

Annie's Organic Buying Club

making organics affordable for everyone!



Lemon Vinaigrette Green Bean/Broccoli, Red Pepper & Yam Salad by FabulousFoods.com

This is a beautifully colored “potato salad” with outstanding flavor. As another healthy alternative, substitute bright green, slightly steamed broccoli for the green beans. Broccoli is a premier vegetable full of antioxidants. This dish is delicious hot or cold.

Vinaigrette:

- 2 tablespoon lemon juice
- 2 tablespoon extra virgin olive oil
- 2 teaspoons Dijon mustard
- 1 teaspoon honey
- 1/4 cup diced green onion
- 1 clove garlic, pressed through a garlic press
- 1/4 minced fresh dill weed
- 1/4 cup chopped cilantro
- 5 basil leaves, torn
- 1/4 cup crumbled feta cheese

Salad:

- 1 teaspoon extra-virgin olive oil
- 2 medium sized garnet yams, or sweet potatoes
- 1 medium red skin new potato
- 2 tablespoon extra virgin olive oil
- 1 pound fresh green beans
- 1 cup coarsely chopped red bell pepper
- 1/2 cup diced red onion
- 3 cloves garlic, pressed through a garlic press

Preheat oven to 350° F. Prepare dressing by combining all dressing ingredients; set aside. Coat a 14 X 9 X 2 1/2 inch baking dish with olive oil (about 1 teaspoon). Scrub the yams and red potato. Remove any dark spots and root hair, and cut into 1/4 inch slices. Place in baking dish and toss with about 2 tablespoons olive oil. Bake for 20 minutes.

While yams and potatoes are baking, rinse green beans, trim the ends, and cut in half on the diagonal. In a medium sized pot, insert a vegetable steamer basket; add water to just below the basket. Add beans and bring to a boil

over high heat. Reduce heat, cover, and steam for approximately 4 minutes, or until beans are bright green and crisp, yet tender. Remove from heat, drain, and transfer to a plate to prevent additional cooking, then add red bell pepper and onion.

Remove yams and red potatoes from the oven and add the 3 cloves of pressed garlic; toss with a spatula and Bake for a couple of minutes longer or until the tines of a fork can penetrate the potatoes. Remove from oven.

Add the green bean mixture and dressing to the potatoes and mix thoroughly. Serve immediately.

Green Beans & Red Peppers w/Lemon

- 1lb green beans
- 1 tablespoon olive oil
- 1 garlic clove minced
- $\frac{1}{2}$ red pepper sliced into similar size of green bean
- 1 lemon
- Sea salt & black pepper

Boil 4 cups water and add 1 teaspoon sea salt. Snip off end of green bean and blanch in boiling water for 2 minutes. Drain and move to ice water. Drain and put on towel to dry.

Add olive oil to a skillet. Add garlic and green beans and toss a couple minutes just until the green beans warm up and are crispy tender. Add less than a teaspoon of lemon zest and red pepper and sauté another minute. Remove from heat, add squeeze of lemon, sea salt, and black pepper.

Roasted Green Beans

Everyone who knows me knows I love roasting vegetables. Roasting intensifies the sweetness and flavor and is super easy. The steps are always the same. Clean veggie and pat dry. Drizzle on olive oil. Lay on a cookie sheet so they are not crowded otherwise they will steam instead of roast. Sprinkle on the sea salt and roast in a preheated oven of 375 until the veggie begins to brown and is crisp on the outside and tender on the inside. The time will vary depending upon what you are roasting and the size. Leafy greens takes 5-7 minutes while Cauliflower takes 15-20 minutes. Green Beans should take about 15 too.

