

# COOKING

— with the —

# SEASONS

FARM SHARE RECIPES



CREATED BY

the Allentown Health Bureau in cooperation  
with Rodale Institute's Agriculture Supported  
Communities (ASC) Program



## RODALE INSTITUTE

Rodale Institute is a 501(c)(3) nonprofit dedicated to pioneering organic farming through research and outreach. For more than sixty years, Rodale Institute has been researching the best practices of organic agriculture and sharing findings with farmers and scientists throughout the world, advocating for policies that support farmers, and educating consumers about how going organic is the healthiest option for people and the planet.

## ▲ NEXT GENERATION OF ORGANIC FARMERS

Along with providing fresh produce to Allentown and neighboring communities, the Agriculture Supported Communities (ASC) program also provides training to future organic farmers. For eight months, interested participants are trained to operate a small organic grower's business. Training includes greenhouse production, transplanting, harvesting, business planning and marketing, and customer relations.

## RODALE INSTITUTE'S AGRICULTURE SUPPORTED COMMUNITIES

Agriculture Supported Communities (ASC) is Rodale Institute's farm share program. Members receive a seasonal "share" of organic produce each week throughout the season that can be picked up at a local community site. Members pay for their share when they pick up at the site using cash, credit card or SNAP benefits.

### WHAT:

A share consists of 1-2 bags of fresh organic produce, vegetables and herbs each week. Flowers, seasonal apple cider and eggs are also available to order for an extra fee. Members can either pay for the whole season up front or weekly.

### WHEN:

The typical season runs from June - November

### WHERE:

Various locations in Allentown, Emmaus, Kutztown and Reading

# About This Book



This book initially came about through a partnership between the Allentown Health Bureau and Rodale Institute's Agriculture Supported Communities (ASC) program, which has been working to bring local, fresh, organic produce to Allentown. Weekly ASC shares contain the latest crops that have ripened on the farm. From greens in early spring to garlic in late fall, there are between 40-50 different produce items participants can expect to receive. The recipes in this book feature these items in the order of their harvest time. The recipes also feature nutrition information about the produce item and are designed to help participants make full use of the produce they receive in their weekly shares.

This book is based on work supported by grant funding from the Pennsylvania Department of Health, Allentown Health Bureau and the USDA Agricultural Marketing Service (AMS) Farmers Market Promotion Program.



Special thanks to Cedar Crest College dietetic intern Tracy Stauffer for her work on the development of this book.

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# Spring Produce



**Broccoli**

**Garlic Scapes**

**Greens**

**Bok choy**

**Escarole**

**Kale**

**Spinach**

**Broccoli raab, frisee, pac choy**

**Kohlrabi**

**Lettuces (leaf, head, arugula)**

**Peas**

# Broccoli



## Recipes

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Cashews ...12

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## Key Nutrients

- ⇒ Excellent source of vitamin K, vitamin C, chromium, and folate
- ⇒ Good source of dietary fiber, pantothenic acid, vitamin B6, vitamin E, manganese, phosphorus, choline, vitamin B1, vitamin A, potassium, and copper
- ⇒ Cholesterol-lowering benefits
- ⇒ 1 cup (156 grams) chopped, cooked broccoli: 55 calories
- ⇒ (The world's healthiest foods., 2015)

# Sesame Broccoli Salad



**From:** Adapted from Allrecipes.com  
**Serves:** 8

**Prep Time:** 15 min  
**Cook Time:** 10 min

## Instructions

- 1:  
Preheat oven to 375 degrees F (190 degrees C). Toast sesame seeds for 3 to 5 minutes, or until the seeds begin to turn golden brown. Set aside.
- 2:  
Bring a large pot of water to a boil. Cook broccoli in boiling water for 3 to 5 minutes, or until desired tenderness. Drain, and transfer to a large bowl.
- 3:  
In a small bowl, whisk together the vinegar, soy sauce, sesame oil, sugar, and sesame seeds. Pour over broccoli, and toss to coat.

## Nutrition Information

Servings Per Recipe: 8

### Amount Per Serving

Calories: 78

Total Fat: 4.8g

Cholesterol: 0mg

Sodium: 254mg

Total Carbs: 7.5g

Dietary Fiber: 2.5g

Protein: 3.1g

## Ingredients

- 2 tablespoons sesame seeds
- 1 1/2 pounds fresh broccoli, cut into bite size pieces
- 2 tablespoons rice vinegar
- 2 tablespoons soy sauce
- 2 tablespoons sesame oil
- 2 teaspoons white sugar



# Broccoli with Garlic Butter and Cashews

**From:** Adapted from Allrecipes.com  
**Serves:** 6

**Prep Time:** 10 min  
**Cook Time:** 10 min



## Instructions

1:  
Place the broccoli into a large pot with about 1 inch of water in the bottom. Bring to a boil, and cook for 7 minutes, or until tender but still crisp. Drain, and arrange broccoli on a serving platter.

2:  
While the broccoli is cooking, melt the butter in a small skillet over medium heat. Mix in the brown sugar, soy sauce, vinegar, pepper and garlic. Bring to a boil, then remove from the heat. Mix in the cashews, and pour the sauce over the broccoli. Serve immediately.

## Nutrition Information

Servings Per Recipe: 6

Amount Per Serving

Calories: 187

Total Fat: 14.2g

Cholesterol: 27mg

Sodium: 611mg

Total Carbs: 13.2g

Dietary Fiber: 3.3g

Protein: 5.1g

## Ingredients

1 1/2 pounds fresh broccoli, cut into bite size pieces

1/3 cup butter

1 tablespoon brown sugar

3 tablespoons soy sauce

2 teaspoons white vinegar

1/4 teaspoon ground black pepper

2 cloves garlic, minced

1/3 cup chopped salted cashews



# Roasted Garlic Lemon Broccoli

**From:** Adapted from  
Allrecipes.com  
**Serves:** 6

**Prep Time:** 10 min  
**Cook Time:** 15 min



## Instructions

- 1:  
Preheat the oven to 400 degrees F (200 degrees C).
- 2:  
In a large bowl, toss broccoli florets with the extra virgin olive oil, sea salt, pepper and garlic. Spread the broccoli out in an even layer on a baking sheet.
- 3:  
Bake in the preheated oven until florets are tender enough to pierce the stems with a fork, 15 to 20 minutes. Remove and transfer to a serving platter. Squeeze lemon juice liberally over the broccoli before serving for a refreshing, tangy finish.

## Nutrition Information

Servings Per Recipe: 6

Amount Per Serving

Calories: 49

Total Fat: 1.9g

Cholesterol: 0mg

Sodium: 326mg

Total Carbs: 7g

Dietary Fiber: 2.7g

Protein: 2.9g

## Ingredients

- 2 heads broccoli, separated into florets
- 2 teaspoons extra-virgin olive oil
- 1 teaspoon sea salt
- 1/2 teaspoon ground black pepper
- 1 clove garlic, minced
- 1/2 teaspoon lemon juice



# Garlic Scapes



## Recipes

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## Key Nutrients

- ⇒ Anti-inflammatory
- ⇒ Anti-bacterial
- ⇒ Anti-viral agents
- ⇒ Cholesterol-lowering
- ⇒ Disease-fighting attributes

(Grace Communications Foundation, 2015)

# Garlic Scape Hummus

**From:** The Garlic Farm



## Instructions

1:  
Place the ingredients in a blender or food processor and mix on high until a thick paste forms. Salt to taste.

## Ingredients

2 cans garbanzo beans (chick peas),  
drained  
1 cup sesame seeds or tahini  
2 tablespoons olive oil  
1/2 cup lemon juice  
1/2 cup chopped fresh garlic scapes  
1 handful of fresh herbs such as cilantro,  
parsley, or basil (optional)

## Notes:

### General Garlic Scapes Usage

The scape is actually the part of the garlic that shoots up a flower in the late spring. Only hard neck varieties of garlic produce a flower like this. You can use the scape as you would normally use garlic. Chop up the entire green stem and sauté with a stir fry, throw it into eggs, salad dressing or a soup. It is a delicious way to enjoy garlic!



# Greens—General Greens Recipes



## Recipes

Too Many Greens? ...17

Easy “Go To” Greens ...17

## Key Nutrients

- ⇒ Leafy greens supply vitamins and minerals we need to stay healthy and fit
- ⇒ Leafy greens are a rich source of vitamin A, vitamin C, and folate
- ⇒ Leafy greens are a good source of vitamin K
- ⇒ Spinach is rich in vitamin K
- ⇒ Vitamin K is needed for normal blood clotting and healthy bones

(Department of Food and Nutrition, 2003)

## Too Many Greens?

Freeze them to enjoy later, it's easy! Steam or blanch them first:

Wash and chop up greens (kale, swiss chard, pac choy, beet greens, collards, etc) into 1-2 inch pieces.

To steam: Fill large soup kettle with 1 -2 inches of water and bring to boil. Place chopped greens into large steamer insert over boiling water.

To blanch: Fill large soup kettle half way with water and bring to boil. Place chopped greens into large steamer insert or directly in boiling water.

Cook until bright green (1-2 minutes). Remove from boiling water and run greens under cold water for 30 seconds to stop cooking. Drain and squeeze out excess water, then store in quart size freezer bags or other freezer safe container. Store in freezer for up to 1 year, but don't forget to label with the type of greens and date.

To defrost, place in microwave for 30 seconds at a time or run bags under cool water until defrosted.

## Easy "Go To" Greens

This is my favorite way to cook any kind of greens. Why is it my favorite? This method is easy, fast and delicious, and you need very few other ingredients.

1 bunch of greens (e.g. kale, pac choy, broccoli raab, Swiss chard, spinach, turnip greens, beet greens, collards, etc.)

1 – 2 garlic cloves, chopped

Cooking oil (olive or canola is recommended)

Salt and pepper

Wash greens and chop them into 1-inch pieces. Heat oil in large pan over med-high heat. Add garlic. When garlic releases its aroma, add chopped greens and sprinkle with salt and pepper. Cook (sauté), stirring and tossing the greens for 1 to 2 minutes or until greens are tender and bright green, then remove from pan.

Serve as a side dish as is, or sprinkle parmesan or feta cheese on top. Add nuts or sunflower seeds for an extra crunch. Another option is to use the sautéed greens on top of pasta or rice with fresh or canned tomatoes. Or add greens to eggs to make an interesting omelet. The possibilities are endless! Have fun with it!

# Greens—Bok Choy



## Recipes

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Warm Bok Choy, Beet and Feta Salad ...20

Stir Fry Bok Choy ...21

## Key Nutrients

- ⇒ Very low in calories
- ⇒ Bok Choy, 100 g: 13 calories
- ⇒ Excellent source of vitamin C and antioxidants
- ⇒ Very good source of vitamin K
- ⇒ Contains many vital B-complex vitamins
- ⇒ Cholesterol lowering benefits

(Mifflin County School District, n.d.)

# Easy Bok Choy

**From:** Adapted from  
Allrecipes.com  
**Serves:** 4

**Prep Time:** 10 min  
**Cook Time:** 10 min



## Instructions

- 1:  
Heat the oil in a large skillet or wok over medium heat, and cook the garlic in the hot oil until fragrant, 1 to 2 minutes.
- 2:  
Mix in the bok choy, and cook and stir until the green parts of the leaves turn bright green and the stalks become slightly translucent, 5 to 8 minutes. Sprinkle with salt to serve.

## Nutrition Information

Servings Per Recipe: 4  
Amount Per Serving  
Calories: 150  
Total Fat: 5.2g  
Cholesterol: 0mg  
Sodium: 687mg  
Total Carbs: 20.3g  
Dietary Fiber: 9.1g  
Protein: 13.7g

## Ingredients

- 1 tablespoon vegetable oil
- 2 cloves garlic, crushed and chopped
- 8 heads baby bok choy, trimmed and cut into bite-size pieces
- salt to taste



# Warm Bok Choy, Beet and Feta Salad



**From:** Adapted from  
Allrecipes.com  
**Serves:** 3

**Prep Time:** 15 min  
**Cook Time:** 45 min

## Instructions

- 1:  
Preheat an oven to 425 degrees F (220 degrees C). Place the beets, 1/4 of the chopped garlic, and the olive oil on a piece of heavy aluminum foil; fold the foil around the beets into a sealed packet.
- 2:  
Roast beets in the preheated oven until easily pierced with a fork, 40 minutes to 1 hour. Let beets cool just until they can be handled, then rub with a paper towel to remove skins. Chop into 1/2-inch cubes; set aside.
- 3:  
Heat the peanut oil and butter in a heavy skillet over medium-high heat. Cook and stir bok choy and the remaining garlic together until bok choy is slightly softened but still crunchy, about 5 minutes. Remove from heat; stir in the beets and the feta. Serve warm.

## Nutrition Information

Servings Per Recipe: 3

Amount Per Serving

Calories: 212

Total Fat: 16.5g

Cholesterol: 20mg

Sodium: 334mg

Total Carbs: 12.5g

Dietary Fiber: 3.5g

Protein: 5.5g

## Ingredients

- 4 small beets, trimmed, leaving 1 inch of stems attached
- 4 cloves garlic, chopped, divided
- 1 teaspoon olive oil
- 3 heads baby bok choy, chopped
- 2 tablespoons peanut oil
- 1 1/2 teaspoons butter
- 1/3 cup crumbled feta cheese



# Stir Fry Bok Choy

**From:** Adapted from  
The Rodale Whole Foods  
Cookbook

## Instructions

- 1:  
In a large skillet, heat the water and oil over medium heat. Add the carrot and ginger and cook, stirring frequently until the carrot is crisp-tender, about 3 minutes.
- 2:  
Add the bok choy, orange juice concentrate, brown sugar, soy sauce, and salt. Cover and cook until the bok choy begins to wilt, about 3 minutes.
- 3:  
Uncover and cook, stirring frequently, until the bok choy is crisp-tender, about 2 minutes.
- 4:  
Stir in the peas and the cornstarch mixture, and cook, stirring constantly, until the vegetables are nicely coated, about one minute.

Makes 4 servings.

## Notes:

This is best with baby bok choy (cut it lengthwise into ½-inch slices), but any will do.

