

# Cruciferous Vegetable Recipes

In the recipes below, low glycemic ingredients are used predominantly and dairy products are usually optional, except in a few recipes. Dairy alternatives are suggested when appropriate. You can often use leftover veggies in many recipes, or use your imagination and embellish your own. An attempt has been made to introduce you to some cruciferous veggies that you may have not yet tasted. Get ready for an adventure!

**NOTE** – it is preferable to choose organic veggies, fruits, dairy products, and animal protein whenever possible. All oils should be “cold pressed.” For olive oil, please choose “extra virgin, cold pressed” (may also be called “first cold pressing”). Coconut oil should be labeled “virgin” and “organic.”

## Breakfast Recipes

### Scrambled Greens - yields 1 serving

*Increase the amounts as needed for more servings.*

2 large eggs  
1 tsp. olive or grapeseed oil  
Salt and pepper to taste  
¼ tsp. dried basil or oregano or 1 Tbsp. if using fresh herbs  
½- ¾ cup finely chopped kale or baby bok choy  
Watercress for garnish, optional

Beat eggs, salt and pepper, and basil or oregano in a small bowl. Heat a frying pan, over medium heat and add ½ tsp. oil and greens, cooking until greens have wilted, about 2-3 minutes. Turn onto a plate. Add remaining ½ tsp. oil to frying pan and return to heat. Add eggs and let set for a moment; then stir while cooking for about 1 minute. Return greens to pan; mix and stir eggs and greens until cooked to your liking. Serve immediately, garnished with optional watercress.

### Veggie Parmesan Eggs – yields 2 servings

*You may omit the parmesan and mozzarella cheese if you are avoiding dairy. This recipe is great for using up small bits of leftover veggies. If you have no leftovers, then sauté your choice of veggies in a tsp. of olive oil before cooking the eggs.*

4 large eggs  
2 Tbsp. grated parmesan cheese, optional  
Salt and pepper to taste  
½ tsp. dried tarragon or basil, (use more if herbs are fresh)  
1 tsp. olive oil  
4 scallions, minced, using some of the green part  
1 clove garlic, minced (optional)  
¾ cup cooked leftover diced veggies (preferably greens or broccoli, but any veggies are fine)  
6-8 cherry tomatoes  
1 Tbsp. grated mozzarella, optional  
½ avocado, sliced (for garnish)

Beat eggs with parmesan, salt, pepper and tarragon or basil. Set aside. Heat a skillet over medium heat and add olive oil. Sauté scallions just until softened, 1-2 minutes; then add garlic, stirring for 1 more minute. Add cooked veggies and stir-fry over medium-low heat until warmed through. Add eggs and let sit for a minute before stirring to desired consistency. Stir in mozzarella and cherry tomatoes for only 1 minute and remove to a serving plate. Garnish with sliced avocado and serve immediately.

## **Appetizers**

### **Popcorn Kale** - yields approximately 6 appetizer servings

1 bunch kale, dinosaur or other variety  
2-3 Tbsp. olive oil  
Sprinkle of sea salt

Fold the kale leaves in half along the stem and use a sharp knife to trim off the stem part. Then cut into 2-3 inch pieces. In a large bowl, toss kale with olive oil (the amount depends on the size of your bunch of kale), mixing well to coat all the leaf pieces. Spread on a cookie sheet and roast at 375 degrees for 5-7min. Gently turn the pieces over and bake for another 5-10 min., being careful not to burn, but being sure they crisp up. Sprinkle lightly with sea salt and enjoy. The pieces should come out crunchy; leave them in the oven a little longer if needed.

### **Cauliflower Popcorn** - yields approximately 8 appetizer servings

*Here is another surprisingly delicious appetizer. It can be served fresh out of the oven or at room temperature.*

2 Tbsp. olive oil, approximately  
¾ - 1 pound (approximately) cauliflower  
Salt to taste

Preheat oven to 425 degrees. Brush 1 or 2 baking sheets with some olive oil. Cut cauliflower into 1 inch florets. Toss with olive oil and spread evenly on the baking sheet(s). Roast in pre-heated oven for about 10 minutes. Shake around or toss with a spoon so that they brown evenly. Roast for another 5 minutes. Taste at this point to see if they are done to your liking. Allow to cool for a few minutes before sprinkling with salt and serving. This may also be served at room temperature.