Broccoli & Green Beans by Giada deLaurentis

- 8 cups broccoli florets (about 1 1/2 pounds)
- 1/2 pound green beans
- 2 tablespoons cup extra-virgin olive oil
- 2 cloves garlic, sliced thin
- 1/2 teaspoon crushed red pepper flakes, plus more if desired
- Sea salt and freshly ground black pepper

In a large pot, bring 6 quarts of salted water to a boil. Have ready a large bowl of ice water. Place broccoli into pot and cook for 2 minutes. You just want to parboil the broccoli at this point since you will sauté it later on. Using a spider strainer, remove broccoli from pot and shock it in a bowl of ice water. When broccoli is completely cool, place it in a colander and allow to drain. Refresh the bowl of ice water. Bring the water back to a boil. Add green beans and cook for 4 minutes. Like the broccoli, you just want to parboil the green beans. Remove green beans from pot with spider strainer and add to ice water. When green beans are completely cool, add them to the colander and allow to drain.

In a large saute pan, heat olive oil. When almost smoking, add the garlic and saute for about 45 seconds. When the garlic starts to brown, remove immediately and discard. Overcooking the garlic will impart a very bitter taste to the dish. Add the red pepper flakes, broccoli and green beans to the pan and cook for 5 minutes. Season with salt and pepper. Serve immediately.

Roasted Broccoli with Shrimp by NY Times

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

Preheat oven to 425 degrees. In a large bowl, toss broccoli with 2 tablespoons oil, coriander, cumin, 1 teaspoon salt, 1/2 teaspoon pepper and chili powder. In a separate bowl, combine shrimp, remaining 2 tablespoons oil, lemon zest, remaining 1/2 teaspoon salt and remaining 1/2 teaspoon pepper.

Spread broccoli in a single layer on a baking sheet. Roast for 10 minutes. Add shrimp to baking sheet and toss with broccoli. Roast, tossing once halfway through, until shrimp are just opaque and broccoli is tender and golden around edges, about 10 minutes more. Serve with lemon wedges, or squeeze lemon juice all over shrimp and broccoli just before serving.

Or try this variation with **Roasted Green Beans** by KalynsKitchen.Blogspot.com:
<http://kalynskitchen.blogspot.com/2009/05/recipe-for-spicy-roasted-green-beans-or.html>



ROCCOLI RIGATONI with CHICKPEAS & LEMON by KitchenParade.com

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

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

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

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

Broccoli, Corn, and Green Bean Sauté based upon recipe by AllRecipes.com

- 1/4 cup butter
- 1/2 fresh broccoli crowns (bottoms trimmed and chopped to similar size)
- 1 ear of corn, kernels removed
- ½ lb Green Beans, trimmed, blanched, chilled and dried off
- 1/2 (8 ounce) package crumbled feta cheese with basil and sun-dried tomatoes
- dried oregano to taste
- salt to taste
- ground black pepper to taste

Melt the butter in a skillet over medium-high heat. Stir in broccoli, corn, and green beans. Cook until broccoli is tender. Sprinkle with feta cheese, and continue cooking until cheese is melted. Season with oregano, salt, and pepper. Serve immediately.

Lemon Green Bean & Celery Salad by GreenBeansnMore.com

- 1 1/2 lbs. Green beans, trimmed
- 1 Tablespoon extra virgin olive oil
- 1/4 Cup thinly sliced shallots
- 2 Cups diagonally sliced celery
- 3 Tablespoons lemon juice
- 1/3 Cup chopped parsley
- 2 Tablespoons grated lemon peel
- Salt and Pepper to taste

Cook the green beans in lightly salted water for 5 to 7 minutes or until tender-crisp. Drain the beans and plunge into a bowl of ice water. Drain thoroughly, pat dry with paper towels.

Heat oil in large skillet over medium heat. Add shallots and celery; cook and stir 3 to 4 minutes.

Add green beans, lemon juice, parsley and lemon peel; toss to combine. Cook and stir 1 to 2 minutes or until beans are warm. Season with salt and pepper to taste.

Green Beans with Lemon & Brown Garlic by eHow.com

Bring water to boil in a large non-stick skillet. Add beans. Cook 3 minutes, drain and set aside. Heat oil in skillet over high heat. Add garlic and beans and sauté 1 minute. Add juice, salt and pepper and sauté 1 minute.

