

Karen's Recipes for Greens

When I get a bunch of greens in the Full Belly CSA box, I don't want to be annoyed, but I want to celebrate their goodness and the variety of flavor profiles they support.

Here are my go-to recipes for cooking greens— an ode to delight, not annoyance!

In alphabetic order.

Arugula

Wash, dry, and toss in any mixed green salad.

Or, on its own, add a dressing that stands up to its intense flavor, for example:

Chermoula Vinaigrette:

Whisk together:

1/4 cup olive oil

1/4 cup lemon juice

1 teaspoon cumin

3 garlic cloves, minced

1/2 teaspoon kosher salt

1/2 teaspoon paprika

1/4 teaspoon cinnamon

1/8 teaspoon cayenne pepper

Toss arugula or other strongly-flavored greens with the chermoula vinaigrette.

Place in a large serving platter.

Prior to serving, top with:

1/2 cup feta, cubed or crumbled

1/2 cup pomegranate seeds

1/3 cup cilantro, roughly chopped

1/3 cup parsley, roughly chopped

A beautiful, festive salad.

Beet Greens (with peanut sauce)

In peanut oil, sauté:

Onion

Ginger, fresh, chopped

Add:

Stems of the beet greens (require just a little extra cooking time)

Then add:

Vegetable broth

Beet greens, chopped

Salt

Salsa

Chunks of roasted butternut squash

When cooked through, add:

Peanut butter, a dollop

Serve as a soup, if plenty of broth OR as a topping for rice or other grain.

Bok Choi

Bok Choi Bowls—with Sesame Dressing

Grill and cut in slivers:

Pork cutlets

Cook, drain and set aside:

4 oz. soba

Prepare dressing. Whisk together:

2 T. soy sauce

1 T. rice vinegar

1 t. Sesame oil

1 t. Fresh ginger, minced

Heat:

2 T. olive oil

Add and cook 4 minutes:

¼ c. scallions

Bok choi cut in bite-sized chunks

1 T water

Add:

Cooked soba (still warm)

Radishes (watermelon daikon are great)

Toss with the dressing.

Put in individual bowls and top with:

2 T. toasted sesame seeds

Roasted pork, slivered

Broccoli Rabe

Have on hand for any greens that need a little extra flavor kick:

Tahini Dressing:

In a blender, mix until smooth and creamy:

- ½ c. tahini
- ¼ c. lemon juice
- 2 cloves garlic
- ½ c. water
- ½ t. Salt

Freshly ground black pepper to taste

Store in a jar in the fridge.

Drizzle on **steamed broccoli rabe** or any greens that need a little boost.

Collard Greens – basic goodness (olive oil and lemon!)

Saute:

- 2 T. olive oil
- 4 garlic cloves, minced

Add and simmer 5 minutes:

- 1 bunch collard greens, washed, stemmed, chopped
- 1 t. salt
- ½ t. red pepper flakes

Add and cook another 5 minutes:

- 1 c. chicken stock

Just before serving, add:

- 1 T. lemon juice
- Fresh ground pepper

Serve with pasta or as a side with BBQ.

Dill

I celebrated when we get dill in the box. I use it in a variety of ways:

1. Mince and toss in with steamed new potatoes and butter just before serving
2. Chop and add to my dolma recipe (with mint and parsley)
3. Make Avgolemono Soup (chicken with dill)

Avgolemono Soup

Bring to boil and simmer for 15 minutes or cooked through:

5 c. chicken stock

1 whole chicken breast

Transfer chicken to a bowl, cool, shred, and set aside.

Cook in salted water until al dente, about 9 minutes:

$\frac{3}{4}$ c. orzo

Drain and set aside.

Just before serving, add to chicken stock and heat:

Cooked orzo

Chicken

Whisk:

2 eggs

$\frac{1}{4}$ c. lemon juice

Stir egg mixture into the soup.

Turn off heat.

Add:

$\frac{1}{2}$ c. fresh dill, chopped

Freshly-ground black pepper

Salt to taste

Fennel

Rancho Gordo Flageolet Gratin with a healthy dose of fennel

Start by preparing the beans in the classic “Rancho Gordo way”--

Soak overnight, then rinse:

1 pound Rancho Gordo Flageolet Beans (the light green ones)

In a large, heavy pot, sauté:

1 T. olive oil

1 small onion, chopped

A stalk of celery, chopped

A carrot, chopped

When soft, add:

The soaked and rinsed beans

Enough water to cover

Simmer for an hour or until tender, adding water if needed.

When tender, set it all aside—beans and the cooking liquid.

In a large, heavy pot, warm:

3 T. olive oil

Add and saute for 15 minutes:

Fennel –2 bulbs thinly sliced. I include some of the stalks.

Garlic–2 cloves, minced

Small Onion, sliced

Salt to taste

Add:

2 cups of the cooked flageolet beans

(save the rest for something else or double the recipe and use them all)

Mix in a small bowl:

1 T. olive oil

½ c. sourdough bread crumbs

1 t. Fresh thyme

½ t. Salt

Put beans in a 9” baking pan, including the cooking liquid to fill ½ way up the beans.

Top with the bread crumb mixture.

Bake at 375 for 20 minutes or until hot, bubbly and browned.

Serve with a green salad and crusty bread.

Adapted from Rancho Gordo website

Frisée

Wash, dry, and toss in any mixed green salad.

Or, on its own, add a dressing that stands up to its intense flavor, for example:

Frisée Salad (adapted from a recipe by Martha Stewart)

In a screw-top jar, combine:

¼ c. white-wine vinegar

2 T dijon mustard

Salt

Freshly-ground black pepper

½ c. olive oil

Toss the dressing on:

1 lb. frisée, washed, cut in bite-sized pieces

1 bunch chives, chopped

Garnish with:

Asian pear, sliced thinly

Dry Jack cheese shavings (or parmesan shavings)

Kale (any kind)

Basic Kale Salad

Wash, remove stems, chop in slivers:

1 bunch of kale, any type

Drizzle over:

Good quality olive oil

Freshly ground sea salt

Good quality balsamic vinegar

Wash and dry your hands.

With your hands, massage the kale for several minutes.

Spread out on a large serving platter.

Top it with any variation of:

Toasted pumpkin seeds & persimmon slices

Roasted squash of any variety

Tomatoes, red onions, feta, kalamata olives

The kale is so versatile— it lends itself to many variations.

Spinach

Anne's Green Salad Dressing

Whisk together:

1 clove garlic, smashed

½ t. Kosher salt

2 T. red wine vinegar

2 T. lemon juice

1 t. Dijon mustard

¼ c. extra virgin olive oil

Toss on:

1 bunch spinach washed, dried, stems removed, chopped.

Add any of these toppings:

Red onions, pickled

Parmesan or feta

Tomatoes- sun dried or fresh

Fresh basil

Turnip Greens

Southern Turnip Greens (adapted from Allrecipes)

Bring to boil:

1 c. chicken broth

1 ½ c. water

3 T olive oil

¼ t. Salt

¼ t. ground black pepper

Add and simmer 30 minutes or up to 2 hours:

1 pound turnip greens, chopped

Options: fry bacon or sausage before adding the broth.

Serve with BBQ, cornbread.