**Broccoli and Cauliflower Au Gratin** by Emeril Lagasse

- 1 tablespoon salt
- 3 pounds cauliflower, cut into medium florets
- 1 to 1 1/2 pounds broccoli, cut into medium florets
- 8 tablespoons (1 stick) plus 2 teaspoons unsalted butter
- 1/2 cup bleached all-purpose flour
- 1/4 teaspoon cayenne
- 6 cups milk
- 8 ounces cheddar cheese, shredded (about 2 cups)
- 1 cup fine dried bread crumbs
- 2 teaspoons Emeril's Original Essence or Creole Seasoning

1/4 cup extra-virgin olive oil

Preheat the oven to 375 degrees F.

Fill a large pot three-quarters full with water and add 1 teaspoon of the salt. Bring to a boil over high heat. Add the cauliflower and cook until just tender, 8 to 10 minutes. Using a slotted spoon, transfer the cauliflower to a colander. Rinse under cold running water until cool. Drain well.

Add the broccoli to the boiling water. Cook until just tender, about 5 minutes. Drain the broccoli in a colander. Rinse under cold running water to cool. Drain well.

Butter a 15 x 10-inch baking dish (or 2 smaller dishes) with 2 teaspoons of the butter. Arrange the cauliflower evenly in the dish, then arrange the broccoli on top.

Melt the remaining 8 tablespoons butter in a heavy medium saucepan over medium heat. Whisk in the flour and cook, whisking, until the roux is a blond color, about 3 minutes. Add the remaining 2 teaspoons
salt and the cayenne. Gradually whisk in the milk and whisk constantly until the mixture boils and thickens, about 4 minutes. Whisk in the cheese until it melts.

Pour the cheese sauce over the cauliflower and broccoli, and gently rap the dish on the countertop to remove any air bubbles.

Combine the bread crumbs, Essence, and olive oil in a small bowl, mixing well. Spoon the mixture evenly over the top of the vegetables.

Bake until golden brown, about 30 minutes. Serve hot.

**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.

**Broccoli Cauliflower Stir Fry** by TLC.com

- 2 dry-pack sun-dried tomatoes
- tablespoon plus 1 teaspoon reduced-sodium soy sauce
- tablespoon rice wine vinegar
- teaspoon brown sugar
- teaspoon dark sesame oil
- 1/8 teaspoon red pepper flakes
- 2-1/4 teaspoons canola oil
- clove garlic, finely chopped
- cups cauliflower florets
- cups broccoli florets
- 1/3 cup thinly sliced red or green bell pepper

Place tomatoes in small bowl; cover with boiling water. Let stand 5 minutes. Drain; coarsely chop. Meanwhile, blend soy sauce, vinegar, sugar, sesame oil and red pepper flakes in small bowl.

Heat vegetable oil in wok or large nonstick skillet over medium-high heat until hot. Add garlic; stir fry 30 seconds. Add cauliflower and broccoli; stir-fry 4 minutes. Add tomatoes and bell pepper; stir-fry 1 minute or until vegetables are crisp-tender. Add soy sauce mixture; cook and stir until heated through. Serve immediately.
**Broccoli with Caramelized Onions & Pine Nuts** by AshleysNutrition

- 3 tablespoons pine nuts or chopped slivered almonds
- 2 teaspoons extra-virgin olive oil
- 1 cup chopped onion (about 1 medium)
- 1/4 teaspoon salt, or to taste
- 4 cups broccoli florets
- 2 teaspoons balsamic vinegar
- Freshly ground pepper to taste

Toast pine nuts (or almonds) in a medium dry skillet over medium-low heat, stirring constantly, until lightly browned and fragrant, 2 to 3 minutes. Transfer to a small bowl to cool.

Add oil to the pan and heat over medium heat. Add onion and salt; cook, stirring occasionally, adjusting heat as necessary, until soft and golden brown, 15 to 20 minutes.

Meanwhile, steam broccoli until just tender, 4 to 6 minutes. Transfer to a large bowl. Add the nuts, onion, vinegar and pepper; toss to coat. Serve immediately.

**Emeril’s Lemony Roasted Broccoli** by PlanetGreen

- 12 cups broccoli florets (about 3 heads)
- 1/4 cup extra-virgin olive oil
- 1 ½ teaspoons salt, or to taste
- Freshly ground pepper
- 1 cup Panko bread crumbs
- 1 cup Parmesan cheese
- 1 teaspoon lemon zest
- 2-3 teaspoons lemon juice

Preheat oven to 450 degrees F.

Heat a baking sheet greased with 1 tablespoon olive oil in a preheated oven. Toss broccoli with remaining 3 tablespoons olive oil. In a small bowl combine the salt, pepper, bread crumbs, Parmesan, lemon zest and lemon juice. Place the broccoli on the preheated baking sheet and then sprinkle the top with the bread crumb mixture. Roast until the broccoli is tender and browned, 15 minutes.
Parmesan-Roasted Broccoli by Barefoot Contessa

- 4 to 5 pounds broccoli
- 4 garlic cloves, peeled and thinly sliced
- Good olive oil
- 1 1/2 teaspoons kosher salt
- 1/2 teaspoon freshly ground black pepper
- 2 teaspoons grated lemon zest
- 2 tablespoons freshly squeezed lemon juice
- 3 tablespoons pine nuts, toasted
- 1/3 cup freshly grated Parmesan cheese
- 2 tablespoons julienned fresh basil leaves (about 12 leaves)

Preheat the oven to 425 degrees F.

Cut the broccoli florets from the thick stalks, leaving an inch or two of stalk attached to the florets, discarding the rest of the stalks. Cut the larger pieces through the base of the head with a small knife, pulling the florets apart. You should have about 8 cups of florets. Place the broccoli florets on a sheet pan large enough to hold them in a single layer. Toss the garlic on the broccoli and drizzle with 5 tablespoons olive oil. Sprinkle with the salt and pepper. Roast for 20 to 25 minutes, until crisp-tender and the tips of some of the florets are browned. Remove the broccoli from the oven and immediately toss with 1 1/2 tablespoons olive oil, the lemon zest, lemon juice, pine nuts, Parmesan, and basil. Serve hot.

Oven Roasted Broccoli by Alton Brown

- 1 pound broccoli, rinsed and trimmed
- 2 tablespoons olive oil
- 2 cloves garlic, minced
- 1/2 teaspoon kosher salt
- 1/4 teaspoon freshly ground black pepper
- 1/3 cup panko bread crumbs
- 1/4 cup finely grated Parmesan or sharp Cheddar

Preheat oven to 425 degrees F.

Cut the broccoli florets into bite size pieces. Cut the stalk into 1/8-inch thick, round slices. Place the broccoli into a mixing bowl and toss with the olive oil, garlic, kosher salt and pepper and set aside.

Spread the panko into a 13 by 9-inch metal cake pan and place into the oven for 2 minutes or until lightly toasted. Remove the panko from the oven and add to the bowl with the broccoli mixture. Toss to combine. Return the mixture to the cake pan, place in the oven and roast just until the broccoli is tender, 8 to 10 more minutes. Remove from the oven, toss in the cheese and serve immediately.
Roasted Broccoli with Shrimp by NY Times

- 2 pounds broccoli, cut into bite-size florets
- 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.

Broccoli Salad with Bacon, Chives, and Tomato by Serious Eats

- 2 heads of broccoli, about 1 1/2 pounds
- 4 slices thick-cut bacon, cut into matchsticks
- 2 roma tomatoes, halved, seeded and finely chopped
- 1 bunch fresh chives (15 to 20), finely chopped
- 1 clove garlic, peeled and minced or pressed
- 2 teaspoons Dijon mustard
- 6 tablespoons extra virgin olive oil
- 2 tablespoons white wine vinegar
- Salt and pepper to taste

Bring a large pot of salty water to boil. In the meantime, trim the woody end from the broccoli heads and break it up into small florets. Slice them into 1/4-inch thick pieces so they cook quickly and evenly. When the water comes to a boil, blanch the broccoli for 1-2 minutes, until they are starting to get tender but still have bite in the middle. Drain in a colander and spread out on a kitchen towel to steam dry, about 15 minutes.

In the meantime, cook the bacon in a large skillet with a splash of olive oil over medium-low heat until the fat renders into the pan and the bacon is crisp but still slightly chewy.

Drain the fat collected in the bacon pan into a bowl and add the garlic, dijon, and vinegar. Whisk well to combine into an emulsion, then add the olive oil slowly in a stream, whisking constantly. Season to taste with salt and pepper and taste also for acidity, adding more vinegar or oil if needed.

Toss the broccoli with the tomatoes, bacon, and dressing. Top with chives and serve.
Broccoli Soup by The Neelys

- 1/2 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.

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.
Cheesy Broccoli-Potato Mash Recipe by Eating Well

- 1 pound Yukon Gold potatoes, cut into wedges
- 3/4 pound broccoli crowns, chopped (4 cups)
- 3/4 cup shredded fontina cheese
- 1/2 cup nonfat milk, heated
- 1/2 teaspoon salt
- Freshly ground pepper, to taste

Bring 1 inch of water to a boil in a large pot. Place potatoes in a steamer basket and steam for 10 minutes. Place broccoli on top, cover and steam until the potatoes and broccoli are tender, 6 to 8 minutes more. Transfer the broccoli to a large bowl and coarsely mash with a potato masher. Add the potatoes, cheese, milk, salt and pepper and continue mashing to desired consistency. Serve immediately.

Sautéed 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 Parmigano-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 Stir Fry by AllRecipes.com

- 3 cups fresh broccoli florets
- 1/4 cup butter or margarine
- 1 1/2 teaspoons lemon-pepper seasoning

In a skillet over medium-high heat, stir-fry broccoli in butter and lemon pepper until crisp-tender, about 2-3 minutes.
Sautéed 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 sauté 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.

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 shimmery. 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.
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.

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-Cauliflower-Carrot Bake by National Kidney Foundation

- 3 cups broccoli, raw
- 2 cups cauliflower, raw
- 1 cup frozen whole small onions or 3 medium onions quartered
- 1 cup carrots
- 4 tablespoons butter
- 2 tablespoons flour
- Dash pepper
- 1 cup milk
- 1 package (3 oz) cream cheese, softened
- 1/2 cup sharp cheddar cheese, shredded
- 1/2 cup soft bread crumbs
Wash and cut vegetables; steam until crisp but tender. Drain. In saucepan, melt 2 tablespoons of the butter; blend in flour and pepper. Add milk. Cook and stir until bubbly and thick. Reduce heat; blend in cream cheese until smooth. Place vegetables in 1 1/2-quart casserole dish. Pour sauce over and mix lightly. Top with shredded cheese. Bake 15 minutes at 350°F. Mix together the bread crumbs and remaining butter and sprinkle on casserole. Bake an additional 25 minutes.

**Broccoli, Cauliflower & Carrots with Parmesan Crumbs** by CDKitchen

- 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 sauté bread crumbs, stirring, until golden. Stir in Parmesan, cayenne and salt to taste and sauté, 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.

**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.
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.

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 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.

Simple Cauliflower Recipe by 101Cookbooks.com

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

We love Roasted Cauliflower: http://hiporganicmama.blogspot.com/search/label/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.

Yukon Gold Potatoes: Jacques Pepin Style by Rachel Ray

- 3 pounds baby Yukon gold potatoes
- Salt
- Freshly ground black pepper
- 3 cups chicken stock
- 3 tablespoons butter
- 2 to 3 tablespoons freshly chopped parsley leaves

Place the potatoes in a deep skillet and add salt and pepper, to taste. Cover potatoes halfway with chicken stock, about 3 cups, add the butter and cover skillet with a lid. Cook the potatoes in the stock until almost tender, about 5 to 8 minutes, depending upon the size of the potatoes. Remove the lid and allow the stock to evaporate, about another 5 minutes. Once the stock has evaporated pop each potato using a ladle or large spoon, creating a small crack in each, but do not smash. Allow the potatoes to brown on each side, another 5 minutes, and re-season with salt and pepper, if necessary or desired. Remove the browned potatoes from the skillet and place onto a serving platter, garnished with the parsley.
Yukon Roasted Potatoes with Bacon, Onion and Garlic by Homecooking.About.com

- 4 slices bacon
- 4 large, about 2 pounds (1 kg) Yukon Gold Potatoes, unpeeled and cut lengthwise into 8 wedges
- 2 medium onions, halved
- 1 head garlic, peeled
- 2 Tablespoons (30 mL) fresh thyme leaves or 2 teaspoons dried
- 1/2 teaspoon (2 mL) each salt and pepper

Preheat oven to 425 degrees F (220 degrees C).

In a large roasting pan, cook bacon until crisp, about 7 to 8 minutes. Remove bacon; drain on paper towels, crumble and set aside.

Pour bacon fat into small bowl (there should be approximately 1/4 cup - if not, add vegetable oil to equal this amount).

Place gold potatoes (skin side down), onions, and garlic in roasting pan. Drizzle bacon fat over vegetables. Sprinkle with thyme, salt, and pepper.

Roast for about 45 minutes or until potatoes are tender and lightly browned. Adjust seasonings and sprinkle with crumbled bacon.

Creamy Mashed Yukon Gold Potatoes by FineCooking

- 1-3/4 to 2 pounds yellow-fleshed potatoes, peeled and cut into large chunks (1-1/2 to 2 inches)
- 2 cloves garlic, peeled
- Kosher salt
- 3 tablespoons unsalted butter, softened
- 1 cup milk, hot but not boiling
- Freshly ground black pepper

Put the potatoes and garlic in a large saucepan and cover with cold water by at least an inch. Add a generous 1/2 teaspoon salt and bring to a boil. Lower the heat to maintain a steady simmer, cover the pot partially, and cook until the potatoes are quite tender when tested with a metal skewer, 15 to 20 minutes.

Drain the potatoes and garlic -- reserving some of the cooking water -- and dump them back into the pan. Dry the potatoes over medium heat, shaking the pan and stirring until the potatoes look floury and leave a light film on the bottom of the pan.

If using a ricer, dump the potatoes into a bowl and then rice them back into the pot set over very low heat. If using a hand masher, mash them in the pot until completely smooth.
Using a wooden spoon, beat in the butter and then beat in the hot milk in 1/4-cup increments. If the potatoes are still too thick, beat in a bit of the cooking water until they reach the consistency you want. Season well with salt and pepper and serve right away.

Roast Chorizo Mashed Potatoes with Manchego and Charred Chard by Rachel Ray

- 2 pounds baby Yukon gold potatoes, halved
- 1/2 to 3/4 cup whole milk
- Salt and pepper
- 1/3 pound Manchego cheese, shredded, about 1 1/2 cups
- 1 1/2 pounds Spanish chorizo, cut into thick slices on an angle
- 1 medium Spanish onion, root end attached, cut into thin wedges
- 1 cup large Spanish olives
- EVOO – Extra Virgin Olive Oil for liberal drizzling, plus 2 tablespoons
- 3 to 4 cloves garlic, 2 to 3 finely chopped, 1 halved
- 1 pound chard, stripped and chopped
- 1 1/2 teaspoons smoked sweet paprika, half a palmful
- Freshly grated nutmeg, to taste
- 1 cup chicken stock
- Crusty bread, such as peasant style or baguette, halved and cut into chunks
- 1 large vine ripe tomato or 2 ripe plum tomatoes

Place potatoes in a pot, cover with water, bring to a boil and cook to tender. Mash with milk, salt, pepper and cheese.

While water for the potatoes comes to a boil, heat a cast-iron skillet over medium-high heat. In a bowl, coat the chorizo, onion and olives with a liberal drizzle of EVOO. Add everything to the hot pan then transfer to the oven and roast 15 minutes, stirring once midway, until sausages are crisp and onion slices are tender.

Meanwhile, add 2 tablespoons EVOO to a skillet over medium to medium-high heat and add chopped garlic. Stir 2 minutes then wilt in chard. Season with salt, pepper, paprika, and nutmeg. Add stock to greens and braise 10 minutes.

Remove sausages from oven and switch on broiler. Place bread under broiler until toasted. Rub bread with the cut side of the halved garlic then rub with halved ripe tomatoes. Drizzle bread with EVOO and season with salt.