Sauteed Broccoli with Garlic and Parmigiano by NoLemonJuice.com

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

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

Broccoli with Creamy Lemon Sauce by Recipe Zaar

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

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

Hearty Sweet Potato and Corn Chowder by FatFree.com

- 1 cup finely chopped onion
- 1 chile, seeded and minced
- 2 cloves garlic, minced
- Up to 4 cups vegetable broth
- 2 teaspoons ground cumin
- 1 medium sweet potato, cubed
- 1 medium red bell pepper, chopped
- 3 cups corn kernels, fresh or frozen
- sour cream and cilantro for garnish (optional)

Add one cup vegetable broth, the onions, chile and garlic to heavy saucepan, bring to boil, cut back heat to a simmer and cover. Cook and occasionally stir for 10 minutes. Make a cumin paste with the cumin and 3 teaspoons of the vegetable broth. Add paste to the saucepan, cover and simmer for 2 minutes.

Add the sweet potato and one cup of the broth and bring back a simmer, cover and simmer for 10 minutes. Add the corn and the bell pepper, one cup of the broth and return to simmer, cover and cook for 10 minutes. Place approximately half of the soup in a blender or food processor and puree, add back to saucepan. Add the last of the broth if the soup is too thick. Serve with the sour cream and cilantro in separate dishes, for garnish. Serve the soup with cornbread. This recipe is from the lowfat Moosewood cookbook and was reprinted in the Washington Post.

Sweet Potato & Kale Enchiladas by [WeHeartFood.com](#)

- 2 tbsp olive oil
- 1 onion, diced
- 3 hatch chilies, roasted, peeled, seeded and chopped coarsely
- 2 1/2 tsp ancho chile powder
- 1 1/2 tsp ground cumin
- 1 tsp Mexican oregano
- 1 28 oz can diced tomatoes with juice
- 1 tsp sugar
- 2 tsp salt
- 1 lb sweet potatoes
- 1 bunch kale, washed, trimmed, and chopped finely
- 3 tbsp olive oil
- 4 cloves garlic, minced
- 1/2 tsp ground cumin
- 1/4 cup vegetable stock or water
- 3 tbsp lime juice
- 1 1/2 tsp salt
- 12–14 corn tortillas

Peel and dice the potatoes, then boil them until tender, about 20 minutes. Drain and set aside.

Preheat the oven to 375°F and have ready a shallow casserole dish, at least 11 1/2 x 7 1/2 inches.

Prepare the enchilada sauce : In a large, heavy-bottomed saucepan over medium heat, sauté the onions in oil for 4 to 7 minutes, until softened. Add the remaining sauce ingredients, bring to a simmer, and remove from the heat. When the mixture has cooled enough, taste and adjust the salt if necessary. Puree with an immersion blender until the mixture is smooth and even.

Prepare the filling: Cook the olive oil and minced garlic in a saucepot over medium-low heat, stirring occasionally until the garlic is sizzling and slightly browned. Add the kale, sprinkle with a little salt, and raise the heat to medium, stirring constantly to cover the kale with the oil and garlic. Partially cover the pot to steam the kale until it has wilted, 4 to 6 minutes.

Remove the lid and mix in the potatoes, vegetable stock, lime juice, and salt. Use the back of a wooden spoon to mash some of the potatoes. Cook another 3 to 4 minutes, until the stock is absorbed. Add more salt or lime juice to taste.

Ready a plate filled with about 3/4 cup of enchilada sauce, a casserole dish, a stack of corn tortillas, a heated cast-iron pan, and the potato and kale filling.

Ladle a little bit of the enchilada sauce onto the bottom of the casserole dish and spread it around. Take a corn tortilla, place it on the heated pan for 30 seconds, then flip it over and heat until the tortilla has become soft and pliable. Drop the softened tortilla into the pie plate filled with sauce; allow it to get completely covered in sauce, flip it over, and coat the other side.

Now, place the tortilla in the casserole dish, place some of the potato filling down the middle and roll it up. Continue with rest of tortillas, tightly packing enchiladas next to each other.

Pour about a cup of sauce over the top (reserving some for later), cover tightly with aluminum foil, and bake for 25 minutes. Remove the foil and bake for another 10 to 15 minutes, until edges of the tortillas poking out of sauce look just a little browned. Allow to cool slightly before serving. Top individual servings with any remaining enchilada sauce, warmed slightly.

