

Annie's Organic Buying Club

making organics affordable for everyone!



[Mediterranean Couscous with Zucchini, Chickpeas & Feta](#)

by 24boxes.blogspot.com

- 1 pound zucchini and/or summer squash, cut into V-inch cubes (about 2 V to 3 cups total)
 - 2 cups water
 - 1 V cups plain Couscous
 - W cup fresh lemon juice (about 1 V to 2 lemons)
 - 3 medium garlic gloves, pressed or finely minced
- $\frac{1}{3}$ cup extra-virgin olive oil
 - 1 can (15 ounces) chickpeas (garbanzo beans), drained and rinsed
 - W cup chopped fresh parsley leaves
 - 5 medium scallions, thinly sliced
 - 4 ounces feta cheese, crumbled
 - olive oil
 - Kosher salt and fresh ground

Heat a tablespoon of olive oil in a skillet over medium-high heat until shimmering but not smoking. Add half the squash in even layer and season with salt and pepper. Cook without stirring until golden brown on one side – 3 to 4 minutes. Transfer to a plate to cool. Repeat with remaining squash.

Bring water to a boil in medium saucepan. Remove from heat, add couscous and 1 V teaspoons Kosher salt (x teaspoon table salt), and stir. Cover and let stand 10 minutes. Transfer couscous to a serving bowl and fluff with fork.

Meanwhile, whisk together lemon juice, garlic and olive oil in a small bowl. Add lemon juice mixture and chickpeas to couscous, toss well to combine and cool to room temperature, about 20 minutes.

Stir in parsley, scallions, feta and squash. Season with a generous amount of fresh black pepper and Kosher salt.

Zesty Zucchini Blueberry Breakfast Muffins by ABushelofWhat.com

One 12 cup muffin tin
1 1/2 cups all-purpose flour plus 1 Tbsp
1 tsp cinnamon
1/2 tsp baking soda
1/2 tsp salt
1/4 tsp baking powder
5 tbsp unsalted butter, melted and brought to room temperature
1 egg, lightly beaten
3/4 cup sugar
Zest from one lemon (approx. 1 Tbsp), finely chopped
1 1/2 cups shredded zucchini, unpeeled
1 cup fresh blueberries
(use frozen, but do not thaw)

Preheat oven to 350 degrees. Grease muffin tin.

Combine 1 1/2 cups flour, cinnamon, baking soda, baking powder, and salt in medium bowl and set aside. In small bowl, coat blueberries with 1 Tbsp of flour. This will help keep them from sinking to the bottom of the muffin when baking. In another medium bowl, combine butter, egg, sugar, lemon zest, and zucchini. Pour liquids into bowl with flour mixture, and stir until just combined. Add blueberries and fold in. Divide evenly between muffin molds and bake 25 minutes, or until tops are golden and toothpick inserted into center of muffin comes out clean. Remove from oven, set tin on cooling rack. Let cool, or serve fresh and warm.

Zucchini Frittata by RecipeZaar

- 2 tablespoons salad oil
- 1 small onion, finely chopped
- 1 clove garlic, minced/pressed
- 2 large swiss chard (Swiss chard leaves (including stems), coarsley chopped)
- 1 zucchini, chopped
- 6 eggs
- 1/8 teaspoon pepper
- 1/4 teaspoon dry basil
- 1/4 teaspoon oregano leaves
- 1 cup parmesan cheese, grated

Heat oil in a wide frying pan over medium heat. Add onion, garlic, chard, and zucchini; cook, stirring occasionally, until vegetables are soft (about 5 minutes). Remove from heat and let cool slightly.

Beat eggs lightly with pepper, basil, and oregano. Stir in cheese and vegetables. Pour into a greased 9-inch pie pan. Bake in a 350 degree oven for 25 to 30 minutes or until puffed and brown. Serve hot or at room temperature.

Nouvelles Zucchini Latkes by VirtualCities

- 4 medium zucchini, washed and peeled
- 1 large potato, washed and unpeeled
- 1 medium onion, peeled
- 1 cup whole wheat flour (more, if needed)
- 1 teaspoon baking powder
- 1/2 cup *Egg Beaters* egg substitute
- 2 cloves garlic, crushed
- 2 Tablespoons chopped scallions
- 2 Tablespoons chopped parsley
- 1 teaspoon salt
- Pepper to taste
- 2 egg whites, beaten until stiff
- Canola oil for frying

Herb Yogurt Dip

- 2 cups plain yogurt
- Fresh herbs (parsley, dill, scallions)
- Garlic (minced, to taste)

Julienne potato and zucchini in food processor. Pour processed vegetables into large mixing bowl. Grate onions in processor and add to potato/zucchini mixture. Drain off excess liquid. Add flour, baking powder, *Egg Beaters*, garlic, scallions, parsley, salt, and pepper. Mix well. Gently fold in stiffly beaten egg whites. If mixture doesn't have enough body for frying, gently fold in 1/4 to 1/2 cup of additional flour.