### **Cruciferous Crudités!**

*Using your favorite dip, (see recipes below) the following veggies, cut into serving size pieces, make delicious dippers: kohlrabi, broccoli, cauliflower, radish, and daikon (a type of radish).*

**Kohlrabi** looks like a big round hot air balloon. It comes in green or purple and is a sweet tasting, broccoli-flavored veggie that is high in potassium and fiber, and low in calories. The smaller ones are sweeter and need less peeling. They are wonderful added to salad or as a crunchy snack with or without dip.

**Daikon**, also called Chinese radish, is a large white root that can measure as large as 6 inches wide by 20 inches long. It is low in calories and rich in vitamin C. Just peel and cut into strips for dipping or in a salad.

**Spinach or Kale Dip** – yields 2 ½ cups

2 tsp. olive oil  
2 shallots, chopped  
1 small onion, diced or 4 sliced green onions  
1 Tbsp. minced garlic  
8-Oz fresh spinach or kale leaves  
2 tsp. lemon juice  
1 cup non fat Greek yogurt  
½ cup crumbled nonfat feta cheese  
2 Tbsp. chopped fresh dill  
¼ tsp. salt (only if needed)  
Freshly ground black pepper to taste

In a wok or large sauté pan over medium heat, cook shallots and onion in olive oil for 3-4 minutes. Add garlic and sauté for another minute. Add spinach or kale and cook until wilted. If using kale you will need to cook it for a few more minutes than the spinach until it softens. Scoop mixture into food processor and pulse until almost pureed. Add remaining ingredients and pulse once only. Add black pepper to taste.

**Hummus** – yields about 1½ cups

1 (15-oz.) can chickpeas, drained and rinsed  
¼ cup sesame tahini  
2 Tbsp. lemon juice  
1-2 cloves garlic (more if desired)  
¼ tsp. salt  
1 Tbsp. olive oil  
1 tsp. ground cumin, optional  
Puree all ingredients, except cumin, in food processor or blender. Taste and add more salt or garlic as needed. If using cumin, add and re-blend. Store in refrigerator up to 1 week.  
Use with cruciferous crudités and whole grain crackers or tortillas.

**Walnut Spread** - yields about 2½ cups

1 (15-oz.) can garbanzo beans, drained and rinsed, reserving liquid  
1 cup chopped walnuts  
1 cup lightly packed fresh basil leaves  
¼ cup olive oil  
2 Tbsp. lemon juice  
¼ tsp. each salt and pepper  
In food processor, process ¼ cup reserved liquid with remaining ingredients. Scrape down sides and add more liquid as needed to make a smooth mixture. Store in refrigerator for 4-5 days. Serve with cruciferous crudités (or any raw veggie you like) and whole grain crackers or pita bread.

## **Marinated Crucifers and Friends**

*This is a wonderful appetizer to take to a pot luck. The longer it marinates the better it tastes!*

### **Marinade**

½ cup olive oil  
¼ cup balsamic vinegar (any vinegar is fine)  
1 tsp. each dried oregano and basil (or 2 Tbsp. chopped fresh)  
2 cloves garlic, slivered  
½ tsp. salt

### **Veggies**

1 head of broccoli, blanched for 2 minutes  
1 head of cauliflower, blanched for 2 minutes  
1 (15-oz.) can hearts of palm, drained and cut into ¼-inch slices  
1 (15-oz.) can pitted black olives, drained  
½ lb. mushrooms, cleaned and quartered

Mix marinade ingredients in a jar. Steam or blanch broccoli and cauliflower until just tender but not soft. Mix with remaining veggies in a large bowl and pour marinade over. Mix well and marinate at least 8 hours (toss frequently). Serve with toothpicks. Leftover marinade may be used as salad dressing.

## **Soups**

### **Beans and Greens** – yields 4-5 servings

2 Tbsp. olive oil  
2 medium cloves garlic, crushed  
1 large onion, chopped  
1 bay leaf  
1 stalk celery, diced  
2 medium carrots, diced  
1 tsp. salt  
Freshly ground black pepper  
6 cups water, vegetable, or chicken broth  
2 cups cooked white beans (or 1 [15-oz.] can, drained)  
½ lb fresh kale, bok choy, or collards (or a combination), chopped fine

In a 4-6 quart soup pot, sauté the onions in olive oil over low heat. When onions are soft, add bay leaf, garlic, celery, carrot, salt and pepper. Stir and sauté another 5 minutes. Add broth or water and cover. Simmer about 20 minutes. Add beans and your choice of greens. Cover and continue to simmer, over very low heat, another 15-20 minutes. Serve immediately or refrigerate and reheat.

