baking dish. Bake until peaches begin to bubble around the edges, about 10 minutes.

Meanwhile, prepare the biscuit topping. In the food processor, combine the flour, 3 tablespoons sugar, baking powder, baking soda and salt. Pulse to combine. Scatter the butter over the flour mixture and pulse until the mixture resembles coarse meal, about ten 1-second pulses. Transfer to a medium bowl; add the yogurt and toss with a spatula until a cohesive dough is formed. (Be careful not to overmix.) Break the dough into 6 evenly sized but roughly shaped mounds and set aside.

After the peaches have baked 10 minutes, remove the peaches from the oven and place the dough mounds on top, spacing them at least 1/2-inch apart (they should not touch). Sprinkle each mound with the remaining sugar. Bake until the topping is golden brown and fruit is bubbling, 16-18 minutes. Cool on a wire rack until warm, about 20 minutes; serve.

Peach Cobbler by Paula Deen

- 4 cups peeled, sliced peaches
- 2 cups sugar, divided
- 1/2 cup water
- 8 tablespoons butter
- 1 1/2 cups self-rising flour
- 1 1/2 cups milk
- Ground cinnamon, optional

Combine the peaches, 1 cup sugar, and water in a saucepan and mix well. Bring to a boil and simmer for 10 minutes. Remove from the heat. Put the butter in a 3-quart baking dish and place in oven to melt. Mix remaining 1 cup sugar, flour, and milk slowly to prevent clumping. Pour mixture over melted butter. Do not stir. Spoon fruit on top, gently pouring in syrup. Sprinkle top with ground cinnamon, if using. Batter will rise to top during baking. Bake for 30 to 45 minutes.

PEACH BOMBS by ColumbiaTrinbune.com

- 4 medium peaches
- Single pie crust

Wash and remove any stem from fresh peaches. Dry gently with paper towel or soft, clean cloth and set aside. Do not peel or remove the seed.

Prepare recipe for single pie crust or use commercially prepared. Cut into four pieces.

Wrap each piece, sealing edges well, around a peach. Place in a baking pan or pie plate. Bake at 375 degrees for 35 to 40 minutes, until crust is golden brown. Check peach for doneness by piercing with a sharp knife. Remove from oven. Peaches will remain hot for an hour. Serve with the following sauce.

Sauce:

- 1/2 cup butter
- 1-1/2 cups powdered sugar
- 1 or 2 teaspoons almond extract
- 1 egg, well beaten

Melt butter in a small saucepan over medium-low heat. Remove from heat. Whisk in powdered sugar and almond extract. Gradually whisk in egg. Return to medium-low heat and cook, stirring constantly, until mixture bubbles. Let each diner put the amount of sauce he or she desires on their peach while it is still warm. A small pitcher makes this very easy.

For a video on how to make a Peach Finale Dessert by Giada De Laurentis' **Grilled Peaches with Mascarpone**, see: <http://www.5min.com/Video/How-to-Make-a-Peach-Finale-Dessert-172966841>

Fresh Peach Crisp by SouthernFood.com

- 2 1/2 pounds fresh peaches, peeled, pitted
- 1 cup sifted all-purpose flour
- 1 cup sugar
- 1/4 teaspoon salt
- 1/2 teaspoon cinnamon
- 1/2 cup soft butter

Butter an 8-inch square baking dish. Preheat oven to 375°. Slice peeled, pitted peaches into the prepared baking dish. Sift together the flour, sugar, salt and cinnamon into a medium bowl. Cut butter into flour mixture with pastry blender until mixture resembles coarse meal. Sprinkle crumbs evenly over peaches in baking dish. Bake at 375° for 45 to 50 minutes, until topping is golden brown and peaches are tender. Serve peach crisp warm with cream or whipped topping.

Emeril's Fresh Peach Muffins With Pecan Crumb Topping

- 2 cups finely chopped fresh or frozen peaches (about 1 pound)
- 1½ cups sugar
- ½ cup (1 stick) butter, at room temperature
- 2 eggs
- 1½ cups milk
- 4 cups flour
- 4 teaspoons baking powder
- 1 teaspoon salt
- ¼ cup brown sugar
- ¼ cup ground pecans
- ¼ teaspoon ground cinnamon
- 4 tablespoons cold butter

Preheat the oven to 400 degrees F. Lightly grease 24 (2 3/4-inch by 1 3/8-inch) muffin cups. Place the peaches in a bowl and cover with ½ cup of the sugar. Mix thoroughly. Allow the peaches to sit for one hour.