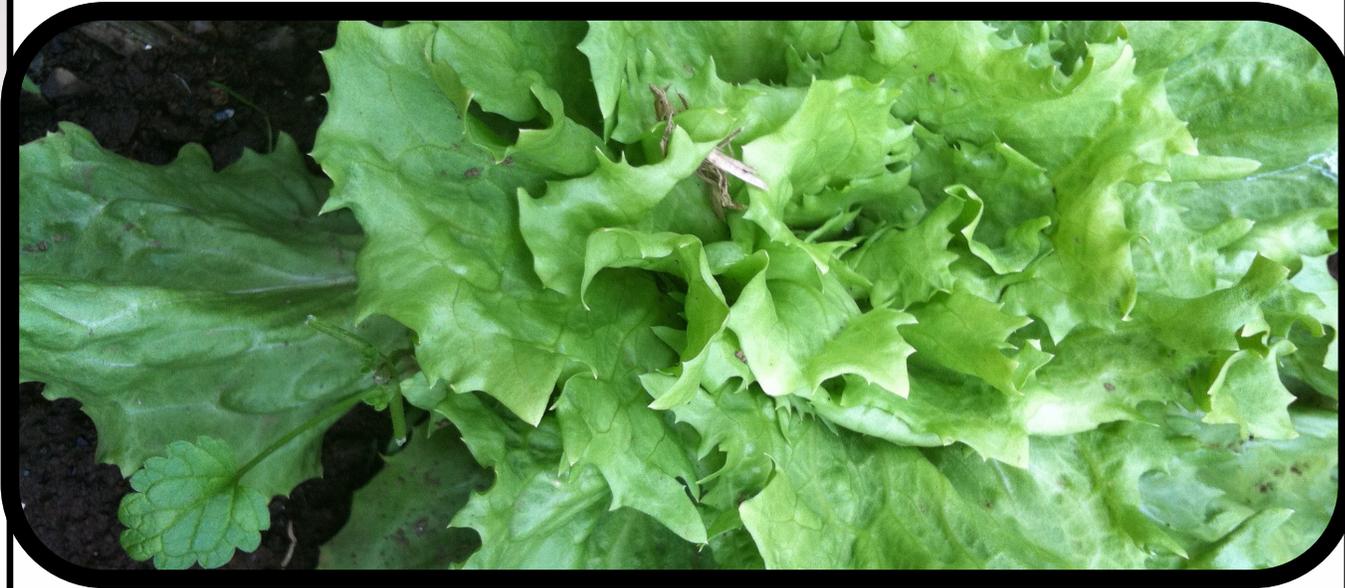


## Ingredients

- 3 tablespoons water
- 1 tablespoon olive oil
- 1 carrot, cut into matchsticks
- 2 tablespoons slivered fresh ginger
- 1 pound bok choy, cut into 1/2 inch wide slices
- 3 tablespoons orange juice concentrate
- 1 tablespoon turbinado or light brown sugar
- 1 tablespoon lower sodium soy sauce
- 1/2 teaspoon salt
- 1/2 cup frozen peas, thawed
- 1 teaspoon cornstarch blended with 1 tablespoon water



# Greens—Escarole



## Recipes

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## Key Nutrients

- ⇒ Escarole is also known as endive
- ⇒ Known for their sharp, bitter taste
- ⇒ More tolerant of heat and cold than lettuce
- ⇒ Frilly-leaved endive makes an attractive addition to ornamental plantings

(Cornell University, 2006)

# Italian Wedding Soup



**From:** Adapted from Allrecipes.com  
**Serves:** 4

**Prep Time:** 20 min  
**Cook Time:** 30 min

## Instructions

- 1:  
In medium bowl, combine meat, egg, bread crumbs, cheese, basil and onion powder; shape into 3/4 inch balls.
- 2:  
In large saucepan, heat broth to boiling; stir in escarole, orzo pasta, chopped carrot and meatballs. Return to boil, then reduce heat to medium. Cook at slow boil for 10 minutes, or until pasta is al dente. Stir frequently to prevent sticking. Serve topped with grated parmesan cheese.

## Nutrition Information

Servings Per Recipe: 4  
Amount Per Serving  
Calories: 438  
Total Fat: 14.3g  
Cholesterol: 93mg  
Sodium: 1211mg  
Total Carbs: 47.7g  
Dietary Fiber: 3.1g  
Protein: 28.2g

## Ingredients

- 1/2 pound extra-lean ground beef
- 1 egg, lightly beaten
- 2 tablespoons dry bread crumbs
- 1 tablespoon grated Parmesan cheese
- 1/2 teaspoon dried basil
- 1/2 teaspoon onion powder
- 5-3/4 cups chicken broth
- 2 cups thinly sliced escarole
- 1 cup uncooked orzo pasta
- 1/3 cup finely chopped carrot



# Escarole and Bean Soup

**From:** Adapted from Allrecipes.com  
**Serves:** 6

**Prep Time:** 10 min  
**Cook Time:** 35 min



## Instructions

- 1:  
Cook and stir onion and garlic in a large pot with a little stock or olive oil. Do not brown.
- 2:  
Add the rest of the stock, adobo spice, navy beans, and chopped escarole. Cook until the escarole is tender, It is best when it is a little crispy.

## Ingredients

- 6 cloves garlic, minced
- 1 sweet onion, chopped
- 2 (15 ounce) cans navy beans
- 1 quart chicken broth
- 1 teaspoon adobo seasoning (optional)
- 4 cups chopped escarole

## Nutrition Information

Servings Per Recipe: 6  
Amount Per Serving  
Calories: 214  
Total Fat: 0.9g  
Cholesterol: 0mg  
Sodium: 340mg  
Total Carbs: 40.4g  
Dietary Fiber: 15.9g  
Protein: 12.3g



# Escarole with Beans

From: Rodale

## Instructions

- 1:  
Cook bacon over medium-high heat until crisp, about 7 minutes.
- 2:  
Remove bacon. Add olive oil to pan. Then the escarole; cook and stir for a few minutes or until soft.
- 3:  
Add garlic until fragrant. Pour in the chicken broth, beans, and red pepper flakes.
- 4:  
Simmer 5-7 minutes. Serve in bowls with crumbled bacon and Parmesan cheese on top.

## Notes:



## Ingredients

- 2 Slices of Bacon
- Olive Oil, couple tablespoons
- Escarole (Head), chopped
- Garlic cloves, as much you like
- 1 can or 15oz of Chicken Broth
- 1 can or 15.5oz of Cannelli Beans
- Crushed Red Pepper, to taste
- 2 tbsp. parmesan Cheese



# Greens—Kale



## Recipes

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## Key Nutrients

- ⇒ Excellent source of calcium
- ⇒ Supports strong bones
- ⇒ Potential immune booster
- ⇒ Rich in Vitamin C.
- ⇒ May help protect against cancer
- ⇒ Excellent source of antioxidants
- ⇒ High in iron
- ⇒ Packed with fiber to aid in digestion

(Common Health, 2014)

# Bean Soup With Kale

**From:** Adapted from  
Allrecipes.com

**Serves:** 8

## Instructions

1:  
In a large pot, heat olive oil. Add garlic and onion; sauté until soft. Add kale and sauté, stirring, until wilted. Add 3 cups of broth, 2 cups of beans, and all of the tomato, herbs, salt and pepper. Simmer 5 minutes. In a blender or food processor, mix the remaining beans and broth until smooth. Stir into soup to thicken. Simmer 15 minutes. Ladle into bowls; sprinkle with chopped parsley.

## Nutrition Information

Servings Per Recipe: 8

Amount Per Serving

Calories: 182

Total Fat: 2.5g

Cholesterol: 0mg

Sodium: 269mg

Total Carbs: 31g

Dietary Fiber: 7.3g

Protein: 11g



## Ingredients

- 1 tablespoon olive oil or canola oil
- 8 large garlic cloves, crushed or minced
- 1 medium yellow onion, chopped
- 4 cups chopped raw kale
- 4 cups low-fat, low-sodium chicken or vegetable broth
- 2 (15 ounce) cans white beans, such as cannellini or navy, undrained
- 4 plum tomatoes, chopped
- 2 teaspoons dried Italian herb seasoning
- Salt and pepper to taste
- 1 cup chopped parsley



# Southern New Year's Day Soup

**From:**

[www.vegetariantimes.com](http://www.vegetariantimes.com)



## Instructions

1:

Heat oil in large pot or Dutch oven over medium heat. Add leek, and sauté 5 to 7 minutes, or until soft. Add garlic and poultry seasoning, and sauté 1 minute more. Stir in kale, and cook 5 to 7 minutes, or until leaves are wilted, tossing occasionally.

2:

Add diced tomatoes, diced tomatoes with chiles, black-eyed peas, vegetable broth, and 7 cups water; season with salt and pepper, if desired. Cover, reduce heat to medium-low, and simmer 40 to 45 minutes. Stir in pasta, and cook 7 to 10 minutes more, or until pasta is al dente and black-eyed peas are tender. Serve garnished with Parmesan curls.

## Notes:

## Ingredients

2 Tbs. olive oil

1 large leek, quartered, white and light green parts chopped (2 cups)

2 cloves garlic, minced (2 tsp.)

1 Tbs. poultry seasoning

8 oz. kale, tough stems removed, leaves cut into 2-inch pieces (4 cups)

1 15-oz. can diced tomatoes

1 15-oz. can diced tomatoes with green chiles

$\frac{3}{4}$  cup dried black-eyed peas

1 qt. low-sodium vegetable broth

$\frac{3}{4}$  cup farfalle pasta

Shaved Parmesan curls, for garnish



## Kale Chips

Courtesy of ASC Intern Sam Moll

All hail the holy kale! A crunchy flavorful snack that can be sweet, savory, zesty or spicy-your choice.

### Ingredients

Bunch of Kale  
1 tbsp of olive or coconut oil  
Salt  
Spices of your choice

**Directions:** Preheat the oven to 275 F. Remove the stems from the kale leaves and chop into bite-size pieces. Toss kale pieces in a mixing bowl with the oil and salt. Sprinkle on your favorite seasonings (garlic powder, pepper, lime chili powder, soy sauce, coconut) and bake on a cookie sheet in a single layer for 30-40 minutes (depending on how crispy you want them).

## Raw Kale Salad

### Ingredients

Bunch of kale  
Seeds and nuts (sunflower, pumpkin, almonds, cashews, etc.)  
Fruit (dried cranberries/raisins, apple, orange, strawberries)  
Olive oil (or try coconut oil for some extra flavor)  
Lemon (optional)

**Directions:** Chop kale (stems and all) into bite-size pieces and massage with olive or coconut oil. Add the toppings and enjoy!



# Greens—Spinach



## Recipes

Spinach Brownies ...31

Spinach and Leek White Bean  
Soup ...32

Crustless Spinach Quiche ...33

## Key Nutrients

- ⇒ An excellent source of vitamin A and vitamin K
  - ⇒ Good source of iron, calcium, potassium, magnesium, and zinc
  - ⇒ A good source of folate, vitamin C, vitamin E, riboflavin, B6, niacin, and thiamin
  - ⇒ Important health benefits such as:  
Anti-inflammatory, lowers blood pressure, supports immune system
  - ⇒ 1 cup of fresh spinach (30grams): 6 calories
- (Spinach Nutrition, n.d.)

# Spinach Brownies

**From:** Adapted from  
Allrecipes.com  
**Serves:** 24

**Prep Time:** 20 min  
**Cook Time:** 35 min



## Instructions

- 1:  
Preheat oven to 375 degrees F (190 degrees C). Lightly grease a 9x13 inch baking dish.
- 2:  
Place spinach in a medium saucepan with enough water to cover. Bring to a boil. Lower heat to simmer and cook until spinach is limp, about 3 minutes. Remove from heat, drain, and set aside.
- 3:  
In a large bowl, mix flour, salt and baking powder. Stir in eggs, milk and butter. Mix in spinach, onion and mozzarella cheese.
- 4:  
Transfer the mixture to the prepared baking dish. Bake in the preheated oven 30 to 35 minutes, or until a toothpick inserted in the center comes out clean. Cool before serving.

## Nutrition Information

Servings Per Recipe: 24

Amount Per Serving

Calories: 92

Total Fat: 6g

Cholesterol: 35mg

Sodium: 216mg

Total Carbs: 5.6g

Dietary Fiber: 0.5g

Protein: 4.1g

## Ingredients

- 10 ounces of spinach, rinsed and chopped
- 1 cup all-purpose flour
- 1 teaspoon salt
- 1 teaspoon baking powder
- 2 eggs
- 1 cup milk
- 1/2 cup butter, melted
- 1 onion, chopped
- 1 (8 ounce) package shredded mozzarella cheese



# Spinach and Leek White Bean Soup

**From:** Adapted from Allrecipes.com  
**Serves:** 8

**Prep Time:** 10 min  
**Cook Time:** 15 min



## Instructions

1:  
Heat olive oil in a large saucepan or soup pot over medium heat. Add the leeks and garlic; sauté until tender, about 5 minutes. Stir in the chicken broth, cannellini beans, bay leaves and cumin. Bring to a boil, then reduce the heat to low, and stir in the couscous. Cover, and simmer for 5 minutes. Stir in spinach and season with salt and pepper. Serve immediately.

## Nutrition Information

Servings Per Recipe: 8

Amount Per Serving

Calories: 179

Total Fat: 2g

Cholesterol: 0mg

Sodium: 481mg

Total Carbs: 30.6g

Dietary Fiber: 5.8g

Protein: 9.4g

## Ingredients

2 teaspoons olive oil

4 leeks, bulb only, chopped

2 cloves garlic, chopped

2 (16 ounce) cans fat-free chicken broth

2 (16 ounce) cans cannellini beans,  
rinsed and drained

2 bay leaves

2 teaspoons ground cumin

1/2 cup whole wheat couscous

2 cups packed fresh spinach

salt and pepper to taste



# Crustless Spinach Quiche

**From:** Adapted from Allrecipes.com  
**Serves:** 6

**Prep Time:** 20 min  
**Cook Time:** 30 min



## Instructions

- 1: Preheat oven to 350 degrees F (175 degrees C). Lightly grease a 9 inch pie pan.
- 2: Heat oil in a large skillet over medium-high heat. Add onions and cook, stirring occasionally, until onions are soft. Stir in spinach and continue cooking until excess moisture has evaporated.
- 3: In a large bowl, combine eggs, cheese, salt and pepper. Add spinach mixture and stir to blend. Scoop into prepared pie pan.
- 4: Bake in preheated oven until eggs have set, about 30 minutes. Let cool for 10 minutes before serving.

## Nutrition Information

**Servings Per Recipe:** 6

**Amount Per Serving**

**Calories:** 309

**Total Fat:** 23.7g

**Cholesterol:** 230mg

**Sodium:** 546mg

**Total Carbs:** 4.8g

**Dietary Fiber:** 1.6g

**Protein:** 20.4g

## Ingredients

- 1 tablespoon vegetable oil
- 1 onion, chopped
- 10 ounces of chopped spinach
- 5 eggs, beaten
- 3 cups shredded Muenster cheese
- 1/4 teaspoon salt
- 1/8 teaspoon ground black pepper



# Greens—Broccoli Raab, Frisee, Pac Choy



## Recipes

- Broccoli Raab Bruschetta ...35
- Frisee Salad with Egg and Bacon ...36
- Sesame Soy Braised Pac Choy ...37

## Key Nutrients

### Broccoli Raab

- ⇒ An excellent source of vitamin C
- ⇒ Vitamin C can help keep your skin, bones, and teeth strong

(HEALWITHFOOD.ORG, 2015)

# Broccoli Raab Bruschetta

**From:** Adapted from  
The Rodale Whole Foods  
Cookbook

## Instructions

**1:**  
In a large nonstick skillet, heat 2 tablespoons of oil over medium heat. Add half the chopped garlic, the pepper flakes, and broccoli raab, stirring to coat. Season with salt and pepper to taste. Add the water, cover, and steam for 5 minutes, stirring occasionally. Add the remaining 1 tablespoon oil and chopped garlic, and cook until the raab is tender, 3 to 5 minutes. Remove from heat.

**2:**  
Preheat the broiler. Toast the bread, and, while still hot, lightly brush one side with oil and rub lightly with a cut garlic half. (Leave the broiler on.) Spread the tomato pesto on the toasts. Top with the broccoli raab, pressing down to make it stick. Top each slice with 1 generous tablespoon cheese and broil until the cheese melts, 1 to 2 minutes. Serve warm or at room temperature.

## Notes:



## Ingredients

3 tablespoons extra-virgin olive oil, plus more for brushing  
5 cloves garlic, 4 coarsely chopped, 1 halved  
Pinch of red pepper flakes  
1-1/2 pounds broccoli raab, tough ends trimmed  
Coarse salt & black pepper  
1/4 cup water  
Crusty whole wheat Italian bread, sliced  
2 tablespoons sun-dried tomato pesto  
1/3 cup shredded provolone cheese



# Frisee Salad with Egg and Bacon

**From:** Adapted from Tyler Florence Family Meal



## Instructions

- 1:**  
Make the vinaigrette: Combine the minced shallots, mustards, oil, vinegar, honey, salt, and pepper in a jar with a tight-fitting lid. Shake for 20 seconds or until everything is emulsified. (Leftover dressing will keep in the refrigerator for up to 2 weeks.)
- 2:**  
Place the bacon in a cold skillet and place the pan over medium heat. Slowly render the bacon until it is crisp, 12 to 15 minutes. Remove the bacon from the pan with a slotted spoon and drain on paper towels.
- 3:**  
Place the eggs in a saucepan with cold water to cover. Bring to a boil over high heat, then immediately remove from the heat, cover the pan, and let the eggs stand in the hot water for exactly 14 minutes. Drain the eggs and cover with cold water. Once cool, peel the eggs and halve lengthwise.
- 4:**  
Place the frisee in a big salad bowl and add the bacon. Add the vinaigrette and toss to coat the greens. Arrange the hard-boiled eggs on top.