To fry, heat 1/2 inch of oil in pan and drop latke mixture in by spoonfuls. For flat latkes, gently press down with spatula. Fry until golden brown on both sides. Turn only once. Drain well on paper towels. Serve immediately.

Sautéed Zucchini & Carrots by Plasticinfo.org

- 2 tablespoons olive or canola oil, divided
- 2 large carrots, finely diced (about 2 cups)
- 1 small onion, finely diced (about 3/4 cup)
- 1 clove garlic, minced
- 1/2 teaspoon Italian seasoning
- 2 medium zucchini (1 pound), cut into 1/4-inch dice (about 4 cups)
- Salt and pepper

Heat 1 tablespoon of the oil in a Dutch oven or large nonstick skillet over medium-high heat. Add the carrots, onion, garlic, and Italian seasoning and cook, stirring occasionally, until the carrots start to soften, about 5 minutes. Add the remaining oil and the zucchini and continue to cook until the zucchini, carrots, and onion are tender, 10 to 15 minutes. Season with salt and pepper to taste.

Bow Ties, Zucchini, Carrots, and Chicken by AllRecipes.com

- 1 tablespoon olive oil
- 12 cloves garlic, pressed and divided
- 4 zucchini, thinly sliced
- salt and pepper to taste
- 1 1/4 pounds skinless, boneless chicken breast halves - cut into bite-size pieces
- 1 pound carrots, peeled and thinly sliced
- 1 (16 ounce) package uncooked farfalle (bow tie) pasta
- 1/4 cup butter
- 1 (14 ounce) can chicken broth
- 3/4 cup water
- 1 (.18 ounce) packet chicken bouillon granules
- 1/2 cup grated Parmesan cheese

Heat the oil in a skillet over medium heat. Cook the 4 garlic cloves 1 minute until golden brown. Place the zucchini in the skillet, season with salt and pepper, and cook until tender. Set aside. Place chicken in the skillet, and cook 10 minutes, or until juices run clear.

Place the carrots in a pot with enough water to cover, and bring to a boil. Cook until tender, drain, and set aside.

Bring a large pot of lightly salted water to a boil. Add farfalle pasta and cook for 8 to 10 minutes or until al dente; drain.

Melt the butter in the skillet over medium heat, and cook the remaining garlic until golden brown. Pour in the chicken broth and water, and stir in bouillon granules until dissolved. Gradually stir in Parmesan cheese. Mix in zucchini, chicken, and carrot, and continue cooking until heated through. Gently toss with pasta to serve.

Zucchini Flan by bernadie-cuisine.french-chefs.com

- 2 small zucchinis
- a good fresh parsley handle
- butter 41% 10g
- 3 eggs
- double cream 3% 90g
- soft white cheese 0% 40g
- nutmeg, salt, pepper

Wash zucchinis without peeling them, removing the ends. Cut into 2 and remove the central part. To cut them into small pieces and put them in your robot with washed parsley. Chop all ingredients

Melt butter in a skillet and add the mixture zucchini parsley obtained. Allow to cook 5-6 minutes while stirring up regularly

Preheat the oven with 180° (thermostat level 6) In a salad bowl, pour soft white cheese, light cream, eggs, nutmeg, salt and pepper. Mix all ingredients well. Add the mixture zucchini - parsley and mix well/ Butter 4 ramekins slightly and fill them with the preparation of the salad bowl

Pose the ramekins in a dish with gratin containing of quivering water (for a cooking with the Marie bath) Slip the dish into the hot oven and allow to cook 20 to 25 min. These flans will accompany very well by fish, poultry or a roast meat.



Provençal Zucchini and Swiss Chard Tart by NY Times

- 1 recipe [whole wheat yeasted olive oil pie pastry](#) ((hold the CTRL key and link to see recipe)
- 1 pound Swiss chard
- Salt to taste
- 2 tablespoons extra virgin olive oil
- 1 medium onion, finely chopped
- 2 pounds zucchini, cut in small dice (1/4 to 1/3 inch)
- 2 to 3 large garlic cloves (to

taste), minced

- 1 teaspoon fresh thyme leaves, chopped
- 1 to 2 teaspoons chopped fresh rosemary (to taste)
- 2 ounces Gruyère cheese, grated (1/2 cup, tightly packed)
- 3 large eggs, beaten
- Freshly ground pepper

Bring a large pot of water to a boil while you stem the greens, and wash them thoroughly in several rinses of water. If the ribs are wide, wash and dice them, then set aside. Fill a bowl with ice water. When the water reaches a rolling boil, add a generous amount of salt and the chard leaves. Blanch for one minute, until just tender. Using a slotted spoon or deep-fry skimmer, transfer to the ice water, then drain. Squeeze out excess water and chop. Set aside.