Spicy Lentil Sweet Potato Patties with Kale by 365DaysofKale.com

- 2 cups (1# bag) dry green lentils (they look brown, not green)
- 2 bay leaves
- 3-4 cloves garlic, minced
- 1/2 tsp. salt
- 1 tsp. chili powder
- 1-2 tsp. ground cumin
- 1/2 tsp. coriander
- 1/2 tsp. black pepper
- 1/4 tsp. cayenne pepper and mixed Italian herbs (each)
- 1 large sweet potato, baked, peeled, mashed
- 1-2 cups frozen kale, thawed, drained well, chopped small
- 1/2 cup bread crumbs (make yourself from left-over bread)
- 2 tsp. olive oil or parchment paper
- Fresh Salsa or unflavored yogurt

Combine lentils and bay leaf in large soup pot. Add water to cover by 3 inches. Boil until lentils are very tender, about 1 hour. Drain water from lentils and discard bay leaf. Transfer lentils to a large bowl and cool. Then add seasonings. Stir with lentils until well blended. Cover lentils and refrigerate overnight.

Bake sweet potato(s) in oven or microwave. Cool, peel, and coarsely mash. Add mashed potato to lentil mixture the next day and mix well. Chop kale, squeeze with your hands to make as dry as possible, then add to mixture

Using a spoon or both hands, form mixture into balls. Flatten each ball into a 1/2" patty for the "mini" version. These can be any size (I made two dozen "mini-patties" plus several "burger-size"). Press breadcrumbs lightly onto patties. Cover and refrigerate 30 minutes to 6 hours.

Heat in non-stick pan with small amount of olive oil or baked in oven on parchment paper until hot and crispy at 350 for 20-30 minutes (I baked mine). Flip over at the half-way point. Freeze any extras for a fast meal in the future.

Austrian Kale by SeasonalChef.com

- 2 bunches kale, washed
- 1 clove garlic, minced
- ½ medium onion, coarsely chopped
- 2 tablespoon oil
- 1 ½ cup chicken stock or bouillon
- 4 medium potatoes, quartered
- 1 stalk celery, chopped
- Sour cream, for garnish

Cut the kale leaves into 1/2-inch-wide strips. Blanch them in lightly salted boiling water for one minute. Set aside.

Saute the garlic and onion in the oil until lightly browned. Add the chicken stock, potatoes, celery, and blanched kale. Simmer together until potatoes fall apart and lose their shape. Stir; season with salt and pepper, garnish with sour cream and serve.

Island Kale & Sweet Potato Soup by Food & Wine

- 2 tablespoons cooking oil
- 1 onion, chopped
- 2 cloves garlic, minced
- 1 jalapeño pepper, seeds and ribs removed, sliced thin
- 3/4 pound kale, tough stems removed, leaves washed well and shredded (about 1 quart)
- 1 1/2 pounds sweet potatoes (about 3), peeled and cut into 3/4-inch cubes
- 1 1/2 quarts canned low-sodium chicken broth or homemade stock
- 1 1/2 teaspoons salt
- 1 cup canned unsweetened coconut milk
- 1 cup long-grain rice



In a large saucepan, heat the oil over moderately low heat. Add the onion and cook, stirring occasionally, until translucent, about 5 minutes. Stir in the garlic and jalapeño and cook, stirring, until fragrant, about 30 seconds.

Stir in the kale, sweet potatoes, broth, and salt and bring to a boil. Reduce the heat and simmer, partially covered, until the potatoes are tender, about 20 minutes. Add the coconut milk and just heat through.

Meanwhile, bring a medium pot of salted water to a boil. Stir in the rice and boil until just done, 10 to 12 minutes. Drain. Put a mound of rice in the center of each bowl. Ladle the soup around the rice.

Notes: Crinkly kale leaves are wonderfully sturdy and flavorful, making them especially well-suited to soups. Remove and discard the thick stems and then wash the leaves really well before adding them to a dish. The twists and turns of kale leaves are great places for dirt to hide.