Serves 4-6. from heat; stir in the beets and the feta.  
Serve warm.

## Notes:

Frisee is a frilly looking salad green with a somewhat bitter taste.

## Ingredients

- 1 small shallot, finely minced
- 1 teaspoon Dijon mustard
- 1 teaspoon whole-grain mustard
- 1/2 cup extra-virgin olive oil
- 1/4 cup sherry vinegar
- 1 tablespoon honey
- 1/2 teaspoon kosher salt
- 1/4 teaspoon freshly ground black pepper
- 2-3 large heads of frisee, washed and dried
- 10 thick-cut bacon slices, diced
- 6 eggs



# Sesame Soy Braised Pac Choy

**From:** Adapted from  
Asparagus to Zucchini by  
Fairshare CSA Coalition

## Instructions

1:  
Trim the root end off the pac choy heart. Slice the leafy portions of the plant from the stalks. Cut both the leaves and the stalks into large matchstick-size pieces, keeping the two piles separate.

2:  
Heat very large, heavy skillet or wok until it looks hazy over the surface, 2-4 minutes. Add peanut oil and swirl it to coat the pan. Add pac choy stems; stir-fry about 5 minutes. Add ginger and garlic and stir-fry briefly. Add pac choy greens, chicken stock, sesame oil, soy sauce, rice vinegar, sugar, and salt and pepper to taste. Cover, reduce heat to medium-low, and cook until pac choy is tender and glazed with sauce (5-8 minutes).

3:  
Remove cover, sprinkle with sesame seeds, increase heat to medium-high, and cook until excess liquid evaporates (2-3 minutes). Adjust seasonings to taste.

Makes 4 servings.

## Notes:

Both the leaves and stems of pac choy can be eaten. Separate the leaves, wash and chop into 1- to 2-inch pieces. It is delicious in a stir-fry or steamed and tossed with sesame oil, soy sauce and rice vinegar.

Storage tips: Wrap pac choy in a damp towel or put it in a plastic bag and place in the hydrator drawer of the refrigerator to keep from wilting.



## Ingredients

- 1 head pac choy
- 2 Tbsp. peanut oil
- 1 Tbsp. grated ginger
- 1 Tbsp. minced garlic
- 1/2 cup chicken stock
- 1 Tbsp. toasted sesame oil
- 2 Tbsp. soy sauce
- 2 teaspoons rice vinegar
- 1 teaspoon sugar
- Salt and pepper
- 2 Tbsp. sesame seeds



# Kohlrabi



## Recipes

Kohlrabi Avocado Salad ...39

Kohlrabi Home Fries ...40

Glazed Kohlrabi ...41

## Key Nutrients

- ⇒ Kohlrabi is high in vitamin C
- ⇒ Vitamin C helps keep your immune system strong and healthy
- ⇒ Very low in calories
- ⇒ One ounce of raw kohlrabi is about 8 calories

(HEALWITHFOOD.ORG, 2015)

# Kohlrabi Avocado Salad

**From:** Adapted from  
golubkakitchen.com

## Instructions

- 1:  
Thinly slice the kohlrabi, radishes, carrot, and apple using a mandolin or sharp knife. Alternatively, shred everything and place into a bowl.
- 2:  
In a separate bowl, combine lime and orange juices with the oils, salt, and pepper and pour the dressing over vegetables. Let sit for 30 minutes to an hour at room temperature.
- 3:  
Serve with avocado slices, sprinkled with walnuts and garnished with herbs.

Serves 4.

## Notes:



## Ingredients

- 2 small to medium kohlrabi – peeled
- 4 radishes
- 1 small carrot – peeled
- 1 medium apple
- 2 tablespoons lime juice
- 2 tablespoons orange juice
- 2 tablespoons walnut oil (optional, can substitute with olive oil)
- 2 tablespoons olive oil
- sea salt and freshly ground black pepper
- 1- 2 ripe avocados
- handful of chopped walnuts
- chives or dill for garnishing



# Kohlrabi Home Fries

**From:** Martha Rose Shulman  
from the New York Times



## Instructions

- 1:  
Peel the kohlrabi and cut into thick sticks, about 1/3 to 1/2 inch wide and about 2 inches long. Heat the oil over medium-high heat in a heavy skillet (cast iron is good).
- 2:  
Meanwhile, place the flour in a large bowl, season with salt if desired and quickly toss the kohlrabi sticks in the flour so that they are lightly coated. When the oil is rippling, carefully add the kohlrabi to the pan in batches so that the pan isn't crowded.
- 3:  
Cook on one side until browned, about 2 to 3 minutes. Then, using tongs, turn the pieces over to brown on the other side for another 2 to 3 minutes. The procedure should take only about 5 minutes if there is enough oil in the pan.
- 4:  
Drain on paper towels, then sprinkle right away with the seasoning of your choice. Serve hot.

Yield: 4 to 6 servings.

## Notes:

“Kohlrabi can be cut into thick sticks like home fries, browned in a small amount of oil, and seasoned with chili powder (my favorite), curry powder, cumin or paprika. It’s a very satisfying and healthy fry.”

## Ingredients

- 1-1/2 to 2 pounds kohlrabi
- 1 tablespoon rice flour, chickpea flour or semolina (more as needed)
- Salt to taste
- 2 to 4 tablespoons canola oil or grape seed oil, as needed
- Chili powder, ground cumin, curry powder or paprika to taste



# Glazed Kohlrabi

**From:** Adapted from  
The Rodale Whole Foods  
Cookbook

## Instructions

1:  
In a large skillet, combine the kohlrabi, butter, sugar, salt, nutmeg, and water.

2:  
Bring to a boil over high heat. Reduce the heat to medium and cook, uncovered, tossing occasionally, until the kohlrabi is tender and glazed and no water remains, about 15 minutes.

Makes 4 serving

## Notes:

Sometimes referred to as turnip cabbage, kohlrabi has a mildly sweet cabbage flavor. This simple preparation highlights its sweetness.



## Ingredients

3 medium kohlrabi, peeled, halved lengthwise, and sliced 1/4-inch thick  
2 tablespoons butter  
2 teaspoons sugar  
1/4 teaspoon salt  
1/8 teaspoon nutmeg  
1/2 cup water



# Lettuce



## Recipes

- Orange Romaine Salad ...43
- Blueberry Walnut Salad ...44
- Arugula with Red Onion, Pecorino and Lemon ...45

## Key Nutrients

- ⇒ One cup of raw leaf lettuce has 9 calories
- ⇒ Good source of vitamin C, calcium, iron and copper
- ⇒ Excellent source of vitamin A and potassium

(Washington State Department of Agriculture, 2011)

# Orange Romaine Salad

**From:** Adapted from  
Allrecipes.com  
Serves: 8

## Instructions

- 1:  
In a small container with a tight-fitting lid, combine the vinegar, oil, honey, salt, pepper and green onion. Close the lid, and shake vigorously to blend.
- 2:  
Place the romaine lettuce into a large serving bowl. Sprinkle with dressing and toss to coat. Add orange slices and toss gently. Serve immediately.

## Nutrition Information

Servings Per Recipe: 8  
Amount Per Serving  
Calories: 217  
Total Fat: 20.6g  
Cholesterol: 0mg  
Sodium: 150mg  
Total Carbs: 8.7g  
Dietary Fiber: 1.9g  
Protein: 1g



## Ingredients

- 1/4 cup red wine vinegar
- 3/4 cup vegetable oil
- 1 tablespoon honey
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1/4 cup chopped green onion
- 1 large head romaine lettuce, torn into bite-size pieces
- 3 oranges, peeled and thinly sliced



# Blueberry Walnut Salad



**From:** Adapted from  
Allrecipes.com  
**Serves:** 6

**Prep Time:** 10 min  
**Ready In:** 10 min

## Instructions

1:  
In a large bowl, toss the salad greens with the blueberries, walnuts, and raspberry vinaigrette. Top with feta cheese to serve

## Ingredients

10 ounces of mixed salad greens  
1 pint fresh blueberries  
1/4 cup walnuts  
1/2 cup raspberry vinaigrette salad dressing  
1/4 cup crumbled feta cheese

## Nutrition Information

Servings Per Recipe: 6

Amount Per Serving

Calories: 128

Total Fat: 5.8g

Cholesterol: 9mg

Sodium: 420mg

Total Carbs: 17.6g

Dietary Fiber: 2.7g

Protein: 3.4g



# Arugula with Red Onion, Pecorino and Lemon

**From:** Adapted from Keepers by Kathy Brennon and Caroline Campion

## Instructions

1:  
In a large bowl, combine the arugula and onions (as much as you like), drizzle with oil (if using) and a generous amount of lemon juice, then season with salt and pepper. Toss gently to combine, then check the seasonings.

2:  
The salad should have a lemony, peppery bite; the cheese will lend a little more saltiness.

3:  
Divide the salad among plates. With a vegetable peeler, shave a few long slivers of cheese over each portion, reserving the remaining cheese for another use, and serve.

Serves 4.

## Notes:

Variation: Add grilled or roasted shrimp, chicken or vegetables to the top to turn the salad into a meal!



## Ingredients

6 large handfuls of arugula or baby salad mix  
Thinly sliced red onion  
Olive oil (optional)  
Fresh lemon juice  
Salt and Pepper  
4 oz. of Pecorino cheese



# Peas



## Recipes

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Belgian Salad ...48

Sautéed Sugar Snaps with Radishes and  
Mint ...49

## Key Nutrients

- ⇒ 1/2 cup peas (80grams): 67 calories
- ⇒ Excellent source of thiamin
- ⇒ Thiamin is also called B1 and is part of the B-complex vitamins
- ⇒ Thiamin helps the body use the energy found in food
- ⇒ Thiamin helps support the nervous system

(California Department of Public Health's  
Network for a Healthy California , 2011)

# Quinoa with Peas

**From:** Adapted from  
Allrecipes.com  
**Serves:** 6

**Prep Time:** 10 min  
**Cook Time:** 20 min



## Instructions

1:  
Melt the butter in a saucepan over medium heat. Stir in the quinoa, and cook 2 minutes until toasted. Pour in the chicken broth, onion, garlic, thyme, and black pepper. Cover, and let come to a boil. Once boiling, stir in the frozen peas. Recover, reduce heat to medium-low, and continue simmering until the quinoa is tender and has absorbed the chicken stock, 15 to 20 minutes.

2:  
Stir in half of the Pecorino Romano cheese and the parsley until evenly mixed. Scoop the quinoa into a serving dish, and sprinkle with the remaining Pecorino Romano cheese to serve.

## Nutrition Information

Servings Per Recipe: 6

Amount Per Serving

Calories: 157

Total Fat: 4.7g

Cholesterol: 8mg

Sodium: 97mg

Total Carbs: 21.8g

Dietary Fiber: 3g

Protein: 6.5g

## Ingredients

1 tablespoon butter

1 cup uncooked quinoa

2 cups chicken broth

1/4 cup chopped onion

1 clove garlic, minced

1 teaspoon chopped fresh thyme

1/2 teaspoon black pepper

3/4 cup frozen peas

1/2 cup grated Pecorino Romano cheese  
(such as Locatelli®), divided

2 tablespoons chopped fresh parsley



# Belgian Salad

**From:** Adapted from  
Allrecipes.com  
**Serves:** 10

**Prep Time:** 10 min  
**Cook Time:** 10 min



## Instructions

- 1:  
In a saucepan over medium-high heat, bring oil, vinegar, and sugar to a boil. Reduce to a simmer, and stir until sugar is completely dissolved. Refrigerate 1 hour.
- 2:  
In a medium bowl, mix together the green beans, peas, corn, pimentos, celery, and onion. Pour in dressing, and toss to coat. Cover and refrigerate 8 hours, or overnight. Season with salt and pepper, and serve chilled.

## Nutrition Information

Servings Per Recipe: 10  
Amount Per Serving  
Calories: 239  
Total Fat: 11.3g  
Cholesterol: 0mg  
Sodium: 308mg  
Total Carbs: 34g  
Dietary Fiber: 3.3g  
Protein: 2.9g

## Ingredients

- 1/2 cup vegetable oil
- 1/2 cup white vinegar
- 1 cup white sugar
- 1 (15 ounce) can green beans, drained
- 15 ounces of baby peas
- 1 (15 ounce) can white corn, drained
- 1 (2 ounce) jar pimentos, drained
- 1 cup chopped celery
- 1 cup chopped onion
- salt and freshly ground black pepper to taste



# Sautéed Sugar Snaps with Radishes and Mint

**From:** Adapted from Keepers by Kathy Brennon and Caroline Campion

## Instructions

- 1:  
In a large skillet, heat the oil and butter over medium-high heat.
- 2:  
Add the sugar snaps and radishes, season with salt and pepper, and cook, stirring often, until just crisp-tender, about 4 minutes.
- 3:  
Remove from the heat, stir in the mint, then check the seasonings and serve.

Makes 4 servings.

## Notes:



## Ingredients

- 1 tablespoon olive oil
- 1 tablespoon butter
- 3/4 pound sugar snap peas halved crosswise on the diagonal
- 6-10 radishes, (or small turnips), each cut into six wedges
- Salt and pepper
- Handful of fresh mint leaves, roughly chopped (can also substitute fresh dill)



# Summer Produce



**Corn**  
**Cucumbers**  
**Edamame**  
**Eggplant**  
**Green Beans**  
**Okra**  
**Peppers**  
**Potatoes**  
**Summer Squash/Zucchini**  
**Tomatoes**

# Corn



## Recipes

Warm Corn Salad ...52

Potato, Corn, and Leek Chowder ...53

Corn and Red Potato Chowder with  
Bacon ...54

## Key Nutrients

- ⇒ 1 ear of corn (90 grams) has 80 calories
- ⇒ 10% daily value of fiber
- ⇒ 6% daily value of vitamin C

(United States Department of Agriculture,  
2012)

# Warm Corn Salad

**From:** Adapted from *Keepers* by Kathy Brennan and Caroline Campion

## Instructions

1:

In a large skillet, heat the butter over medium heat, swirling once it's melted, until it starts to brown. Add the onions and jalapenos and cook, stirring occasionally, until softened, about 5 minutes. Add the miso and corn kernels with juices and cook, stirring occasionally (making sure the miso dissolves), until the corn is warmed through, about 3 minutes.

2:

Add the lime zest and a splash of lime juice, season with pepper, and stir to combine. Check the seasonings (since the miso is salty, salt may not be needed) and serve.

## Notes:



## Ingredients

- 2 tablespoons butter
- 1 small red onion, finely chopped
- 1 jalapeno, seeded and finely chopped
- 1 heaping tablespoon white miso paste
- 3 cups fresh corn kernels (about 5 ears), plus milky juices (after cutting the kernels from the ear, scrape down the bare cob with the dull side of the knife and let the juices run into the kernels.)
- Grated zest of 1 lime and juice
- Salt and pepper



# Potato, Corn, and Leek Chowder

**From:** Cooking Light August 2006 via [www.myrecipes.com](http://www.myrecipes.com)



## Instructions

- 1:  
Preparation Heat butter and oil in a large Dutch oven over medium heat. Add leek, celery, and bell pepper; cook 4 minutes or until vegetables are tender, stirring frequently.
- 2:  
Combine milk and flour in a small bowl, stirring with a whisk. Slowly add milk mixture to pan, stirring constantly.
- 3:  
Stir in broth, corn, potato, salt, and freshly ground black pepper; bring to a boil.
- 4:  
Reduce heat, and simmer 20 minutes or until potato is tender. Stir in parsley and chives.