Serve potatoes, greens and roast chorizo with tomato toast alongside.
**Potato, Swiss Chard, and Bread Soup** Zuppa di Patate, Bietole, by Lidia’s Italy

- 3/4 pound Yukon Gold or Idaho potatoes, peeled, rinsed and cut into 1/2-inch slices
- Salt
- 1 small bunch Swiss chard (about 1-1/2 pounds)
- 1/2 cup diced (1/2-inch) day-old Italian bread without crusts
- 1/4 cup extra virgin olive oil
- 6 cloves garlic, peeled
- 1/2 teaspoon crushed hot red pepper
- 1/2 cup freshly grated Pecorino Romano cheese

Pour enough cold water over the potatoes in a deep, heavy 4-quart pot to cover by three fingers. Salt the water lightly and bring to a boil. Adjust the heat so the water is at a gentle boil and cook the potatoes, covered, until they are tender but still hold their shape, about 15 minutes.

Meanwhile, strip the chard leaves from the stems. Wash the chard in a sinkful of cool water, swishing it well and waiting for the dirt to settle to the bottom of the sink. Scoop the chard out with a wire skimmer or your hands; drain well in a colander. Cut the chard leaves into 1 1/2 inch strips and stir them into the water after the potatoes have been cooking about 5 minutes.

Stir the bread into the pot after the chard has been cooking about 5 minutes. Season the soup with salt and cook until the potatoes and chard are tender and the bread is falling apart, about 10 minutes.

Meanwhile, heat the olive oil in a small skillet over low heat. Whack the garlic cloves with the side of a knife and stir them into the oil. Sprinkle the crushed red pepper over the oil and cook until the garlic is golden, about 3 minutes. Scrape the contents of the skillet into the pot. Stir well. Taste the soup and season with additional salt if you like. Ladle the soup into warm bowls, and sprinkle some of the grated cheese over the top of each, or pass a bowl of cheese separately.
**Swiss Chard Fritatta with Bacon, Potatoes** and Feta by MeredithAndCarla.com

- 1 tablespoon extra virgin olive oil
- 4 slices bacon
- 1/2 small onion, sliced
- 1 Yukon gold potato, finely diced, about 1 cup
- 1 bunch Swiss chard, stemmed and thinly sliced, stems finely diced
- Pinch salt
- Pinch nutmeg
- Grind of pepper
- 1 clove garlic, minced
- 5 large eggs, beaten with 2 tablespoons half and half, milk or water
- 1/4 teaspoon salt
- 4 grinds fresh pepper
- Pinch Cayenne
- 1/2 cup feta cheese, crumbled

Heat the olive oil in an 8-inch cast iron or heavy skillet over medium-high heat. Add the bacon and cook until browned and crispy on both sides, about 3 minutes total. Remove the bacon from the pan and transfer it to a paper towel lined plate. Reserve.

Cook the onion in the hot fat in the pan until it softens, about 3 minutes. Add the finely diced potato and chard stems, reduce the heat to medium and sauté the potato, stirring every now and then until tender, about 4 minutes. Add the Swiss chard in bunches, adding more greens as they wilt and room allows. When the chard is wilted, add the pinch of salt, nutmeg, pepper and garlic and cook for about 4 minutes or until the greens are tender.

Beat the eggs with the salt, pepper and pinch of cayenne.

Set the oven rack to the second highest position and preheat the broiler.

Crumble and sprinkle the reserved bacon and feta cheese into the greens and pour the eggs evenly over all. Reduce heat to medium low and cook for 2 minutes, covered. Uncover and transfer the pan to the broiler and broil for about 4 minutes or until the eggs are set and the top is browned. Remove the frittata from the oven and let rest for 3 minutes before cutting into wedges. Serve hot or at room temperature.
Swiss Chard and Potato Enchiladas by Food Network Kitchens

Enchiladas:

* 1/2 pound Swiss chard (stems and leaves), rinsed
* 2 tablespoons vegetable oil, plus as needed
* 1 teaspoons kosher salt
* 6 ounces Yukon gold potatoes, cut into 1/2 inch dice
* 1/2 medium onion, chopped
* 2 teaspoons minced garlic
* Fresh ground pepper
* 4 ounces cojito cheese, crumbled, divided
* 8 corn tortillas

Tomatillo Salsa:

* 8 tomatillos (about 12 ounces), husked and well rinsed
* 3/4 teaspoon kosher salt
* 1/2 medium onion, coarsely chopped
* 3 cloves garlic, chopped
* 1/2 jalapeno chile (with seeds)
* 1/4 cup chopped fresh coriander (cilantro)
* Serving suggestions: sour cream

To make the enchiladas filling: Strip the leaves from the stems of the Swiss chard, and chop the leaves and coarsely slice the stems; and set aside.

Directions

In a large skillet over medium high heat, heat the 2 tablespoons oil. Add the potatoes and cook until golden brown and tender, about 8 minutes. Season with 1/4 teaspoon of the salt, and pepper, to taste. Remove from the pan with a slotted spoon, and drain on a paper towel-lined plate. Add the onions and garlic, and cook until translucent, about 4 minutes. Add the Swiss chard stems, cook until softened, about 4 minutes. Add the leaves, and remaining salt and pepper, cover, stirring occasionally, until the leaves are wilted, about 5 minutes more. Transfer the mixture to a strainer over a medium bowl, drain off any excess liquid, and cool. Combine the potatoes with 1/2 cup of the cheese and the Swiss chard mixture, and set aside.

To make the salsa: Put the tomatillos in a medium saucepan and cover with water by about an inch. Bring to a boil, lower the heat, and simmer until tender, about 7 minutes.

In a blender, combine the onions, garlic, jalapeno, 3/4 teaspoon salt, and puree until smooth. Using a slotted spoon transfer the tomatillos to the blender, along with about 1/4-cup of the cooking liquid, puree until smooth. Add the coriander and blend briefly.

To assemble the enchiladas: Pour enough vegetables oil into a skillet so it is about a 1/4 deep, and heat over high heat. Fry the tortillas one at a time, until they are soften, about 5 seconds. Transfer to a paper towel-lined plate to drain.
Preheat the oven to 350 degrees F. Pour about a cup of the tomatillo salsa into the bottom of 13 by 9 inch baking dish. Put 2 heaping tablespoon of the Swiss chard mixture in the center each tortilla and roll them up. Place the tortillas, seams side down, on the sauce laying the enchiladas snuggly next to one other. Spoon the remaining sauce over the enchiladas and sprinkle with the remaining cheese. Bake until the enchiladas are heated through and the cheese is softened, about 20 minutes. Serve with sour cream on top, if desired.

**Hearty broccoli and potato soup** by KitchenSojourn.com

- six medium Yukon gold potatoes, cubed to equal sizes (about 1/2 to 1 inch)
- 1 bunch broccoli
- kosher salt
- 2 cups cheddar cheese, separated
- black pepper (to taste)

Put the potatoes in a large stock pot, approximately 6 quarts. Add cold water until the potatoes are covered by about an inch of water. Add two tablespoons of kosher salt. Place the pot over high heat and cover with a tight-fitting lid.

Turn on the oven, set for 400 degrees F. Chop the broccoli to remove the florets (the top pieces that look like oak trees at a distance). Keep the florets intact and spread on a cookie sheet. Sprinkle with salt and drizzle with olive oil.

When the oven is at temperature and the potatoes are boiling, set a timer for seven minutes. Place the broccoli in the oven and let each cook until the timer beeps.

Remove the broccoli from the oven and take the potatoes off the heat. Add half the broccoli to the potatoes and puree using an immersion blender. Chop the remaining broccoli and stir it into the soup, then slowly fold in about half a cup of the cheddar cheese. Serve with hearty bread and garnish with a teaspoon of the remaining shredded cheddar in each bowl. Bring the soup to table with the remaining cheese and allow people to stir it into their soups as they see fit.

This soup couldn’t be easier and tastes wonderful. The starch from the Yukon potatoes gives the broccoli cheddar soup a wonderful, rich mouth feel without adding fat.
Broccoli, Chard, Chevre Pizza by InPraiseOfLeftovers.com

You can use any dark, leafy green here—kale, collards. You could use spinach, too, but I’m really partial to the bitter stuff. If you use spinach, make sure you really squeeze the water out of it before you line the dough. And you could use ricotta instead of chèvre and really so many other cheeses. This was a divine combination, though.

1 recipe pizza dough
2 c. washed broccoli florets, cut into bite-sized pieces
squeeze of lemon
6 c. washed chard, stems removed, leaves coarsely chopped
2 cloves minced garlic
olive oil
salt
freshly ground pepper
1 c. shredded whole milk mozzarella
1/2 c. shredded parmesan
1/2 c. crumbled chèvre

For broccoli: Heat a skillet on medium-high heat and add 1 Tb. olive oil. Throw broccoli in and stir-fry for about 3 minutes, until blackened in spots. Finish with a pinch of salt, pepper, and a squeeze of lemon. Set aside.

For chard: Heat a skillet on medium-high heat and add 1 Tb. olive oil. Add minced garlic, saute for 30 seconds, then add chard and a pinch of salt. Saute until cooked down and soft, about 10 minutes. Drain all the water from it (I usually put a lid over it and tip the pan over the sink) and set aside.

To assemble pizza: Get your dough ready by following these instructions. Spread the mozzarella as a base, then top with chard and broccoli. Sprinkle chèvre and parmesan over and cook at 500 for about 10 minutes, until crust is puffy and bubbly.

Rainbow Chard by Dr. Oz

- 1 lb. rainbow chard
- 1 cup water or low-sodium chicken broth
- 1 tablespoon olive oil, peanut oil, or lard
- 2 cloves garlic, minced
- ½ teaspoon ground cumin
- ½ teaspoon grated fresh ginger
- 1 teaspoon lemon juice
- Salt to taste

Wash the greens and remove the thick woody stems. Place them in a sauté pan with 1 cup of water or broth and bring to a boil. Cover the pan and turn down heat. Simmer for 15-20 minutes until the greens are tender. Drain the greens, but reserve all the remaining liquid in a bowl. Heat the oil in the sauté pan and add the greens. Mix in the reserved water, the garlic, cumin, and ginger and cook uncovered at a low heat until the mixture is almost dry. Add lemon juice and salt to taste. Serve with tempeh.
Sautéed Rainbow Chard with Garlic & Lemon by Food & Wine

- 1/2 cup extra-virgin olive oil
- 3 large garlic cloves, thinly sliced
- 4 pounds rainbow or ruby chard—thick stems discarded, inner ribs removed and cut into 2-inch lengths, leaves cut into 2-inch ribbons
- Salt and freshly ground pepper
- 1/2 teaspoon finely grated lemon zest

In a large pot, heat 1/4 cup plus 2 tablespoons of the olive oil. Stir in the garlic and cook over moderately high heat until lightly golden, about 1 minute. Add the chard leaves in large handfuls, allowing each batch to wilt slightly before adding more. Season the chard with salt and pepper and cook, stirring, until the leaves are softened and most of the liquid has evaporated, about 8 minutes. Transfer the chard to a bowl. Wipe out the pot.

Add the remaining 2 tablespoons of olive oil to the pot. Add the chard ribs and cook over moderately high heat, stirring occasionally, until crisp-tender, about 5 minutes. Stir in the wilted chard leaves and season with salt and pepper. Transfer to a bowl, sprinkle with the lemon zest and serve right away.

Rainbow Chard on Linguine by CookToBang

- 2 tbsp olive oil
- 1 dash sea salt
- 1 dash crushed red CHILI flakes
- 1 bunch rainbow chard
- 1 lemon
- 8 OZ linguine
- 2 garlic cloves sliced thinly

Wash the rainbow chard. Cut the stalks into bite-sized pieces. Cut the chard leaves into 1 inch strips. Meanwhile, bring a large pot of water to boil pasta.

Warm up 1 tbsp of olive oil in a deep pan on medium heat. Saute the garlic slices until they start to brown (approx 30 sec). Toss in the chard leaf strips, drizzle with remaining olive oil, and throw the chopped chard stalks. Salt and red chili flake it all. Zest the lemon and then squeeze in all the juice. Turn the heat low and cook slowly.

Boil the linguine al dente (approx 10 min). Drain and toss with in the pan with the veggies.
Lentil Soup with Chard by Cooking Light

- 1 3/4 cups dried brown lentils
- 2 quarts water
- 1 cup diced carrot
- 1 3/4 teaspoons sea salt
- Dash of dried thyme
- 2 garlic cloves, crushed
- 2 parsley sprigs
- 2 bay leaves
- 2 tablespoons butter
- 3 cups chopped onion
- 1 teaspoon ground cumin
- 6 cups torn Swiss chard
- 1 tablespoon fresh lemon juice
- 1/2 teaspoon freshly ground black pepper
- 6 tablespoons plain whole yogurt

Sort and wash the lentils. Combine lentils, water, and next 6 ingredients (water through bay leaves) in a large Dutch oven; bring to a boil. Cover, reduce heat, and simmer 45 minutes or until tender.

Melt butter in a large nonstick skillet over medium-high heat. Add the onion and cumin; sauté 10 minutes or until browned. Stir onion mixture into lentil mixture. Discard bay leaves and parsley. Add chard to soup; simmer, uncovered, 10 minutes or until chard is tender. Remove soup from heat. Stir in juice and pepper. Ladle 1 1/3 cups soup into each of 6 bowls; top each serving with 1 tablespoon yogurt.

Wilted Chard by Food Network Kitchens

- 2 1/2 pounds swiss chard
- 1 medium onion, chopped
- 3 cloves garlic, finely chopped
- 1/4 teaspoon crushed red pepper flakes
- 3 tablespoons cider vinegar, plus more to taste
- Pinch freshly grated nutmeg
- 1 cup chicken stock
- Kosher salt and freshly ground black pepper

Fill a large bowl with cold water. Trim and discard the last 2 inches of the chard stems. Add leaves to water. (If the greens are very dirty wash them in several changes of water.) Lift the greens from the water, and put them in a colander to drain. Roughly chop the greens.

In a large Dutch oven or tall sided skillet over medium heat, cook the onion, garlic, red pepper flakes, cider vinegar and nutmeg for about 2 minutes. Add the greens in batches, stirring each batch as they wilt, before adding more. Add 1 cup chicken stock and cook, covered, stirring once or twice, until tender, about 10 minutes. Adjust the seasoning with vinegar, salt and pepper, to taste. Serve immediately.

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Swiss Chard by Simply Recipes
* large bunch of fresh Swiss chard
* 1 small clove garlic, sliced
* 2 Tbsp olive oil
* 2 Tbsp water
* Pinch of dried crushed red pepper
* 1 teaspoon butter
* Salt

Method
1 Rinse out the Swiss chard leaves thoroughly. Remove the toughest third of the stalk, discard or save for another recipe (such as this Swiss chard ribs with cream and pasta). Roughly chop the leaves into inch-wide strips.

2 Heat a saucepan on a medium heat setting, add olive oil, a few small slices of garlic and the crushed red pepper. Sauté for about a minute. Add the chopped Swiss chard leaves. Cover. Check after about 5 minutes. If it looks dry, add a couple tablespoons of water. Flip the leaves over in the pan, so that what was on the bottom, is now on the top. Cover again. Check for doneness after another 5 minutes (remove a piece and taste it). Add salt to taste, and a small amount of butter. Remove the Swiss chard to a serving dish.

Savory Swiss Chard by Rachel Ray

- 2 tablespoons extra-virgin olive oil
- 1 large bunch red or green or rainbow chard, stemmed and coarsely chopped
- Freshly grated nutmeg, about 1/4 teaspoon
- 1/2 teaspoon smoked sweet paprika or ground cumin
- Salt and freshly ground black pepper
- 1 teaspoon Worcestershire sauce
- 1/2 cup chicken stock

In a large skillet heat extra-virgin olive oil over medium-high heat. When oil is hot, add the greens to the pan and wilt. Season the greens with nutmeg and smoked sweet paprika or cumin, salt and pepper and a dash of Worcestershire sauce. Add the chicken stock and simmer for a few minutes then serve.

Rainbow Chard with Garlic and Olive Oil by LiveStrong.com

- 8 oz Rainbow Chard
- 1 tbsp Extra Virgin Olive Oil
- 1 cloves Garlic Clove
- 1/8 tsp Red Pepper, Crushed

Rainbow Chard Frittata by Meatless Monday (picture and another recipe posted ColumbusFoodie.com)

- A little butter or cooking spray, for preparing the pan
- 1 head rainbow chard
- 2 tablespoons olive oil
- 1/2 yellow onion, sliced
- salt and pepper, to taste
- 6 eggs
- 1 ¼ cup whole milk
- 1/2 cup pecorino, grated

Preheat oven to 400 degrees. Grease a pie plate or pan with a little butter or cooking spray.

Thoroughly wash the chard, taking care to rinse off the dirt and grit that can become embedded in the folds of the leaves. Cut off stems and chop into small pieces. Tear each leaf into large pieces.