### **Cauliflower Leek Soup** – yields approximately 8 servings

2 large leeks (about 1½ lbs)  
2 Tbsp. coconut or olive oil  
1 large head cauliflower, divided into large florets

3 cups broth, chicken or vegetable stock, or water  
1 cup (8 oz.) plain non-fat Greek style yogurt (gives a creamier taste without the extra calories)  
Salt and pepper to taste

Cut the leeks in half, lengthwise, and cut each half into ½ inch thick slices. Rinse well to remove any dirt stuck between the layers. Heat oil in a soup pot, and cook leeks over medium heat, stirring frequently until softened, but not browned. Add cauliflower and broth, stock, or water, and bring to a boil. Using broth or stock gives it a richer flavor. You may not need to use salt; taste carefully before adding salt. Lower heat to a simmer and cook until cauliflower is very soft. Remove from heat and allow to cool slightly. Using a blender or food processor, puree about ½ the soup in batches, and return to soup pot. Stir in yogurt and mix well to combine. Season to taste with salt and pepper; gently reheat and serve. If you like a completely pureed soup, you may blend the entire pot, but it is nice to have some lumpier consistency.

## **Salads**

### **Balsamic Mustard Vinaigrette Salad Dressing** – yields 1 ¼ cups dressing

*This is a basic vinaigrette that tastes yummy on all salads*

1/4 cup balsamic vinegar  
1/4 cup water  
1 tsp.. Dijon mustard  
Herbs (dried oregano, basil, parsley, tarragon, or any herb of choice) to taste  
1/3 cup cold-pressed, extra virgin olive oil  
1/3 cup flaxseed oil (or use all olive oil)  
Sea salt to taste  
Freshly ground pepper to taste  
1 clove garlic, minced

Measure all ingredients, except oils, into a jar with a tight-fitting lid. Shake vigorously or use a whisk. When well-combined, add oils and shake again. Store in refrigerator. Mixture will harden while refrigerated. Remove and allow to soften 5-10 minutes before using. Use this dressing for any salad or any veggie you wish. You may double the recipe to keep some at your work place for a quick salad dressing. Remember to store in refrigerator.

### **Cabbage and Radicchio Slaw** - yields 10-12 servings

#### **Dressing:**

2 Tbsp. orange juice  
¼ cup pomegranate juice (you may freeze the rest of the bottle for later use)  
1½ tsp. rice vinegar (unsweetened)  
1 tsp. agave nectar  
¼ cup olive oil  
¼ cup healthy mayonnaise (Vegenaise)  
1½ Tbsp. diced shallots  
Salt and pepper to taste

Whisk juice, vinegar, and agave in a bowl; then whisk in oil, then mayo and shallots. Season with salt and pepper to taste. Chill at least 2 hours. (You may make this 1 day ahead)

**Salad:**

1 head Savoy cabbage, about 1lb, halved and sliced ¼ inch thick  
1 head radicchio, about ½ lb., halved and sliced ¼ inch thick  
1 large red or green bell pepper, thinly sliced  
½ cup dried cranberries (no sugar-added and sweetened only with apple juice) for garnish

Mix prepared veggies in a large bowl. Shake dressing well and pour over veggies. Toss and garnish with cranberries. Serve immediately. Leftovers will store well in refrigerator.

**Asian Salad** – yields 10-12 servings

**Dressing:**

2/3 cup grapeseed or canola oil  
1/3 cup rice vinegar, (be sure to use ‘unseasoned’ – no sugar added)  
1 Tbsp. sesame oil  
3 Tbsp. Dijon mustard  
1 clove garlic, minced  
1 3-inch piece of fresh ginger  
1 tsp. agave syrup  
Salt and pepper to taste

Whisk all ingredients together and set aside. This can be made up to several days ahead of time and stored in the refrigerator.

**Salad:**

1 medium head of Napa cabbage, end cut off and cut into quarters  
8 oz. bean sprouts  
1 small jicama or daikon, peeled and sliced into thin pieces  
1 bunch green onions, thinly sliced, dark green end discarded  
1 large red pepper, cut in half and sliced very thin  
1 stalk of celery, sliced thin  
½ cup slivered almonds  
1 bunch cilantro, chopped, (set aside several Tbsp.. for garnish)

Slice each quarter of cabbage very thin and place into a large serving bowl. Add bean sprouts, jicama or daikon, green onion, pepper and celery and mix well to combine. Add half the cilantro and half the dressing and toss well. Allow to sit for a few minutes to blend. Add more dressing as needed, being careful not to make it too wet. It will become wetter as it sits; wait until serving before adding more if needed. Refrigerate if not serving immediately. Just prior to serving toss in almonds and garnish with remaining cilantro.