Heat the oil over medium heat in a large nonstick skillet, and add the onion and diced chard stems, if using. Cook, stirring, until tender, about five minutes. Stir in the zucchini. Season to taste with salt, and cook, stirring, until just tender and still bright green, about 10 minutes. Stir in the garlic, thyme and rosemary, and cook with the zucchini and onion until the garlic is fragrant, about one or two minutes. Stir in the greens, toss everything together, and remove from the heat. Taste and season with salt and pepper.

Beat the eggs in a large bowl. Stir in 1/4 to 1/2 teaspoon salt (to taste), the zucchini mixture, and the Gruyère. Mix everything together, add pepper, taste once more and adjust seasoning.

Preheat the oven to 375 degrees. Oil a 10-inch tart pan. Roll out two-thirds of the dough and line the pan, with the edges of the dough overhanging. Freeze the remaining dough. Fill the lined pan with the zucchini mixture. Pinch the edges of the dough along the rim of the pan. Place in the oven and bake 50 minutes, until set and beginning to color. Allow to rest for at least 15 minutes before serving (preferably longer). This can also be served at room temperature.

Zucchini Chard Quesadilla by DivineCaroline.com

- 2 taco size low-carb whole wheat tortillas
- Handful of shredded cheese of your choice (dairy or non-dairy)
- 1/2 shallot minced
- 1 garlic clove minced
- 1 small or 1/2 medium zucchini cut into bite size pieces
- Big handful of rainbow chard cut into thin ribbons and chop the stems in small pieces
- 1/2 teaspoon cumin
- Pinch ground chili pepper (can use any kind you like—I have a blend from [SEEDS](#) at the farmers market)
- Salsa of your choice (I used Salsa Verde.)

Heat a non-stick pan, then add shallot and garlic and sauté for a couple of minutes. Then add zucchini, chard, and spices. Sauté until the veggies are just the way you like them. I like my greens cooked well, so I added them before the zucchini.

Heat another non-stick pan if you don't want to clean out this pan. Put a tortilla on it and then spread your veggies evenly over the tortilla and cover with cheese and the second tortilla. Cook until browned on one side, flip, and cook until brown on the other.

It will take less time on the second side, and even less time on the first side of the second quesadilla you cook. I'm not sure why this is true, but I always burn the first side of the second one.

Tomato and Cucumber Salad with Pita Bread and Za'atar by Epicurious.com

- 3 tomatoes, chopped
- 1 large cucumber, peeled and chopped
- 4 scallions, thinly sliced
- 1/4 cup chopped fresh flat-leaf parsley
- 2 tablespoons fresh lemon juice, or to taste
- 1/4 cup extra-virgin olive oil
- Accompaniments: warm pita bread, olive oil, and [Za'atar](#)

Stir together tomatoes, cucumber, scallions, parsley, and salt and pepper to taste. Squeeze lemon juice over salad and stir. Drizzle oil over salad and stir.

Tomato-Cucumber Relish by FastRecipes.com

- 1/2 Cucumber peeled, seeded and diced
- 2 Plum tomatoes, seeded and diced
- 1 Jar (4 oz) pimientos, diced
- 1/4 c. Chopped scallions
- 1/4 c. Snipped fresh parsley
- 1/4 c. Cider vinegar
- 2 Tbs. Honey

In a small bowl, combine the cucumbers, tomatoes, pimientos, scallions and parsley. In a microwavable cup, mix the vinegar and honey. Microwave on HIGH for 20 seconds. Pour over vegetables.

Shirazi Cucumber, Tomato, and Onion Salad by DVO.com

- 2 tomatoes, fresh, ripe, cored and cut into 1/2-inch dice
- 1 cucumber, large, peeled, seeded, and cut into 1/2-inch dice
- 1 onion, small or medium, cut into 1/2-inch dice
- 1 handful parsley, chopped fresh Italian (flat-leaf)
- 2- 3 scallions , both white and green parts, trimmed and finely chopped
- 2 cloves garlic, minced
- Squeeze fresh lemon juice
- 1/4 c olive oil, extra-virgin
- Salt and freshly ground black pepper, to taste

Combine the tomatoes, cucumber, and onion in a serving bowl with the parsley, mint, scallions, garlic, 1/4 cup lime juice, and oil. Toss gently but thoroughly to mix. Add salt and pepper to taste and more lime juice as necessary; the salad should be highly seasoned. Serve immediately.