Heat large skillet over medium-high heat and add 2 tablespoons of olive oil. Add sliced onion and chopped stems to the skillet and cook 4-7 minutes, or until stems are soft and onions are translucent. Add the chard leaves and cook for 1-2 minutes more, or until leaves are just wilted. Season with salt and pepper to taste.

While veggies are cooking on the stove, crack the eggs into large bowl. Stir in the milk and grated pecorino.

When chard is wilted, remove from veggies from heat and let sit for 5 minutes. Quickly add chard mixture to the eggs and scrape into the prepared pie plate with rubber spatula.

Cook frittata at 400 degrees for 30 minutes. Serve room temperature or refrigerate and eat cold.

Sautéed Swiss Chard with Onions by Gourmet

- 3 pound green Swiss chard (about 2 large bunches)
- 2 tablespoons olive oil
- 2 tablespoons unsalted butter
- 2 medium onions, halved lengthwise and thinly sliced
- 2 garlic cloves, finely chopped

Cut stems and center ribs from chard, discarding any tough portions, then cut stems and ribs crosswise into 2-inch pieces. Stack chard leaves and roll up lengthwise into cylinders. Cut cylinders crosswise to make 1-inch-wide strips.

Heat oil and butter in a large heavy pot over medium heat until foam subsides, then cook onions and garlic with 1/2 teaspoon salt and 1/4 teaspoon pepper, covered, stirring occasionally, until onions begin to soften, about 8 minutes. Add chard stems and ribs, 1/2 teaspoon salt, and 1/4 teaspoon pepper and cook, covered, stirring occasionally, until stems are just tender, about 10 minutes. Add chard leaves in
batches, stirring until wilted before adding next batch, and cook, covered, stirring occasionally, until tender, 4 to 6 minutes. Transfer with a slotted spoon to a serving bowl.

Cooks' notes: Chard can be washed, dried, and cut 2 days ahead and chilled in sealed bags lined with dampened paper towels.

**Swiss Chard and Red Pepper Gratin** adapted from The New York Times by KitchenLitterate.wordpress.com

- 1/4 cup arborio rice
- 1/2 cup water or stock
- 1 big bunch of Swiss chard
- 2-3 tablespoons olive oil
- 1 small onion
- 1 large or 2 medium red peppers
- 1 1/2 teaspoons dried thyme
- 3/4 teaspoon paprika
- salt and pepper to taste
- 2 cloves of garlic
- 3/4 cup Irish Aged Cheddar, grated (or Gruyere or Swiss)
- 3 large eggs
- 1/2 cup water or milk
- a small handful of breadcrumbs

Preheat the oven to 350F.

Start by cooking the rice. I was worried this would take forever, but it’s such a small amount of rice that it cooked up while I was chopping and prepping all the vegetables. I usually cook rice by heating a little oil in a small skillet, toasting the rice in the hot oil for a minute or two, than adding the liquid, bringing it to a boil, and lowering it to a simmer. Then I just let it cook, covered, for as long as it takes for all the liquid to be absorbed. In this case, it took about 10 or 15 minutes. When it’s done, just set it aside to cool a little bit.

While the rice is cooking, chop the stems off the Swiss chard and set aside. Rinse the chard, dry it, and cut it into 1-inch pieces. Slice the stems into small slices, and set them aside. Chop the onions and the red peppers both into a pretty uniform small dice, and mince the garlic.

Heat the olive oil in a large skillet over medium-high heat. Once it’s hot, add the onions and cook for about two or three minutes, or until they are soft and golden. Add the Swiss chard stems and cook for another two or three minutes, then stir in the red peppers. Add the thyme and paprika, and cook until the peppers are just beginning to soften. Season to taste with salt and pepper, and set the mixture aside in a large mixing bowl.

Heat another tablespoon or so of oil in the same skillet and add about half the chard. Cook until it begins to wilt, then stir in half the garlic. Continue to cook until it’s almost completely wilted, then add it to the mixing bowl with the red pepper mixture. Cook the rest of the chard and garlic the same way, and add it, too, to the mixing bowl.
**Winter Minestrone** by Giada De Laurentis

- 2 tablespoons olive oil
- 1 onion, chopped
- 2 carrots, peeled, chopped
- 2 celery stalks, chopped
- 3 ounces thinly sliced pancetta, coarsely chopped
- 2 garlic cloves, minced
- 1 pound Swiss chard, stems trimmed, leaves coarsely chopped
- 1 russet potato, peeled, cubed
- 1 (14 1/2-ounce) can diced tomatoes
- 1 fresh rosemary sprig
- 1 (15-ounce) can cannellini beans, drained, rinsed
- 2 (14-ounce) cans low-sodium beef broth
- 1 ounce piece Parmesan cheese rind
- 2 tablespoons chopped fresh Italian parsley leaves
- Salt and pepper

Heat the oil in a heavy large pot over medium heat. Add the onion, carrots, celery, pancetta, and garlic. Saute until the onion is translucent, about 10 minutes. Add the Swiss chard and potato; saute for 2 minutes. Add the tomatoes and rosemary sprig. Simmer until the chard is wilted and the tomatoes break down, about 10 minutes.

Meanwhile, blend 3/4 cup of the beans with 1/4 cup of the broth in a processor until almost smooth. Add the pureed bean mixture, remaining broth, and Parmesan cheese rind to the vegetable mixture. Simmer until the potato pieces are tender, stirring occasionally, about 15 minutes. Stir in the whole beans and parsley. Simmer until the beans are heated through and the soup is thick, about 2 minutes. Season with salt and pepper, to taste. Discard Parmesan rind and rosemary sprig (the leaves will have fallen off of the stem.)

Ladle the soup into bowls and serve.
**Kale and Chard Salad with Blue Cheese and Walnuts** by Pink Bites

- Kale
- Swiss Chard
- crumbled gorgonzola cheese
- walnuts
- raisins
- parmesan cheese (shavings)

For the vinaigrette:

- 1/4 cup of olive oil
- 1/4 cup of lemon juice
- 1/2 teaspoon of honey
- 1/2 teaspoon of salt
- 1/4 teaspoon of pepper

Remove the tough stems from the kale and roughly chop the leaves. Do the same with the chard, leaving some of the stem. Wash and dry leaves well. Toast walnuts in a dry pan for a few minutes over low heat. Mix all ingredients in a large bowl and toss it with the vinaigrette.

**Swiss Chard with Beets, Goat Cheese, and Raisins** by Bon Appetit

- 4 pounds Swiss chard
- 1/4 cup olive oil
- 1 large red onion, halved lengthwise, cut thinly crosswise
- 3/4 cup sliced green onions (about 3)
- 5 garlic cloves, chopped
- 2 jalapeño chiles, thinly sliced crosswise with seeds
- 3 14 1/2-ounce cans diced tomatoes in juice, drained
- 1 cup plus 2 tablespoons golden raisins
- 1/4 cup fresh lime juice
- 1 51/2-ounce log soft fresh goat cheese, crumbled
- 2 tablespoons pine nuts

Preheat oven to 400°F. Wrap beets individually in foil. Roast until beets are tender, about 1 hour. Cool. Peel beets, then cut into 1/2-inch cubes. (Can be prepared 2 days ahead. Cover; chill.)

Fold Swiss chard leaves in half lengthwise and cut stalks away from leaves. Cut leaves coarsely into 1-inch pieces. Slice stalks thinly crosswise. Reserve stalks and leaves separately. Cook chopped leaves in large pot of boiling salted water until just tender, about 1 minute. Drain and reserve.
Heat oil in heavy large pot over high heat. Add sliced stalks; sauté until starting to soften, about 8 minutes.

Add onion and next 3 ingredients; sauté 3 minutes. Add drained tomatoes and 1 cup raisins. Reduce heat to medium and simmer until vegetables are soft, stirring occasionally, about 15 minutes.

Add chard leaves to pot; stir to heat through. Remove from heat; add lime juice and stir to blend. Season to taste with salt and pepper. Transfer chard mixture to large platter. Sprinkle with beets, goat cheese, pine nuts, and remaining 2 tablespoons raisins. Serve warm or at room temperature.

Warm Beet & Chard Salad by ChaiAndYoga.com

- 6 medium beets (red, golden, Chioggia)
- 1/2 red onion, sliced
- 3 cloves of garlic
- 1 bunch chard, Rainbow or regular
- 1 cup cooked garbanzo beans (canned is fine, but rinse well)
- 2 tablespoons good olive oil

Roast the beets: Wrap beets in foil two and two together (of the same type so they don’t stain each other), place on a baking sheet in the middle of the oven and roast at 375 degrees for about one hour. Take the beets out of the oven to cool in the foil for a while. (Keeping them in the foil will help loosen the skin.) When cold enough to handle, remove the skin and slice beets in big pieces. Keep aside in a bowl.

Sauté the onion and garlic on medium heat for about five minutes. Add roughly chopped chard, stems removed, and cook until the chard is done (5-10 minutes). Add the garbanzo beans and beets and heat for a few minutes. Taste for salt and pepper.

Beet & Sweet Potato Cakes by MyFeasts.Blogspot.com

- 100 g beet - peeled
- 100 sweet potato peeled
- 1 large potato - peeled
- 1/4 cup rice flour
- 1 egg white - lightly beaten
- 1/2 tsp salt
- freshly ground black pepper
- vegetable oil - to shallow fry
- sour cream
- chopped chives

Grate sweet potatoes, beets and potatoes and place in a bowl. Squeeze out as much liquid as you can from the mixture. Add in salt, freshly ground pepper, lightly beaten egg and rice flour to the grated mixture and mix with a light hand.
Heat oil in a non stick pan or well seasoned cast iron pan on medium heat. Place tablespoons of beet mixture in pan and flatten a bit. Cook each side for one minute each. Serve hot. I served it a dollop of sour cream and some chopped chives.

**Warm Beet & Spinach Salad** by Eating Well

- 8 cups baby spinach  
- 1 tablespoon extra-virgin olive oil  
- 1 cup thinly sliced red onion  
- 2 plum tomatoes, chopped  
- 2 tablespoons sliced Kalamata olives  
- 2 tablespoons chopped fresh parsley  
- 1 clove garlic, minced  
- 2 cups steamed beet wedges, or slices, 1/2-1 inch thick (see Tip)  
- 2 tablespoons balsamic vinegar  
- 1/4 teaspoon salt  
- 1/4 teaspoon freshly ground pepper

Place spinach in a large bowl. Heat oil in a large nonstick skillet over medium heat. Add onion and cook, stirring, until starting to soften, about 2 minutes. Add tomatoes, olives, parsley and garlic and cook, stirring, until the tomatoes begin to break down, about 3 minutes. Add beets, vinegar, salt and pepper and cook, stirring, until the beets are heated through, about 1 minute more. Add the beet mixture to the spinach and toss to combine. Serve warm.

**Roasted Beet Salad** by Michael Chiarello

- 1 pound beets, preferably very small ones  
- 1 tablespoon extra-virgin olive oil  
- Salt and freshly ground pepper  
- 20 large pearl onions, about 1/2 pound  
- 2 oranges, peeled and cut into wedges  
- 2 tablespoons hazelnut oil  
- 1 tablespoon coarsely chopped fresh coriander leaves (also known as cilantro) plus extra for garnish  
- 1/2 cup freshly squeezed orange juice  
- 2 tablespoons hazelnuts, toasted and peeled  
- 1-ounce pecorino, optional, grated on medium-sized holes of box grater

Preheat the oven to 400 degrees F.

Cut the stems and tails off the beets. Do not peel. Line the bottom of a baking pan with foil. Place the beets in the pan and toss them with half of the olive oil, salt and pepper. Roast for 25 minutes.

Trim both ends off the pearl onions. Then toss them with remaining olive oil and salt and pepper. Add pearl onions to the beets and roast an additional 15 minutes, until beets and onions are tender.
Peel and remove the membranes from the oranges with a sharp paring knife. Cut the oranges in half lengthwise and then crosswise into thin slices. Seed the slices, if necessary.

Peel and quarter the beets. Lay the beets on a large platter. Top the beets with the orange pieces. Scatter the roasted onions around the beets.

In a medium bowl, combine the hazelnut oil, coriander, and orange juice. Whisk until well combined and season with salt and pepper.

Drizzle the dressing on top and sprinkle with coriander, toasted hazelnuts and grated cheese. Serve immediately.

**Beets with Orange Vinaigrette** by Barefoot Contessa

- 3 (15-ounce) cans baby beets, drained
- 2 tablespoons raspberry vinegar
- 2 tablespoons freshly squeezed orange juice
- 3 tablespoons good olive oil
- 1 1/2 teaspoons kosher salt
- 1/2 teaspoon freshly ground black pepper
- 1/2 cup small-diced red onion (1 small onion)
- 2 large seedless oranges, zested
- Segments 2 large seedless oranges

Drain the beets and dice into 1/2-inch cubes. Place the beets in a mixing bowl and add the raspberry vinegar, orange juice, olive oil, salt, pepper and red onions. Zest the oranges and then segment over a bowl to catch the juices. Add the orange zest, orange segments, and any juices and mix well. Taste for seasoning and serve cold or at room temperature.


Scrub beets under cold water, rub them with vegetable oil and sprinkle them with a little kosher salt. Roast them on a baking sheet at 350 F. Small to medium beets take 30-60 minutes. You may want to cut large beets in half to shorten the baking time. When the beets can be pierced easily with a fork, they're done. Once the beets are cool, the skins slip off easily.

I have no trouble finding ways to use leftover, cooked beets. In my beet vinaigrette, pureed cooked beets take the place of some of the oil, so this dressing has more nutrients and less fat than traditional vinaigrettes. The vibrant color really dresses up garden salads, pasta salads, and fish. One of my favorite salads is a mixture of greens topped with cubes of roasted beets, slices of tart green apple, and pats of goat cheese, all drizzled with sweet-tangy beet vinaigrette.
Ginger Beets with Orange Sauce & Pine Nuts by HealingFeast.net

- Try to use all organic ingredients.
- 3 cups beets (2 medium large), chopped into large bite-size pieces
- 4 tablespoons leeks, minced
- 3 tablespoons raisins, soaked for 10 minutes
- 2-3 tablespoons pine nuts
- 2 tablespoons olive oil
- 1 tablespoon balsamic, or apple cider vinegar
- 1 tablespoon ginger root, finely grated
- 2 teaspoons dried orange zest, or, 1 teaspoon super finely grated orange peel
- 1/4 teaspoon Himalayan salt
- Garnish: finely chopped green onions, black pepper, stoneground mustard.

Scrub beets, remove green tops (use for green smoothies or juice) and remove dark spots. Cut into pieces, about one inch in size. Rinse leeks and ginger. Remove any bad spots from ginger before grating.

Place beets in steamer tray, and cook over medium-low heat until just tender, about 15 minutes. Remove from heat and allow to cool. Place in large bowl.

Add pine nuts, leeks, ginger, raisins, orange zest, olive oil, vinegar, and salt. Mix thoroughly. Add garnishes. Serve, or cover and place in fridge overnight. Adjust seasonings before eating, adding more vinegar or salt if needed.

Roasted Beets with Ginger by Nina Simonds on Oprah.com

- 2 1/2 pounds medium-size fresh beets with stems trimmed to 1 inch
- 2 tablespoons extra-virgin olive oil
- 1 1/2 tablespoons minced fresh ginger
- 2 1/2 tablespoons balsamic vinegar

Preheat oven to 450°F. Line a cookie sheet with foil. Arrange beets on cookie sheet, cover with foil, and roast 25 minutes. Cool; remove skins.

In a small bowl, combine olive oil, ginger, and vinegar.

Cut beets in half and arrange, cut side up, on cookie sheet. Brush all parts of beets except the stems with ginger-vinegar mixture. Roast, uncovered, until beets are very tender, 20 to 25 minutes. Arrange on a platter, cool slightly, and serve warm.
Ginger Beets by Amy Bess Miller and Persis Fuller

- 2 cups sugar
- 6 tablespoons cornstarch
- 3 teaspoons ground ginger
- 1/2 cup white distilled vinegar
- 1/2 cup cider
- 1 tablespoon butter
- 1/2 teaspoon salt
- 1 cup seedless raisins
- 6 cups cooked sliced beets, liquid reserved

In a pot, combine the sugar, cornstarch, ginger; vinegar, cider, and the reserved beet liquid. Bring to a boil and cook, stirring constantly, until thick and clear. Add butter, salt, and raisins, and lastly, beets. Heat thoroughly and serve.