*Note: Serve with hot sauce.*

## Notes:

This soup ends up being a good source of three blood pressure-lowering minerals since the milk adds calcium and the potatoes deliver a dose of potassium, as well as magnesium. Yield: 6 servings (serving size: 1- 1/3 cups)

## Ingredients

- 2 tablespoons butter
- 1 tablespoon olive oil
- 1- 1/2 cups coarsely chopped leek (about 1 large)
- 1/2 cup finely chopped celery
- 1/2 cup finely chopped red bell pepper
- 2 cups whole milk
- 3 tablespoons all-purpose flour
- 3 cups fat-free, less-sodium chicken broth
- 2 cups fresh corn kernels (about 4 ears)
- 2 pounds cubed peeled Yukon gold or red potato
- 1 teaspoon salt
- 1/4 teaspoon freshly ground black pepper
- 1/4 cup finely chopped fresh parsley
- 3 tablespoons chopped fresh chives



# Corn and Red Potato Chowder with Bacon

**From:** The Rodale Whole Foods Cookbook

## Instructions

1:

In a large saucepan, combine the broth, corn cobs, and potatoes. Cover and bring to a boil over high heat. Reduce the heat to medium-low and simmer until the potatoes are tender, about 10 minutes.

2:

Meanwhile, in a large heavy-bottomed soup pot, cook the bacon until crisp, 10 to 12 minutes. Add the onion, and cook until beginning to soften and brown at the edges, about 5 minutes. Add the corn kernels and cook until deep yellow and soft, about 5 minutes. Add the butter. When melted, add the flour and cook, stirring constantly, until evenly distributed and just beginning to brown, about 2 minutes.

3:

When the potatoes are cooked, discard the corn cobs. Add the potatoes and broth to the pot with the corn. Add the milk and bring to a boil over medium heat. Reduce the heat to medium-low, and simmer until thickened, about 2 minutes. Add the bell pepper and basil, and stir to combine. Season with salt and pepper to taste.

## Notes:



## Ingredients

6 cups chicken broth

5 medium ears corn, kernels removed  
(about 4 cups) and cobs reserved

1-1/2 pounds red potatoes, diced (about  
4 cups)

4 slices bacon, finely chopped

1 medium onion, diced

1/4 cup butter (1/2 stick), cut into 4  
pieces

1/4 cup flour

4 cups milk

1 medium bell pepper, diced

1/4 cup fresh basil leaves, finely chopped

Salt and pepper



# Cucumber



## Recipes

Thai Cucumber Salad ...56

Asian Cucumber Salad ...57

Dill Pickles ...58

## Key Nutrients

- ⇒ 1/2 cup (unpeeled, 52 grams) : 10 calories
- ⇒ Provides 2 grams of carbohydrates
- ⇒ The flesh is made mostly of water
- ⇒ The skin is rich in fiber

(United States Department of Agriculture, 2012)

# Thai Cucumber Salad

**From:** Adapted from Allrecipes.com  
**Serves:** 4

**Prep Time:** 15min  
**Ready In:** 45 min



## Instructions

- 1:  
Toss the cucumbers with the salt in a colander, and leave in the sink to drain for 30 minutes. Rinse with cold water, then drain and pat dry with paper towels.
- 2:  
Whisk together the sugar and vinegar in a mixing bowl until the sugar has dissolved. Add the cucumbers, jalapeno peppers, and cilantro; toss to combine. Sprinkle chopped peanuts on top before serving.

## Nutrition Information

Servings Per Recipe: 4  
Calories: 238  
Amount Per Serving  
Total Fat: 9.4g  
Cholesterol: 0mg  
Sodium: 1751mg  
Total Carbs: 37.1g  
Dietary Fiber: 2.8g  
Protein: 5.8g

## Ingredients

- 3 large cucumbers, peeled, halved lengthwise, seeded, and cut into 1/4-inch slices
- 1 tablespoon salt
- 1/2 cup white sugar
- 1/2 cup rice wine vinegar
- 2 jalapeno peppers, seeded and chopped
- 1/4 cup chopped cilantro
- 1/2 cup chopped peanuts



# Asian Cucumber Salad

**From:** Adapted from Allrecipes.com  
**Serves:** 6

**Prep Time:** 20 min  
**Ready In:** 1 hour and 20 minutes



## Instructions

- 1:  
Put the cucumber slices in a colander and sprinkle with salt; set aside to drain for 1 hour.
2.  
Whisk the vinegar and sugar together until the sugar is dissolved; add the sesame oil, garlic, ginger, and sesame seeds; stir.
3.  
Rinse salt off the cucumber slices by running under cold water; place in a large bowl with the sliced red chile peppers. Drizzle the dressing over the vegetables and toss to coat.

## Nutrition Information

Servings Per Recipe: 6

Amount Per Serving

Calories: 110

Total Fat: 5.5g

Cholesterol: 0mg

Sodium: 780mg

Total Carbs: 15.4g

Dietary Fiber: 1.1g

Protein: 1.5g

## Ingredients

- 2 cucumbers - halved length wise, seeded, and sliced
- 2 teaspoons salt
- 1/2 cup rice vinegar
- 1/4 cup white sugar
- 2 tablespoons sesame oil
- 1 tablespoon minced garlic
- 1 tablespoon minced fresh ginger root
- 1 tablespoon sesame seeds
- 4 fresh red chile peppers, sliced



# Dill Pickles

**From:** [www.foodandwine.com](http://www.foodandwine.com), contributed by Bobby Flay



## Instructions

1:

In a large, heatproof measuring cup, combine the vinegar, sugar, salt, mustard seeds, coriander seeds and dill seeds with the hot water and stir until the sugar and salt are dissolved. Let the brine cool.

2:

In a large bowl, toss the cucumbers with the dill and garlic. Pour the brine over the cucumbers and turn to coat. Place a small plate over the cucumbers to keep them submerged, then cover the bowl with plastic wrap.

3:

Refrigerate the pickles overnight, stirring once or twice. Serve cold. Make Ahead: The dill pickles can be refrigerated in an airtight container for up to 1 week.

## Notes:

These incredibly simple pickles have just the right amount of garlic and dill and are intensely crunchy and refreshing right out of the refrigerator.

**TOTAL TIME:** 20 MIN Plus overnight pickling

**SERVINGS:** Makes 1 quart

## Ingredients

1-1/2 cups distilled white vinegar

1/4 cup sugar

4 teaspoons kosher salt

1 teaspoon mustard seeds

1 teaspoon coriander seeds

3/4 teaspoon dill seeds

2 cups hot water

2 pounds green tomatoes, quartered OR kirby cucumbers, sliced

1/4 inch thick

3/4 cup coarsely chopped dill

3 garlic cloves, coarsely chopped



# Edamame



## Recipes

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- Edamame Fresca ...61
- Chile-Garlic Edamame ...62
- Edamame Succotash Salad ...62

## Key Nutrients

- ⇒ 1 cup (155 grams) cooked: 189 calories
- ⇒ 1 cup: 15 grams of carbohydrates
- ⇒ 1 cup: 17 grams of protein
- ⇒ Good source of vitamins, minerals, and fiber
- ⇒ The only plant protein equal in protein to meat

(Academy of Nutrition and Dietetics, 2015)

# Edamame Salad

**From:** Adapted from  
Allrecipes.com  
**Serves:** 6

**Prep Time:** 20 min  
**Ready In:** 5 min



## Instructions

- 1:  
Bring a large pot of lightly salted water to a boil. Cook edamame in the boiling water until tender, about 3 minutes. Drain and chill in the refrigerator.
2.  
Combine Napa cabbage, bok choy, vinegar, sesame oil, and salt in a small bowl. Let sit in at room temperature until cabbage is slightly wilted, about 20 minutes.
3.  
Stir edamame and carrots into cabbage mixture. Refrigerate until fully chilled, 1 hour.
4.  
Top edamame salad with sesame seeds and daikon radish before serving.

## Nutrition Information

Servings Per Recipe: 6

Amount Per Serving

Calories: 348

Total Fat: 21.5g

Cholesterol: 0mg

Sodium: 360mg

Total Carbs: 21g

Dietary Fiber: 7.9g

Protein: 22.7g

## Ingredients

- 4 cups shelled edamame (green soy beans)
- 1 cup chopped Napa cabbage
- 1/2 cup chopped bok choy
- 1/2 cup rice wine vinegar
- 1/4 cup sesame oil
- 1 teaspoon coarse salt
- 1/2 cup shredded carrots
- 1 tablespoon black sesame seeds
- 1/4 cup shredded white daikon radish



# Edamame Fresca

**From:** Adapted from Allrecipes.com  
**Serves:** 8

**Prep Time:** 15 min  
**Ready In:** 8 hours 15 min



## Instructions

- 1:**  
Place red onion in a bowl with enough water to cover; soak about 5 minutes. Drain.
- 2.**  
Combine soaked red onion, edamame, black beans, garbanzo beans, rice vinegar, red bell pepper, yellow bell pepper, parsley, ginger root, and extra-virgin olive oil in a large glass bowl, carefully folding to avoid smashing the beans; season with salt and black pepper.
- 3.**  
Refrigerate 8 hours or overnight

## Nutrition Information

Servings Per Recipe: 8  
Amount Per Serving  
Calories: 319  
Total Fat: 10.1g  
Cholesterol: 0mg  
Sodium: 593mg  
Total Carbs: 40.2g  
Dietary Fiber: 13.3g  
Protein: 19.9g

## Ingredients

- 1 small red onion, chopped
- 2 (12 ounce) packages frozen shelled edamame (green soybeans), thawed or fresh shelled edamame
- 2 (14 ounce) cans black beans, drained and rinsed
- 1 (14 ounce) can garbanzo beans, drained and rinsed
- 2 cups seasoned rice vinegar
- 1 red bell pepper, chopped
- 1 yellow bell pepper, chopped
- 3 tablespoons chopped fresh Italian parsley
- 3 tablespoons grated fresh ginger root
- 2 tablespoons extra-virgin olive oil
- salt and ground black pepper to taste



## Chile-Garlic Edamame

### Ingredients

1 pound edamame in the pods  
1 tbsp. olive oil  
¼ tsp red pepper flakes  
2 cloves garlic.

**Directions:** Cook 1 pound of edamame in the pods in salted boiling water until tender, about 5 minutes. Heat 1 tbsp of olive oil, ¼ teaspoon red pepper flakes and 2 sliced garlic cloves in a skillet over medium heat for 1 to 2 minutes. Stir in the edamame, some lime juice and salt.

\*\*\*\*\*

## Edamame Succotash Salad

Adapted from Real Food For Healthy Kids

### Ingredients

2 tablespoons extra-virgin olive oil  
1 medium onion, chopped  
1 pound shelled edamame (soybeans)  
3 cups fresh-cut corn kernels from about 4 ears or 1 pound frozen corn, thawed  
2 large ripe plum tomatoes, diced  
1- 1/4 teaspoons kosher salt  
1/4 teaspoon freshly ground black pepper  
1/4 cup minced fresh chives or basil

**Directions:** Heat the oil in a 4-quart saucepan over medium heat. Add the onion and cook, stirring often, until softened but not browned, 4 to 5 minutes. Add the edamame and corn and cook, turning often, until heated through, about 7 minutes. Stir in the tomato, salt and pepper. Let cool and then chill if packing in a lunch box. When ready to serve, stir in the chives or basil.

# Eggplant



## Recipes

Grilled Eggplant, Tomato and Goat Cheese ...64

Curried Eggplant with Tomatoes and Basil ...65

Roasted Eggplant ...66

## Key Nutrients

- ⇒ Low calorie—1 cup (82g): 20 calories
- ⇒ High water and fiber content which is good for the digestive system
- ⇒ Good source of potassium, folate, magnesium, copper, manganese, and niacin
- ⇒ Contains phytonutrients that are helpful in preventing heart attack or stroke

(Med-Heath.net, 2015)

# Grilled Eggplant, Tomato and Goat Cheese

**From:** Adapted from Allrecipes.com  
**Serves:** 8

**Prep Time:** 10 min  
**Cook Time:** 15 min



## Instructions

- 1:  
Preheat grill for medium heat.
2.  
In a large bowl, coat eggplant with olive oil and balsamic vinegar. Season with salt and pepper.
3.  
Arrange half of the eggplant slices on a tray. Place a slice of tomato and a slice of goat cheese on each slice of eggplant. Sprinkle a little salt and pepper on the tomatoes and cheese. Top with remaining slices of eggplant, and secure each bundle with a toothpick.
4.  
Lightly oil the grill grate. Remove toothpicks, and arrange bundles on grate. Cook about 7 to 8 minutes, then carefully flip. Continue cooking for 6 to 7 minutes.

## Nutrition Information

Servings Per Recipe: 8

Amount Per Serving

Calories: 319

Total Fat: 10.1g

Cholesterol: 0mg

Sodium: 593mg

Total Carbs: 40.2g

Dietary Fiber: 13.3g

Protein: 19.9g

## Ingredients

- 1 medium eggplant, sliced into 1/4 inch rounds
- 2 large tomatoes, sliced
- 1 (11 ounce) log goat cheese
- 4 tablespoons olive oil
- 2 tablespoons balsamic vinegar
- salt and pepper to taste



# Curried Eggplant with Tomatoes and Basil

**From:** Agriculture Supported Communities program

## Instructions

1:

In a medium saucepan with a tight-fitting lid, combine the rice, 1 ½ cups water, and ½ teaspoon salt and bring to a boil. Stir the rice once, cover, and reduce heat to low. Simmer for 18 minutes. Remove from heat and let stand, covered, for 5 minutes.

2:

Meanwhile, heat the oil in a saucepan over medium-high heat. Add the onion and cook, stirring occasionally, until softened, 4 to 6 minutes.

3:

Stir in the tomatoes, eggplant, curry powder, 1 teaspoon salt, and ¼ teaspoon black pepper. Cook, stirring, until fragrant, about 2 minutes.

4:

Add 2 cups water and bring to a boil. Reduce heat and simmer, partially covered, until eggplant is tender, 12 to 15 minutes.

5:

Stir in the chickpeas and cook just until heated through, about 3 minutes.

6:

Remove the vegetables from heat and stir in the basil. Fluff the rice with a fork. Serve the vegetables over the



## Ingredients

1 cup white basmati rice

kosher salt and black pepper

1 tablespoon olive oil

1 onion, chopped

2 pints cherry tomatoes, halved

1 eggplant (about 1 pound), cut into 1/2-inch pieces

1 1/2 teaspoons curry powder

1 15.5-ounce can chickpeas, rinsed

1/2 cup fresh basil

1/4 cup plain low-fat yogurt (preferably Greek), optional



# Roasted Eggplant

**From:** The Rodale Whole Foods Cookbook

## Instructions

- 1:  
Preheat the oven to 375 degrees F.
- 2:  
Oil a baking dish large enough to hold the eggplant. Cut 5 lengthwise slits in the eggplant. Place 2 halves of garlic in each “pocket” of eggplant. Sprinkle pepper in the pockets.
- 3:  
Place the eggplant in the baking dish and brush with 1 tablespoon of the oil.
- 4:  
Bake for 50 minutes, or until fork tender.
- 5:  
Cool. Remove the skin and garlic and place the eggplant in a serving dish. Sprinkle with the remaining 2 tablespoons oil. Season with vinegar to taste.

## Notes:

Variation: Replace 2 teaspoons of the olive oil with dark sesame oil. Sprinkle the eggplant with a little soy sauce along with the vinegar at the end.



## Ingredients

- 1 large eggplant
- 5 cloves garlic, cut in half
- Pepper
- 3 tablespoons olive oil
- Wine vinegar



# Green Beans



## Recipes

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Green Beans with Oil and  
Lemon ...69

Green Beans with Parmesan  
Sauce ...70

## Key Nutrients

- ⇒ Low calorie
- ⇒ 1 cup (100g): 31 calories
- ⇒ High in vitamin C
- ⇒ Good source of folate, potassium, and fiber
- ⇒ High in antioxidants which help protect the cornea, skin, and tissues

(Foundation Louis Bonuelle, 2013)

# Green Beans with Rice

**From:** Submitted by Sima Pirooz, ASC Intern

## Instructions

- 1:  
Sauté onion in butter in large frying pan until light golden. Add turmeric and black pepper and cook a little bit more. Add green beans and cook until doesn't smell raw. Add garlic and ground beef to pan. Add crushed tomato, tomato paste and bell pepper and cook till the sauce is thick, remove and set aside.
- 2:  
Cook rice until half done and drain it in a colander. Put two tablespoons oil in the bottom of now empty pan and add a pinch of turmeric. Add rice and sauce alternatively in the pan starting with rice and ending with rice. And steam it for at least 30 minutes with low heat.
- 3:  
Option, you may use small pieces of chopped beef instead of ground beef. Add two tablespoons of dry fenugreek between rice layers, before steaming it, for a different flavor.
- 4:  
Or, you can sprinkle some whole green cumin between the rice layers before steaming it.