Mediterranean Chopped Salad by Delish.com

- 2 medium tomatoes, seeded and diced
- 1 cup(s) diced seedless cucumber (1/4 medium)
- 1/4 cup(s) chopped scallions
- 1/4 cup(s) coarsely chopped fresh parsley
- 1/4 cup(s) Kalamata olives, pitted and coarsely chopped
- 2 tablespoon(s) extra-virgin olive oil
- 1 tablespoon(s) white-wine vinegar
- 1/4 teaspoon(s) salt, or to taste
- Freshly ground pepper, to taste

Combine tomatoes, cucumber, scallions, parsley, olives, oil, vinegar, salt and pepper in a medium bowl; toss gently to mix. Serve within 1 hour.

CUCUMBER SALAD by NancyKitchen.com

- 2 lg. Cucumbers
- 2 tomatoes
- 1 sm. Onion
- 1 (8 oz.) sour cream
- Salt to taste

Peel cucumbers and cut tomatoes, onions and cucumbers into small cubes. Lightly beat sour cream with fork. Mix everything and chill for an hour. Decorate with parsley leaves. Serve cold. Can also be done with only cucumbers.

Swiss Chard with Tomatoes and Chickpeas by SeriousEats.com

- 3/4 cup (5 ounces) dried chickpeas or 1 20-ounce can chickpeas, drained
- 1/4 cup olive oil
- 5 garlic cloves, finely chopped
- 6 canned plum tomatoes, drained and finely diced
- 1 or 2 bunches (about 1 pound) fresh Swiss chard, washed, stems cut crosswise into 1/4 inch sections, leaves cut into 1-inch-wide ribbons
- 1 teaspoon salt
- Freshly ground pepper
- 1 teaspoon good-quality extra-virgin olive oil

If using dried chickpeas: Soak overnight in cold water to cover by about 3 inches. Drain. In a medium pot, bring the chickpeas and 2 1/2 cups water to a boil. Cover, lower the heat, and simmer until tender. You should check after an hour, but this could take as long as 3 hours.

Put the oil in a wide, medium pot over medium-high heat. When hot, add the garlic and stir for 20 seconds. Add the tomatoes and stir for a minute. Add the chard stems and stir for 2 minutes. Add the chard leaves and stir until they wilt. Add the chickpeas, their cooking liquid, the salt, and 3/4 cup water (if using canned, drained chickpeas, add them now along with 3/4 cup water or stock; easy on the salt). Mix well. Cook on medium heat, uncovered, for 20 minutes, stirring occasionally. There should be a little thick juice left at the bottom of the pot when you finish. Taste for salt and pepper. Serve hot or at room temperature, drizzled with the good extra-virgin olive oil

Swiss Chard with Pine Nuts & Raisins by Recipe Zaar

- 2 tablespoons raisins
- 1 tablespoon hot water
- 1 teaspoon olive oil
- 1 medium garlic clove, minced
- 1 bunch spinach (6-ounces)
- 1 tablespoon pine nuts, toasted
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper

Plump raisins with hot water. In a large nonstick skillet over medium-high heat, warm oil; add garlic, cook until fragrant, about 1 minute; add spinach and stir occasionally until wilted, about 2 to 3 minutes. Toss with raisins, nuts, salt and pepper, Serve immediately.

Saag Aloo by Recipe Zaar

- 1 large onion, chopped
- 2 large potatoes, cubed
- 400 g spinach or chard leaves, stalks removed, roughly chopped
- 1 teaspoon fresh ginger, grated
- 1/2 teaspoon garlic clove, coarsely chopped
- 1/4 teaspoon cumin seed
- 1 teaspoon turmeric
- 1 teaspoon garam masala
- olive oil
- butter
- salt

Fry the cumin seeds in a heavy bottomed pan in a bit of oil and butter until just starting to brown. Add the onion and fry until it too starts to brown. Add the potato, garlic, turmeric, ginger and garam masala and fry until the potato starts to soften. Unless you are using a non-stick pan, you may need to add water and cover to keep the potato from sticking and to help it cook. The first time I did this 1/2 cup at a time and it took about 20-30 minutes but I now prefer to parboil the potatoes, which means you add less water and it only takes about 10 minutes to finish off from this point. Add the spinach or chard and cook until it collapses over the potato. Salt to taste.