**Waldorf Kale Salad with Cashew Dressing** – yields 6-8 servings

**Dressing:**

1 cup raw cashews  
¼ cup lemon juice  
¼ cup orange juice concentrate  
1 Tbsp. Dijon mustard  
1/3 cup water  
Salt to taste

Combine all the dressing ingredients in a blender or food processor. Blend until well mixed.  
If too thick add more water.

**Salad:**

1 bunch kale, (dinosaur kale or other types are all fine) cleaned, de-stemmed, and finely chopped  
1 large apple, diced  
2 stalks celery, thinly sliced  
3 radishes, thinly sliced  
2/3 cup walnuts or pumpkin seeds  
3 Tbsp. poppy seeds (optional)  
½ cup raisins or cranberries sweetened with apple juice

Mix all salad ingredients together in a serving bowl and toss with dressing. You will not need the whole amount of dressing. Use about ½ to start and then keep adding until there is enough. It all depends on how large a bunch your kale is! Refrigerate any leftovers.

**Cauliflower and Corn Salad** - yields 8 servings

**Dressing:**

¼ cup olive oil, divided  
2 cloves minced garlic  
½ cup chopped pecans  
2 Tbsp. white balsamic vinegar or white wine vinegar  
2 Tbsp. each chopped fresh parsley and chives  
Salt and pepper to taste

Sauté garlic and pecans in 2 Tbsp. olive oil over low heat, until slightly brown. Be careful not to burn. Allow to cool slightly and add remaining oil, vinegar, herbs, salt and pepper. Set aside.

**Salad:**

1 small head of cauliflower, broken into small florets  
1 pint cherry tomatoes, cut in half if large  
1 (10-oz.) pkg. frozen corn, defrosted and drained

Steam cauliflower until slightly tender but not too soft. Allow to cool and mix with corn and tomatoes. Toss with garlic -pecan dressing and chill for several hours before serving.

**Orange, Roasted Beet, and Arugula Salad** – yields 6 servings

2 large beets  
1 navel orange  
1 Tbsp. olive oil  
2 tsp. balsamic vinegar  
3 Tbsp. orange juice  
1 teaspoon Dijon mustard  
sprinkle of salt and freshly ground pepper  
2 bunches arugula, washed well and dried  
4 ounces nonfat feta cheese, crumbled, optional

Preheat oven to 450 degrees. Wrap each beet in aluminum foil and place on a baking sheet. Roast for 40 to 50 minutes. Pierce with the tip of a sharp knife to test for tenderness. Allow to cool enough to handle, then rub off skins. Slice into chunks. While beets are roasting, slice off ends of orange with a sharp knife. Peel and break into segments. Cut each segment into 2-3 pieces. Set aside.

**Dressing:**

In a serving bowl, mix oil, vinegar, mustard, and orange juice; season with salt and pepper, and whisk to combine. Add arugula, and toss to coat with dressing. Add beets and orange segments, tossing gently to combine. Garnish with optional feta cheese and serve immediately.

**Asparagus-Edamame Salad** – yields 6 servings

- 1 lb. medium asparagus, ends discarded
- 1 (16-oz.) package frozen edamame (green soy beans), defrosted and drained
- 2 Tbsp. olive oil, divided
- ¼ lb. arugula (or ½ arugula and ½ watercress)
- ¼ cup shredded parmesan
- 2 tsp. balsamic vinegar
- Salt and pepper to taste

Cut asparagus stalks into ¼-inch diagonal slices, separating tips. In a wok or large sauté pan, stir-fry asparagus stalks in 1 Tbsp. olive oil over medium heat until slightly browned. Add tips and continue to stir-fry for another 4-5 minutes. Remove from heat and toss with defrosted edamame, salt and pepper. Pile arugula (or arugula and watercress) in a salad bowl and toss with remaining 1 Tbsp. olive oil. Top with asparagus and edamame, and sprinkle with shredded parmesan. Drizzle with balsamic vinegar and serve immediately.