## Notes:

You can substitute leeks for scallions in this recipe for a delicious flavor as well!



## Ingredients

- 2 cups green beans, chopped in ½ inch length
- 1 onion, chopped in small pieces
- 3 garlic clove, minced
- 1 lb ground beef
- 3 cups dry rice
- 2 cups crushed tomato
- ½ table spoon tomato paste
- 1 green bell pepper or ½ cup chopped red and green bell pepper
- 1 tablespoon salt
- ½ tablespoon black pepper
- 1 teaspoon turmeric
- ½ cup vegetable oil
- 2 tablespoon butter



# Green Beans with Oil and Lemon

**From:** Adapted from Keepers Serves: 4  
by Kathy Brennan & Caroline  
Campion

## Instructions

- 1:  
Bring a large pot of water to a boil over high heat. Meanwhile, in a large bowl, whisk together the oil and lemon juice until combined. Season with salt and pepper and set the sauce aside.
- 2:  
Fill a large bowl with ice water. Season the boiling water generously with salt. When it returns to a boil, add the green beans and gently boil, stirring once or twice, until crisp-tender, about 2 minutes. Drain, immediately submerge the green beans in the ice water to stop the cooking and retain the color, then drain again when cold and pat dry.
- 3:  
Add the blanched green beans to the sauce and toss to combine. Check the seasonings and serve. The green beans are best eaten within a few hours.

## Notes:



## Ingredients

- 2 tablespoons olive oil
- 2 tablespoons fresh lemon juice
- Salt and pepper
- 1 pound green beans
- 2 tablespoon butter



# Green Beans with Parmesan Sauce

**From:** Adapted from Gourmet  
Today edited by Ruth Reichl



## Instructions

- 1:  
Cook beans in a 3-quart saucepan of boiling salted water, uncovered, until crisp-tender, 5 to 7 minutes. Drain and transfer to a bowl.
- 2:  
Meanwhile, blend Parmesan, cream cheese, mustard, garlic, 1/4 teaspoon salt, and pepper in a blender until combined.
- 3:  
Bring oil, vinegar, and water just to a boil in a small saucepan. With blender on low speed, add hot oil mixture in a stream, stopping to scrape down sides of blender if necessary, then blend until thick and creamy.
- 4:  
Pour sauce over beans and toss to coat.

## Notes:

## Ingredients

- 1-1/4 pounds green beans
- Salt
- 1/2 cup finely grated Parmesan cheese
- 1-1/2 tablespoons cream cheese, softened
- 1-1/2 teaspoons Dijon mustard
- 1 garlic clove, minced
- 1/4 teaspoon freshly ground pepper
- 3 tablespoons olive oil
- 1 tablespoon white wine vinegar
- 1 tablespoon water



# Okra



## Recipes

Un-Slimy Okra ...72

Easy Indian Style Okra ...73

Spicy Okra and Tomatoes ...74

## Key Nutrients

- ⇒ Low calorie
- ⇒ 35 calories per cup, cooked
- ⇒ Rich in vitamin C
- ⇒ Good source of folate and calcium

(Food and Nutrition, 2013)

# Un-Slimy Okra

**From:** Adapted from  
Allrecipes.com  
**Serves:** 2

**Prep Time:** 5 min  
**Cook Time:** 15 min



## Instructions

- 1:  
Preheat an oven to 425 degrees F (220 degrees C).
- 2:  
Place the okra and tomatoes in a bowl. Pour in the olive oil and sprinkle with kosher salt, pepper, and garlic powder. Stir until the vegetables are coated with oil. Add the panko bread crumbs and stir. Spread the vegetables on to a lightly greased baking sheet. Bake for 13 to 15 minutes until the tomatoes are soft and the okra is lightly browned.

## Nutrition Information

Servings Per Recipe: 2  
Amount Per Serving  
Calories: 179  
Total Fat: 8g  
Cholesterol: 0mg  
Sodium: 347mg  
Total Carbs: 30.2g  
Dietary Fiber: 4.4g  
Protein: 5.8g

## Ingredients

1/2 pound fresh okra, cut into  
1/2 inch slices  
8 cherry tomatoes, halved  
olive oil  
kosher salt and ground black pepper  
to taste  
garlic powder to taste  
1/2 cup panko  
bread crumbs



# Easy Indian Style Okra



**From:** Adapted from Allrecipes.com  
**Serves:** 4

**Prep Time:** 10 min  
**Cook Time:** 25 min

## Instructions

1:  
Melt butter in a large skillet over medium heat. Add the onion, and cook until tender. Stir in the okra, and season with cumin, ginger, coriander, pepper and salt. Cook and stir for a few minutes, then reduce the heat to medium-low, and cover the pan. Cook for 20 minutes, stirring occasionally until okra is tender.

## Nutrition Information

Servings Per Recipe: 4

Amount Per Serving

Calories: 126

Total Fat: 8.9g

Cholesterol: 23mg

Sodium: 169mg

Total Carbs: 11.1g

Dietary Fiber: 4.3g

Protein: 2.8g

## Ingredients

3 tablespoons butter

1 medium onion, chopped

1 pound sliced fresh okra

1/2 teaspoon ground cumin

1/2 teaspoon ground ginger

1/2 teaspoon ground coriander

1/4 teaspoon ground black pepper

salt to taste



# Spicy Okra and Tomatoes

**By:** Molly Watson <http://localfoods.about.com/od/sidedishes/r/okratomatoes.htm>

**Prep Time:** 15 minutes  
**Cook Time:** 15 minutes  
**Total Time:** 30 minutes



## Instructions

1:

Trim off the stem ends from the okra and cut the pods into 1/4- to 1/2-inch slices and set aside. Peel and thinly slice the onion and set aside. Chop the tomatoes and mince the garlic and set them both aside.

2:

Heat oil in a large frying pan or sauté pan over high heat. Add onion and cook, stirring frequently, until onions start to brown.

3:

Add the garlic and cook, stirring, about 30 seconds. Add the chile powder, cumin seeds, turmeric, and cayenne, if using, and cook, stirring, another 30 seconds. Add the okra and stir to coat with the onion-spice mixture. Add the tomatoes, any juices they've released, salt, and 1/2 cup of water.

4:

Stir to combine and then cover. Reduce the heat to maintain a steady simmer and cook until the okra is tender and the flavors are well blended, 5 to 10 minutes.

5:

Stir in the lemon juice and add more salt to taste, if you like. Serve hot or warm.

Makes 4 to 6 servings Spicy Okra and Tomatoes.

## Ingredients

1 1/2 lbs. okra

1 medium yellow or red onion

3 medium tomatoes (canned tomatoes work just fine in this recipe)

3 cloves garlic

1 Tbsp. vegetable oil

1 1/2 tsp. chile powder (I like ancho chile powder for this dish, but it's very flexible)

2 tsp. cumin seeds

1 tsp. turmeric

1/4 tsp. cayenne (optional)

1/2 tsp. salt plus more to taste

1 Tbsp. lemon juice



# Pepper



## Recipes

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Vegetables ...76

The Beekman 1802 Stuffed  
Peppers ...77

## Key Nutrients

- ⇒ Low calorie: 149g: 40 calories
- ⇒ Red bell pepper: Vitamin A—170% DV and 470% DV vitamin C per serving
- ⇒ Green bell pepper: Vitamin A—20% DV and 220% DV vitamin C per serving
- ⇒ Yellow bell pepper: Vitamin A—8% DV and 480% DV vitamin C per serving

(University College Dublin, n.d.)

# Marinated Barbequed Vegetables

**From:** Adapted from Allrecipes.com  
**Serves:** 5

**Prep Time:** 20 min  
**Cook Time:** 5 min



## Instructions

- 1:  
Place eggplant, red bell peppers, zucchinis and fresh mushrooms in a medium bowl.
2.  
In a medium bowl, whisk together olive oil, lemon juice, basil and garlic. Pour the mixture over the vegetables, cover and marinate in the refrigerator at least 1 hour.
3.  
Preheat an outdoor grill for high heat.
4.  
Place vegetables directly on the grill or on skewers. Cook on the prepared grill 2 to 3 minutes per side, brushing frequently with the marinade, or to desired doneness.

## Nutrition Information

Servings Per Recipe: 5  
Amount Per Serving  
Calories: 157  
Total Fat: 11.2g  
Cholesterol: 0mg  
Sodium: 8mg  
Total Carbs: 14.2g  
Dietary Fiber: 5g  
Protein: 2.5g

## Ingredients

- 1 small eggplant, cut into 3/4 inch thick slices
- 2 small red bell peppers, seeded and cut into wide strips
- 3 zucchinis, sliced
- 6 fresh mushrooms, stems removed
- 1/4 cup olive oil
- 1/4 cup lemon juice
- 1/4 cup coarsely chopped fresh basil
- 2 cloves garlic, peeled and minced



# The Beekman 1802 Stuffed Peppers

Adapted from The Beekman  
1802 Vegetable Heirloom  
Cookbook

## Instructions

1:

Preheat the oven to 450 degrees F.

2:

Remove ¼ inch of the tops of the peppers. Discard the stems and finely chop the pepper tops. Halve the peppers lengthwise, and scoop out and discard the seeds. Drizzle the pepper halves inside and out with 2 tablespoons of the oil and place them cut-side down on a rimmed baking sheet. Bake for 20 minutes, or until crisp-tender. If you like, remove the pepper skins.

3:

Meanwhile, in a medium saucepan, heat the remaining 2 tablespoons oil over medium heat. Add the onion, garlic, and chopped pepper tops and cook for 7 minutes, stirring occasionally, until tender, Stir in the chorizo, pasta, tomatoes, water, salt, and smoked paprika and bring to a boil. Reduce to a simmer and cook for 10 minutes, or until the pasta is al dente.

4:

Spoon the mixture into the pepper halves and serve.

## Notes:



## Ingredients

4 bell peppers

4 tablespoons olive oil

1 small red onion, finely chopped

2 garlic cloves, thinly sliced

3 ounces dried chorizo, quartered

lengthwise and thinly sliced crosswise

¾ cup small star-shaped pasta or orzo

2 plum tomatoes, diced

1 cup water

½ teaspoon salt

½ teaspoon sweet smoked paprika



# Potato



## Recipes

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Low Fat Scalloped Potatoes ...80

Provençal Summer Potato and Tomato  
Gratin ...81

## Key Nutrients

- ⇒ 1 medium potato with skin (148g): 110 calories
- ⇒ Excellent source of potassium
- ⇒ High in vitamin C
- ⇒ Good source of fiber and B6

(Colorado Potato, 2010)

# Oven Fresh Seasoned Potato Wedges

**From:** Adapted from Allrecipes.com  
**Serves:** 4

**Prep Time:** 10 min  
**Cook Time:** 25 min



## Instructions

- 1:  
Preheat an oven to 425 degrees F (220 degrees C).
2.  
Place Parmesan cheese, olive oil, onion powder, garlic powder, pepper, salt, and potatoes into a re-sealable plastic bag. Seal the bag, then shake to coat the potatoes with the seasoning. Spread the potatoes over a baking sheet.
3.  
Bake in the preheated oven until the potatoes are easily pierced with a fork, about 25 minutes

## Nutrition Information

Servings Per Recipe: 4

Amount Per Serving

Calories: 138

Total Fat: 4.9g

Cholesterol: 4mg

Sodium: 229mg

Total Carbs: 19.8g

Dietary Fiber: 2.5g

Protein: 4.3g

## Ingredients

- 1/4 cup grated Parmesan cheese
- 1 tablespoon olive oil1 teaspoon onion powder
- 1 teaspoon garlic powder
- 1/4 teaspoon ground black pepper
- 1/4 teaspoon salt
- 2 russet potatoes, scrubbed and cut into eighths



# Low Fat Scalloped Potatoes

**From:** The Compassionate Cook Cookbook

## Instructions

1:

Pre-heat the oven to 350 degrees. With a little of the vegan margarine, lightly grease a 9 inch square baking pan.

2:

Stir the salt and pepper into the flour. Place 1/3 of the sliced potatoes along the bottom of the pan, followed by 1/3 of the onion, 1/3 of the remaining margarine, and half the flour. Repeat this layer with 1/3 of the potatoes, 1/3 of the onions, 1/3 of the margarine and the remaining flour. Top this with the rest of the potatoes, onions and margarine.

3:

Pour the soy milk slowly into the pan until it almost covers the top layer. Sprinkle with paprika.

4:

Bake for 1 1/2 to 2 hours, until the potatoes are soft and the milk is thick. Garnish with parsley and serve.

Enjoy your healthy scalloped potatoes!

## Notes:



## Ingredients

1/4 cup vegan margarine, melted

1 tsp salt

1 tsp pepper

6 tbsp flour

6 medium potatoes, thinly sliced

1 onion, finely chopped

2 cups soy milk

paprika

parsley sprigs for garnish



# Provençal Summer Potato and Tomato Gratin

**From:** Adapted from The Very Best of Recipes for Health by Martha Rose Shulman

## Instructions

1:

Preheat oven to 400 degrees F. Rub a 3-quart baking dish with one of the garlic halves. Brush the baking dish with some oil. Mince the remaining garlic and toss with the tomatoes and the 1 tablespoon oil. Add the thyme. Season to taste with salt and pepper.

2:

Make 1 layer of half of the potato slices, slightly overlapping, and season generously with salt and pepper. Layer half of the tomatoes over the potatoes. Place the rosemary on top. Repeat the layers with the remaining potatoes and tomatoes. Be sure to season each layer generously with salt and pepper. Pour any juices left in the tomato bowl over the vegetables.

3:

Bring 1 cup of water to a boil over high heat and carefully pour into the baking dish. Bake for 45 minutes, checking after 30 minutes and pressing the potatoes down into the liquid with the back of a spoon. Remove from the oven. Press the potatoes down into the liquid, sprinkle on the cheese, and bake for another 30 to 45 minutes, until most of the liquid has been absorbed by the potatoes and the gratin is lightly browned.

Serve hot or warm.



## Ingredients

2 Garlic Cloves, halved

2 1/2 pounds ripe tomatoes

1 tablespoon olive oil

2 teaspoons fresh thyme leaves, or

1 teaspoon dried thyme

Salt and pepper

2 pounds potatoes, peeled if desired or scrubbed, sliced about ¼ inch thick

1-2 rosemary sprigs

½ cup tightly packed grated Gruyere cheese



# Summer Squash/ Zucchini



## Recipes

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## Key Nutrients

- ⇒ 1/2 cup (57g): 9 calories, 2g carbohydrates, and 1g fiber
  - ⇒ A good source of vitamin C
  - ⇒ A source of manganese, potassium, and vitamin B6
- (California Department of Public Health's Network for a Healthy California., 2009)

# Zucchini and Potato Bake

**From:** Adapted from Allrecipes.com  
**Serves:** 6

**Prep Time:** 15 min  
**Cook Time:** 1 hour



## Instructions

- 1:  
Preheat oven to 400 degrees F (200 degrees C).
2.  
In a medium baking pan, toss together the zucchini, potatoes, red bell pepper, garlic, bread crumbs, and olive oil. Season with paprika, salt, and pepper.
3.  
Bake 1 hour in the preheated oven, stirring occasionally, until potatoes are tender and lightly brown.