Swiss Chard & Garlic by Epicurious.com

- 3 1/2 pounds Swiss chard (preferably red; about 4 bunches), washed
- 1/4 cup olive oil
- 4 garlic cloves, minced
- 1/2 cup water

Cut stems and center ribs away from Swiss chard leaves. Slice stems and center ribs thin and reserve. Chop leaves coarse and reserve separately.

In a 10- to 12-quart heavy kettle heat oil over moderately high heat until hot but not smoking and sauté reserved stems and ribs, stirring, until crisp-tender. Add garlic and sauté, stirring, until garlic is fragrant. Add reserved leaves with water clinging to them and cook, turning with tongs, until wilted. Add 1/2 cup water and cook, covered, over moderate heat until leaves are tender, about 4 minutes. Season chard with salt and pepper. Chard may be made 1 day ahead and chilled, covered.

Swiss Chard with Tomatoes by RecipeZaar

- 1 lb red swiss chard or green swiss chard
- 3 tablespoons extra-virgin olive oil
- 1/2 cup soft fresh breadcrumb
- 1 clove garlic, minced
- 2 small tomatoes, i use italian tomatoes,seeded and diced
- 1/4 teaspoon salt
- crushed red pepper flakes

Trim coarse leaves and thick center ribs from chard; cut tender stems and leaves into 1/2-inch slices. Heat 1 tablespoon of the oil in a large skillet; add bread crumbs; cook, stirring often, until crisp and golden; remove from skillet and set aside. Cool skillet slightly; add remaining oil and garlic; cook, stirring, 2 minutes; add chard and cook until wilted, 1-2 minutes; add tomatoes, salt, and red pepper flakes to taste. Remove from heat and sprinkle bread crumbs over the top.

Chard, Onion & Gruyere Panade (Bread Casserole) by Recipe Zaar

- 1 1/2 lbs thickly sliced yellow onions, a sweet variety if possible (about 6 cups)
- 1/2 cup mild-tasting olive oil
- 6 garlic cloves, thinly sliced
- salt
- 1 lb green swiss chard, thick ribs removed and cut into 1-inch-wide ribbons
- water, as needed
- 10 ounces day-old chewy peasant-style bread, cut into rough 1-inch cubes (8 to 10 cups)
- 3-4 cups chicken stock or vegetable stock (or another flavourful stock)
- 6 ounces fontina or gruyere or another melting cheese, coarsely grated (a combination works well)

This is a delicious, decadent and luscious French "bread casserole" from "The Zuni Café Cookbook" that you will want to make again and again. It's a great use for stale bread and a very forgiving recipe; you can improvise with other greens and cheeses. As with all panades, you may need a little more bread, or have some left over; same with the liquid, depending on the size and shape of your baking container. If you have more time, you can cook this at 250°F, for about 2 hours 45 minutes; the slower the bake, the more unctuous and mellow the results. If you have leftovers, the Zuni Cafe's Chef Judy Rodgers instructs: Warm about 1 tablespoon extra-virgin olive oil in a nonstick skillet over medium heat. Slide in a scoop cold panade and press gently to make an 2-inch-thick patty. Fry gently to make a golden crust, about 3 minutes, then fry the other side.

To prepare onions: Place the onions in a deep saucepan (or Dutch oven) and drizzle and toss with oil to coat, about 1/4 cup. Set over medium-high heat and, shimmying the pan occasionally, cook until the bottom layer of onions is slightly golden around the edges, about 3 minutes. Stir and repeat. Once the second layer of onions has colored, reduce heat to low and stir in garlic and a few pinches of salt. Stew, stirring occasionally, until the onions are a pale amber and tender but not mushy, about another 20 minutes. If at any point the onions dry, cover them to trap some moisture.

Preheat the oven to 325°F.

To prepare chard: Place a few handfuls of leaves in a large saute pan or skillet with a drizzle of oil, a sprinkling of water (if you've just washed the chard, it may have enough on the leaves), and a few pinches of salt. Set the pan over medium heat until the water begins to steam, then reduce the heat and stir and fold leaves until just wilted, 3 to 4 minutes. (Leaves should be uniformly bright green, the white veins pliable.)

To prepare bread: Toss and massage the cubed bread with a few tablespoons of olive oil, a generous 1/4 cup of the stock and a few pinches of salt, to taste.

To prepare panade: Use a flameproof, 3-quart souffle dish or enameled cast-iron Dutch oven. Assemble the panade in layers, starting with a generous smear of onions, followed by a loose mosaic of bread cubes, a second layer of onions, a wrinkled blanket of chard, and a handful of the cheese. Repeat, starting with bread, the onions and so on, until the dish is brimming. Aim for 2 to 3 layers of each component, then make sure the top layer displays a little of everything. Irregularity in the layers makes the final product more interesting and lovely. Drizzle with any remaining olive oil.