Sweet Potato Corn Bread by Epicurious.com

- 1 1/4 pounds red-skinned sweet potatoes (yams)
- 4 large eggs
- 1 1/2 cups buttermilk
- 2 1/3 cups yellow cornmeal
- 1 cup all purpose flour
- 1/2 cup sugar
- 1 tablespoon baking powder
- 1 1/2 teaspoons salt
- 1/2 teaspoon baking soda
- 1/4 teaspoon ground ginger
- 1/2 cup (1 stick) chilled unsalted butter, cut into 1/2-inch piece

Preheat oven to 375°F. Butter 9 x 9 x 2-inch baking pan. Pierce sweet potatoes in several places. Microwave on high until tender, turning once, about 12 minutes. Cut open and cool. Mash enough potatoes to yield 1 cup packed

(reserve remaining potatoes for another use). Place 1 cup mashed potatoes in large bowl. Whisk in eggs and buttermilk.

Blend cornmeal and next 6 ingredients in processor. Add butter and blend until mixture resembles coarse meal. Add to egg mixture. Stir just until blended. Transfer to prepared pan.

Bake corn bread until deep golden on top and tester inserted into center comes out clean, about 45 minutes. Cool in pan on rack. (Can be made ahead. Cover and let stand at room temperature up to 2 days or freeze up to 2 weeks. Thaw at room temperature.)

Caldo Verde by Emeril Lagasse

- 2 tablespoons olive oil
- 2 pounds chorizo sausage, sliced into 1/2-inch slices
- 1 cup julienned onions
- 2 tablespoons chopped garlic
- 1/4 cup finely chopped parsley
- 3 cups white potatoes, peeled and 1/4-inch dice
- 1/4 pound split peas
- 3 quarts chicken stock
- 4 cups kale, rinsed, stemmed, and torn into pieces
- 3 bay leaves
- 2 sprigs of fresh thyme
- Salt and pepper
- Crushed red pepper
- 6 tablespoons chiffonade fresh mint

In a large pot, heat the olive oil. When the oil is hot, add the chorizo and onions. Season with salt and pepper. Saute for 2 minutes. Add the garlic, parsley, and potatoes. Cook for 2 minutes. Add the peas, stock and kale and bring to a boil. Season with salt and pepper. Stir in the bay leaves, thyme and crushed red pepper. Reduce to a simmer and cook until the potatoes are fork tender, about 30 minutes. Remove from the heat and skim off any fat that has risen to the surface. Serve the soup in large bowl and garnish with the mint.

Chinese Sesame Kale by Seasonal Chef

- 2 cloves garlic, minced
- 1 pound kale (about bunch)
- 2 teaspoons sesame seed oil
- 2 tablespoons water
- 1 teaspoon soy sauce
- 2 teaspoons toasted sesame seeds
- Salt and pepper, if desired

Mince the garlic cloves. Wash the kale and shake it over the sink. It should remain a little wet. Remove and discard the stems from the kale and tear it into bite-size pieces. Save the stems for another use, such as vegetable stock.

Heat the sesame seed oil in the skillet over medium-low heat. Add the minced garlic to the hot oil and sauté for about 20 seconds. Add the kale and water to the garlic and oil, and cover the skillet. After 1 minute, stir the kale, then re-cover. After 1-2 more minutes, when the kale is wilted, stir in the soy sauce and sesame seeds. If desired, add salt and/or pepper to taste.

Stir-Fried Broccoli & Kale by All Recipes

- 1/8 cup extra virgin olive oil
- 7 cloves garlic, sliced
- 1 chile pepper, chopped (optional)
- 1 head fresh broccoli, chopped
- 1 bunch kale, stems removed and chopped
- 1/4 cup sun-dried tomatoes, cut in thin strips
- juice of 2 limes (or lemons will probably work)
- salt

Heat olive oil in a large wok or skillet over high heat. Stir in garlic and chile pepper; cook for 2 minutes, stirring frequently. Stir in broccoli; cook 1 minute. Add kale, and cook 2 minutes, stirring frequently. Stir in sun-dried tomatoes. Pour in lime juice, and season with salt to taste. Toss well.