Beet Salad with Orange Walnut Raspberry Vinagrette by Vegalicious.org

- 1 & 1/4 Lb. beets, peeled and cut in bite sized pieces
- 1 Tbs. olive oil
- 1 tsp. salt
- 2 oranges, peeled and sectioned

For the dressing:

- 3 Tbs. walnut oil
- 3 Tbs. raspberry or strawberry vinegar
- 1 orange, juiced
- salt and pepper to taste
- Italian herbs
- 1/4 cup walnuts, chopped
- maple syrups or agave syrup
- few lettuce leaves

Peel and slice the beets. Drizzle the oil over them and sprinkle them with salt. Roast in the oven until tender (about 40 minutes). Turn from time to time. When done, remove from the oven and allow to cool.

To make the dressing: Pour the walnut oil in a bowl. Add the raspberry or strawberry vinegar. Squeeze the juice of 1 orange in and whisk to mix. Add the Italian herbs, salt and pepper and whisk again. Season to taste with additional herbs.

To make the salad: Peel and section 2 oranges. Chop the walnuts. Make a bed of lettuce leaves on a plate. Place some of the roasted beets on the lettuce. Add half of the orange slices to the beets. Sprinkle the walnuts over the beets and oranges. Serve with the dressing drizzled over.
Simple Beet Preparation – Roast ‘em Unpeeled!

Remove tops and save in a bag or wrapped in a moist paper towel to use later. Wash beet roots and place in preheated 425F oven in a covered pan or in foil. Roast 15-20 minutes until tender. Remove and when cool enough to handle simple “wipe” off the skins. Then slice, chop or shred to your hearts delight. Add them sliced to a salad, or sauté in some buttah or enjoy whole roasted beets as a lovely side dish. Especially delicious when paired with cheese (goat, blue, and feta particularly) and nuts (walnuts!) and a little balsamic never hurt either.

Glazed Baby Beets by Alton Brown adapted

- 4 baby beets, scrubbed
- 3.2 ounces apricot juice
- 2 teaspoons white balsamic vinegar
- a gracious 1 teaspoon honey

In a large sauté pan, add the beets and the apricot juice. Cover and cook on medium high for 10 minutes. Add the vinegar and honey and cook for another 10 minutes. Pull off of the heat and keep covered for an additional 5 minutes.

Grilled Candied Beets By WomanWithAWisk

- 1 bunch beets (I used chioggia, or candy-cane striped, beets for this. They’re a bit smaller and milder than red beets.)
- 1 Tbsp. brown sugar
- 1/4 tsp. salt
- Pam spray

Preheat the grill to ~350 degrees (medium heat). Wash and peel the skin off of the beets, then cut them into quarters. This dish doesn’t use the greens, so reserve them for something else. Spray a piece of foil with Pam, then put the quartered beets, sugar, and salt in the foil. Fold it up in a package and place on the grill in indirect heat. Grill for ~30 minutes until the beets can be pierced easily with a fork (though not mushy!) and there is a syrup at the bottom of the foil package. Serve immediately, or let cool and eat at room temperature.
Beetroot Bread by fiordizucca.blogspot.com

- 500gr white flour
- 2 tsp sugar
- 2 tsp salt
- 150gr pre cooked beetroot
- 1 bunch Cilantro
- water
- 1 yeast sachet

Place the flour on a working surface and put the yeast, sugar, salt and chopped coriander in the middle. Mix well then add the mashed beetroot and start working the dough for about 10 minutes until you get a smooth one.

Put the dough in a bowl, cover with a damp cloth and let it rise for 2 hours in a pre warmed oven. After 2 hours, remove the dough from the bowl, mix it quickly, put it in a oven cake tin, let it raise again for about 30 minutes and finally bake it a 250C for about 45 minutes or until golden on top.

Baked Beets and Brown Rice Salad Recipe from Sew Wabi-Sabi by VeganYumYum

- 1 pound red beets (3 medium)
- 2 1/2 Cups Cooked Short Grain Brown Rice (white rice will make super pink rice!)
- 2 Tbs Extra Virgin Olive Oil
- 1 Tbs Freshly Squeezed Lemon Juice
- 1 tsp Raspberry Vinegar, more if needed
- 1/4 tsp Salt, plus more if needed
- 2 Tbs Thinly Sliced Scallion Greens (optional)
- 2 Tbs Pine Nuts, for garnish

Preheat the oven to 375 degrees. Trim off any beet greens, leaving about a half-inch of stem intact. Rinse the beets. Wrap each beet individually in a tightly sealed aluminum foil packet. Set the beets on a foil-lined baking pan and bake until you can easily pierce them to the center with a paring knife, approx 60-90 minutes. (You can pierce the beets right through the foil.)

When they are cool enough to handle, gently rub the foil of each still-sealed packet against the beet. Slip off the beet skins along with the foil. Trim off the tail and stems ends. Cut the beets into 1/4-inch dice and set them in a bowl or storage container. Add the rice and toss until the rice is “dyed” beet red.

In a small bowl, whisk together the oil, lemon juice, vinegar, and salt. Toss the dressing with the beets. Adjust the seasonings, adding more vinegar and or salt, if needed, to intensify the flavors. Let the salad
sit until the grains absorb some flavor, about 15 minutes. Stir in the scallion greens (if using) just before serving. Garnish with pine nuts. Serve at room temperature.

**Spicy cream of butternut squash and beetroots** fiordizucca.blogspot.com

- 500gr butternut squash
- 1 medium potato
- 1 small onion
- 1 small red chilly pepper
- 1 pinch cinnamon powder
- 1 pinch ginger powder
- olive oil
- salt

**Ingredients for the beetroot cream**

- 400gr beetroot
- 1 medium potato
- 1 green apple
- 1 garlic clove
- 1 pinch cumin powder
- 1 pinch black ground pepper
- 1 small bunch of fresh coriander
- olive oil
- salt

In one saucepan stir fry the small onion with the chilli pepper. Add the chopped butternut squash and potato, pour half glass of water, adjust with salt, cover and cook for 20 minutes. In another saucepan, stir fry a garlic clove, add beetroot and chopped apple, cover with water, adjust with salt and pepper and cook for another 20 minutes. When both are cooked through, add cinnamon and ginger to the squash and coriander and cumin to the beetroot. Blend them separately adding one or two tablespoons of hot water if needed. Pour the butternut cream on a serving plate and arrange the beetroot on top. Serve hot.

**Cumin-Scented Beet Latkes by Bon Appetit**

- 6 cups coarsely shredded peeled beets (about 6 medium)
- 6 tablespoons all purpose flour
- 1 1/2 teaspoons salt
- 1 1/2 teaspoons ground cumin
- 3/4 teaspoon ground coriander
- 3/4 teaspoon baking powder
- 1/4 teaspoon ground black pepper
- 3 large eggs, beaten to blend

- Canola oil (for frying)
Place beets in large bowl; press with paper towels to absorb any moisture. In another large bowl, whisk flour and next 5 ingredients. Mix in beets, then eggs.

Pour enough oil into large skillet to cover bottom; heat over medium heat. Working in batches, drop beet mixture by 1/4 cupfuls into skillet; spread to 3 1/2-inch rounds. Fry until golden, about 5 minutes per side. Transfer latkes to baking sheet. (Can be made 6 hours ahead. Let stand at room temperature. Rewarm in 350°F oven until crisp, about 10 minutes.) Serve latkes with relish and salsa.

Ribollita by Barefoot Contessa

- 1/2 pound dried white beans, such as Great Northern or cannellini
- Kosher salt
- 1/4 cup good olive oil, plus extra for serving
- 1/4 pound large diced pancetta or smoked bacon
- 2 cups chopped yellow onions (2 onions)
- 1 cup chopped carrots (3 carrots)
- 1 cup chopped celery (3 stalks)
- 3 tablespoons minced garlic (6 cloves)
- 1 teaspoon freshly ground black pepper
- 1/4 teaspoon crushed red pepper flakes
- 1 (28-ounce) can Italian plum tomatoes in puree, chopped
- 4 cups coarsely chopped or shredded savoy cabbage, optional
- 4 cups coarsely chopped kale
- 1/2 cup chopped fresh basil leaves
- 6 cups chicken stock, preferably homemade
- 4 cups sourdough bread cubes, crusts removed
- 1/2 cup freshly grated Parmesan, for serving

In a large bowl, cover the beans with cold water by 1-inch and cover with plastic wrap. Allow to soak overnight in the refrigerator.

Drain the beans and place them in a large pot with 8 cups of water, and bring to a boil. Lower the heat and simmer uncovered for 45 minutes. Add 1 teaspoon of salt and continue to simmer for about 15 minutes, until the beans are tender. Set the beans aside to cool in their liquid.

Meanwhile, heat the oil in a large stockpot. Add the pancetta and onions and cook over medium-low heat for 7 to 10 minutes, until the onions are translucent. Add the carrots, celery, garlic, 1 tablespoon of salt, the pepper, and red pepper flakes. Cook over medium-low heat for 7 to 10 minutes, until the vegetables are tender. Add the tomatoes with their puree, the cabbage, if using, the kale, and basil and cook over medium-low heat, stirring occasionally, for another 7 to 10 minutes.

Drain the beans, reserving their cooking liquid. In the bowl of a food processor fitted with a steel blade, puree half of the beans with a little of their liquid. Add to the stockpot, along with the remaining whole beans. Pour the bean cooking liquid into a large measuring cup and add enough chicken stock to make 8 cups. Add to the soup and bring to a boil. Reduce the heat and simmer over low heat for 20 minutes.
Add the bread to the soup and simmer for 10 more minutes. Taste for seasoning and serve hot in large bowls sprinkled with Parmesan and drizzled with olive oil.

**Collards** are high in calcium and are very delicious when cooked low and slow.

**Sautéed Collard Greens** by Tyler Florence

- 2 bunches collard or kale greens, about 2 pounds
- 3 tablespoons olive oil
- 4 garlic cloves, whole
- 2 quarts chicken broth
- 1 tablespoon vinegar
- Kosher salt and freshly ground black pepper

To prepare the greens: cut away the tough stalks and stems from the collards and discard any leaves that are bruised or yellow. Fill the sink with water and salt, the salt helps to remove any impurities. Wash the collards thoroughly to remove the grit, 2 or 3 times, until the water runs clear. Dry thoroughly. Stack up several leaves and roll up lengthwise in a bundle, cut them into 1-inch ribbons. Repeat until all the leaves are shredded.

Heat a large deep skillet over medium flame and coat with the oil. Add the garlic and sauté for 2 minutes to soften. Add the greens and toss well with the oil and garlic. Pour in the chicken broth and cook for 45 minutes to 1 hour until the greens are wilted and tender; take care not to overcook. Season with salt and pepper and serve.

**Collard Greens with Coconut Milk** From The Lyle Estate

- 1 pound collard greens
- 1/2 cup water
- 1/2 cup chopped white onion
- 1 cup coconut milk
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 1 large tomato seeded and chopped

This recipe came from an estate sale in Lyle Estate in Hurst, Texas in 1984. Wash collard greens well then remove and discard stems and chop leaves. Bring water to boiling in a large pan then add collard greens and onion and return to boiling then reduce heat and simmer covered for 10 minutes. Drain well and return to pan. Stir in coconut milk, salt and pepper then cook uncovered over medium heat for 10 minutes longer then stir in tomatoes and heat through. Serve immediately.
Slow-Cooked Collard Greens by Tyler Florence

- 2 large bunches collard greens
- 3 tablespoons olive oil
- 1 onion, sliced
- 2 garlic cloves, smashed
- 2 bay leaves
- 1 smoked ham hock
- 2 quarts chicken broth, warm
- 2 tablespoons cider vinegar
- 1 teaspoon sugar
- Kosher salt and freshly ground black pepper

To prepare the greens: cut away the tough stalks and stems from the collards, and discard any leaves that are bruised or yellow. Wash the collards thoroughly to remove the grit, 2 or 3 times, until the water runs clear. Dry thoroughly. Tear the leaves into large pieces.

Place a large pot over medium heat and add the olive oil. Add the onion, garlic, bay leaves, and ham hock. Cook until the onions are soft and starting to brown, about 8 to 10 minutes. Pack in the greens, pushing them down into the pot. Add the broth, vinegar, and sugar. Bring up to a boil turning the greens over occasionally with a wooden spoon as they wilt. Lower to a simmer, cover the pot, and let cook for 45 minutes. Taste the "pot liquor" (broth) and check the seasoning, add salt and pepper. Cover and let cook for 15 more minutes. Remove the bay leaves and serve.

Southern California Collard Greens by Foodnetwork Kitchens

- 4 pounds young collard greens (about 4 bunches)
- 3 tablespoons olive oil
- 1 onion, julienned
- 2 garlic cloves, smashed
- 2 large ham hocks (about 2 pounds), smoked and cooked
- 2 bay leaves
- 2 quarts chicken broth, low sodium
- 1/4 cup apple cider vinegar
- 1 tablespoon sugar
- 1 teaspoon red pepper flakes
- Seasoned salt

To prepare the greens: cut away the tough stalks and stems from the collards, and discard any leaves that are bruised or yellow. Fill the sink with water and salt (the salt helps to remove any impurities). Wash the collards thoroughly to remove the grit, 2 or 3 times, until the water runs clear. Dry thoroughly. Stack up several leaves and hand shred them into ribbon-like pieces (chiffonade). Repeat until all the leaves are shredded.

Coat a 6-quart stockpot with olive oil and place over medium heat. Add the onion and garlic, stir to coat, then add the ham hocks and bay leaves; cook about 8 minutes. Pack in the greens, pushing them down into the pot. Add the broth, vinegar, sugar, and red pepper flakes.
Bring up to a hard boil for 10 minutes, until greens start to wilt. Turn the greens over with a wooden spoon, do not stir. Lower to a gentle boil, cover the pot, and let cook for 45 minutes. Taste the "pot liquor" (broth) and check the seasoning, add seasoned salt. Cover and let cook for 15 more minutes.

**Spiced Chicken with Sautéed Collards and Peppers** by Real Simple.com

- 2 tablespoons olive oil
- 4 6-ounce boneless, skinless chicken breasts
- 1 teaspoon ground cumin
- 1/4 teaspoon cayenne pepper
- kosher salt and black pepper
- 1 large red onion, thinly sliced
- 1 red bell pepper, thinly sliced
- 1 large bunch collard greens, thick stems removed

Heat oven to 400° F. Heat 1 tablespoon of the oil in a large skillet over medium-high heat. Season the chicken with the cumin, cayenne, and 1/2 teaspoon salt. Cook until browned, 3 to 4 minutes per side. Transfer to a baking sheet and roast until cooked through, 6 to 7 minutes.

Return the skillet to medium heat and add the remaining tablespoon of oil. Add the onion and bell pepper and cook, stirring, until soft, 6 to 8 minutes.

Meanwhile, thinly slice the collard leaves crosswise. Add to the skillet along with 1/2 teaspoon salt and 1/4 teaspoon pepper. Cook, tossing, until just tender, 2 to 3 minutes. Serve with the chicken.

**Collards, Raisins, Almond Sauté** by Cheryl Smith

- 1/2 cup olive oil
- 1 Spanish onion, small diced
- 3 cloves garlic, chopped
- 2 bunches collard greens, washed, and cut in 1/2-inch strips
- 1 cup golden raisins
- 1/2 cup slivered almonds, toasted
- Kosher salt
- Freshly ground black pepper

Heat an 8-quart saucepan over high heat. When very hot, add the oil, onions, and garlic, sauteing quickly for 1 minute. When the onions just start to turn golden, add the collard greens, raisins, and almonds. Season with salt and pepper, and add a little water if necessary, for a little steam. Saute for about 5 to 6 minutes more, and adjust seasoning, to taste.
Cannellini Bean Soup Recipe with Collard Greens by HubPages.com

- 4-6 Tablespoons olive oil
- 1 large sweet onion
- 1/2 a head of garlic
- 3 stalks celery
- 3 cups dried cannellini beans
- 48 ounces (6 cups) non-tomato vegetable broth *
- 1 cup white wine
- 3 cups filtered water
- 1 teaspoon salt
- 2 bay leaves
- 1 heaping teaspoon finely minced fresh rosemary
- 1/2 teaspoon thyme
- a pinch of oregano
- a pinch of cayenne pepper
- 1/2 small sweet onion
- a couple tablespoons olive oil
- 1 teaspoon liquid smoke
- dash of salt to taste
- 3-4 cups chopped green chard
- freshly ground black pepper to taste

Check the ingredients list. Acidic tomatoes wouldn't go well in this soup, so you want a broth made from other vegetables, like onions, celery, and the like.

Optional: You can soak the cannellini beans the night before if you wish to reduce the cooking time, but it isn't necessary when using a slow cooker that you can leave on for several hours or all day. Some people say that soaking the beans makes them easier to digest, but that's still up for debate. Do whatever works best for you!