Bring the remaining 3 3/4 cups stock to a simmer and taste for salt. Add stock slowly, in doses, around the edge of the dish. For a very juicy, soft panade, best served on its own, like a soup or risotto, add stock nearly to the rim; for a firm but succulent panade, nice as a side dish, fill to about 1 inch below the rim. Wait a minute for stock to be absorbed, then add more to return to the desired depth. The panade may rise a little as the bread swells.

Set panade over low heat and bring to a simmer; look for bubbles around the edges (heating it here saves at least 30 minutes of oven time).

Cover the top of the panade with parchment paper, then very loosely wrap the top and sides with foil. Place a separate sheet of foil under the panade or on the rack below it, to catch drips.

Bake until the panade is piping hot and bubbly. It will rise a little, lifting the foil with it. The top should be pale golden in the center and slightly darker on the edges. This usually takes about 1 1/2 hours, but varies according to shape and material of baking dish and oven.

Browning and serving: Uncover panade, raise temperature to 375°F, and leave until golden brown on top, 10 to 20 minutes. Slide a knife down the side of the dish and check the consistency of the panade. Beneath the crust, it should be very satiny and it should ooze liquid as you press against it with the blade of the knife. If it seems dry, add a few tablespoons simmering stock and bake for 10 more minutes.

Cauliflower, Swiss Chard, and Chicken Soup by Epicurious.com

- 2/3 cup chopped onion
- 1 teaspoon caraway seeds, crushed lightly
- 1 teaspoon olive oil
- 3 cups chicken broth
- 3 cups water
- 3 cups 1-inch cauliflower flowerets (about 1 small head)

- 1/2 cup orzo (rice-shaped pasta)
- 1 pound skinless boneless chicken breast, cut into 1-inch pieces
- 4 cups chopped red Swiss chard leaves, washed well and drained

In a 4-quart heavy saucepan cook onion and caraway seeds in oil over moderately low heat, stirring, until onion is softened. Add broth and water and bring to a boil. Stir in cauliflower and orzo and simmer, stirring occasionally, 7 minutes. Stir in chicken and Swiss chard and simmer until chicken is cooked through, about 3 minutes. Season soup with salt and pepper. Soup may be made 3 days ahead, cooled, uncovered, and chilled, covered

Garlic-Butter Broccoli by RealSimple.com

- 1 bunch broccoli (1 pound), cut into small pieces, stalks peeled and thinly sliced (about 6 cups)
- 2 tablespoons unsalted butter
- 1 clove garlic, minced
- 1/4 teaspoon kosher salt & freshly ground black pepper

Cook the broccoli in lightly salted boiling water until crisp-tender, 2 to 4 minutes. Drain. Add the butter and garlic to the saucepan and cook until the garlic is softened, 1 to 2 minutes. Toss with the salt and a few grinds of pepper.

Broccoli, Cauliflower & Carrots with Parmesan Bread Crumbs Recipe by CDKitchen.com

- 1 1/2 pound broccoli florets
- 2 pounds cauliflower flowerets
- 1 pound carrots -- cut 1/4-inch thick
- 1 tablespoon vegetable oil
- 4 tablespoons unsalted butter
- 2 cups very coarse dry bread crumbs
- 1/2 cup Parmesan cheese -- grated
- 1/2 teaspoon cayenne

In a large saucepan of boiling salted water cook vegetables until crisp-tender, 2 to 5 minutes. In a colander drain vegetables and refresh under cold water to stop cooking. Drain vegetables well. Vegetables may be prepared up to this point 1 day ahead and chilled, covered.

In a large heavy skillet heat oil and 2 tablespoons butter over moderately high heat until foam begins to subside and saute bread crumbs, stirring, until golden. Stir in Parmesan, cayenne and salt to taste and saute, stirring, until crisp. Bread crumbs may be prepared 3 days ahead and kept in an airtight container.

Preheat oven to 350 degrees F.

In skillet melt remaining tablespoon butter over moderate heat and in it toss vegetables with salt and pepper to taste. Sprinkle vegetables with bread crumbs and toss to combine. Transfer mixture to a baking dish and bake, uncovered, 10 minutes, or until just heated through.

Broccoli & Cauliflower Casserole by About.com

- 2 cups water
- 1/2 teaspoon salt
- 1 1/2 to 2 pounds of broccoli and cauliflower pieces
- milk
- 4 to 5 tablespoons butter
- 4 tablespoons flour
- salt and pepper to taste
- dash nutmeg, optional
- 2 tablespoons fine dry bread crumbs
- 1 to 2 tablespoons grated Parmesan cheese
- 1/8 teaspoon paprika



In a large saucepan, bring water and salt to a boil. Add broccoli and cauliflower; cook just until crisp-tender. Drain cauliflower, reserving liquid. Add milk to the vegetable liquid to measure 2 1/2 cups.