Kale Salad

- 2 leaves kale, stems removed, leaves chopped into bite-size pieces
- 3 tablespoons olive oil
- ½ head lettuce
- 1 Tomato, cut
- ½ Vidalia onion sliced thin
- 4 tablespoons red wine vinegar
- Squeeze of fresh lemon juice
- ¼ cup pine nuts
- ¼ cup dried cranberries

Massage kale with olive oil. Toss with rest of veggies. Drizzle on vinegar, lemon juice, sea salt. Add nuts and dried fruit.

Kale Chips

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

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

Kale, Red Pepper, Corn Saute

- 1 onion, diced
- 2 corn, remove kernel from cob
- 1 red pepper, diced
- ½ bunch kale, chopped
- 1-2 cloves garlic
- 1 teaspoon mirin rice wine vinegar
- Sea salt & black pepper

Sauté the onion until it begins to caramelize. Add the corn, red pepper, garlic, and kale and sauté several more minutes until tender. Add vinegar, salt, black pepper. Serve warm or at room temperature.

Corn, Red Pepper, Kale & Potato Soup by AlbionCooks.blogspot.com

- 2-3 TBS olive oil
- 1 small white onion, finely diced
- 1 large clove of garlic, minced
- 5 baby potatoes, diced
- 2 cups vegetable broth
- 1 large red pepper, roasted, seeds and skin removed, cut into pieces
- 1/4 fresh jalapeno, finely diced
- 1/2 bunch of dinosaur kale, stems removed and cut into 2" strips
- 2 ears of corn kernels
- 1/4 cup cilantro leaves, finely chopped
- salt

Heat the oil and cook the onion for 5 minutes until starting to soften. Add the minced garlic and diced potatoes and stir well. Cover and cook for 5 minutes, stirring to avoid sticking. Remove the cover and add the vegetable broth. Bring to a boil then turn down to a simmer. Cook for 5 minutes, then add the red pepper, jalapeno and kale. Cook for 8 minutes and add the corn. Cook 2 minutes, turn off the heat and add the chopped cilantro. Adjust seasoning.

Serve with quesadillas or chips and guacamole.

The addition of black beans would make this soup a meal in itself. If using canned black beans, be sure to rinse them well.



Corn & Red Pepper Medley by Recipe Zaar

- 2 ears of corn, kernels removed, about 2 cups of corn
- 1 tablespoon olive oil
- 2 large sweet red peppers, chopped
- 1/2 cup sweet onion, chopped
- 1 garlic clove, minced
- 1/8-1/4 cup fresh parsley, minced
- 1/2 teaspoon salt
- 1/2 teaspoon chili powder
- 1/4 teaspoon pepper

In a large skillet, heat the oil and cook the corn for about 2 minutes. Add the red peppers, onions, and garlic, and sauté for 4-6 minutes. Stir in the parsley, chili powder, salt and pepper and cook for another minute or two.

Corn & Red Pepper with Cumin by DianasKitchen.com

- 1 tablespoon vegetable oil
- 1 tablespoon butter
- 2 red bell peppers, chopped in pieces a little larger than corn kernels
- 1 small onion, chopped in pieces a little larger than corn kernels
- 1 teaspoon ground cumin
- Salt and black pepper, to taste
- 4 cups frozen corn kernels, thawed
- 2 tablespoons chopped fresh chopped cilantro

In a large skillet over medium heat, heat oil and butter. Add the diced bell pepper and onion; cook until the bell pepper has softened and the onion is just beginning to brown, about 8 minutes. Add the cumin and salt and pepper to taste and continue to cook, stirring, for 1 minute.

Add the corn and cook for 3 to 4 minutes until the corn is heated through. Remove from heat, mix in the cilantro and serve.

Sauteed Corn, Red Pepper & Black Beans by EverydayHealth.com

- 1/2 cup(s) corn
- 1/2 cup(s) pepper(s), red, bell
- 1/4 cup(s) beans, black
- 1/2 tablespoon oil, olive

In a skillet, saute corn and chopped sweet red pepper in olive oil until vegetables are slightly tender. Add 1/4 cup drained black beans; cook until hot.