**Side Dishes**

**Basic Greens** - yields 6-8 servings

*Cooking greens such as kale, collards, or bok choy can seem daunting until you realize how easy it is. The following recipe is a basic one that you can embellish with whatever seasonings you like.*

- 2-3 cloves garlic, minced or cut into slivers
- 1 Tbsp. olive or coconut oil
- 1 bunch kale, collards, or bok choy, washed
- ½ cup veggie or chicken broth

Cut out the tough center stem from the kale or collards; chop or slice into small pieces. Bok choy has no tough center so just chop into small pieces. Sauté garlic in olive or coconut oil for about 30 seconds over low heat. Increase heat to medium and add chopped greens; sauté for about 3-4 minutes. Bok choy needs no further cooking. For kale or collards, add broth, cover and simmer over low heat for about 10 minutes.

**Variation** - for seasoned greens, add small amounts of any of the following alone or in combination: dry chipotle pepper, balsamic vinegar, ground cumin or curry powder.

**Roasted Brussels Sprouts** - yields approximately 4 servings

*This can be served fresh out of the oven or at room temperature. This recipe may change your relationship to “yucky” Brussels sprouts!*

- 2 Tbsp. olive oil, approximately
- ¾ - 1 pound (approximately) Brussels sprouts



Salt to taste

Preheat oven to 425 degrees. Brush 1 or 2 baking sheets with some olive oil. Leave the Brussels sprouts whole if small and cut in half if large. Toss with olive oil and spread evenly on the baking sheet(s). Roast in pre-heated oven for about 10 minutes. Shake around or toss with a spoon so that they brown evenly. Roast for another 5 minutes. Taste at this point to see if they are done to your liking. Allow to cool for a few minutes before sprinkling with salt and serving. They may also be served at room temperature.

### **Rosemary Roasted Cauliflower & Pine Nuts** - yields approximately 5 servings

1 head cauliflower, broken into florets  
2 cloves of garlic, peeled and minced  
2 Tbsp. extra virgin olive oil  
1 Tbsp. fresh rosemary  
½ cup raw pine nuts  
Sea salt  
Fresh-ground pepper

Preheat oven to 425°. Place cauliflower florets in a large mixing bowl. Add garlic and stir throughout. Pour in olive oil and ensure that all cauliflower pieces are drizzled with oil. Sprinkle with rosemary, pine nuts, salt, and pepper. Transfer mixture evenly onto baking sheet and set, uncovered, in oven at 425° for 20-25 minutes or until the top and edges of cauliflower are lightly brown. You may stir about half way through if they are becoming too brown. Serve immediately.

Adapted with permission from *Chakra Foods for Optimum Health: A Guide to the Foods That Can Improve Your Energy, Inspire Creative Changes, Open Your Heart and Heal Body, Mind and Spirit* by Deanna Minich, PHD, CN, Red Wheel/Weiser, 2009.

### **Sesame Broccoli with Garbanzo Beans** – yields approximately 6 servings

2 heads of broccoli (about 1 bunch)  
Salt to taste  
2 Tbsp. olive oil  
1 bunch green onions, sliced thin  
3 cloves garlic, slivered  
1 (15-oz) can garbanzo beans, drained and rinsed  
¾ tsp. turmeric  
2 Tbsp. lemon juice  
1 Tbsp. sesame seeds  
1 Tbsp. sesame oil

Cut broccoli into bite-sized florets. Cut the stems into small pieces and peel if they are tough. You should have a total of 6-8 cups. In a large skillet, bring ½ cup water to boil. Add broccoli and sprinkle with salt. Cover and cook about 4 minutes, until broccoli is slightly tender but not soft. The water will have evaporated. Remove from pan to a serving dish. Add olive oil to the skillet and sauté garlic and green onions over low heat for 1 minute. Add garbanzo beans and continue to sauté for about 4-5 minutes. Return broccoli to skillet, and add lemon juice and turmeric. Cook for 2 more minutes until broccoli is warmed. Sprinkle with sesame seeds and

season to taste with salt and pepper. Return to serving dish and drizzle sesame oil over before serving.

### **Sautéed Cabbage and Fennel** - yields 4 servings

*Fennel is optional, but it lends a delicious licorice flavor to the cabbage!*

1 Tbsp. olive oil  
2-3 cloves garlic, minced  
½ cup thinly sliced fresh fennel or 1 Tbsp. fennel seeds, optional  
4 Tbsp. minced shallots  
4 cups thinly shredded green cabbage (about ½ head)  
2 Tbsp. freshly grated Parmesan cheese (for dairy-free, garnish with sesame seeds)

In a heavy skillet or wok, stir-fry garlic, fennel, and shallots in olive oil for about 3 minutes. Add cabbage and continue cooking for about 5 minutes until cabbage is softened but still slightly crunchy. Sprinkle with Parmesan or sesame seeds and serve immediately.