Turn vegetables into a shallow 2-quart baking dish. Melt 3 tablespoons of butter in the saucepan over medium heat. Blend in the flour, stirring until smooth and bubbly. Gradually stir in milk mixture. Cook, stirring constantly, until thickened and smooth. Season with the salt, pepper, and nutmeg. Pour sauce over broccoli and cauliflower. Dot with remaining 1 to 2 tablespoons of butter. Combine bread crumbs, Parmesan cheese, and paprika; sprinkle over vegetables. Bake at 450° for about 20 minutes, until casserole is bubbly.

Cauliflower or Broccoli & Chard & Leek Gratin by SmallFarmCentral.com

- 1 medium head of cauliflower or broccoli, florets only
- 1 bunch of chard, cleaned, stem removed and chopped
- 1 leek, white and light green parts only, washed well and chopped
- 1/4 cup chopped shallot
- 1 tbs. olive oil
- 2 tbs. butter
- 2 tbs. flour
- 1/4 cup cream
- 1-3/4 cup 2 percent milk
- 1/4 tsp. nutmeg
- 1 cup grated Grana Padano cheese
- 1/2 cup grated Parmesan
- salt and pepper to taste

Steam the cauliflower or broccoli until tender crisp, about 10 minutes. Set aside. Heat the olive oil in a large pan, saute the leek and shallot for a few minutes until just starting to turn golden. Add the chard and saute until just wilted. Mix with the cauliflower in a roasting pan.

Make the bechamel. Start by melting the butter in a sauce pan. Add the flour and whisk until it begins to turn golden and smells "nutty" and no longer like raw flour. Add the cream and milk slowly, whisking as you go to keep it smooth. Add the nutmeg. Whisk over low heat until it thickens. Add the Grana Padano

cheese and whisk until melted and smooth. Season with salt and pepper to taste. Pour the sauce evenly over the cauliflower mixture. Sprinkle with the Parmesan cheese.

Bake at 350 degrees for about 15-20 minutes until the top turns golden and it is heated through. You can also do this with broccoli.

Broccoli and Cauliflower Gratin with Cheddar Cheese by Food & Wine

- 4 cups broccoli florets (from 2 small heads)
- 4 cups cauliflower florets (from 1 small head)
- 1/4 cup extra-virgin olive oil
- 2 large garlic cloves, minced
- 1/8 teaspoon crushed red pepper
- 1/2 pound sharp Cheddar cheese, coarsely shredded (2 cups)
- 1/4 cup pitted oil-cured green or black olives, coarsely chopped
- 1 cup coarse plain dry bread crumbs
- Salt and freshly ground pepper

Preheat the oven to 400°. Butter a 2-inch-deep 2-quart baking dish. Bring a large saucepan of salted water to a boil, add the broccoli and cauliflower and cook until crisp-tender, 3 minutes. Drain thoroughly.

In a large skillet, heat 2 tablespoons of the oil over moderate heat. Add the garlic and crushed red pepper and cook just until fragrant. Off the heat, add the broccoli and cauliflower and toss. Toss half of the cheese and the olives with the vegetables. Transfer to the baking dish and sprinkle with the remaining cheese.

In a small bowl, toss the crumbs with the remaining 2 tablespoons of olive oil; season with salt and pepper. Sprinkle the crumbs over the cheese. Bake in the upper third of the oven for about 12 minutes, or until the cheese is bubbling and the crumbs are golden. Serve hot.

Broccoli, Cauliflower, Chili & Garlic Pasta by Riverford Organic Veg

- 1 Broccoli and/or Cauliflower or ½ and ½
- 2 cloves Garlic
- Olive oil
- Pasta
- Chilies

This is Italian peasant food at its best; pure, simple and making the best of fresh ingredients. I often cook this for lunch when the children are not around and I can indulge myself with plenty of chilli. The recipe works equally well with broccoli or cauliflower or a mixture of the two and makes the best use of the vegetable flavours by cooking the pasta in the same water. I hope last week's tips on getting to know your chilies were helpful.

Cut the broccoli / cauliflower head into florets and the stem into bite sized pieces and boil (in enough water to subsequently cook the pasta) for about 3 minutes or until 'al dente'. Strain, retaining the water.