Wash the celery, peel the garlic cloves, and remove the onion skin. Dice the onion, thinly chop the celery, and crush each garlic clove with the flat of the knife and then slice them thinly. Put all three into a large (gallon-sized) soup pot over medium heat (a bit below medium on a gas range). Drizzle with the olive oil and then stir frequently until the onions have turned translucent.

Meanwhile, sort and rinse the dried cannellini beans.

When the veggies in the pot have cooked enough, add the 48 ounces of non-tomato vegetable broth, the cup of white wine, the three cups of filtered water, the salt, and the bay leaves. Turn the heat up to medium-high and bring to a boil. Reduce heat a little but keep the pot at a strong simmer. Stir every few minutes, and keep it simmering for about 15 minutes.

Meanwhile, pre-heat your crock pot. If you will only be cooking it for a few hours, you'll want a higher setting, if you'll be cooking it all day, you can use a low setting. Consult your manual for cooking times.

Mince your rosemary.
When the pot has simmered long enough, carefully transfer the contents to the pre-heated crock-pot. Add the rosemary, thyme, oregano, and cayenne pepper, and stir in well. Close the lid tightly and let it cook until the beans are soft and starting to fall apart. (In my crock-pot, this took about 3 to 4 hours on high, but takes all day on low. Consult your manual, or know your own crock-pot well).

About a half an hour from serving time, turn your crock-pot to high if it isn't already there. Dice up half a sweet onion, sauté it in a couple tablespoons of olive oil until caramelized, then add it plus the liquid smoke to the pot, mixing well.

Taste the soup, and add just a little salt, to taste. Wash and chop the green chard into bite-sized pieces. Add to the soup, let it bubble for about 10 minutes until the chard it cooked but still bright green.

Serve with freshly ground black pepper to taste, with a side of hearty bread, like sourdough. A bread bowl is an excellent way to eat this soup.

See this video for a Raw Mexican Collard Wrap: [http://www.welikeitraw.com/rawfood/2008/12/mexican-collard.html](http://www.welikeitraw.com/rawfood/2008/12/mexican-collard.html) or check out:

**Stuffed Collard Greens** by SamTheCook.spaces.live.com

- 10-12 collard green leaves
- 3 sweet potatoes
- 1 medium tomato
- 1 medium onion
- 2 cups of broth (any)

All spice, salt, pepper and paprika to taste. Boil the collard green in water for 5-8 minutes until soft. Cut 2-3 inches of the hard stem.

Sauté chopped onion, add average cut sweet potato and boil in the broth until soft. Add rest and let boil until a thick paste. Stuff collards and warm a little to combine tastes. Pour any sauce you like.

**Garlic Greens** by [HawaiiHealthGuide.com](http://www.hawaiihealthguide.com)

- 1 1/2 to 2 pounds collard greens or turnip greens, boiled or steamed until tender
- 3 to 4 tablespoons vegetable oil
- 2 to 3 tablespoons minced garlic (about 4 large cloves)
- salt and black pepper, to taste
- hot pepper sauce

Drain greens well.

In a large skillet or Dutch oven over medium heat, cook garlic in the vegetable oil until it just begins to brown. Add the drained greens; season to taste with salt and pepper then add a few dashes of your favorite hot sauce.
Shredded Mediterranean Carrots Wrapped in Collard Greens by RawEpicurean.net

- 1 bunch of fresh collard greens, rinsed, stems removed, cut each large leaf down the middle in half
- 3 cups shredded carrots
- 1 cup pine nuts
- 1/4 cup dried currants
- 1/4 cup raisins [your choice: golden, Hunza...]
- 1/4 cup extra virgin olive oil
- 2-3 tablespoons chopped fresh dill, stems reserved
- 2 tablespoons chopped fresh mint leaves, stems reserved
- 2 tablespoons organic chardonnay, optional
- 2 tablespoons fresh lemon juice
- 2 tablespoons finely chopped lemon zest
- 1 small onion, finely chopped
- 1 clove garlic, minced or pressed
- Sea salt to taste
- Fresh dill sprigs or lemon slices, for garnish

Using a shredder attachment, shred the carrots in a food processor or use a handheld shredder. Combine shredded carrots and all ingredients, except the collard greens halves, in a large bowl. Stir and toss to combine well and set aside until ready to wrap. Can make ahead. Keeps refrigerated up to 2 days.

Take one half collard leaf, spoon carrot filling in the center, fold over the outer edge, take one end of the leaf and fold it in, and roll to the other end. Plate and garnish with fresh dill sprigs or lemon slices.

Krunchy Collard Chips

- 1 bunch Collards, washed & dried, tough stems removed
- 1 tablespoon olive oil
- 1 teaspoon sea salt

Preheat an oven to 350 degrees F. Chop or tear Collard leaves into chip pieces. Toss in olive oil, sprinkle with sea salt and roast in a flat layer on a cookie sheet until crispy and the edges are brown, about 10 minutes. Flip and cook another 5 minutes or so. Be careful not to burn!
Stuffed Collard Green Leaves with Bulgur (Bulgurlu Kara Lahana Sarması) by MediterraneanTurkishFoodPassion.blogspot

Stuffing:

- 2 cups bulgur (medium grain)
- 1 tbsp fresh mint (chopped)
- 1 tbsp tomato paste
- 1 tbsp red pepper paste
- 4 cloves of garlic
- Juice of 1 lemon
- ½ tsp ground black pepper
- ½ tsp cumin
- ½ cup olive oil
- 2 tsp salt
- 1 ½ cup hot water (for soaking bulgur)

For Rolling and Cooking Sarmas:

- 2 bunches collard greens
- 2 tbsp olive oil
- 2 garlic cloves (sliced)
- 1 tsp salt
- 2 cups water

For Garnishing:

- 1 roasted red bell pepper
- 3-4 sprigs parsley
- ½ lemon (sliced)

Soak the bulgur in a large bowl with hot water. Cover with plastic wrap and let it sit for 15-20 minutes until the bulgur is soft. If it is not completely soft, that is fine as the bulgur will be cooking later.

Add all the stuffing ingredients to the bulgur. Mix well with your hands so that all the ingredients are married together.
Collards, Raisins, Almond Sauté by Cheryl Smith

- 1/2 cup olive oil
- 1 Spanish onion, small diced
- 3 cloves garlic, chopped
- 2 bunches collard greens, washed, and cut in 1/2-inch strips
- 1 cup golden raisins
- 1/2 cup slivered almonds, toasted
- Kosher salt
- Freshly ground black pepper

Heat an 8-quart saucepan over high heat. When very hot, add the oil, onions, and garlic, sautéing quickly for 1 minute. When the onions just start to turn golden, add the collard greens, raisins, and almonds. Season with salt and pepper, and add a little water if necessary, for a little steam. Sauté for about 5 to 6 minutes more, and adjust seasoning, to taste.

Southern California Collard Greens by Foodnetwork Kitchens

- 4 pounds young collard greens (about 4 bunches)
- 3 tablespoons olive oil
- 1 onion, julienned
- 2 garlic cloves, smashed
- 2 large ham hocks (about 2 pounds), smoked and cooked
- 2 bay leaves
- 2 quarts chicken broth, low sodium
- 1/4 cup apple cider vinegar
- 1 tablespoon sugar
- 1 teaspoon red pepper flakes
- Seasoned salt

To prepare the greens: cut away the tough stalks and stems from the collards, and discard any leaves that are bruised or yellow. Fill the sink with water and salt (the salt helps to remove any impurities). Wash the collards thoroughly to remove the grit, 2 or 3 times, until the water runs clear. Dry thoroughly. Stack up several leaves and hand shred them into ribbon-like pieces (chiffonade). Repeat until all the leaves are shredded.

Coat a 6-quart stockpot with olive oil and place over medium heat. Add the onion and garlic, stir to coat, then add the ham hocks and bay leaves; cook about 8 minutes. Pack in the greens, pushing them down into the pot. Add the broth, vinegar, sugar, and red pepper flakes.

Bring up to a hard boil for 10 minutes, until greens start to wilt. Turn the greens over with a wooden spoon, do not stir. Lower to a gentle boil, cover the pot, and let cook for 45 minutes. Taste the "pot liquor" (broth) and check the seasoning, add seasoned salt. Cover and let cook for 15 more minutes.
Cumin Scented French Lentils and Collards by TheFriendlyKitchen.com

- 2 Tbs. Olive Oil
- 1 shallot, minced
- 1 large garlic clove, minced
- 1 carrot, peeled and diced
- 1 celery stalk, diced
- 1 tsp. ground cumin
- 1/2 tsp. spicy chili powder*, or 1/4 tsp. each or TT chili powder and cayenne powder
- 1 tsp. sea salt
- 1 cup French green Lentils
- 2 huge collard green leaves, sliced into 1/4 inch strips
- 3 cups filtered water
- 1/4 cup minced fresh cilantro

In a medium sized saucepan, heat olive oil. Add shallot, garlic, carrot, and celery and sauté over med-high heat until veggies just start to soften, about 2 minutes. Add spices. Stir to coat veggies in spices. Add the lentils and water and bring to a simmer. Turn the heat down to low, cover with the lid tilted slightly askew to allow some steam to escape, and simmer until lentils have softened. French lentils generally take a bit longer to cook and stay much more firm that their non-French counterparts. These will probably take approx. 30 minutes to cook. When the lentils are almost finished, add the shredded collard green leaves. Stir and cover. Remove from heat when the lentils are cooked all the way through and the collards are soft, but still bright green, about 3 minutes. Stir in fresh cilantro and serve with steamed brown rice.

Collards, Carrots and French Green Lentils by SummerTomato.com

- 4-5 collard leaves
- 4-5 medium carrots
- 1/2 cup French green lentils, cooked
- 1 small leek
- 1 clove garlic
- olive oil
- sea salt
- lemon juice (optional)
- chopped parsley (optional)

If you are making your lentils from scratch, quickly pick through them for pebbles, give them a rinse then boil them in excess water with a pinch of salt for 20-30 minutes, until tender. Even though I rarely consume more than half cup (cooked) in one sitting, I usually like to cook up at least one cup dry (at least 4 servings) and save the rest for later. Start them boiling as soon as you step into the kitchen and start cooking your vegetables at least 15 minutes after you turn them on.
In the mean time clean and chop your leek and mince your garlic. Peel and slice your carrots at a sharp angle to maximize the surface area for cooking. Clean your collard leaves, chop off the stems then stack them on top of each other in a pile. Cut into one inch squares, removing any sections that have thick pieces of stem.

Heat a pan on medium heat, then add olive oil. When the oil swirls easily in the pan, add the leeks and allow to cook for 1-2 minutes, until the pieces break up and become tender and translucent. Add carrots and stir. Cook 2 minutes, then add collards. Sprinkle with sea salt and continue to cook, stirring occasionally.

Be careful with your heat when pan frying collard greens—don’t let it get too high. The leaves easily trap steam from cooking, and I had a few jump out of my pan onto the floor. They make a loud popping sound too, which is very exciting! If it makes you feel safer, you can cover the greens for the first minute or two while they soften.

Shortly after the collards turn bright green from cooking (4-5 minutes), clear a space in the center of the pan and add your minced garlic in a single layer (you can add a touch more oil if necessary). Let garlic cook 30 seconds or so until fragrant, then add the lentils and mix with the other vegetables. A squeeze of lemon juice, zest or a dash of vinegar is a good addition here, if you like. A sprinkle of your favorite herb, e.g. Italian parsley, basil or thyme, adds depth and complexity if you have them around. Continue cooking 3-4 more minutes, stirring every 30 seconds. If you are using cold lentils, cook until warm. Adjust salt and serve.

**Collard Greens** by SimplyRecipes.com

- 2 lbs collard greens, tough stems discarded, leaves chopped
- 2 Tbsp medium onion, chopped
- 1 large garlic clove, minced
- 2 teaspoons bacon fat
- 2 Tbsp olive oil
- 2 Tbsp dark sesame oil (Dynasty or comparable)
- Chili pepper flakes, a pinch
- Salt, a couple pinches
- Sugar, a couple pinches

Use a large skillet with a tight fitting cover. Melt bacon fat and heat olive oil on medium heat. Sauté onion until transparent, a couple of mintues. Add garlic and and sauté until fragrant, about 20 seconds.

Mix in the greens, sesame oil, chili pepper flakes, salt, and sugar. Cover and cook until tender, 8-10 minutes. Serve with barbecue sauce.
Spiced Chicken with Sautéed Collards and Peppers by Real Simple.com

- 2 tablespoons olive oil
- 4 6-ounce boneless, skinless chicken breasts
- 1 teaspoon ground cumin
- 1/4 teaspoon cayenne pepper
- kosher salt and black pepper
- 1 large red onion, thinly sliced
- 1 red bell pepper, thinly sliced
- 1 large bunch collard greens, thick stems removed

Heat oven to 400° F. Heat 1 tablespoon of the oil in a large skillet over medium-high heat. Season the chicken with the cumin, cayenne, and 1/2 teaspoon salt. Cook until browned, 3 to 4 minutes per side. Transfer to a baking sheet and roast until cooked through, 6 to 7 minutes.

Return the skillet to medium heat and add the remaining tablespoon of oil. Add the onion and bell pepper and cook, stirring, until soft, 6 to 8 minutes.

Meanwhile, thinly slice the collard leaves crosswise. Add to the skillet along with 1/2 teaspoon salt and 1/4 teaspoon pepper. Cook, tossing, until just tender, 2 to 3 minutes. Serve with the chicken.

Seared Tuna with Chard and Avocados by JamesYu.org

- 3 tbsp soy sauce
- 3 tbsp rice wine vingar
- 2 tbsp honey
- salt
- pepper
- olive oil
- 3/4 pound fresh Yellowfin Tuna
- 2 bunches chard
- avocados, sliced
- Vegetable or peanut oil
- garlic, chopped fine

Make the sweet teriyaki marinade and sauce: combine and whisk soy sauce, rice wine vinegar, honey, salt, and pepper to taste. Marinade the tuna for 20 minutes in teriyaki sauce (no more, or else the meat will start to break down). Make sure to reserve some sauce for later.

Slice the chard stems and leaves into thin 1/2 inch strips. Heat up a skillet and saute the garlic and stem parts of the chard for 5-7 minutes. Place the rest of the chard into the skillet and saute for additional 5 minutes, then cover and let cook for about 8 minutes. When chard stems are soft, remove chard from skillet. Turn the heat to high and put vegetable oil in the skillet (this is ideally a cast iron or heavy skillet, but really, any skillet, even non-stick, will do).
When oil shimmers, sear the tuna for 30 seconds on each side. Place tuna on a bed of chard and fan avocados on top. Pour a few spoonfuls of teriyaki sauce over the tuna and serve immediately.

**Cilantro Lime Chicken with Avocado Salsa** by MyRecipes

- 2 tablespoons minced fresh cilantro
- 2 1/2 tablespoons fresh lime juice
- 1 1/2 tablespoons olive oil
- 4 (6-ounce) skinless, boneless chicken breast halves
- 1/4 teaspoon salt
- Cooking spray

*Salsa:*

- 1 cup chopped plum tomato (about 2)
- 2 tablespoons finely chopped onion
- 2 teaspoons fresh lime juice
- 1/4 teaspoon salt
- 1/8 teaspoon freshly ground black pepper
- 1 avocado, peeled and finely chopped

To prepare chicken, combine first 4 ingredients in a large bowl; toss and let stand 3 minutes. Remove chicken from marinade; discard marinade. Sprinkle chicken evenly with 1/4 teaspoon salt. Heat a grill pan over medium-high heat. Coat pan with cooking spray. Add chicken to pan; cook 6 minutes on each side or until done.

To prepare salsa, combine tomato and next 4 ingredients (through pepper) in a medium bowl. Add avocado; stir gently to combine. Serve salsa over chicken.

**Cilantro Lime Rice** by Cooking-Mexican-Recipes.com

- 1 Tbsp. olive oil
- 1 cup basmati rice
- 1 1/2 cups chicken broth
- 2 to 3 cloves garlic, minced
- 2 Tbsp. fresh lime juice
- zest from one lime
- 1/2 cup cilantro, chopped
- 1 tsp. salt

Add the oil to a saucepan and heat on low. Add the garlic and rice to the oil and sauté for 2 minutes on medium heat stirring frequently.

Add the chicken broth, salt, lime juice and bring to a boil. Cover and cook on low for 15 minutes or according to rice package directions.
When the rice is done, add lime zest and chopped cilantro and stir to mix in. Serve immediately.

If you are using regular long grain rice, follow the cooking directions on the box regarding the amount of liquid to use and the cooking time.