### **Cauliflower Rice Bake** – yields 4-5 servings

*This recipe is a good one for using left over brown rice.*

3 Tbsp. oil  
3 cups fresh or frozen cauliflower, broken into florets  
1 medium onion, chopped  
1-2 garlic cloves, minced  
1 large tomato, diced, or 1 cup cherry tomatoes, halved  
2 Tbsp. lemon juice  
2 tsp. dried basil or 2 Tbsp. fresh basil, chopped  
1/8 tsp. cayenne pepper, more if desired, according to taste  
2 cups *cooked* brown rice

Preheat oven to 350 degrees. Heat olive oil in a large skillet over medium heat. Add cauliflower and onion, and sauté, stirring frequently, until onion is softened. Add garlic, tomato, lemon juice, basil, and cayenne, and continue to cook, stirring constantly for about 3-4 more minutes. Add rice and mix well. Spoon into an ungreased 2 quart casserole. Cover and bake for 20-25 minutes.

### **Mushroom and Bell Pepper Sauté with Arugula** - yields 4 servings

3 Tbsp. olive oil, divided  
½ lb crimini or regular mushrooms, cut in half or 2 medium portabellas, thinly sliced  
1 large or 2 small yellow, red, or orange bell pepper, sliced very thin  
2 cloves garlic, minced  
1 Tbsp. balsamic vinegar  
1 Tbsp. lemon juice  
¼ cup fresh basil leaves, chopped or 1 Tbsp. dried  
4 cups arugula leaves (or a combination of arugula and watercress)

Heat 2 Tbsp. olive oil over medium heat in a large skillet. Add mushrooms and peppers and sauté until tender, about 7-10 minutes. Add garlic and sauté for 1 more minute. Stir in the **dried** basil (if using), balsamic vinegar and lemon juice, cooking over low heat until liquid is reduced by half, about 2 minutes. Stir in **fresh** basil (if using), along with a pinch of salt if needed.

Divide greens among 4 plates and drizzle with remaining Tbsp. olive oil. Top with warm peppers and mushrooms and serve immediately.

**“I Can’t Believe It’s Not Mashed Potatoes”** - yields approximately 4 servings

*Otherwise known as mashed cauliflower, this is a wonderful low glycemic way to mimic mashed potatoes and eat your crucifers at the same time!*

1 large head cauliflower  
1 Tbsp. cold-pressed, extra virgin olive oil  
1/3 cup low fat milk, soy, hazelnut, hemp, or almond milk (unsweetened)  
Sea salt to taste  
Pepper to taste  
1-2 tsp. garlic powder (optional) OR curry powder and nutmeg (optional)

Cut cauliflower into 4-6 pieces and steam until cooked but not overdone. Place in food processor with remaining ingredients and blend until the consistency of mashed potatoes. Serve immediately and enjoy the unique flavor!

**Sesame Kale and Spinach Tango** - yields approximately 3 servings

1 bag fresh organic spinach, washed (about 8 cups); do not dry  
1 small bunch dinosaur kale, washed, chopped (about 3 cups), center vein removed; do not dry  
1 green onion, chopped  
2 cloves garlic, peeled and minced  
1 tsp. sesame seeds  
1 Tbsp. sesame oil

In a covered saucepan, cook kale on low-medium heat until wilted but still bright green. It is not necessary to add water. Add spinach and continue cooking until kale is tender. While greens are cooking, use separate pan to stir-fry green onion, garlic and sesame seeds in sesame oil until sesame seeds are slightly browned. Add to drained, cooked greens, mix well and serve either hot or chilled.

*Adapted with permission from "Chakra Foods for Optimum Health" by Deanna Minich*

**Greens and Tomatoes** – yields approximately 8 servings

1 large bunch of kale or collards, washed  
6 cups chopped fresh tomatoes OR 1 (28-oz) can tomatoes, undrained  
1 large onion, diced  
2-3 cloves garlic, minced  
2 tsp. ground cumin  
¼ to ½ tsp. salt  
Freshly ground pepper

Remove the large stems from the greens and cut crosswise into small strips. Combine the tomatoes, diced onion, garlic, and cumin in a large saucepan. Bring to a simmer, cover and cook for about 5 minutes. Add greens and continue to simmer, covered, for about 25 minutes until tender. Add some water if mixture seems too dry. Add salt and freshly ground pepper to taste. Serve while hot.