## Nutrition Information

Servings Per Recipe: 6  
Amount Per Serving  
Calories: 243  
Total Fat: 9.8g  
Cholesterol: 0mg  
Sodium: 147mg  
Total Carbs: 35g  
Dietary Fiber: 4.8g  
Protein: 5.1g

## Ingredients

- 2 medium zucchini, quartered and cut into large pieces
- 4 medium potatoes, peeled and cut into large chunks
- 1 medium red bell pepper, seeded and chopped
- 1 clove garlic, sliced
- 1/2 cup dry bread crumbs
- 1/4 cup olive oil
- paprika to taste
- salt to taste
- ground black pepper to taste



# Zucchini Bread

**From:** Adapted from The Practical Encyclopedia of Baking by Martha Day

## Instructions

1:

Preheat the oven to 350 degrees F. Line the bottom and sides of a 9 x 5 inch loaf pan with wax paper and grease. Melt the butter in a saucepan over low heat or in microwave. Set aside.

2:

With an electric mixer, beat the eggs, oil and applesauce together until thick. Beat in the sugar. Stir in the melted butter and zucchini. Set aside.

3:

In another bowl, sift all the dry ingredients together. Carefully fold into the zucchini mixture. Fold in walnuts. Pour into the pan and bake until a cake tester inserted in the center comes out clean, 60-70 minutes. Let stand 10 minutes before unmolding.

**Variation:** Add 1/2 cup chocolate chips with walnuts

## Notes:

This recipe calls for zucchini, but you can easily substitute yellow summer squash or even patty pan for the zucchini.



## Ingredients

4 tablespoons butter

3 eggs

1/2 cup canola oil

1/2 cup applesauce

1 cup sugar

2 cups grated unpeeled zucchini

2 cups flour

2 teaspoons baking soda

1 teaspoon baking powder

1 teaspoon salt

1 teaspoon ground cinnamon

1/4 teaspoon grated nutmeg

1/4 teaspoon ground cloves

1 cup walnuts, chopped



# Summer Squash Gratin

**From:** The Very Best Recipes  
for Health by Martha Rose  
Shulman

## Instructions

- 1:  
Preheat the oven to 375 degrees F.
- 2:  
Oil a 2-quart baking dish with olive oil. Heat the olive oil in a large, heavy, skillet over medium heat and add the onion. Cook, stirring often, until tender, 5 to 8 minutes.
- 3:  
Add the garlic, summer squash, bell pepper (if using), and 1/2 to 3/4 teaspoon salt. Increase the heat to medium-high and cook, stirring, until the squash is translucent and the bell pepper tender, about 10 minutes. Add black pepper, taste and adjust the salt. Stir in the parsley and remove from the heat.
- 4:  
Beat together the eggs, milk, and salt (1/2 teaspoon) and black pepper, in a medium bowl. Stir in the cooked rice, thyme, the sautéed squash and the cheeses. Scrape into the baking dish.
- 5:  
Bake for 35 to 40 minutes, until nicely browned on the top and edges. Remove from the oven and allow to stand for at least 10 minutes before serving, or allow to cool. The gratin is good hot, warm, or at room temperature.



## Ingredients

- 2 tablespoons olive oil
- 1/2 medium onion, chopped
- 2 large garlic cloves, minced
- 1-1/2 pounds summer squash, cut into 1/2-inch dice
- 1 red bell pepper, diced (optional)
- Salt and ground black pepper
- 2 tablespoons chopped flat-leaf parsley
- 2 eggs
- 1/2 cup 1% milk
- 1/2 cup Arborio or Carnaroli rice, cooked
- 1 teaspoon coarsely chopped fresh thyme leaves
- 1/2 cup (2 oz.) grated Swiss or Gruyere cheese
- 1/4 cup (1 oz.) grated Parmesan



# Tomato



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Italian Tomato Bread Salad ...89

## Key Nutrients

- ⇒ 1/2 cup (90g) fresh tomato: 15 calories, 4g carbohydrates, and 1g fiber
- ⇒ Good source of vitamin A and C

(United States Department of Agriculture, 2012)

# Double Tomato Bruschetta

**From:** Adapted from  
Allrecipes.com  
**Serves:** 12

**Prep Time:** 15 min  
**Cook Time:** 7 min



## Instructions

- 1:  
Preheat the oven on broiler setting.
- 2:  
In a large bowl, combine the roma tomatoes, sun-dried tomatoes, garlic, olive oil, vinegar, basil, salt, and pepper. Allow the mixture to sit for 10 minutes.
- 3:  
Cut the baguette into 3/4-inch slices. On a baking sheet, arrange the baguette slices in a single layer. Broil for 1 to 2 minutes, until slightly brown.
- 4:  
Divide the tomato mixture evenly over the baguette slices. Top the slices with mozzarella cheese.
- 5:  
Broil for 5 minutes, or until the cheese is melted.

## Nutrition Information

Servings Per Recipe: 12

Amount Per Serving

Calories: 215

Total Fat: 8.9g

Cholesterol: 12mg

Sodium: 426mg

Total Carbs: 24.8g

Dietary Fiber: 1.6g

Protein: 9.6g

## Ingredients

- 6 roma (plum) tomatoes, chopped
- 1/2 cup sun-dried tomatoes, packed in oil
- 3 cloves minced garlic
- 1/4 cup olive oil
- 2 tablespoons balsamic vinegar
- 1/4 cup fresh basil, stems removed
- 1/4 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1 French baguette
- 2 cups shredded mozzarella cheese



# Ex-Girlfriend's Mom's Salsa Fresca

**From:** Adapted from Allrecipes.com  
**Serves:** 6

**Prep Time:** 20 min  
**Ready In:** 40 min



## Instructions

1:  
Mix red onion, jalapeno pepper, and lime juice in a bowl. Allow to stand for 5 minutes. Mix in Roma tomatoes, cilantro, and salt; allow to stand 15 more minutes for flavors to blend.

## Nutrition Information

Servings Per Recipe: 6

Amount Per Serving

Calories: 29

Total Fat: 0.2g

Cholesterol: 0mg

Sodium: 394mg

Total Carbs: 6.9g

Dietary Fiber: 1.6g

Protein: 1.1g

## Ingredients

- 1 cup finely chopped red onion
- 1 jalapeno pepper, seeded and finely chopped - or more to taste
- 2 limes, juiced
- 2 1/2 cups Roma (plum) tomatoes, seeded and chopped
- 1/2 cup chopped fresh cilantro
- 1 teaspoon salt



# Italian Tomato Bread Salad

**From:** Adapted from Keepers  
by Kathy Brennon and Caro-  
line Champion

## Instructions

1:

In a large bowl, combine the tomatoes and their juices, celery, onions, garlic, lemon zest, oil, and vinegar. Season with salt and pepper, then toss together. Add the bread, basil, and mint and gently toss together.

2:

If the bread is moistened through and there's a small amount of liquid pooling at the bottom of the bowl, no water is needed. If the salad looks dry, sprinkle some water over the top, gently toss, and repeat if needed. Check the seasonings. The salad is best served within a few hours, before the bread gets too soggy.

3:

Tip: If you don't have any stale bread, bake the cubes in a 250 degree F oven, stirring once or twice, until dry not browned, for about 25 minutes.

## Notes:



## Ingredients

- 1 ½ pounds tomatoes, chopped and juices reserved
- 3 celery stalks, halved lengthwise and sliced
- ½ small red onion, finely chopped
- 1 large garlic clove, minced
- Grated zest of 1 lemon
- ¼ cup olive oil
- 2 tablespoons red wine vinegar
- Salt and pepper
- 2 heaping cups ¾ -inch cubed stale crusty French or Italian bread
- Handful of basil leaves, torn
- Small handful of mint leaves, torn



# Fall Produce



**Apples**

**Beets**

**Cabbage (green, red, napa, etc.)**

**Carrots**

**Leeks**

**Green tomatoes**

**Radishes**

**Turnips**

**Winter squash**

# Apples



## Recipes

Apple Bread ...92

Delicious Cinnamon Baked Apples ...93

Apple Crisp ...94

## Key Nutrients

- ⇒ 1 medium with skin (2 1/2 inches): 81 calories, 21g carbohydrates, and 4g fiber
- ⇒ Source of soluble and insoluble fiber
- ⇒ Helps to prevent cholesterol buildup in the lining of blood vessel walls
- ⇒ Insoluble fiber in apples helps move food through the digestive system

(University of Illinois Extension, 2015)

# Apple Bread

**From:** Adapted from  
*Allrecipe.com*  
**Servings:** 16

**Prep Time:** 20 Minutes  
**Cook Time:** 1 Hour 30  
Minutes



## Instructions

1:  
Preheat oven to 300 degrees F (150 degrees C). Prepare 2 loaf pans (8 1/2x4 1/2-inch loaf pans) with cooking spray.

2:  
Mix flour, baking soda, salt, walnuts, and apples in a large bowl. Whisk oil, sugar, eggs, and cinnamon together in a small bowl; add to flour mixture and mix until just moistened. Evenly divide mixture between prepared loaf pans.

3:  
Bake in preheated oven until a toothpick inserted into the center comes out clean, about 90 minutes. Cool in the pans for 10 minutes before removing to cool completely on a wire rack.

## Nutrition Information

Servings Per Recipe: 16

Amount Per Serving

Calories: 377

Total Fat: 19.6g

Cholesterol: 40mg

Sodium: 238mg

Total Carbs: 47.4g

Dietary Fiber: 1.8g

Protein: 4.8g

## Ingredients

Cooking spray

3 cups all-purpose flour

1 teaspoon baking soda

1 teaspoon salt

1 cup chopped walnuts (optional)

3 cups apples - peeled, cored, and chopped

1 cup vegetable oil

2 cups white sugar

3 eggs, beaten

2 teaspoons ground cinnamon



# Delicious Cinnamon Baked Apples

**From:** Adapted from  
*Allrecipe.com*  
**Servings:** 6

**Prep Time:** 15 Minutes  
**Cook Time:** 45 Min



## Instructions

- 1:  
Preheat oven to 350 degrees F (175 degrees C). Grease a large baking dish with the butter.
2.  
Mix brown sugar, vanilla sugar, cinnamon, and nutmeg in a small bowl. Layer about 1/3 of the apples in prepared baking dish; sprinkle with 1/3 of the sugar mixture. Repeat layers twice more.
3.  
Bake in preheated oven for 30 minutes. Pour water over apples and continue baking until tender, about 15 minutes more.

## Nutrition Information

Servings Per Recipe: 6

Amount Per Serving

Calories: 147

Total Fat: 1.2g

Cholesterol: 2mg

Sodium: 9mg

Total Carbs: 37g

Dietary Fiber: 5.8g

Protein: 0.6g

## Ingredients

- 1 teaspoon butter
- 2 tablespoons brown sugar
- 3 teaspoons vanilla sugar
- 3 teaspoons ground cinnamon
- 1 teaspoon ground nutmeg
- 6 large apples - peeled, cored, and sliced
- 3 1/2 tablespoons water



# Apple Crisp

**From:** Agriculture Supported Communities program



## Instructions

- 1:  
Preheat oven to 375 degrees F.
- 2:  
In a bowl, mix the peeled apples, cinnamon, nutmeg, lemon juice, and brown sugar. Butter or oil an 8 x 8- inch pan. Put apple mixture in it and set it aside.
- 3:  
In another bowl, mix the oats, sugar, flour, cinnamon, nuts (if using) and bits of margarine or butter. Rub mixture with a fork until fat is mixed in. Spread this on top of the apple mixture.
- 4:  
Bake for 40 – 45 minutes.

## Notes:

## Ingredients

### Filling:

- 5 apples, peeled and sliced
- 1 teaspoon ground cinnamon
- 1/4 teaspoon ground nutmeg
- Juice of 1 lemon (or 1 tablespoon of lemon juice)
- 1/4 cup brown sugar
- Oil or butter for greasing the pan

### Topping:

- 3/4 cups rolled oats
- 1/3 cup brown sugar
- 1/4 cup flour
- 1/2 teaspoon cinnamon
- 3 tablespoons butter, cut into small pieces
- 1/4 cup chopped walnuts or pecans (optional)



# Beets



## Recipes

Quinoa, Beet, and Arugula Salad ...96

Roasted Beet and Potato Soup ...97

Beet Soup ...98

## Key Nutrients

- ⇒ Low calorie
- ⇒ 1 cup (136g) : 58 calories, 13g carbohydrates, and 4g fiber
- ⇒ Excellent source of folate
- ⇒ Good source of potassium, vitamin C and fiber

(University of the District of Columbia, n.d.)

# Quinoa, Beet, and Arugula Salad



**From:** Adapted from Allrecipes.com  
**Serves:** 6

**Prep Time:** 15min  
**Ready In:** 20 min

## Instructions

- 1:  
Place a steamer insert into a saucepan, and fill with water to just below the bottom of the steamer. Cover pan and bring the water to a boil. Add beets, cover pan, and steam until just tender, 7 to 10 minutes. Set aside.
2.  
Bring quinoa and 2 cups water a saucepan over high heat. Reduce the heat to medium-low, cover, and simmer until the quinoa is tender and the liquid has been absorbed, about 15 minutes.
3.  
While the quinoa is cooking, whisk olive oil, red wine vinegar, sugar, garlic, salt, and black pepper together in a large bowl.
4.  
Remove quinoa from heat, then immediately add half of the vinegar dressing while fluffing the quinoa with a fork; reserve remaining dressing. Cover and refrigerate quinoa until cool, at least 1 hour.
5.  
Stir green onions, arugula, goat cheese, beets, and remaining dressing into cooled quinoa mixture. Toss lightly before serving.

## Ingredients

- 1/2 pound beets, peeled and sliced
- 1 cup red quinoa
- 2 cups water
- 1/2 cup olive oil
- 1/2 cup red wine vinegar
- 1 1/2 teaspoons white sugar
- 1 clove garlic, crushed
- 1 teaspoon salt
- 1/4 teaspoon ground black pepper
- 2 green onions, sliced
- 3 ounces arugula, chopped
- 5 ounces goat cheese, crumbled

## Nutrition Information

- Servings Per Recipe: 6  
Amount Per Serving  
Calories: 379  
Total Fat: 26.9g  
Cholesterol: 19mg  
Sodium: 552mg  
Total Carbs: 25.6g  
Dietary Fiber: 3.8g  
Protein: 9.9g



# Roasted Beet and Potato Soup

**From:** Adapted from  
*Allrecipe.com*  
**Servings:** 6

**Prep Time:** 20 Minutes  
**Cook Time:** 1 hour 50  
Minutes



## Instructions

- 1:  
Preheat oven to 375 degrees F (190 degrees C). Place the potatoes and beets into a baking dish, and drizzle with 1 tablespoon olive oil; season with salt and black pepper.
2.  
Roast in the preheated oven until tender, about 1 hour; allow to cool.
3.  
Heat 2 tablespoons of olive oil in a large soup pot over medium heat, and stir in the celery, onion, and garlic. Cook, stirring often, until the onion is translucent, about 5 minutes. Mix in the cooked vegetables, chicken broth, thyme, and bay leaf, bring to a boil, and reduce heat. Simmer until the celery is very tender, about 45 minutes.
4.  
Remove from heat, and discard the bay leaf. Puree the mixture in the pot with an immersion blender until very well blended; stir in the milk and lemon juice to serve

## Nutrition Information

Servings Per Recipe: 6  
Amount Per Serving  
Calories: 166  
Total Fat: 8.9g  
Cholesterol: 6mg  
Sodium: 134mg  
Total Carbs: 18.5g  
Dietary Fiber: 2.9g  
Protein: 4g

## Ingredients

2 cups diced potatoes  
2 cups diced peeled beets  
olive oil, divided  
salt and ground black pepper to taste  
1 stalk celery, diced  
1 onion, diced 1 clove garlic, minced  
4 cups chicken broth  
1/2 teaspoon dried thyme  
1 bay leaf  
1 1/2 cups whole milk  
1 tablespoon lemon juice



# Beet Soup

**From:** Adapted from  
*Allrecipe.com*  
**Servings:** 4

**Prep Time:** 20 Minutes  
**Cook Time:** 40 Minutes



## Instructions

- 1:  
Warm olive oil in a large saucepan over medium heat. Stir in onions and garlic; cook until soft but not browned, about 5 minutes. Stir in beets, and cook for 1 minute.
2.  
Stir in stock, and season with salt and pepper. Bring to a boil; cover, and simmer until the beets are tender, about 20 to 30 minutes. Remove from heat, and allow to cool slightly.
3.  
In batches, add soup to a food processor, and pulse until liquefied. Return soup to saucepan, and gently heat through. Ladle into bowls, and garnish with a swirl of cream.