**Cilantro Lime Fish** by RecipeZaar

- 2 lbs cod fish fillets or flounder fillets (4 fillets)
- 1/4 teaspoon pepper
- 1 tablespoon dried onion flakes
- 1 garlic clove, minced
- 1 tablespoon olive oil
- 1 1/2 teaspoons ground cumin
- 1/4 cup fresh cilantro or fresh parsley, minced
- 2 limes, thinly sliced
- 2 tablespoons butter, melted or olive oil

Preheat oven to 375°F.

Place each fillet on a piece of heavy-duty foil; sprinkle with pepper. In a saucepan, saute onion and garlic in oil; stir in cumin. Spoon over fillets; sprinkle with cilantro. Place lime slices over each; drizzle with butter or olive oil. Fold foil around fish and seal tightly; place on a baking sheet. Bake for 35-40 minutes or until fish flakes easily with a fork.

**Avocados** are actually a fruit, but we eat them as a vegetable. They add texture, flavor and richness:

- Try pureeing one with goat or cream cheese and a dash of hot sauce or pepper flakes, sea salt.
- Make guacamole by adding chopped avocados with lime juice, finely diced onion or scallion, finely diced jalapeno, fresh cilantro, sea salt, garlic, and a little diced tomato.
- Blend with sour cream, sea salt, and some spices, as a topping for fish and chicken.
- Mix with eggs, lemon juice, mayo, and maybe some fresh dill to make "green eggs" (and then stuff into the hard cooked whites.)
- Add to smoothies for a green smoothie, this is common in many countries where they mix it with sweetened condensed milk and ice.
- Like bananas, avocados add a creamy texture. It imparts a lovely light green color that’s fun for kids too – we add milk vanilla, and honey.
- Use instead of butter on bread.
- Make a creamy salad dressing by blending avocado, olive oil, salt, parsley or dill, and vinegar
- Dice and eat with morning eggs, add to a salad, slice and use in a sandwich or wrap.
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 with Garlic by PBS.org

- 2 spaghetti squash (2 pounds each)
- 2 tablespoons olive oil
- 2 garlic cloves, slivered
- Coarse salt and ground pepper

Preheat oven to 400°. With a fork, prick squash in several places. Place on a rimmed baking sheet; bake until soft to the touch, about 1 hour.

When cool enough to handle, halve squash crosswise. Scoop out seeds; discard. Scrape flesh into strands. In a large skillet, heat oil over low heat. Add garlic; cook until fragrant and just starting to color, about 5 minutes. Add squash; season with salt and pepper. Cook, tossing frequently, until squash is very hot, about 5 minutes.
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
- 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.

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.
Spaghetti Squash with Turkey Meatballs by Martha Stewart

FOR THE SPAGHETTI SQUASH

- 2 spaghetti squashes (about 2 pounds each), halved lengthwise and seeds removed
- 1 tablespoon extra-virgin olive oil
- Salt and freshly ground black pepper

FOR THE SAUCE

- 2 tablespoons extra-virgin olive oil
- 4 cloves garlic, finely chopped
- 2 tablespoons tomato paste
- 2 cans (28 ounces each) crushed tomatoes with basil
- 1 teaspoon dried oregano
- Coarse salt and freshly ground black pepper

FOR THE MEATBALLS

- 1/2 cup fresh bread crumbs
- 1/2 cup grated Parmesan-Reggiano cheese, plus more for serving (optional)
- 1/4 cup chopped fresh parsley
- 1 large clove garlic, finely chopped
- 1/4 cup milk
- 1 pound ground turkey
- 1 large egg
- 3/4 teaspoon coarse salt
- Freshly ground black pepper
- 2 tablespoons extra-virgin olive oil

To prepare the spaghetti, preheat oven to 400 degrees. Drizzle cut sides of squashes with oil; season with salt and pepper. Place cut sides up on a baking sheet. Bake until soft to the touch, 1 to 1 1/4 hours.

To prepare the sauce, heat the oil in a saucepan over medium-high heat. Add the garlic and cook, stirring with a wooden spoon, for 1 minute. Add the tomato paste and cook, stirring, for an additional minute. Stir in the tomatoes and oregano; season with salt and pepper. Bring to a boil, and reduce to a simmer. Cook, stirring occasionally, until thickened, about 20 minutes. Keep warm over low heat.

Prepare the meatballs. In a medium bowl, stir together the bread crumbs, Parmesan, parsley, and garlic with a wooden spoon until combined. Add the milk, and stir until incorporated. Add the turkey, egg, salt, and pepper, and mix with your hands until well combined. Form mixture into 1 1/2-inch balls.

Heat the olive oil in a large nonstick skillet over medium-high heat. Working in 2 batches, cook the meatballs until evenly browned, turning often, about 6 minutes. Repeat with remaining meatballs. Transfer meatballs to the sauce, and simmer until cooked through, about 10 minutes.
When the squashes are cool enough to handle, scrape the flesh of each squash with a fork into strands, and place into a large bowl. Serve topped with meatballs and sauce, and sprinkled with cheese, if desired.

**Butternut Squash Casserole** by Paula Dean

- 3 butternut squash, peeled, seeded and cubed
- 1 onion, chopped
- 3 large eggs
- 1/2 cup coconut milk
- 1 1/2 teaspoons curry powder
- 1 teaspoon salt
- 1/4 teaspoon cracked black pepper
- 1/2 cup raisins
- 1/2 cup sweetened flaked coconut

Preheat oven to 350 degrees F. Lightly grease a 2 1/2-quart casserole dish. In a large Dutch oven, combine squash and onion; add water to cover. Bring to a boil over high heat and cook 10 to 12 minutes or until squash is tender; drain well. Spoon squash mixture into a large bowl. In a small bowl, whisk together eggs, milk, curry powder, salt, and pepper. Add to squash mixture. Beat at medium speed with an electric mixer until smooth. Spoon into prepared baking dish; sprinkle evenly with raisins and coconut. Bake 40 minutes or until center is set.

**Roasted Butternut Squash** by Robin Miller

- 2 medium butternut squash, halved lengthwise and seeded
- 4 teaspoons butter
- 4 teaspoons brown sugar
- Salt and pepper

Preheat oven to 400 degrees F.

Place butternut squash halves on a large baking sheet flesh side up. Place 1 teaspoon butter in the middle of each squash. Sprinkle brown sugar over each squash. Season with salt and black pepper. Roast 25 minutes, until flesh is fork-tender. Reserve 2 halves for future meal.

**Balsamic Glazed Butternut Squash** by Sandra Lee

- 1 (20-ounce) package peeled cubed butternut squash
- 2 tablespoons honey
- 1/4 cup balsamic vinegar
- 1 tablespoon lemon pepper seasoning
- 3 tablespoons olive oil

Preheat oven to 400 degrees F. In a large bowl combine all ingredients and mix to coat the squash. Place squash on a nonstick baking sheet or a baking sheet lined with foil. Bake until the squash is tender and brown about 30 to 35 minutes making sure to flip the squash after 15 minutes.
Roasted Butternut Squash Salad with Warm Cider Vinaigrette by Barefoot Contessa

- 1 (1 1/2-pound) butternut squash, peeled and 3/4-inch diced
- Good olive oil
- 1 tablespoon pure maple syrup
- Kosher salt and freshly ground black pepper
- 3 tablespoons dried cranberries
- 3/4 cup apple cider or apple juice
- 2 tablespoons cider vinegar
- 2 tablespoons minced shallots
- 2 teaspoons Dijon mustard
- 4 ounces baby arugula, washed and spun dry
- 1/2 cup walnuts halves, toasted
- 3/4 cup freshly grated Parmesan

Preheat the oven to 400 degrees F.

Place the butternut squash on a sheet pan. Add 2 tablespoons olive oil, the maple syrup, 1 teaspoon salt and 1/2 teaspoon pepper and toss. Roast the squash for 15 to 20 minutes, turning once, until tender. Add the cranberries to the pan for the last 5 minutes.

While the squash is roasting, combine the apple cider, vinegar, and shallots in a small saucepan and bring to a boil over medium-high heat. Cook for 6 to 8 minutes, until the cider is reduced to about 1/4 cup. Off the heat, whisk in the mustard, 1/2 cup olive oil, 1 teaspoon salt, and 1/2 teaspoon of pepper.

Place the arugula in a large salad bowl and add the roasted squash mixture, the walnuts, and the grated Parmesan. Spoon just enough vinaigrette over the salad to moisten and toss well. Sprinkle with salt and pepper and serve immediately.

Marinated Butternut Squash: Scapece Di Zucca by Mario Batali

- 2 medium butternut squash, seeded and cut into 1-inch slices
- Salt and pepper
- 4 tablespoons plus 4 tablespoons extra-virgin olive oil
- 1/4 cup red wine vinegar
- 1/2 medium red onion, sliced paper thin
- 1/2 teaspoon red chile flakes
- 1 tablespoon dried oregano
- 1 clove garlic, sliced paper-thin
- 1/4 cup fresh mint leaves

Preheat oven to 450 degrees F.

Season the squash with salt and pepper, drizzle with 4 tablespoons olive oil, and place in a single layer on 1 or 2 cookie sheets.

Bake in the oven until just tender, about 18 to 20 minutes. Meanwhile, stir together the remaining oil, vinegar, onion, chile flakes, oregano, and garlic and season with salt and pepper. Remove the squash
from the oven and pour the marinade over. Allow to cool for 20 minutes in the marinade, sprinkle with fresh mint leaves, and serve. This dish can be made earlier in the day but should not be refrigerated.

**Warm Butternut Squash & Chickpea Salad** by SmittenKitchen

- 1 medium butternut squash (about 2 to 2 1/2 pounds), peeled, seeded, and cut into 1 1/2-inch pieces
- 1 medium garlic clove, minced or pressed
- 2 tablespoons olive oil
- Salt
- One 15-ounce can chickpeas, drained and rinsed (1 1/2 cups)
- 1/4 of a medium red onion, finely chopped
- 1/4 cup coarsely chopped fresh cilantro or parsley

For tahini dressing:
1 medium garlic clove, finely minced with a pinch of salt
1/4 cup lemon juice
3 tablespoons well-stirred tahini
2 tablespoons water
2 tablespoons olive oil, plus more to taste

Preheat the oven to 425°F.

In a large bowl, combine the butternut squash, garlic, allspice, olive oil, and a few pinches of salt. Toss the squash pieces until evenly coated. Roast them on a baking sheet for 25 minutes, or until soft. Remove from the oven and cool.

Meanwhile, make the tahini dressing: In a small bowl, whisk together the garlic and lemon juice. Add the tahini, and whisk to blend. Add the water and olive oil, whisk well, and taste for seasoning. The sauce should have plenty of nutty tahini flavor, but also a little kick of lemon. You will probably need to add more water to thin it out.

To assemble the salad, combine the squash, chickpeas, onion, and cilantro or parsley in a mixing bowl. Either add the tahini dressing to taste, and toss carefully, or you could serve the salad with the dressing on the side. Serve immediately.

**Do ahead:** Molly says this salad, lightly dressed, keeps beautifully in the fridge, that you should hold a little of the dressing on the side and that it can be reheated in the microwave. I, for one, have never had any leftovers.
Butternut Squash with Pecans and Blue Cheese by Nigella Lawson

- 4-pounds 8-ounces butternut squash
- 3 tablespoons olive oil
- 6 stalks fresh thyme or 1/2 teaspoon dried thyme
- 1 cup pecans
- 1 cup crumbled Roquefort or other blue cheese

Preheat the oven to 425 degrees F. Halve the squash, leaving the skin on, and scoop out the seeds, then cut into 1-inch cubes; you don't need to be precise just keep the pieces uniformly small.

Put into a roasting tin with the oil and strip about 4 stalks thyme of their leaves, sprinkling over the butternut squash. If you can't get any fresh thyme, sprinkle over dried.

Roast in the oven for about 30 to 45 minutes or until tender.

Once out of the oven, remove the squash to a bowl and scatter over the pecans and crumble over the cheese tossing everything together gently. Check the seasoning and add the last couple of stalks of thyme torn into small sprigs to decorate.

Roasted Butternut Squash and Spinach Salad with Toasted Almond Dressing by Epicurious

- 1 (2- to 2 1/4-lb) butternut squash, peeled, seeded, and cut into 1/2-inch cubes (4 cups)
- 5 1/2 tablespoons extra-virgin olive oil
- 3/4 cup whole almonds with skins (3 1/2 oz), very coarsely chopped
- 2 teaspoons fresh lemon juice
- 1/2 lb spinach, coarse stems discarded (10 cups)

Toss squash with 1 1/2 tablespoons oil in a shallow baking pan and spread cubes in 1 layer. Season with salt and pepper and roast in middle of oven, stirring once halfway through roasting, until squash is just tender and pale golden, about 30 minutes total. Cool in pan on a rack until warm, about 15 minutes.

While squash is roasting, cook almonds in remaining 4 tablespoons oil in a 10-inch skillet over moderately low heat, stirring constantly, until golden, about 3 minutes, then season with salt and pepper. Pour almonds and oil into a fine-mesh sieve set over a large bowl and cool until warm, about 10 minutes.

When almonds and oil have cooled, whisk lemon juice into oil in bowl until combined well, then season with salt and pepper. Add squash, spinach, and half of almonds to dressing and toss gently to coat.

Divide salad among 6 salad plates and sprinkle with remaining almonds.
Butternut Squash Soup by Gourmet Magazine

- 1 medium butternut squash (about 2 1/4 pounds)
- Nonstick vegetable oil spray
- 1 medium onion, chopped (about 1 cup)
- 1 tablespoon freshly grated ginger, optional
- 3 tablespoons unsalted butter
- 3 cups chicken broth
- 1-2 cups water, as needed
- Salt and pepper to taste
- Sour cream for garnish

Cut squash in half lengthwise, and scoop out the seeds. Arrange the halves cut side down in roasting pan that has been sprayed with nonstick vegetable oil spray. Bake squash in the oven for 40-45 minutes or until very tender. Set aside to cool. When the squash is completely cool, scoop the flesh from the skin. While the squash is baking, cook the onion and the ginger in the butter in a saucepan, over moderately low heat, for 5 minutes or until the onion is softened. Add the broth and simmer the mixture for 10 minutes, covered. Add the squash pulp to the sauce pan. Transfer the mixture to a blender or food processor, in batches, and puree until smooth. Add enough water to achieve the desired consistency, and salt and pepper to taste. Return the soup to the sauce pan and cook over moderate heat until it is hot. Garnish each portion with the heaping teaspoon of low-fat sour cream.

Smoked Sausage, Butternut Squash & Wild Rice Soup by Emeril Lagasse

- 2 medium butternut squash, about 3 to 4 pounds, peeled, seeded, and cut into 1-inch chunks
- 2 tablespoons olive oil
- Salt, Freshly ground black pepper
- 12 cups chicken stock
- 2 1/2 cups chopped onions
- 1 cup wild rice
- 3/4 pound smoked sausage, such as kielbasa, cut into 1/4-inch
- 2 cups fresh corn kernels
- 1 1/2 cups half-and-half
- 1 tablespoon chopped fresh parsley leaves

Preheat the oven to 400 degrees F.

Season the squash with 1 tablespoon of the oil, salt and pepper. Place on a baking sheet and roast for 45 minutes to 1 hour or until tender. Remove from the oven and cool completely. In a blender or food processor, puree the squash with 2 cups of the chicken stock. Puree until smooth and set aside.

In a saucepan, over medium heat, bring 4 cups of the stock and 1/2 cup of the chopped onions to a simmer. Stir in the rice and cook until the rice is tender and the liquid is absorbed, about 1 hour, stirring occasionally with a fork. Remove the rice from the pan and cool. In a large saucepan, over medium heat, add the remaining tablespoon of oil. When the oil is hot, add the sausage and brown for 3 minutes. Add the remaining 2 cups of onions and corn. Season with salt and pepper. Saute for 3 minutes. Add the
remaining 6 cups of stock and squash puree. Bring to a boil. Reduce the heat to medium-low, cover and simmer for 20 minutes. Skim off any fat that rises to the surface. Stir in the rice and continue to cook for 10 minutes. Remove from the heat, stir in the half-and-half and season with salt and pepper. Stir in the parsley and serve.