Grilled Corn & Red Pepper Salad by
StephenCooks.com adapted from *The Way We Cook*
by Sheryl Julian and Julie Riven

- Olive oil
- 8 ears fresh corn, shucked
- 2 or 3 large red peppers, whole
- 1 T balsamic vinegar
- 1/4 C chopped red onion
- 3 scallions minced
- fresh thyme, minced
- 1/4 C white vinegar
- 1/4 C olive oil
- Salt, hot sauce, to taste



Coat the corn with olive oil. Grill over a medium hot fire until mostly brown with some kernels beginning to char.

Grill the peppers until almost entirely black and charred. Put them in an airtight container and allow to cool completely.

Cut the corn kernels from the ears as soon as they can be handled. Mix with the red onion, scallion, thyme, white vinegar, oil, salt and hot sauce. Refrigerate overnight.

When peppers are completely cool, use a paring knife to scrape off the black skins. Remove stems, seeds, etc., and cut in strips or medium dice. Catch and save the juice from the peppers. Don't rinse the peppers -- some random pieces of charred skin and occasional seeds are okay. Marinate the peppers in their juice and the balsamic vinegar overnight.

Just before serving, mix the peppers and their marinade with the corn mixture. Correct seasoning.

Serve at room temperature, garnished with minced fresh herbs. This is a very successful accompaniment to almost anything else from the grill.

Corn, Red Pepper & Zucchini Chowder by Publix.com

- 8 ears fresh corn, kernels sliced from cob and cobs reserved, about 4 cups
- 8 cups vegetable stock
- 2 Tbs unsalted butter
- 1 large Spanish onion, chopped
- 2 celery stalks, chopped
- 2 leeks, rinsed well and chopped
- 2 red bell peppers, seeded and chopped
- 2 tsp dried thyme leaves
- 2 bay leaves
- 2 tsp kosher salt
- 1/4 tsp cayenne
- 6 medium Idaho potatoes, peeled, halved lengthwise, and cut into 1-inch cubes
- 1 zucchini, halved lengthwise and sliced
- 1/2 cup heavy cream
- 1 tsp minced fresh garlic
- 1 bunch fresh chives, sliced into 3/4-inch strips

Combine the corn cobs and stock in a large stockpot over medium heat. Bring to a boil, reduce heat, partially cover, and simmer for 30 minutes. Remove the cobs with a slotted spoon and discard. Reserve 6 cups of the stock and set aside.

Melt the butter in a large stockpot over medium heat. Add the onion, celery, ramps, and red pepper and sweat for 4 minutes, until tender.

Add the thyme, bay leaves, salt, and cayenne and stir to coat the vegetables. Add the corn, potatoes, and reserved stock and bring the mixture to a boil. Reduce the heat, partially cover, and simmer for 30 minutes.

Add the zucchini and simmer for 5 minutes.

Stir in the heavy cream.

Remove the bay leaves and puree about one quarter of the chowder in a blender or food processor until smooth. Return the puree to the pot and mix well. Remove from the heat and stir in the fresh garlic. To serve, ladle the chowder into bowls and top with sliced chives.

Recipe courtesy of *The Daily Soup Cookbook* by Leslie Kaul, Bob Spiegel, Carla Ruben, and Peter Siegel with Robin Vitetta-Miller. Copyright © 1999 Carla Ruben, Bob Spiegel and Peter Siegel. All Rights Reserved. Published by Hyperion. Available wherever books are sold.

