



Cooking Corner

From lettuce to mesclun mix to spinach, kale, swiss chard and collards, this is the time of year for greens! And it's easy to get stuck in a rut with making salads or steaming kale. So here are a couple of ideas for branching out and trying something new. Hopefully these tips will keep your refrigerators cleaned out and your meals interesting, tasty, and nutritious!

Lettuce and other salad greens:

- Spend a little time one evening cleaning lots of lettuce, spinach, and whatever other salad greens you have. Try rinsing the salad, spinning it, and leaving it in the spinner in the fridge, where it stays fresh for a couple of days. Pull from this large salad bowl for meals.
- Make a meal with salad as the base. Try one of the following ideas for a well-balanced meal:
 - Pittsburgh Salad! Add some grilled & sliced meat, and roast some thinly sliced potatoes for 25 min. at 425 degrees to make your own fries to toss on top. (Toss with olive oil & salt, & turn halfway through the cooking time.)
 - Add some chopped hardboiled egg, bacon, and avocado (see the pictures below)
 - Mix a cooked grain (quinoa and wheat berries are good options) and chick peas, plus any other chopped veggies you have around: turnips, scallions, carrots, snap peas – whatever is coming from your garden or the farmers market. Toss with a vinaigrette and layer on top of your greens salad.
- Simple Vinaigrette:
 - Mince a couple of cloves of garlic. Add 3 tbsp. balsamic vinegar, 2 tbsp. fresh-squeezed lemon juice, and 1 tbsp. mustard. Whisk in 1/3 cup olive oil. Add salt, pepper, and a splash of maple syrup to taste.

- Grill your lettuce! This sounds odd but it's a super tasty option that can move a lot of lettuce out of the fridge! Romaine works best. Clean the heads then halve or quarter them, leaving the blunt end intact (this holds the lettuce together). Brush with olive oil, then sprinkle with salt and pepper. Grill a couple of minutes on each side, on a cooler part of the grill. The lettuce should wilt but not burn. Serve plain or with a dressing of your choice.

Cooking Greens:

- Try adding greens to breakfast! These dark leafy beauties make a yummy, nutritious addition to an egg & cheese sandwich, or a nice side for eggs or other brunch dishes. To add them to a sandwich, first sauté until tender with garlic or onions.
- Make kale chips. Wash the kale and remove tough stems, then cut into 2 in squares. Toss with a little olive oil and salt and place on a baking sheet. Bake at 275 degrees for about 20 minutes, turn the leaves, then bake 20 minutes more or until crispy. Eat like potato chips!
- Freeze extras. Dark leafy greens are lovely to pull out of the freezer on a winter day. To freeze, clean greens and remove tough stems. Chop to desired size. Toss the greens in boiling water, cover, and boil: 3 min. for collards, 2 min. for all other cooking greens. Remove from boiling water, plunge into ice water, drain well, and place in freezer bags or containers, then freeze.
- Kate Hickey, GP's Director of External Affairs and cook extraordinaire, came up with these delicious recipes for her overflowing refrigerator of greens:

Beans & Greens

This is a great over polenta or thinned out with another can of tomatoes as a soup.

2-3 pounds of hearty greens (kale, collards and chard)

Chop a whole bulb of garlic

Slice one yellow onion

1 tsp red pepper flakes

One 36oz can of plum tomatoes in their juices

2 cans of great northern beans

2 cups of water

1 tbsp. of Vegetable Better than Bullion (if you don't have it don't worry about, just use a good amount of salt to the 2 cups of water)

S&P

Grated Parmesan cheese

Wash and take the leaves off the stems of the greens. Give a rough chop to all the greens. Sauté garlic and onions in 3TBS of olive oil on medium-high heat until soft. Add the greens and sauté until they wilt. Add the red pepper flakes and sauté for 2 min. Add everything else (beans, can of tomatoes, water and a good amount of salt if not using Better than Bullion.)

Simmer until very tender- 30-45 minutes. Keep adjusting the seasoning if need be with more salt and pepper.

To serve, top with a good amount of grated Parmesan.

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Kale Pizza

1.5 lbs of kale
one head of garlic
2 cups of Fontina
8 -10 slices of prosciutto (but not required)
olive oil
S&P

Make/buy your pizza dough, sauce etc. to your liking. Grilled Pizza is incredibly delicious and as a bonus it doesn't heat up your kitchen.

Wash and remove kale from the stems. Place leaves into a steamer and steam for 25 min. Once finished, remove them and put them in a bowl and place in a refrigerator to cool down. When cool enough to handle, squeeze all the moisture out of the kale. You will have a "ball of kale" in your hands. Slice the ball thinly. Place the sliced kale back into the bowl. Slice all the garlic into "garlic chips" and sauté in a pan with about 4 tbsp. of olive oil until soft and light brown. Add the kale to this garlic mixture just to coat it with the garlic and olive oil and warm the kale for just about a minute or two.

Once your dough is shaped and ready to use, top it with your sauce & half the Fontina, and spread the garlicky kale mixture around evenly. Add the Prosciutto if you are using it and then finish with the rest of the Fontina. Grill or bake it to your liking.