## **Main Dishes**

### **Rice and Veggie Torte** - yields 4-6 servings

2 tsp. olive oil  
2 cloves garlic, minced  
1 medium onion, chopped finely  
1/3 cup sunflower seeds  
1 tsp. curry powder  
1 cup finely chopped arugula  
1 cup finely chopped turnip greens or bok choy  
2 cups broccoli florets  
2 cups cooked brown rice  
1 large tomato, chopped  
1 tsp. each basil and thyme  
2 eggs  
2 egg whites  
1/2 cup part skim ricotta cheese  
1 tsp. Dijon mustard  
1/3 cup low fat milk  
2 Tbsp. parmesan cheese  
Paprika for garnish

Heat olive oil over medium heat in a wok or sauté pan. Add garlic, onion, seeds and curry powder, and arugula, and sauté for about 3-4 minutes. Transfer to a medium mixing bowl. Bring a large pot of water to a boil and immerse broccoli florets and turnip greens or bok choy for 2 minutes. Drain well and mix with sautéed garlic mixture. Add rice, tomato, basil, and thyme. Preheat oven to 375 degrees. Oil a 10 inch pie plate.

In separate bowl, combine eggs, egg whites, ricotta, mustard, milk, and parmesan cheese. Add to rice mixture and mix well. Put mixture into prepared pie plate. Sprinkle with paprika and bake for 25-30 minutes or until firm in the center. Let cool slightly before serving.

### **Crustless Shrimp and Greens Torte** - serves 4-6

2 1/2 cups baby bok choy or kale, washed  
3 small-medium leeks (discard dark green part)  
1 egg  
16 oz. part-skim ricotta cheese  
1/4 cup grated parmesan cheese  
1/4 tsp. nutmeg  
Dash of salt  
1/8 tsp. hot pepper flakes (optional)  
2 tsp. olive oil  
1 tsp. fresh thyme leaves or 1/4 tsp. dried thyme  
1 lb baby shrimp  
2 Tbsp. parmesan for garnish.

Preheat oven to 350 degrees. If using kale, remove tough stems. Bok Choy can be used as is. Slice thinly. Slice ends off leeks and discard the dark green parts. Slice in half lengthwise and wash any dirt off. Cut into thin slices and set aside. In a large bowl, beat egg and then add the cheeses. Add nutmeg and salt and

set aside. Heat oil in a sauté pan or wok over medium heat. Add leeks and cook, stirring occasionally until softened, about 5 minutes. Add hot pepper (if using) and thyme. Stir for 1 minute; then add shrimp and cook for just a few minutes. Do not overcook. Add greens and stir while cooking for 2-3 minutes. Add to egg/cheese mixture and spoon into a 9 or 10 inch pie plate. Garnish with remaining parmesan and bake until puffy and slightly browned, about 45 minutes. Test the center to be sure it has set. Serve immediately.

### **Stir-Fried Tofu with Ginger Broccoli** - yields approximately 4 servings

1 pound extra firm tofu  
2 Tbsp. tamari (low sodium soy sauce)  
3 Tbsp. olive oil, divided  
1 bunch scallions, thinly sliced  
2 tsp. peeled and minced fresh ginger  
2 minced garlic cloves  
1 Tbsp. arrowroot or cornstarch  
1 Tbsp. dry sherry  
½ tsp. cayenne or ¼ tsp. hot-pepper flakes  
2 cups broccoli florets  
2 cups sliced mushrooms  
1 red bell pepper cut into thin strips  
1 tsp. sesame oil  
Sea salt and pepper to taste

Slice tofu into cubes. Toss with tamari soy sauce and set aside for 5-10 minutes. In a wok or large skillet, heat 1 Tbsp. oil over medium heat and add scallions, ginger, and garlic; stir-fry for 30 seconds. Drain tofu, reserving tamari, and add tofu, stir-frying for 2 more minutes. Remove from pan and set aside. Using a fork or small whisk, mix reserved tamari with arrowroot or cornstarch, sherry and cayenne in a small bowl. Set aside. Heat another 1 Tbsp. oil in wok over medium high, and add broccoli, mushrooms, and bell pepper, and stir-fry for 2 minutes. Add ¼ cup water and bring to boil. Cover wok and reduce heat to low, simmering vegetables about 5 minutes until slightly tender. Return tofu to wok. Stir reserved tamari mixture into wok and cook over medium heat until thickened and thoroughly heated; do not overcook vegetables. Add sesame oil, salt and pepper to taste and adjust seasonings if you desire a spicier dish. Serve immediately or make ahead and refrigerate until ready to serve. Reheat carefully; flavors are enhanced when the dish sits overnight.