## Nutrition Information

Servings Per Recipe: 4

Amount Per Serving

Calories: 229

Total Fat: 16.4g

Cholesterol: 20mg

Sodium: 244mg

Total Carbs: 17g

Dietary Fiber: 4.2g

Protein: 4.8g

## Ingredients

- 3 tablespoons olive oil
- 1 medium onion, chopped
- 3 cloves garlic, chopped
- 6 medium beets, peeled and chopped
- 2 cups beef stock
- salt and freshly ground pepper
- heavy cream



# Cabbage



## Recipes

Thai Chicken Cabbage  
Soup ...100

Healing Cabbage Soup ...101

Colorful Coleslaw with a  
Kick ...102

## Key Nutrients

- ⇒ 1 cup raw shredded cabbage: 50 calories and 5g fiber
- ⇒ Excellent source of vitamin K. 1 cup (150 grams) of shredded, boiled cabbage contains 91% of the recommended daily amount of vitamin K
- ⇒ Excellent source of manganese, vitamin B6, and folate
- ⇒ Good source of thiamin, riboflavin, calcium, potassium, vitamin A, tryptophan, protein and magnesium

(Washington State Department of Agriculture, 2011)

# Thai Chicken Cabbage Soup

**From:** Adapted from  
*Allrecipe.com*  
**Servings:** 6

**Prep Time:** 10 Minutes  
**Cook Time:** 35 Minutes



## Instructions

- 1:  
Place chicken breasts and broth in to a stockpot or Dutch oven. Bring to a boil and let simmer for about 20 minutes, or until chicken is cooked through. Remove the chicken from the broth and set aside to cool.
2.  
Put the leeks and carrots into the pot and simmer them for 10 minutes, or until tender. Shred the cooled chicken in to bite sized pieces and return it to the pot. Add the cabbage and egg noodles and cook another 5 minutes or until the noodles are soft. The soup should be thick like a stew. Serve hot and flavor to taste with Thai chili sauce.

## Nutrition Information

Servings Per Recipe: 6

Amount Per Serving

Calories: 275

Total Fat: 3.1g

Cholesterol: 61mg

Sodium: 118mg

Total Carbs: 42.3g

Dietary Fiber: 7.1g

Protein: 20.8g

## Ingredients

- 3 skinless, boneless chicken breast halves
- 8 cups chicken broth
- 2 leeks, sliced
- 6 carrots, cut into 1 inch pieces
- 1 medium head cabbage, shredded
- 1 (8 ounce) package uncooked egg noodles
- 1 teaspoon Thai chile sauce



# Healing Cabbage Soup

**From:** Adapted from  
*Allrecipe.com*  
**Servings:** 8

**Prep Time:** 10 Minutes  
**Cook Time:** 45 Minutes



## Instructions

- 1: In a large stockpot, heat olive oil over medium heat. Stir in onion and garlic; cook until onion is transparent, about 5 minutes.
2. Stir in water, bouillon, salt, and pepper. Bring to a boil, then stir in cabbage. Simmer until cabbage wilts, about 10 minutes.
3. Stir in tomatoes. Return to a boil, then simmer 15 to 30 minutes, stirring often.

## Nutrition Information

Servings Per Recipe: 8  
Amount Per Serving  
Calories: 82  
Total Fat: 5.2g  
Cholesterol: < 1mg  
Sodium: 436mg  
Total Carbs: 8.6g  
Dietary Fiber: 2.4g  
Protein: 1.5g

## Ingredients

- 3 tablespoons olive oil
- 1/2 onion, chopped
- 2 cloves garlic, chopped
- 2 quarts water
- 4 teaspoons chicken bouillon granules
- 1 teaspoon salt, or to taste
- 1/2 teaspoon black pepper, or to taste
- 1/2 head cabbage, cored and coarsely chopped
- 1 (14.5 ounce) can Italian-style stewed tomatoes, drained and diced



# Colorful Coleslaw with a Kick

**From:** Adapted from  
*Allrecipe.com*  
**Servings:** 8

**Prep Time:** 15 Minutes  
**Cook Time:** 5 Minutes



## Instructions

1:  
In a large bowl, combine green cabbage, red cabbage, red bell pepper, yellow bell pepper, red onion, carrots, and cilantro. In a small bowl, mix together olive oil, lime juice, cumin, garlic, and hot pepper sauce. Toss dressing with cabbage mixture until evenly coated. Season with salt and pepper. Let stand 30 to 60 minutes before serving.

## Nutrition Information

Servings Per Recipe: 8

Amount Per Serving

Calories: 176

Total Fat: 14.3g

Cholesterol: 0mg

Sodium: 195mg

Total Carbs: 13g

Dietary Fiber: 3.8g

Protein: 2.3g

## Ingredients

1/2 medium head green cabbage, shredded  
1/2 medium head red cabbage, shredded  
1 red bell pepper, thinly sliced  
1 yellow bell pepper, thinly sliced  
1 red onion, thinly sliced  
2 carrots, shredded  
1/2 cup chopped fresh cilantro  
1/2 cup light olive oil  
1/3 cup lime juice  
1/2 teaspoon ground cumin  
2 cloves garlic, crushed  
1 tablespoon hot pepper sauce, or to taste  
salt and pepper to taste



# Carrots



## Recipes

Carrot Soufflé ...104

Jacksonville Carrots ...105

Ginger Carrot Soup ...106

## Key Nutrients

- ⇒ 1 medium (61g) : 25 calories, 6g carbohydrates, and 1.7g fiber
- ⇒ Excellent source of beta-carotene (turns into vitamin A)
- ⇒ Good source of fiber, vitamin C, potassium, B6, folate, calcium, and magnesium

(Washington State Department of Agriculture, 2011)

# Carrot Soufflé

**From:** Adapted from  
*Allrecipe.com*  
**Servings:** 6

**Prep Time:** 5 Minutes  
**Cook Time:** 1 hour



## Instructions

- 1:  
Preheat oven to 350 degrees F (175 degrees C). Lightly grease a 2 quart casserole dish.
2.  
Bring a large pot of salted water to a boil. Add carrots and cook until tender, 15 to 20 minutes. Drain and mash. Stir in margarine, vanilla extract and eggs; mix well. Sift together flour, baking powder, salt and sugar; stir into carrot mixture and blend until smooth. Transfer to prepared casserole dish.
3.  
Bake for 45 minutes.

## Nutrition Information

Servings Per Recipe: 6  
Amount Per Serving  
Calories: 309  
Total Fat: 17.6g  
Cholesterol: 106mg  
Sodium: 508mg  
Total Carbs: 34.8g  
Dietary Fiber: 2.4g  
Protein: 4.3g

## Ingredients

- 1 pound carrots, coarsely chopped
- 1/2 cup margarine
- 1 teaspoon vanilla extract
- 3 eggs
- 3 tablespoons all-purpose flour
- 1 teaspoon baking powder
- 1/2 teaspoon salt
- 3/4 cup white sugar



# Jacksonville Carrots



**From:** Adapted from  
*Allrecipe.com*  
**Servings:** 4

**Prep Time:** 15 Minutes  
**Cook Time:** 20 minutes

## Instructions

- 1:  
Steam the carrots in a steamer basket over 1 inch of boiling water for 7 to 10 minutes, or until tender but still firm. Cool, and grate with a large holed grater. Mix together the grated carrots, honey, apple juice concentrate, parsley, and hazelnuts. Season with garlic powder, nutmeg, salt and pepper.
- 2:  
Heat butter in a large skillet over medium-high heat. Fry the carrot mixture in the hot butter until heated through

## Nutrition Information

Servings Per Recipe: 4  
Amount Per Serving  
Calories: 228  
Total Fat: 17.4g  
Cholesterol: 33mg  
Sodium: 344mg  
Total Carbs: 18.8g  
Dietary Fiber: 2.9g  
Protein: 2g

## Ingredients

- 4 large carrots, halved
- 2 tablespoons honey
- 1 tablespoon frozen apple juice concentrate, thawed
- 3 tablespoons minced fresh parsley
- 1/4 cup chopped toasted hazelnuts
- 1/4 teaspoon garlic powder
- 1/4 teaspoon ground nutmeg
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1/4 cup clarified butter



# Ginger Carrot Soup

**From:** The Food Network

## Instructions

1:

In a 6-quart pan, over medium high heat, add butter and onions and cook, stirring often, until onions are limp. Add broth, carrots, and ginger. Cover and bring to a boil. Reduce heat and simmer until carrots are tender when pierced.

2:

Remove from heat and transfer to a blender. Don't fill the blender more than half way, do it in batches if you have to. Cover the blender and then hold a kitchen towel over the top of the blender\*. Be careful when blending hot liquids as the mixture can spurt out of the blender. Pulse the blender to start it and then puree until smooth. Return to the pan and add cream, stir over high heat until hot. For a smoother flavor bring soup to a boil, add salt and pepper, to taste.

3:

Ladle into bowls and garnish with dollop sour cream and parsley sprigs.

\*When blending hot liquids: Remove liquid from the heat and allow to cool for at least 5 minutes.

Transfer liquid to a blender or food processor and fill it no more than halfway. If using a blender, release one corner of the lid. This prevents the vacuum effect that creates heat explosions. Place a towel over the top of the machine, pulse a few times then process on high



## Ingredients

2 tablespoons sweet cream butter  
2 onions, peeled and chopped  
6 cups chicken broth  
2 pounds carrots, peeled and sliced  
2 tablespoons grated fresh ginger  
1 cup whipping cream  
Salt and white pepper  
Sour cream  
Parsley sprigs, for garnish



# Leeks



## Recipes

Braised Leeks and Mustard Greens ...108

Braised Leeks ...109

Potato and Leek Gratin with Cumin ...110

## Key Nutrients

- ⇒ Low calorie
- ⇒ 100g raw : 29 calories
- ⇒ 100g cooked : 25 calories
- ⇒ High water content
- ⇒ Rich in folate
- ⇒ Source of B6
- ⇒ High in potassium
- ⇒ Great for the digestive system

(Foundation Louis Bonuelle, n.d.)

# Braised Leeks and Mustard Greens

**From:** Adapted from  
*Allrecipe.com*  
**Servings:** 4

**Prep Time:** 15 Minutes  
**Cook Time:** 10 minutes



## Instructions

- 1:  
Trim leeks so that about 1 1/2 inches of green leaves remain, and slice the leeks in half lengthwise. Separate leaves and pull the leeks apart to rinse away any dirt and sand in the layers, then chop leeks into 1 1/2-inch pieces.
2.  
Melt butter in a skillet over medium heat, and cook and stir the leeks until they begin to separate and soften, about 5 minutes. Stir in mustard greens, and pour in enough chicken broth to just cover the bottom of the pan and prevent leeks from browning. Cook the leeks and mustard greens until the greens turn bright green and start to soften, another 2 to 3 minutes. Season to taste with salt and black pepper, and sprinkle with Parmesan cheese.

## Nutrition Information

Servings Per Recipe: 4  
Amount Per Serving  
Calories: 124  
Total Fat: 6.8g  
Cholesterol: 18mg  
Sodium: 191mg  
Total Carbs: 14.1g  
Dietary Fiber: 2.5g  
Protein: 3.1g

## Ingredients

- 4 leeks
- 2 tablespoons unsalted butter
- 2 cups washed, dried and chopped mustard greens
- 2 tablespoons chicken broth, or as needed
- salt and ground black pepper to taste
- 2 tablespoons grated Parmesan cheese



# Braised Leeks

From: Chow.com

## Instructions

1:

Bring a medium saucepan of salted water to a boil over high heat. Meanwhile, trim and remove the root ends and dark green tops of the leeks. Halve the leeks lengthwise and rinse under cold water to remove any dirt between the layers.

2:

Add the leeks to the boiling water, lower the heat, and gently boil until they're knife tender, about 4 minutes. Drain in a colander and set aside.

3:

Melt the butter in a large frying pan over medium-high heat until foaming. Add the drained leeks, season with salt and pepper, and cook on the flat side until they begin to brown, about 4 minutes. Add the broth and thyme and continue to simmer until the liquid has nearly evaporated, about 2 to 3 minutes. Stir in the parsley and serve immediately

## Notes:



## Ingredients

Kosher salt

4 medium leeks (about 1 1/2 pounds)

2 tablespoons unsalted butter (1/4 stick)

Freshly ground black pepper

1/2 cup low-sodium chicken or vegetable broth

1/2 teaspoon finely chopped fresh thyme leaves

1 1/2 teaspoons finely chopped fresh Italian parsley leaves



# Potato and Leek Gratin with Cumin

**From:** Adapted from The Very Best Recipes for Health

## Instructions

1:

Preheat the oven to 375 degrees F. Rub the inside of a 2-quart baking dish with the cut side of the garlic clove. Brush the dish lightly with some oil. Heat the 1 tablespoon olive oil in a large, heavy nonstick skillet over medium heat. Add the leeks. Cook, stirring often, until tender, about 5 minutes. Add 1/2 teaspoon salt and pepper to taste. Stir in the cumin. Stir together for 30 seconds and remove from the heat.

2:

Place the potatoes in a large bowl and season generously with salt and pepper. Add the leek mixture and half of the cheese, and toss together. Arrange in the baking dish in an even layer. Pour in the milk. Set the baking dish on a baking sheet and place in the oven. Bake the gratin for 45 minutes, checking after 30 minutes and pressing the potatoes down into the milk with the back of a spoon if necessary. Remove from the oven. Gently press the potatoes down into the liquid. Sprinkle the remaining cheese over the top and bake for another 30 to 45 minutes, or until nicely browned.

Cook for 10-15 minutes before serving.

## Notes:



## Ingredients

1 garlic clove, halved

1 tablespoon extra virgin olive oil

2-3 leeks, white and light-green parts only, halved lengthwise, sliced crosswise and well washed

Salt and pepper

1 teaspoon cumin seeds, lightly toasted and crushed

2 pounds potatoes, sliced 1/4 inch thick

3/4 cup grated Gruyere or Swiss cheese

2-1/3 cup milk



# Green Tomato



## Recipes

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Green Tomato and Bacon Soup ...113

Crunchy Fried Green Tomatoes ...114

## Key Nutrients

⇒ 1 medium (123g) 28 calories

(Prichep, D., 2011)

# Green Tomato Bread

**From:** Adapted from Allrecipes.com  
**Serves:** 20

**Prep Time:** 20 min  
**Cook Time:** 1 hour



## Instructions

- 1:  
Preheat oven to 350 degrees F (175 degrees C). Grease and flour two 9x5-inch loaf pans.
2.  
Mix tomatoes, sugar, walnuts, canola oil, eggs, vanilla extract, and salt together in a large bowl until well blended. Mix flour, cinnamon, baking soda, and baking powder together in a separate bowl; stir into egg mixture until just blended. Spoon batter into prepared loaf pans.
3.  
Bake in the preheated oven until a toothpick inserted in the middle of each loaf comes out clean, about 1 hour. Let cool in the pans for about 10 minutes before transferring loaves to wire racks to cool completely.

## Nutrition Information

Servings Per Recipe: 20

Amount Per Serving

Calories: 316

Total Fat: 17.6g

Cholesterol: 21mg

Sodium: 195mg

Total Carbs: 36.8g

Dietary Fiber: 1.5g

Protein: 4.1g

## Ingredients

- 2 cups finely diced green tomatoes
- 2 cups white sugar
- 1 1/2 cups chopped walnuts
- 1 cup canola oil
- 2 eggs
- 1 tablespoon vanilla extract
- 1 teaspoon salt
- 3 cups all-purpose flour
- 1 tablespoon ground cinnamon
- 1 teaspoon baking soda
- 1/4 teaspoon baking powder



# Green Tomato and Bacon Soup

**From:** Adapted from Allrecipes.com  
**Serves:** 6

**Prep Time:** 15 min  
**Cook Time:** 55 min



## Instructions

1:  
Place bacon in a stock pot over medium-low heat; cook and stir until bacon begins to brown, about 5 minutes. Stir onion and garlic into bacon; cook and stir until onion is tender, about 10 minutes. Add green tomatoes, vegetable broth, celery salt, bay leaf, and black pepper to bacon-onion mixture; bring to a boil. Reduce heat and simmer until tomatoes are tender, about 40 minutes.