**Morrocan Tagine** by All Recipes

- 1 tablespoon olive oil
- 2 skinless, boneless chicken breast halves - cut into chunks
- 1/2 onion, chopped
- 3 cloves garlic, minced
- 1 small butternut squash, peeled and chopped
- 1 (15.5 ounce) can garbanzo beans, drained and rinsed
- 1 carrot, peeled and chopped
- 1 (14.5 ounce) can diced tomatoes with juice
- 1 (14 ounce) can vegetable broth
- 1 tablespoon sugar
- 1 tablespoon lemon juice
- 1 teaspoon salt
- 1 teaspoon ground coriander
- 1 dash cayenne pepper

Heat the olive oil in a large skillet over medium heat, and cook the chicken, onion, and garlic about 15 minutes, until browned.

Mix the squash, garbanzo beans, carrot, tomatoes with juice, broth, sugar, and lemon juice into the skillet. Season with salt, coriander, and cayenne pepper. Bring the mixture to a boil, and continue cooking 30 minutes, until vegetables are tender.

**Curried Butternut Squash Soup** by Ellie Krieger

- 1 tablespoon canola oil
- 1 medium onion, chopped (about 2 cups)
- 2 cloves garlic, minced
- 1 (2 1/2-pound) butternut squash, peeled, seeded and cut into 1-inch cubes
- 6 cups low-sodium chicken broth or vegetable broth
- 1 tablespoon plus 2 teaspoons curry powder
- 1/2 teaspoon salt, plus more, to taste
- 2 tablespoons honey
- 4 teaspoons plain low-fat yogurt, for garnish

Heat oil over medium heat in a 6-quart stockpot. Add onions and garlic and sauté until soft but not brown, about 6 to 7 minutes. Add the butternut squash, broth, curry powder and salt and bring to a boil. Reduce heat and simmer until squash is tender, about 12 to 15 minutes. Remove from heat stir in honey and puree with an immersion blender or in batches in a blender until smooth. Season with salt, to taste. Ladle into serving bowls and add a dollop of yogurt.
Butternut Squash and Hazelnut Lasagne by Epicurious

For squash filling

- 1 large onion, chopped
- 3 tablespoons unsalted butter
- 3 lb butternut squash, peeled, seeded, and cut into 1/2-inch pieces
- 1 teaspoon minced garlic
- 1 teaspoon salt
- 1/4 teaspoon white pepper
- 2 tablespoons chopped fresh flat-leaf parsley
- 4 teaspoons chopped fresh sage
- 1 cup hazelnuts (4 oz), toasted, loose skins rubbed off with a kitchen towel, and coarsely chopped

For sauce

- 1 teaspoon minced garlic
- 3 tablespoons unsalted butter
- 5 tablespoons all-purpose flour
- 5 cups milk
- 1 bay leaf (not California)
- 1 teaspoon salt
- 1/8 teaspoon white pepper

For assembling lasagne

- 1/2 lb fresh mozzarella, coarsely grated (2 cups)
- 1 cup finely grated Parmigiano-Reggiano (3 oz)
- 12 (7- by 3 1/2-inch) sheets no-boil lasagne (1/2 lb)

Make filling:
Cook onion in butter in a deep 12-inch heavy skillet over moderate heat, stirring occasionally, until golden, about 10 minutes. Add squash, garlic, salt, and white pepper and cook, stirring occasionally, until squash is just tender, about 15 minutes. Remove from heat and stir in parsley, sage, and nuts. Cool filling.

Make sauce while squash cooks:
Cook garlic in butter in a 3-quart heavy saucepan over moderately low heat, stirring, 1 minute. Whisk in flour and cook roux, whisking, 3 minutes. Add milk in a stream, whisking. Add bay leaf and bring to a boil, whisking constantly, then reduce heat and simmer, whisking occasionally, 10 minutes. Whisk in salt and white pepper and remove from heat. Discard bay leaf. (Cover surface of sauce with wax paper if not using immediately.)

Assemble lasagne:
Preheat oven to 425°F.
Toss cheeses together. Spread 1/2 cup sauce in a buttered 13- by 9- by 2-inch glass baking dish (or other shallow 3-quart baking dish) and cover with 3 pasta sheets, leaving spaces between sheets. Spread with 2/3 cup sauce and one third of filling, then sprinkle with a heaping 1/2 cup cheese. Repeat layering 2 more times, beginning with pasta sheets and ending with cheese. Top with remaining 3 pasta sheets, remaining sauce, and remaining cheese.

Tightly cover baking dish with buttered foil and bake lasagne in middle of oven 30 minutes. Remove foil and bake until golden and bubbling, 10 to 15 minutes more. Let lasagne stand 15 to 20 minutes before serving.

**Pasta With Butternut Squash** by Mark Bittman

Some butternut squashes are sweeter than others, and there's no way to predict this by appearance. Since this sauce relies on sweetness for its character, if the squash seems a little bland, add about a teaspoon of sugar. It will brighten the flavor considerably.

- 1 pound peeled and seeded butternut squash (start with a whole squash weighing about 1 1/2 pounds)
- Salt to taste
- 2 tablespoons butter or olive oil
- Freshly ground black pepper to taste
- 1 pound cut pasta, like ziti
- 1/8 teaspoon freshly grated nutmeg, or to taste
- 1 teaspoon sugar, optional
- 1/2 cup freshly grated Parmesan

Cut squash into chunks, and place in food processor. Pulse machine on and off until squash looks grated. (Alternatively, grate or chop the squash by hand.) Set a large pot of salted water to boil for the pasta.

Place a large skillet over medium heat, and add the butter or oil. A minute later, add the squash, salt, pepper and about 1/2 cup of water. Cook over medium heat, stirring occasionally. Add water, about 1/4 cup at a time, as the mixture dries out, being careful not to make it soupy. When the squash begins to disintegrate, after about 10 or 15 minutes, begin cooking the pasta. While it cooks, season the squash with the nutmeg, sugar if necessary, and additional salt and pepper if needed.

When the pasta is tender, scoop out about 1/2 cup of the cooking liquid, then drain. Toss it in the skillet with the squash, adding the reserved cooking water if the mixture seems dry. Taste, and adjust the salt, pepper or nutmeg as you like; then, toss with the cheese and serve.
**Squash-Apple Bake** by AllRecipes

- 1 Butternut, peeled and cut into 3/4 inch slices
- 1/2 cup brown sugar
- 2 apples, peeled, cored, cut into wedges
- 1/4 cup butter
- 1 tablespoon flour
- 1/2 teaspoon salt
- 1/2 teaspoon ground mace

Arrange squash in a 12-in. x 8-in. baking pan. Top with apple wedges. Combine remaining ingredients; spoon over apples. Bake at 350 degrees F for 50-60 minutes or until tender.

**Butternut Apple Soup** by Simply Recipes

- 1 yellow onion, chopped
- 1 rib of celery, chopped
- 1 carrot, chopped
- 1 Tbsp butter
- 1 butternut squash, peeled, seeds removed, chopped
- 1 tart green apple, peeled, cored, chopped (squash and apple should be at a 3 to 1 ratio)
- 3 cups chicken broth (or vegetable broth if vegetarian)*
- Pinches of nutmeg, cinnamon, salt and pepper

Combine butter, onion, celery, and carrot in large saucepan. Cook for 5 minutes. Add squash, apple, and broth. Bring to boil. Simmer for 10 minutes or until squash is soft. Puree. Add spices to taste.

**Whipped Butternut Squash** by All Recipes

- 2 butternut squash, halved and seeded
- 1/2 cup margarine
- 1 cup light sour cream
- salt and pepper to taste

Preheat oven to 350 degrees F (175 degrees C).

Place squash halves cut side down in a medium baking dish with enough water to cover. Cover, and bake 1 hour in the preheated oven, until tender.

Scoop squash from skin into a medium bowl, and mix with margarine and light sour cream. Whip until smooth. Season with salt and pepper.
**Butternut Squash Casserole** by AllRecipes

- 1 Butternut Squash
- 1 cup sugar
- 1 1/2 cups milk
- 1 teaspoon vanilla
- 1 pinch salt
- 2 tablespoons flour
- 2 eggs
- 1/4 cup butter
- Topping: 1/2 pkg vanilla wafers, crushed, 1/2 cup melted butter, 1 cup brown sugar

Preheat oven to 425 degrees F (220 degrees C). Put butternut squash in the microwave and cook on high, until soft, 2 to 3 minutes. Cut in half, scoop out seeds and cube. Bring a large pot of water to a boil. Add squash and cook until tender, about 15 minutes. Drain and mash.

In a 9x13 inch casserole dish combine 3 cups mashed butternut squash, white sugar, milk, vanilla extract, salt, flour, eggs and 1/4 cup melted margarine. Bake in preheated oven for 45 minutes, or until set.

In a medium bowl combine crushed vanilla wafers, 1/2 cup melted margarine and brown sugar. Crumble over top of cooked casserole and return to oven to brown.

**Better than Pumpkin Pie** by AllRecipes

- 1 1/2 cups peeled cubed deseeded butternut squash
- 1 cup lightly packed brown sugar
- 1 tablespoon corn starch
- 1 egg eaten
- 1 cup evaporated milk
- 1 teaspoon ground cinnamon
- 1 pinch each: allspice, cloves, ginger, nutmeg
- 1 unbaked pie shell

Place squash in a saucepan with enough water to cover. Bring to a boil, and simmer over medium heat until tender, about 15 minutes. Drain, and cool.

Preheat oven to 350 degrees F (175 degrees C).

In a blender or food processor, combine butternut squash, brown sugar, cornstarch, egg, milk, cinnamon, allspice, cloves, ginger, and nutmeg. Process until smooth. Pour into the unbaked pie shell.

Bake in preheated oven for 50 minutes, or until a table knife comes out clean when inserted in the center.
**Butternut Squash Pie** by Suite101

- 1/4 cup butter, melted
- 2 cups crushed gingersnaps
- 20 oz butternut squash, peeled, seeded and cubed (about 3 cups)
- 1-1/4 cups nonfat greek yogurt
- 5 egg yolks
- 3/4 cup brown sugar
- 1-1/2 tsp. pumpkin pie spice

Toss gingersnaps with melted butter in a bowl. Spread into the bottom and up the sides of a 9-inch pie plate. Refrigerate for 15 minutes. Take out of the refrigerator and bake at 350 degrees for 12-15 minutes until lightly browned. Cool.

Turn oven temperature up to 400 degrees.

Put butternut squash in a microwave-safe bowl and microwave for 5-6 minutes, until fork-tender. Puree squash and remaining ingredients in a food processor or blender until smooth.

**Maple Butternut Squash Cake** by Suite101.com

- 1 medium butternut squash
- 2 cups flour
- 1 tsp. cardamon
- 1 tsp. cinnamon
- 1/4 tsp. salt
- 1/2 tsp. baking soda
- 1/2 tsp. baking powder
- 1 cup applesauce
- 1 cup brown sugar
- 2 large eggs
- 1/4 cup maple syrup

Preheat over to 350 F. Slowly cut squash in half lengthwise and remove all seeds. Place the squash halves, cut side up, on a medium-sized baking pan. Cover with aluminum foil and bake for 20 to 30 minutes, until tender when pierced with a fork.

Once tender, uncover and let sit until cool. Scoop out cooked squash from peel and mash with a fork. Measure 1 cup for cake recipe. Turn oven down to 325 F and lightly butter an 8 inch by 8 inch baking pan. Set aside.

Use a small bowl to combine flour, cardamom, cinnamon, salt, baking soda, and baking powder. Set aside the mixture. Use a mixer to blend applesauce and brown sugar in a large bowl until smooth. Add eggs one at a time and beat for 30 seconds each time an egg is added. Add the maple syrup.

Add half of the flour mixture from step 5 to the applesauce mixture from step 6. Stir for 2 minutes. Add remaining flour mixture and stir just enough to combine. Pour batter from step 4 into prepared baking
pan and bake for 45 to 55 minutes, until a toothpick can be inserted into the center and come out clean. Serve warm or at room temperature.

**Butternut Squash Muffins Recipe** by 101Cookbooks

- Flavorless vegetable oil spray (or grapeseed or rice oil in a mister or spray bottle), optional
- 1 pound butternut squash, peeled, seeded, and cut into small cubes (about 3 cups)
- 1 teaspoon coarse sea salt
- 8 black peppercorns
- 2 cinnamon sticks
- 2 tablespoons coriander seeds
- 4 cups freshly pressed apple juice (or apple cider)
- 1 cup raw cane sugar
- 2 large egg yolks
- 1/2 cup homemade applesauce
- 1/4 cup grapeseed or rice oil (*heidi note: I used room temp. clarified butter*)
- 4 large egg whites
- 2 cups spelt flour
- 2 1/4 teaspoons baking powder
- 1 teaspoon baking soda
- 1 teaspoon fine sea salt

Preheat the oven to 350F. Spray a 12-cup muffin tin with the oil, or put paper liners in the cups. Spray a rimmed baking sheet as well, or line with parchment paper.

Toss the squash with the coarse sea salt and spread in a single layer in the prepared baking sheet. Bake for 20 to 30 minutes, or until the squash is cooked through and tender.

Meanwhile, in a saucepan, combine the peppercorns, cinnamon sticks, and coriander over medium-high heat and heat for 2 to 3 minutes, or until the coriander begins to smell like oranges. Remove from the heat. Let sit for 30 seconds, and then add the apple juice. Return to the heat and simmer for 30 to 40 minutes, or until reduced to 1/4 cup and thick. Pour the apple juice through a fine-mesh sieve, discard the whole spices and push the reduced juice through the sieve with the back of a spoon, if necessary. Set aside.

Transfer the squash and reduced juice to a food processor and process until smooth.

In the bowl of an electric mixer fitted with a paddle attachment, beat together the sugar and egg yolks on high speed for about 3 minutes, or until light and fluffy. Reduce the speed to low and mix in the applesauce, oil, and butternut squash puree just until blended. Transfer to a large bowl.

Fit the mixer with the whip attachment and clean and dry the bowl. Add the egg whites to the bowl and beat on medium-high speed until very foamy, but not quite soft peaks. In another bowl, whisk together the flour, baking powder, baking soda, and the fine sea salt. Add to the batter and stir just until mixed.
then fold in the egg whites just until blended. There will be some white streaks in the batter, which is fine.

Spoon the batter into the muffin cups, filling each one about three-fourths full. Bake for 30 to 40 minutes, or until a toothpick inserted into the center of a muffin comes out clean.

Let the muffins cool in the tin on a wire rack for about 5 minutes. Turn the muffins out of the tin and let cool completely on the rack before serving.

Butternut Squash Muffins with a Frosty Top by Jamie Oliver

- 4 ounces butternut squash, skin on, deseeded and roughly chopped
- 2 1/4 cups light soft brown sugar
- 4 large free-range or organic eggs
- Sea salt
- 2 1/2 cups all-purpose flour, unsifted
- 2 heaping teaspoons baking powder
- Handful of walnuts, chopped
- 1 teaspoon ground cinnamon
- 3/4 cup extra-virgin olive oil

For the Frosted Cream Topping:

- 1 clementine, zested
- 1 lemon, zested
- 1/2 lemon, juiced
- 1/2 cup sour cream
- 2 heaping tablespoons icing sugar, sifted
- 1 vanilla bean, split lengthwise and seeds scraped out
- Lavender flowers or rose petals, optional

Preheat the oven to 350 degrees F. Line your muffin tins with paper cups.

Whiz the squash in a food processor until finely chopped. Add the sugar, and crack in the eggs. Add a pinch of salt, the flour, baking powder, walnuts, cinnamon and olive oil and whiz together until well beaten. You may need to pause the machine at some point to scrape the mix down the sides with a rubber spatula. Try not to overdo it with the mixing - you want to just combine everything and no more.

Fill the paper cups with the muffin mixture. Bake in the preheated oven for 20 to 25 minutes. Check to see whether they are cooked properly by sticking a wooden skewer or a knife right into one of the muffins - if it comes out clean, they're done. If it's a bit sticky, pop them back into the oven for a little longer. Remove from the oven and leave the muffins to cool on a wire rack.

As soon as the muffins are in the oven, make your runny frosted topping. Place most of the clementine zest, all the lemon zest and the lemon juice in a bowl. Add the sour cream, icing sugar and vanilla seeds and mix well. Taste and have a think about it - adjust the amount of lemon juice or icing sugar to balance...
the sweet and sour. Put into the fridge until your muffins have cooled down, then spoon the topping onto the muffins.

Serve on a lovely plate (on a cake stand if you're feeling elegant, or on a rustic slab if you're more of a hunter-gatherer type!), with the rest of the clementine zest sprinkled over. For an interesting flavor and look, a few dried lavender flowers or rose petals are fantastic.