### **Halibut with Broccoli** - yields 4 servings

2-3 cups small broccoli florets (fresh or frozen)  
¼ cup finely ground almonds (use blender to grind or purchase “almond meal”)  
2 tsp. minced fresh tarragon or basil (or 1 tsp. dried)  
1 Tbsp. olive oil or coconut oil  
1 pound halibut fillets  
½ cup chicken broth or fish stock  
Fresh or dried basil for garnish  
1/3 cup lemon juice

Steam broccoli until slightly tender, but not too soft. Set aside. In a small bowl, mix herbs with ground almonds. Dip each halibut filet into the almond mixture. Heat 1 Tbsp. olive or coconut oil in a large skillet over medium heat and sauté halibut for about 4 minutes on each side depending on thickness. Transfer to serving dish and cover with foil to keep warm.

Add ½ cup of broth or stock to skillet and stir in broccoli to reheat. Add lemon juice and season to taste with salt, if needed and pepper. Spoon broccoli with juices on top of halibut filets, garnish with sprinkle of basil and serve immediately.

### **Curried Vegetable Stew** - yields 6- 8 servings

1 ½ Tbsp. coconut or olive oil  
2 medium-large onions, diced  
3 garlic cloves, minced  
6 small new potatoes, unpeeled, washed and diced  
4 medium carrots, scrubbed and sliced  
2 cups water  
1 small head cauliflower, broken into bite-sized pieces  
1 bunch baby bok choy, chopped  
2 cups fresh green beans, cut into 1 inch pieces (or 1 (10-oz.) package frozen cut green beans, thawed)  
2-3 tsp. grated fresh ginger  
1-3 tsp. curry, (depending on your taste for curry!)  
½ tsp. turmeric  
1 (15-oz.) can lite coconut milk  
1-2 Tbsp. red curry paste, for those who prefer a zippier taste! (optional)  
Salt to taste  
1 ½ cups frozen baby peas, thawed

Sauté onion in oil for 3-4 minutes over medium heat in a large, heavy soup pot. Add garlic and sauté another minute. Now add potatoes, carrots, and 2 cups water. Bring to a simmer and cover. Cook for about 10 minutes. Potatoes will not be fully cooked yet. Add the cauliflower, bok choy, green beans, and spices. Cover and continue simmering gently for about 10-15 minutes, until veggies are tender. Mash some of the potatoes against the side of the pot to thicken it some. Now stir in the coconut milk and the curry paste if using, being sure that the paste is well mixed in. allow to sit for an hour or more to blend flavors. Just before serving, stir in defrosted baby peas and reheat, adding salt if needed.

### **Vegetable Dal Curry** - yields approximately 4 servings

2 tsp. cold-pressed, extra virgin olive oil  
1/2 cup chopped onion  
2 tsp. turmeric powder  
1/2 tsp. coriander powder  
1/4 tsp. ground cumin  
2 medium carrots, sliced  
2 cups cauliflower florets  
2/3 cup red lentils, well-rinsed  
1 ¼ cups water (add more if needed)  
Sea salt to taste  
2 cups cooked brown rice

In a large sauté pan or wok, heat 2 tsp. olive oil over medium heat. Add onion and spices and sauté until onions are softened, about 5 minutes. Add carrots and cauliflower and stir to coat. Then add lentils and water and bring to a boil. Reduce heat to a simmer and cook for about 40 minutes. Add salt to taste and serve immediately with brown rice.

**Kale and Sweet Potato Soup** - yields approximately 8 servings

1 medium onion, chopped  
2 clove garlic, minced  
1 medium green pepper, chopped  
¾ lb dinosaur kale (or any type of kale), stems removed and chopped fine  
3 medium sweet potatoes  
6 cups vegetable broth  
1 tsp salt  
1 can (14 oz.) lite coconut milk  
2 cups cooked brown rice

Combine onion, garlic, pepper, sweet potato, broth and salt in a large soup pot. Bring to a boil, reduce heat to low and simmer, partially covered about 20 -25 min. when potatoes are fork-tender add coconut milk and simmer for 5 minutes. Add kale and cook for about 5 minutes, until kale is softened.

While soup is cooking, cook brown rice separately, using 1 ½ cup rice and 3 ¼ cups water. When ready to serve, put ½ cup rice in each bowl and top with a generous serving of soup.