## Nutrition Information

Servings Per Recipe: 6

Amount Per Serving

Calories: 123

Total Fat: 5.7g

Cholesterol: 13mg

Sodium: 655mg

Total Carbs: 12.1g

Dietary Fiber: 2.4g

Protein: 7.1g

## Ingredients

8 slices bacon, cut into bite-size pieces  
1 small red onion, chopped, or more to taste  
3 cloves garlic, minced, or more to taste  
5 cups chopped green tomatoes  
3 cups vegetable broth  
1/2 teaspoon celery salt, or more to taste  
1 bay leaf, or more to taste  
freshly ground black pepper to taste



# Crunchy Fried Green Tomatoes

From: [www.epicurious.com](http://www.epicurious.com) Servings: 4



## Instructions

1:

Preheat oven to 375°F. Cut twelve 1/2-inch-thick slices from tomatoes. In a shallow bowl whisk together flour, salt, sugar, and cayenne. In another shallow bowl whisk together egg and milk. In a third shallow bowl coarsely crush cornflakes with hands.

2:

Working with 1 tomato slice at a time, dredge in flour, shaking off excess, and dip in egg, letting excess drip off. Coat slices with cornflakes, pressing them to adhere, and arrange slices in one layer on a baking sheet.

3:

In a 12-inch nonstick skillet heat 1 tablespoon butter and 1 tablespoon oil over moderate heat until foam subsides and fry 3 tomato slices until golden brown, about 3 minutes on each side. (Be careful not to let cornflakes burn.) Transfer tomatoes to paper towels to drain. Fry remaining tomato slices in remaining butter and oil in same manner.

4:

On another baking sheet arrange drained tomato slices in one layer. Bake tomatoes in middle of oven until tender and hot, about 4 minutes. Serve tomatoes topped with salsa (if desired).

## Ingredients

2 pounds green (unripe) tomatoes  
(about 4 medium)

1/2 cup all-purpose flour

1 teaspoon salt

1 teaspoon sugar

3/4 teaspoon cayenne

1 large egg

1 tablespoon milk

5 cups cornflakes (about 6 ounces)

1/2 stick (1/4 cup) unsalted butter

1/4 cup vegetable oil



# Radishes



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## Key Nutrients

- ⇒ 1 medium radish: 1 calorie
- ⇒ Rich in folate, calcium, potassium, and fiber
- ⇒ High in Vitamin C
- ⇒ High content of potassium and sodium
- ⇒ Ask a physician about consumption if you are on a renal diet or have high blood pressure

(Texas A&M AGRILIFE Extension, 2009)

# Simple Cucumber and Radish Salad

**From:** Adapted from Allrecipes.com  
**Serves:** 5

**Prep Time:** 15 min  
**Ready In:** 15 min



## Instructions

1:  
Toss cucumber slices, radish slices, and red onion slices together in a bowl. Mix vinegar, lemon juice, olive oil, salt, and black pepper together in a separate bowl; pour over cucumber mixture and toss to coat

## Nutrition Information

Servings Per Recipe: 5

Amount Per Serving

Calories: 74

Total Fat: 3g

Cholesterol: 0mg

Sodium: 943mg

Total Carbs: 11.8g

Dietary Fiber: 1.9g

Protein: 1.9g

## Ingredients

4 pickling cucumbers, sliced

1 bunch radishes, sliced

1 red onion, sliced

1/4 cup apple cider vinegar

1 lemon, juiced

1 tablespoon olive oil

2 teaspoons salt

ground black pepper to taste



# Radish Top Soup

**From:** Adapted from  
Allrecipes.com  
**Serves:** 6

**Prep Time:** 15 min  
**Ready In:** 45 min



## Instructions

- 1:  
Melt butter in a large saucepan over medium heat. Stir in the onion, and sauté until tender. Mix in the potatoes and radish greens, coating them with the butter. Pour in chicken broth. Bring the mixture to a boil. Reduce heat, and simmer 30 minutes.
- 2:  
Allow the soup mixture to cool slightly, and transfer to a blender. Blend until smooth.
- 3:  
Return the mixture to the saucepan. Mix in the heavy cream. Cook and stir until well blended. Serve with radish slices.

## Nutrition Information

Servings Per Recipe: 6  
Amount Per Serving  
Calories: 166  
Total Fat: 9.3g  
Cholesterol: 32mg  
Sodium: 688mg  
Total Carbs: 17.9g  
Dietary Fiber: 3.2g  
Protein: 3.8g

## Ingredients

- 2 tablespoons butter
- 1 large onion, diced
- 2 medium potatoes, sliced
- 4 cups raw radish greens
- 4 cups chicken broth
- 1/3 cup heavy cream
- 5 radishes, sliced



# Grilled Radishes

**From:** Adapted from  
Allrecipes.com  
**Serves:** 6

**Prep Time:** 15 min  
**Ready In:** 20 min



## Instructions

- 1:  
Preheat the grill for high heat.
- 2:  
Place the radishes, garlic, butter, and ice cube on a double layer of aluminum foil large enough to wrap contents. Season with salt and pepper. Tightly seal foil around contents.
- 3:  
Place foil packet on the grill, and cook 20 minutes, or until radishes are tender.

## Nutrition Information

Servings Per Recipe: 6

Amount Per Serving

Calories: 51

Total Fat: 3.9g

Cholesterol: 10mg

Sodium: 129mg

Total Carbs: 3.6g

Dietary Fiber: 1.5g

Protein: 0.7g

## Ingredients

- 20 ounces radishes, sliced
- 2 cloves garlic, minced
- 2 tablespoons butter, cut into small pieces
- 1 cube ice
- salt and pepper to taste



# Turnips



## Recipes

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## Key Nutrients

- ⇒ 1 medium (122g) 34 calories, 8g carbohydrate, and 2.2g fiber
- ⇒ High in vitamin C
- ⇒ Turnip greens: excellent source of vitamin A, vitamin C, vitamin E, vitamin B6, folate, copper, calcium and fiber

(A 2 Z of Health, Beauty, and Fitness., n.d.)

# Vegetarian Chickpea Curry with Turnips

**From:** Adapted from Allrecipes.com  
**Serves:** 4

**Prep Time:** 25 min  
**Cook Time:** 1 hour 5 min



## Instructions

1:  
Heat the olive oil in a large saucepan over medium heat. Stir in the onion, garlic, cumin, and curry powder; cook and stir until the onion has softened and turned translucent, about 5 minutes. Add the garbanzo beans, red bell pepper, turnip, corn, and tomato sauce. Season with red pepper flakes, salt, and black pepper. Bring to a simmer over medium-high heat, then reduce heat to medium-low, cover, and simmer until the vegetables are tender and the curry has thickened, 1 1/2 to 2 hours.

## Nutrition Information

Servings Per Recipe: 4

Amount Per Serving

Calories: 226

Total Fat: 8.9g

Cholesterol: 0mg

Sodium: 599mg

Total Carbs: 33.6g

Dietary Fiber: 7g

Protein: 6.7g

## Ingredients

2 tablespoons olive oil  
1/2 onion, diced  
2 cloves garlic, minced  
1 tablespoon ground cumin  
2 tablespoons curry powder  
1 (15 ounce) can garbanzo beans (chickpeas), un-drained  
1/2 red bell pepper, diced  
1/2 turnip, peeled and diced  
1 cup corn kernels  
1/2 (15 ounce) can tomato sauce  
1 pinch crushed red pepper flakes (optional)  
1 pinch salt  
1 pinch cracked black pepper



# Nana's Mashed Turnip



**From:** Adapted from Allrecipes.com  
**Serves:** 6

**Prep Time:** 10 min  
**Cook Time:** 50 min

## Instructions

- 1:  
Preheat oven to 375 degrees F (190 degrees C).
- 2:  
Place turnip and potatoes in a large pot with enough water to cover, and bring to a boil. Cook 25 to 30 minutes, until tender. Remove from heat, and drain.
- 3:  
Mix milk, 2 tablespoons butter, and sugar with the turnip and potatoes. Season with salt and pepper. Mash until slightly lumpy.
- 4:  
Transfer turnip mixture to a small baking dish. Dot with remaining butter. Cover loosely, and bake 15 minutes in the preheated oven. Remove cover, and continue baking about 8 minutes, until lightly browned.

## Nutrition Information

Servings Per Recipe: 6

Amount Per Serving

Calories: 141

Total Fat: 6.1g

Cholesterol: 16mg

Sodium: 322mg

Total Carbs: 19.9g

Dietary Fiber: 3.1g

Protein: 2.5g

## Ingredients

- 1 large turnip, peeled and cubed
- 3 white potatoes, peeled and cubed
- 1/4 cup milk
- 3 tablespoons unsalted butter
- 1 teaspoon white sugar
- 3/4 teaspoon salt
- 1/4 teaspoon pepper



# Butternut Squash and Turnip Soup

**From:** Adapted from Allrecipes.com  
**Serves:** 4

**Prep Time:** 20 min  
**Cook Time:** 30 min



## Instructions

1:  
Heat the butter and olive oil in a skillet over medium heat. Stir in the butternut squash, turnips, celery, onion, and garlic; cook and stir until the vegetables just begin to brown, about 10 minutes. Meanwhile, heat the chicken stock in a large pot over medium heat until simmering.

2:  
Transfer the vegetables to simmering stock, and add the bay leaf, honey, pepper, nutmeg, coriander, cayenne pepper, and salt. Continue simmering until all the vegetables are softened, about 20 minutes. Remove the bay leaf before serving.

## Nutrition Information

Servings Per Recipe: 4

Amount Per Serving

Calories: 204

Total Fat: 13g

Cholesterol: 24mg

Sodium: 854mg

Total Carbs: 22.3g

Dietary Fiber: 3.8g

Protein: 2.7g

## Ingredients

3 tablespoons butter  
1 tablespoon olive oil  
2 cups cubed butternut squash  
2 cups cubed turnips  
1 cup thinly sliced celery  
1 onion, diced  
3 cloves garlic, minced  
1 quart chicken stock  
1 bay leaf  
1 tablespoon honey  
1/4 teaspoon ground black pepper  
1/4 teaspoon ground nutmeg  
3/8 teaspoon ground coriander  
1/8 teaspoon cayenne pepper  
salt to taste (optional)



# Winter Squash



## Recipes

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Quinoa ...125

Thai Red Curry with Butternut Squash and  
Chickpeas ...126

## Key Nutrients

- ⇒ Great sources of vitamin C, and B1, folic acid, potassium, and dietary fiber
- ⇒ Pumpkin and acorn squash contain higher amounts of carotene

(Karen, S., n.d.)

# Roasted Garlic and Butternut Squash Soup

**From:** Adapted From The Soup Book by Anne Sheasby



## Instructions

1:

Preheat the oven to 425 degrees F. Place the garlic bulbs on a piece of foil and pour over half the olive oil. Add the thyme sprigs, then fold the foil around the garlic bulbs to enclose them completely. Place the foil parcel on a baking sheet with the butternut squash and brush the squash with 1 tablespoon of the remaining olive oil. Roast the vegetables for 25 minutes, then reduce the temperature to 375 degrees F and cook for 20-25 minutes more, or until squash is tender.

2:

Heat the remaining oil in a large heavy-based pan and cook the onions and ground coriander gently for about 10 minutes, or until softened. Squeeze the roasted garlic out of its papery skin into the onions and scoop the squash out of its skin, adding it to the pan. Add the stock, 1 teaspoon salt and plenty of black pepper. Bring to a boil and simmer for 10 minutes. Stir in half the oregano and cool the soup slightly, then process it in a blender or food processor or press through a fine strainer. Reheat the soup without allowing it to boil, then taste for seasoning before ladling it into warmed bowls and serve.

**Serving recommendation:** Top with your favorite salsa!

## Ingredients

2 garlic bulbs, outer skin removed  
6 tablespoons olive oil  
A few fresh thyme sprigs  
1 large butternut squash, halved and seeded  
2 onions, chopped  
1 teaspoon ground coriander  
5 cups vegetable or chicken broth  
2-3 tablespoons chopped fresh oregano  
Salt and pepper



# Winter Squash stuffed with Red Quinoa

ASC Recipe

No photo

available

**From:** Adapted from The Beekman 1802 Heirloom Vegetable Cookbook

**Servings:** 4

## Instructions

- 1:  
Preheat the oven to 450 degrees F.
- 2:  
Cut a thin sliver from the uncut bottoms of each squash half (so they sit flat). Place the squash halves, cavity side up, on a rimmed baking sheet and brush the cavity with 1 tablespoon of the oil. Sprinkle the cavities with the brown sugar,  $\frac{3}{4}$  teaspoon of the salt, and the pepper. Bake for 30 minutes, or until almost fork-tender.
- 3:  
Meanwhile, in a medium saucepan, bring 2 cups of water to a boil. Remove from the heat, add the tea bag, and steep for 3 minutes. Discard the tea bag.
- 4:  
In another medium saucepan, heat the remaining 1 tablespoon oil over medium heat. Add the onions and garlic and cook for 2 minutes stirring occasionally, until tender. Add the quinoa, and the brewed tea, thyme, and the remaining  $\frac{3}{4}$  teaspoon salt and bring to a boil. Reduce to a simmer, cover, and cook for 17 minutes, or until the quinoa is tender and the liquid has been absorbed. Stir in the butter and pecans.
- 5:  
Divide the quinoa among the squash halves, tent loosely with foil, and bake for 30 minutes, or until the squash is very tender.

## Ingredients

- 2 acorn squash, halved lengthwise and seeds discarded
- (Tip: to make the raw acorn squash easier to halve, pierce the skin in a few spots then microwave on high for 2 minutes. Let stand for another few minutes before cutting)
- 2 tablespoons olive oil
- 1 tablespoon plus 1 teaspoon brown sugar
- 1  $\frac{1}{2}$  teaspoons salt
- $\frac{1}{2}$  teaspoon black pepper
- 1 Irish or English Breakfast tea bag
- $\frac{1}{2}$  cup onion, finely minced
- 2 garlic cloves
- 1 cup red quinoa, rinsed
- $\frac{1}{4}$  teaspoon dried thyme
- 2 tablespoons butter
- $\frac{1}{2}$  cup pecans, coarsely chopped



# Thai Red Curry with Butternut Squash and Chickpeas

From: Epicurious

## Instructions

1:

Peel the squash, cut it lengthwise in half, and scoop out the seeds. Cut off the top where it meets the bulbous bottom. Cut the bulb end into 3/4- inch-wide wedges. Cut the neck end into 1/2- inch-thick half-moons.

2:

Heat a large heavy pot over medium-high heat. Add the canola oil, then add the curry paste and stir for about 1 minute, or until fragrant. Add the squash and stir to coat with the curry paste. Stir in the chickpeas and season with salt. Add the coconut milk and 3/4 cup water and bring to a simmer. Reduce the heat to medium-low, cover, and simmer gently for about 10 minutes, or until the squash just begins to soften.

3:

Stir in the cilantro and simmer, uncovered, stirring occasionally, for about 20 minutes, or until the squash is tender but not falling apart and the sauce has reduced slightly. Season to taste with salt.

4:

Divide the curry among four soup bowls, top with cilantro, and serve.



## Ingredients

1 small butternut squash (about 2 pounds)

2 tablespoons canola oil

1/3 cup Thai red curry paste

One 15-ounce can chickpeas (garbanzo beans), drained and rinsed Kosher salt

One 13-ounce can unsweetened coconut milk

1/3 cup fresh cilantro, plus more for garnish



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