Using an electric mixer fitted with the paddle attachment, cream the butter and remaining one cup of sugar until smooth and pale in color, about three minutes. Add the eggs, one at a time, and beat until fluffy, about two minutes.

In a mixing bowl, combine 3½ cups of the flour, baking powder and salt. Remove the bowl from the mixer and alternately fold in one-third of the milk and one-third of the flour mixture. Repeat until the milk and flour mixtures are both incorporated, being careful not to over mix. Fold in the peaches.

Spoon ¼ cup of the filling into each prepared muffin cup. In a small bowl, combine the remaining flour, brown sugar, pecans and cinnamon. Mix well. Add the butter. Using your hands, mix until the mixture resembles coarse crumb like mixture. Divide the crumb mixture between the muffin tops, about 1 tablespoon each. Place in the oven and bake for about 18 minutes to 20 minutes or until golden brown. Serve warm with butter.



Pear & Strawberry Crumble Pie by
ThePieLife.Blogspot.com

- 8 inch frozen sweet pie crust
- 15 oz pears in natural juice, drained, sliced
- 9 oz punnet strawberries, hulled, sliced
- 1/2 cup caster sugar
- 1/2 cup plain flour
- 3.5 oz butter, chilled, cubed
- 1/4 cup flaked almonds

Preheat oven to 400 F. Place frozen tart case onto a baking tray. Bake for 12 minutes, or until light golden.

Combine pears, strawberries and 1 tablespoon of sugar in a bowl. Stir gently to combine.

Combine remaining 1/3 cup of sugar, flour and butter in a food processor. Process until mixture resembles coarse breadcrumbs. Stir in almonds.

Sprinkle 2 tablespoons of crumble mixture over base of tart case. Spoon pear and strawberry mixture over top. Sprinkle with remaining crumble mixture. Bake for 20 minutes, or until crumble is golden. Serve warm or cold with cream or ice-cream, if you like.

Pear Clafouti by The Barefoot Contessa

- 1 tablespoon unsalted butter, at room temperature
- 1/3 cup plus 1 tablespoon granulated sugar
- 3 extra-large eggs, at room temperature
- 6 tablespoons all-purpose flour
- 1 1/2 cups heavy cream
- 2 teaspoons pure vanilla extract
- 1 teaspoon grated lemon zest (2 lemons)
- 1/4 teaspoon kosher salt
- 2 tablespoons pear brandy (recommended: Poire William)
- 2 to 3 firm but ripe Bartlett pears
- Confectioners' sugar
- Creme fraiche

Preheat the oven to 375 degrees F.

Butter a 10 by 3 by 1 1/2-inch round baking dish and sprinkle the bottom and sides with 1 tablespoon of the granulated sugar.

Beat the eggs and the 1/3 cup of granulated sugar in the bowl of an electric mixer fitted with the paddle attachment on medium-high speed until light and fluffy, about 3 minutes. On low speed, mix in the flour, cream, vanilla extract, lemon zest, salt, and pear brandy. Set aside for 10 minutes.

Meanwhile, peel, quarter, core, and slice the pears. Arrange the slices in a single layer, slightly fanned out, in the baking dish. Pour the batter over the pears and bake until the top is golden brown and the custard is firm, 35 to 40 minutes. Serve warm or at room temperature, sprinkled with confectioners' sugar, and creme fraiche

Country Pear Cobbler by SouthernFood.com

Filling:

- 3/4 cup firmly packed brown sugar
- 3 tbsp all-purpose flour
- 1/8 tsp. salt
- 1/8 tsp. ground nutmeg
- Dash of cloves
- 2 tbsp lemon juice
- 6 to 8 medium pears, peeled, cored, and thinly sliced

Topping:

- 1 cup all purpose flour
- 2 tbsp sugar
- 1 tsp baking powder
- 1/2 tsp. baking soda
- 1/2 cup buttermilk
- 3 tbsp. margarine or butter, melted
- 1 tbsp. sugar, if desired
- Light Cream, if desired

Combine all of the filling ingredients, except pears, in large skillet. Stir in sliced pears. Cook over medium heat for about 5 minutes, or until hot and bubbly, stirring gently. Remove from heat and set aside.

Make topping. Place flour, sugar, baking powder, and baking soda in mixing bowl. Beat on low speed of electric mixer for about 30 seconds. Add buttermilk and melted margarine. Continue to mix on low speed about 30 seconds, or just until blended.

Pour hot filling into 8-or 9- inch baking pan. Top evenly with large spoonfuls of topping. Sprinkle with 1 tablespoon sugar, if desired. Bake at 375° for 30 to 35 minutes, or until pears are tender and bubbly and topping is golden brown. Serve warm with light cream, if desired.