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

- Try pureeing one with goat or cream cheese and a dash of hot sauce or pepper flakes, sea salt and pepper.
- Make guacamole by adding chopped avocados with lime juice, finely diced onion or scallion, finely diced jalapeno, fresh cilantro, sea salt, garlic, and a little diced tomato.
- Blend with sour cream, sea salt, and some spices, as a topping for fish and chicken.
- Mix with eggs, lemon juice, mayo, and maybe some fresh dill to make "green eggs" (and then stuff into the hard cooked whites.)
- Add to smoothies for a green smoothie, this is common in many countries where they mix it with sweetened condensed milk and ice.
- Like bananas, avocados add a creamy texture. It imparts a lovely light green color that's fun for kids too – we add milk vanilla, and honey.
- Use instead of butter on bread.
- Make a creamy salad dressing by blending avocado, olive oil, salt, parsley or dill, and vinegar
- Dice and eat with morning eggs, add to a salad, slice and use in a sandwich or wrap.
- Avocado Pit Facial Scrub: http://www.ehow.com/how_2252610_make-avocado-banana-exfoliating-scrub.html

Raw Chocolate Mousse by Raw Food

- $\frac{1}{4}$ cup pitted medjool dates, soaked
- $\frac{1}{4}$ cup maple syrup or agave nectar
- $\frac{1}{4}$ cup coconut oil
- $\frac{1}{2}$ teaspoon vanilla
- 2 ripe avocados
- $\frac{1}{4}$ cup unsweetened fair trade cocoa powder
- $\frac{1}{4}$ cup cold water (or you can use milk if not raw)

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

Broccoli Salad by AmericanProfile.com

- 8 slices bacon, plus an additional slice for garnish if desired
- 1 medium bunch broccoli
- 1/2 small red onion
- 1/2 cup finely chopped celery
- 1/2 cup raisins (or more)
- 3/4 cup mayonnaise
- 3 tablespoons sugar
- 3 tablespoons red wine vinegar

Cook the bacon (crisply), drain it, and crumble into small pieces. Using only the florets and the most tender stem sections of the broccoli (you may save the rest of the stem for soup or just discard it), chop the broccoli into very tiny pieces. Peel the red onion, and chop it very finely as well. In a bowl, combine the broccoli, onion, celery, and raisins.

In a smaller bowl, mix together the remaining ingredients. Pour this dressing over the salad and toss. Cover and refrigerate for at least an hour. Garnish with additional bacon pieces if you like. Serves 6 to 8.

Broccoli & Red Pepper toss by Betty Crocker

- 3 cups broccoli flowerets
- $\frac{1}{2}$ cup diced red bell pepper
- 2 tablespoons butter or margarine
- garlic clove, finely chopped
- teaspoon lemon juice
- 1/8 teaspoon salt

Heat 6 cups water to boiling in 2-quart saucepan. Add broccoli. Heat to boiling; boil uncovered 2 minutes. Add bell pepper to saucepan. Boil 1 to 2 minutes or until vegetables are crisp-tender. Drain; remove from saucepan. Add butter to saucepan. Cook garlic in butter over medium heat, stirring occasionally, until golden. Stir in lemon juice and salt. Return broccoli mixture to saucepan; toss to coat.

Stir-Fried Beef, Broccoli, and Yams by Epicurious.com

- 1/4 cup water
- 3 tablespoons (packed) golden brown sugar
- 3 tablespoons oyster sauce*
- 1/4 teaspoon dried crushed red pepper
- 1 1-pound flank steak, cut in half lengthwise, then crosswise into 1/4-inch-thick slices
- 1 1/2 tablespoons cornstarch
- 2 1/2 tablespoons Asian sesame oil, divided
- 4 cups broccoli florets (about 8 ounces)
- 1 8-ounce yam (red-skinned sweet potato), peeled, cut in half lengthwise, then crosswise into 1/3-inch-thick slices
- 2 teaspoons chopped peeled fresh ginger

Stir first 4 ingredients in small bowl until sugar dissolves. Set sauce aside. Place beef in large bowl; sprinkle with salt and pepper. Add cornstarch and toss to coat.

Heat 1 1/2 tablespoons oil in large wok over high heat. Add beef mixture; stir-fry until no longer pink outside, about 3 minutes. Transfer beef mixture to medium bowl. Heat remaining 1 tablespoon oil in same skillet. Add broccoli, yam, and ginger. Toss to coat; sprinkle with salt and pepper. Add sauce. Cover, reduce heat to medium-high, and cook until vegetables are just tender, about 5 minutes. Add beef mixture. Toss until sauce coats beef, about 1 minute. Serve.