Whilst boiling the pasta in the same water, fry the sliced chilli (preferably fresh) in olive oil in a pan or wok for about 2 minutes then add 2 cloves of coarsely chopped garlic and fry for another minute taking care not to brown the garlic. Add the strained broccoli and keep turning until heated through.

Hopefully the pasta is cooked about now. Combine in the pan / wok to insure that the pasta is coated in that tasty oil and serve immediately with the option of grating some parmesan or smelly cheddar on top.

Accompanied by a glass of red wine and followed by a siesta is best. If you feel the need to turn this into more of a sauce you might like to experiment with adding pesto or tapenade right at the end. Personally I prefer it simple..

Incredible Baked Cauliflower and Broccoli Cannelloni by Jamie Oliver

- Sea salt
- 1 pound broccoli, washed, florets and stalks chopped
- 1 pound romanesco or white cauliflower, washed, florets and stalks chopped
- Olive oil
- 7 cloves garlic, peeled and finely sliced
- 1 small bunch fresh thyme, leaves picked
- 1 (1-ounce) can best-quality anchovies in oil, drained and chopped, oil reserved
- 2 to 3 small dried chiles, crumbled
- Freshly ground black pepper
- 2 cups good-quality tomato sauce
- Good-quality red wine vinegar
- 2 cups creme fraiche
- 7 ounces Parmesan, finely grated
- 16 cannelloni tubes
- 1 small bunch fresh basil, leaves picked
- 7 ounces good-quality mozzarella cheese
- Extra-virgin olive oil
- 4 large handfuls arugula leaves, washed and dried
- 1 lemon

Preheat the oven to 375 degrees F. Bring a large saucepan of salted water to the boil and drop in the chopped broccoli and cauliflower. Boil for 5 to 6 minutes, until cooked, then drain in a colander, reserving the cooking water.

Heat a wide saucepan, pour in a couple of good glugs of olive oil and add the garlic. Fry for a few seconds, then add the thyme leaves, anchovies, anchovy oil and chiles and continue frying for a few seconds more before adding the cooked broccoli and cauliflower with around 4 tablespoons of the

reserved cooking water. Stir everything together, put a lid on the pan leaving a little gap, and cook slowly for 15 to 20 minutes, stirring regularly - overcooking the vegetables not only intensifies their flavor but gives you the texture that you need for this recipe. Remove the lid for the last 5 minutes to let the moisture evaporate, then use a potato masher to crush the vegetables. Take the saucepan off the heat, taste the vegetables and season carefully with salt and pepper. Spread the mixture on a baking sheet to cool. Meanwhile, get yourself another baking dish or roasting pan (the right size for fitting the cannelloni tubes snugly side by side - I test this by actually laying the tubes into the dish, then remove them and put to 1 side) and pour in the tomato sauce with a pinch of salt and a swig of red wine vinegar.

Now, to make a really quick and easy white sauce, mix the creme fraiche with half the Parmesan, a sprinkling of salt and pepper and a little of the reserved cooking water to thin it down.

Spoon your cooled broccoli and cauliflower mixture into a large sandwich bag and cut off the corner. Twist the top of the bag and squeeze it to pipe the filling into the cannelloni tubes. (If you prefer, use a teaspoon to push the mixture into the cannelloni or use a piping bag.) Fill the tubes up - don't be stingy! - and place them in a single layer on top of the sauce. Lay the basil leaves over the cannelloni and spoon your white sauce evenly over the top. Season with black pepper, sprinkle over the remaining Parmesan and tear over the mozzarella. Drizzle with extra-virgin olive oil and bake in the preheated oven for 30 to 40 minutes, or until golden and bubbling on top.

Dress the arugula leaves with a squeeze of lemon juice and about 3 times as much extra- virgin olive oil. Serve the cannelloni with the arugula and some good crusty bread.

Broccoli & Cauliflower Soup by RecipeSource.com

- 3/4 lb Fresh chopped broccoli
- 3/4 lb Fresh chopped cauliflower
- 1/3 c Chopped onion
- 1 1/2 c Bouillon
- 1/4 ts Ground mace
- 3 c Skim milk
- 1 tb Cornstarch
- 1/2 ts Salt
- 1/8 ts Pepper
- 1/3 c Shredded Swiss cheese

Cook broccoli, cauliflower, and onion in the bouillon until tender. Pour half the vegetables, along with half the bouillon, into a blender and blend until smooth. Remove, and blend the remaining vegetable mixture, along with the mace. Return all of blended mixture to pan.

Blend 1/2 c of milk (1/6 total) with cornstarch and add to vegetables. Add remaining milk, salt, and pepper, and cook until thick and hot, stirring occasionally. Blend in cheese and stir until melted.

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.