Cinnamon Butternut Squash Muffins by 5dollarDinners.com

- 1 banana, mashed
- 1 cup cooked butternut squash
- 4 eggs
- 1/3 cup applesauce
- 1/3 cup white sugar
- 6 Tablespoon canola or vegetable oil
- 1 teaspoon salt
- 1 teaspoon baking soda
- 2 teaspoon baking powder
- 2 teaspoon cinnamon
- 1 cup whole wheat flour
- 1 cup white flour

Optional Topping:

- 1 tsp cinnamon
- 1/4 cup brown sugar

In stand mixer or mixing bowl, mix banana, butternut squash, eggs, applesauce, sugar, and oil, until well blended.

In separate mixing bowl, combine salt, baking soda, baking powder, cinnamon, wheat flour and white flour.

Add the dry ingredients into the wet ingredients and mix until batter forms.

Pour into greased baking cups or muffin tins, and sprinkle with brown sugar-cinnamon topping. Makes 24 regular size muffins, 48 mini muffins, or 12 regular muffins and 24 mini muffins (what I did!).

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

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.

**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.
Beet Mousse with Cardamom by Artsy-Foodie.com

- 1 pound of peeled beets, boiled and cooking water reserved
- 1 tsp of agar agar
- 1 1/2 tsp of ground cardamom
- 1 tablespoon of orange zest
- 1/4 cup agave nectar or simple syrup
- 1 cup of heavy cream
- 6 dark chocolate cups

For the garnish:

- 1/2 cup of whipping cream
- 1 tablespoon of agave nectar
- 1 tablespoon of orange flower water (optional)
- Shaved dark chocolate

Transfer cooked beets to a blender. Take 1/2 cup of the cooking liquid and put in a small saucepan with the agar agar. Bring to a boil and whisk until well combined. This will take about 5 minutes. Transfer with the beets and blend together until creamy and smooth. Add the cardamom, orange zest and nectar or syrup. Blend a little more. Transfer to a bowl and refrigerate until mixture has cooled completely (about 1-2 hours).

In a mixer, whip the heavy cream until strong peaks form. With a spatula, incorporate the beet mixture gently into the cream and refrigerate for 8 hours or more. Fill each cup with the mousse.

Prepare some more whipped cream in a mixer. When peaks form add agave nectar and orange flower water (if using). Garnish each mousse cup with whipped cream and some shaved dark chocolate.

Low Fat Red Velvet Cake (Chocolate Beet Cake) by Low-Fat-Cooking.Suite101.com

- 1 cup all-purpose flour
- 3/4 cup white whole wheat flour
- 1-1/4 cups white sugar
- 3/4 cup unsweetened dutch-process cocoa
- 2 tsp. baking powder
- 1/2 tsp. baking soda
- 1-1/3 cups non-fat buttermilk
- 1/2 cup butter, softened
- 3/4 cup egg substitute
- 2 tsp. vanilla
- 2 cups beets, peeled and shredded

Preheat oven to 350. Spray a 9 x 13 pan with nonstick cooking spray. In a large mixing bowl, stir together flours, sugar, cocoa, baking powder and baking soda. Whisk in buttermilk. Beat in butter, egg substitute
and vanilla. Add beets. Pour in prepared cake pan. Bake 45 minutes. Cool, then frost with low fat cream cheese frosting.

**Can't Beet Red Velvet Cupcakes** by Coconut & Lime

- 3/4 cup beet puree
- 3/4 cup sugar
- 3/4 cup flour
- 1/2 cup dutch process cocoa
- 1/2 cup canola oil
- 1/4 cup milk
- 1 teaspoon plain yogurt
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon balsamic vinegar
- 1/4 teaspoon salt
- 2 eggs, at room temperature
- roux frosting

Preheat oven to 350. Grease or line 12 wells in a cupcake pan. Whisk together the dry ingredients. Set aside. Mix together the oil, yogurt, beet puree, vinegar, milk and eggs. Slowly add the dry ingredients. Mix thoroughly. Fill 2/3 of the way full. Bake for 15 minutes or until a toothpick in the center of the center cupcake comes out clean. Cool on a wire rack before icing.

**RED DEVIL CAKE** by Mariquita.com

- 1 1/4 cups beet puree (whirl cooked beets in blender: fresh cooked or canned.)
- 3 eggs
- 1 1/2 cups sugar
- 1/2 cup vegetable oil
- 1 tsp. vanilla
- 1/2 tsp. salt
- 1 1/2 cups unbleached white flour
- 3/4 cup cocoa powder
- 1 1/2 tsp. baking soda

Preheat oven to 350 degrees. Generously oil the baking pan (9 inch square or round pan). In a large bowl, beat the eggs well. Thoroughly whisk in the sugar, oil, vanilla, salt and beet puree until very smooth. In a separate bowl, sift together the flour, cocoa, and baking soda. Add the dry ingredients to the wet ingredients a little at a time, whisking until smooth.

Pour the batter into the prepared pan and bake for 45 to 50 minutes, until a knife inserted in the center comes out clean. Cool in the pan. Serve topped with confectioners sugar, whipped cream, or frosting. (from a Mollie Katzen book)
Beet Cake with Cream Cheese Frosting by Cooking Light

Cake:

- 1 pound beets (about 2 medium)
- Cooking spray
- 2/3 cup granulated sugar
- 2/3 cup packed dark brown sugar
- 1/2 cup vegetable oil
- 2 large eggs
- 2 1/2 cups all-purpose flour
- 2 teaspoons baking powder
- 1 teaspoon ground ginger
- 1 teaspoon ground cinnamon
- 1/2 teaspoon baking soda
- 1/4 teaspoon salt
- 1/2 cup 1% low-fat milk

Frosting:

- 2 teaspoons grated orange rind
- 1 teaspoon vanilla extract
- 1 (8-ounce) block 1/3-less-fat cream cheese, chilled
- 3 cups sifted powdered sugar
- 2 tablespoons finely chopped walnuts, toasted

If you like carrot cake, then you'll love this unusual dessert. The batter is bright red but bakes to a golden brown. You may want to wear an apron while grating the beets because they tend to splatter. Preheat oven to 350°.

To prepare cake, peel beets using a vegetable peeler. Grate beets, using the large holes of a grater, to measure 2 cups.

Coat 2 (9-inch) round cake pans with cooking spray; line bottoms with wax paper. Coat wax paper with cooking spray.

Combine the granulated sugar, brown sugar, oil, and eggs in a large bowl; beat with a mixer at medium speed until well-blended. Add beets; beat well. Lightly spoon the flour into dry measuring cups; level with a knife. Combine flour and next 5 ingredients (flour through salt) in a large bowl, stirring well with a whisk. Add flour mixture to sugar mixture alternately with milk, beginning and ending with flour mixture. Pour batter into prepared pans; sharply tap pans once on counter to remove air bubbles.

Bake at 350° for 30 minutes or until a wooden pick inserted in center comes out clean. Cool in pans 10 minutes on wire racks; remove from pans. Carefully peel off wax paper, and cool cake completely on wire racks.
To prepare frosting, beat orange rind, vanilla, and cream cheese with a mixer at high speed until fluffy. Add the powdered sugar; beat at low speed just until blended (do not overbeat).

Place 1 cake layer on a plate; spread with 1/2 cup frosting; top with remaining cake layer. Spread remaining frosting over top and sides of cake. Sprinkle nuts over top of cake. Store cake loosely covered in refrigerator.

**Chocolate Beet Cake** from John Peterson’s Farmer John’s Cookbook: The Real Dirt on Vegetables by WhenHarryMetSalad.Wordpress.com

- 3-4 medium beets
- butter and flour for preparing the pan
- 4 oz. unsweetened chocolate, chopped
- 1 c. mild-flavored vegetable oil
- 3 eggs
- 1¼ c. sugar
- 1 T. vanilla extract
- 1½ c. all purpose flour
- ½ c. whole wheat pastry flour
- 2 t. baking soda
- ¼ t. salt
- powdered sugar for dusting

Scrub the beets with a vegetable brush and trim roots. Trim stems and save greens for some other use. (I’m not sure what other use, but I’m working on it.) Bring a pot of water to a boil and add the beets. Boil for 20-30 minutes, or until the beets are tender and the skins slip off easily. Let the beets cool a little, the slip the skins off under cold water and then purée the beets in a blender or food processor. You should have about 2 cups of beet purée.

Preheat your oven to 375°F. Butter and flour a Bundt pan and set it aside. (This is where I went wrong — I followed the original instructions to coat the pan with oil (!) and did not abandon ship even when I noted that the oil was pooling in the bottom of the pan rather than coating the whole interior of the pan. Use butter; it sticks.)

Fill a medium saucepan about halfway with water and bring the water to a boil. Reduce to a simmer and set a heat-proof bowl over the simmering water. Place the chocolate and ¼ c. of the oil in the bowl and heat, stirring frequently, just until the chocolate melts.

Combine the eggs and sugar in a large bowl and beat with an electric mixer until fluffy. Slowly beat in the remaining oil, the chocolate mixture, beets, and vanilla.

In a medium bowl, whisk together the flours, baking soda, and salt. Gently stir the flour mixture into the egg and chocolate mixture until just combined.
Pour the batter into the prepared pan and bake until a toothpick inserted near the center comes out clean, about 45 minutes. Remove the pan from the oven and cool on a wire rack for 30 minutes. Carefully remove the cake from the pan and allow to cool completely before sprinkling with powdered sugar to serve.

**Beet Chocolate Cake with Banana-Peanut Butter Sauce** by FatFreeVegan.com

- 1 large beet
- water
- unsweetened apple sauce
- 2 tbsp. water
- 1 tsp. vanilla extract
- 1 tsp. apple cider vinegar
- 1 cup whole wheat flour
- 1/2 cup unbleached white flour
- 1/2 cup cocoa
- 1 cup sugar
- 1 tbsp. cornstarch
- 2 tsp. baking soda
- 1/2 tsp. salt
- 1/4 tsp. cinnamon

Peel and dice one large beet. Place the pieces in a saucepan with water to cover and boil until soft. (I've heard that you can buy canned beets, so you may want to skip this step--and the resulting red hands--by using pre-cooked beets.) Allow the beets to cool, and then drain them, reserving the red water for another purpose. Put the drained beets into the food processor with 1/4 cup (clear) water, and process until pureed.

Preheat the oven to 325 degrees. Oil or spray your cooking pan(s).

Put the pureed beets into a 2-cup measure. Add enough apple sauce to reach the 2-cup line. Add the 2 tablespoons water, vanilla extract, and apple cider to the beets and mix well.

Mix the dry ingredients together; then add the beet mixture and stir until well-combined. Bake for 35-60 minutes, depending on the size of pan you use: more for small, deep pans and less for a 9X13 pan. (I used a 9X13 pan, and it took 35 minutes.) Test by inserting a toothpick into the center; it's done when the toothpick comes out clean.

Allow to cool completely before cutting and serving.
Banana-Peanut Butter Sauce

- 1/2 of a 12-ounce package lite, firm silken tofu
- 1 banana
- 2 tbsp. natural peanut butter
- 1/4-1/3 cup agave nectar, to taste
- 1/4 tsp. vanilla
- 1/2 tsp. lemon juice

Blend all ingredients in a food processor or blender until smooth. Refrigerate until needed. The sauce will thicken in the fridge, so it's best to give it time to chill if you plan to sandwich it between layers of cake. (Just for fun, the next time I make this, I'll add a couple of drops of the beet juice to it to give it a slightly pink color.) Serve over cake.

Low Fat Red Velvet Cake (Chocolate Beet Cake) by Low-Fat-Cooking.Suite101.com

- 1 cup all-purpose flour
- 3/4 cup white whole wheat flour
- 1-1/4 cups white sugar
- 3/4 cup unsweetened dutch-process cocoa
- 2 tsp. baking powder
- 1/2 tsp. baking soda
- 1-1/3 cups non-fat buttermilk
- 1/2 cup butter, softened
- 3/4 cup egg substitute
- 2 tsp. vanilla
- 2 cups beets, peeled and shredded


Low Fat Cream Cheese Frosting

- 8 oz. Neufchatel cheese
- 12 oz. fat-free frozen whipped topping (Cool Whip), thawed
- 1 cup powdered sugar

Using an electric mixer, beat Neufchatel cheese until smooth. Stir in thawed whipped topping and powdered sugar.
Beet Cakes with Sweet Greek Yogurt by Tyler Florence

- 2 tablespoons unsalted butter, to grease baking pans
- 3 to 4 medium beets, to make 1 1/4 cups finely chopped
- 1 1/4 cups all-purpose flour
- 1/2 teaspoon baking powder
- 1/2 teaspoon baking soda
- Kosher salt
- 1/4 teaspoon ground allspice
- 1/4 teaspoon ground cinnamon
- 1/4 teaspoon ground nutmeg
- 2 tablespoons pomegranate molasses
- 1 cup applesauce
- 2 large eggs
- 1 cup buttermilk
- 3/4 cup dark brown sugar
- 1/3 cup vegetable oil
- Sweet Greek Yogurt, recipe follows
- Beet Garnish, recipe follows

Preheat oven to 350 degrees F.

Lightly grease 4 individual baking dishes with butter (oven proof ramekins or cocotte dishes work well). Peel beets and cut into pieces so they can fit comfortably in a food processor. Process with blade attachment until finely chopped.

In a large mixing bowl, combine flour, baking powder, baking soda, salt and spices. In a separate bowl, mix molasses, applesauce, eggs, buttermilk, and sugar together. Now mix wet ingredients with dry ingredients, add a pinch of salt, and then fold in the processed beets.

Set ramekins out on a sheet tray. Divide batter amongst ramekins and bake in the oven for 20 to 25 minutes until they have puffed up and a cake tester inserted in the center comes out clean.

Serve with Sweet Greek Yogurt and top with Beet Garnish and powdered sugar.

Sweet Greek Yogurt:

- 2 cups unsweetened Greek yogurt
- 1/4 cup honey

Combine yogurt and honey in a mixing bowl. Stir with a wooden spoon so they are just combined. Serve with warm beet cake.
Beet Garnish:

- 1 small beet
- 1/4 cup powdered sugar

Preheat oven to 150 degrees F.

Shave the beet into thin slices using a mandoline or sharp knife. Line a roasting dish with parchment and set the beets out in a single layer on the tray. Top with powdered sugar. Cover with another sheet of parchment, carefully pressing out any air bubbles. Top with another tray to add weight and bake on a low temperature to dehydrate the beet slices without over-cooking them. Bake for 2 to 3 hours, until dry and crispy. Use as a garnish on top of the beet cakes.

**Raisin, chocolate and beetroot muffins by ooffoo.com**

200g self raising flour  
75g cocoa powder  
225 caster sugar  
75 raisins  
2 eggs  
200ml oil  
250 blended cooked beetroot (approximately 4 small ones)

Pre heat oven to 190C

Sift flour and cocoa powder into a bowl and add sugar and raisins. Mix well.

In a separate bowl, whisk the eggs into the oil. Add the beetroot and mix well. Add the wet ingredients to the dry ingredients and mix everything together lightly. Lumps don't matter with muffins! Spoon the mix into 12 muffin cases and bake for 20-25 minutes until brown and risen. Look out for silicone muffin cases, so that you reduce your household waste!

Check out these **Beet Recipes** including:

- Chocolate Beet Brownies
- Red Devil Cake with NATURAL beet coloring!
- Honeymed Beet Quinoa Salad
- Simple Roasted Beet Salad with Onions
- Creamy Beet Soup
- Spiced Beet Casserole
- Roasted Beets with Curry Dressing
- Several Beet Salads with Feta or Arugula or Blue Cheese
Raw Chocolate Mousse by Raw Food

- ¼ cup pitted medjool dates, soaked
- ¼ cup maple syrup or agave nectar
- ¼ cup coconut oil
- ½ teaspoon vanilla
- 2 ripe avocados
- ¼ cup unsweetened fair trade cocoa powder
- ¼ cup cold water (or you can use milk if not raw)

Place everything except water in a food processor and pulse until smooth and creamy. Add water to reach desired consistency. Serve chilled or at room temperature.

Avocado Chocolate Fudge by Vegetarian.About.com

- 1 avocado, ripened
- 1/2 cup margarine
- 1 tsp vanilla
- 1 cup cocoa
- 3 cups powdered sugar
- 1/3 cup chopped walnuts (optional)

In a medium sized saucepan, melt the margarine over low heat. Once margarine is melted, puree with avocado in food processor or blender until perfectly smooth. Be sure there are no chunks of avocado left! Return mixture to saucepan over very low heat and add the rest of the ingredients, except the walnuts, adding the powdered sugar a portion at a time. Once all the sugar has been added, the mixture should be thick. Add walnuts if desired, and transfer to a loaf pan. Refrigerate until firm. Now, be patient! If you don't let it firm up, you won't be able to slice it up into squares.