

# ***A March Crusade for Cruciferous Vegetables!***

## **Watercress Salad**

2 cups broccoli florets  
½ tablespoon red wine vinegar, or to taste  
1 tablespoon oil (olive)  
½ teaspoon minced garlic  
2 cups halved cherry tomatoes (or 1 can drained stewed tomatoes)  
1 bunch watercress, stems removed and leaves washed

In a vegetable steamer set over boiling water, steam the broccoli, covered, for 4 minutes, until tender. Rinse the broccoli with cold water and drain well.

In a large bowl, whisk together the vinegar, olive oil, garlic, and the salt and pepper to taste. Add the broccoli, tomatoes, and the watercress. Toss to blend and serve.

Yield: 4 servings

## **NUTRITIONAL INFO:**

Calories: 56; Carbohydrates: 6; Fiber: 2g; Protein: 2g; Fat: 4g

Source: The New American Plate Cookbook, 2005.

## **Savoy Cabbage with Bacon**

3 slices of bacon  
2 tablespoons oil  
2 cloves garlic, minced  
1 onion, minced  
1 large Savoy cabbage, core removed, thinly sliced  
1 cup chicken stock  
15 oz can white beans, rinsed and drained  
1 teaspoon sage  
½ teaspoon group pepper

Cook bacon in a non-stick skillet over medium heat until crisp. Remove and set bacon aside. Drain off fat.

Add oil to skillet and heat. Add garlic and onions and cook about 2 minutes. Add cabbage, chicken stock and beans. Gently toss to combine. Simmer until cabbage is just beginning to wilt, about 3 minutes. Crumble bacon. Toss cooked mixture with bacon, sage, and pepper. Adjust seasonings. Serve immediately.

Yield: 4 main course servings

Source: [www.leafy-greens.org/recipes](http://www.leafy-greens.org/recipes)

**NUTRITIONAL INFO:**

Calories: 340; Carbohydrates: 40g; Fiber: 9; Protein: 20g; Fat: 12g

**Slaw Soup**

4 cups chicken broth  
1 skinless chicken breast (about 4-5 ounces)  
1 onion, chopped  
8-ounce package of cole slaw mix (or 4 cups shredded cabbage)  
3 tablespoons quick-cooking barley  
1 cup canned tomatoes, undrained and chopped  
Salt and pepper to taste  
1 teaspoon vinegar  
1 teaspoon sugar

In a saucepan, combine broth and chicken breast. Cook until tender. Remove and let cooked chicken breast cool. Add to the broth the onion, cole slaw or cabbage, barley, and tomatoes. Cover and simmer 10 minutes until the vegetables are tender. While soup is simmering, chop the chicken breast meat. Add the chicken, vinegar, sugar and salt, pepper to taste. Heat briefly.

Yield: 8 cups

Source: Frances Dietz's Very Good Cabbage Soup, 1997.

**NUTRITIONAL INFO:**

Calories: 83; Carbohydrates: 13g; Fiber: 3g; Protein: 7g; Fat 1g

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## **Green Enchilada Stacks**

8 oz Monterey Jack cheese with jalapeno peppers  
10 small whole wheat tortillas  
1 tablespoon oil  
1 medium onion, chopped  
2 large cloves garlic, chopped  
½ cup green pepper, chopped  
2 cups cabbage, shredded  
1 -1/4 cup salsa  
15 ounce can pinto beans or black-eyed peas, drained  
½ teaspoon cumin  
½ teaspoon chili powder  
Spray oil (Pam or like kind)

Shred and divide cheese into 10 equal portions. Set aside.  
Heat oil in a skillet. Add onion, garlic, green pepper, and shredded cabbage and stir-fry until vegetables are tender and some cabbage is tinged with brown color. Stir in 1 cup salsa, the beans, cumin, chili powder, and season with salt and pepper. Summer mixture for 5 minutes. Using a fork, mash some of the beans.  
Spray the bottom of two (2) a 10 inch pie plates.  
Place a tortilla in the pan; spread with 1/8 of the bean mixture; top with a portion of the cheese. Repeat this layering until all but 2 cheese portions are left.  
On top of the last tortilla, spread ¼ cup salsa and 1 portion cheese.  
Bake at 375 degrees for 20-25 minutes until heated and the cheese is melted.  
Cut each stack into 5 wedges.

Yield: 10 servings

Source: Frances Dietz, Vegetarian Enchilada Stacks, (1997)

### **NUTRITIONAL INFO:**

Calories: 320; Carbohydrates: 32g; Fiber: 4; Protein: 14g; Fat: 13g

The following recipe uses an ingredient that is not GREEN, but is considered a “leafy green” or cruciferous vegetable: CAULIFLOWER

### **Fake Mashed Potatoes**

2- 10 oz packages frozen cauliflower (or fresh ¾ head)  
1 tsp chicken boullion granules  
¼ tsp white pepper  
1 tsp minced onion flakes

2 TBSP butter  
2 TBSP milk

Preheat oven to 375 degrees. Cook cauliflower in microwave or on a stovetop unit until it is VERY done-fall-apart fork tender. Drain well and mix cauliflower with all other ingredients except the milk in food processor or with a powerful mixer (hand or stand). Mixing with a mixer will give “lumpier” results than a food processor. Add milk slowly and mix again. Be careful adding milk and error on the side of not enough.

Spray and oven proof dish with cooking spray and put mixture in. Add pats of butter or margarine on top or sprinkle with paprika.

Bake 15- 20 minutes until hot.

Yield: 4-6 servings

**NUTRITIONAL INFO:**

Calories: 85; Carbohydrates 7g; Fiber 3g; Protein 3g; Fat 6g

Depending on how you like your mashed potatoes, (creamy, lumpy or old fashioned) will determine whether you want to mix this recipe in a food processor, with a mixer, or by hand. For a very creamy effect, use a food processor. For “lumpy” mashed cauliflower use a hand mixer. For “old fashion” mashed cauliflower use a potato masher.

Recipe Source: <http://www.lowcarbluxury.com/recipes/recipe-veggieside01.html>

**Sweet Greens**

6 cups kale and or Swiss chard, stemmed and cut into bite-size pieces  
2 tablespoons oil (prefer olive)  
1 red onion, coarsely chopped  
¼ teaspoon salt  
1 clove garlic minced  
1/3 cup raisins  
1 tablespoon nuts

Cover kale and or Swiss chard with cold water and set aside until ready to use.

In a large, deep sauté pan, heat the oil over medium heat. Add the onions and a pinch of salt. Sauté for 3-5 minutes. Decrease the heat to low and cook slowly until the onions are caramelized, about 20 minutes.

Add the garlic and stir about 30 seconds, until it becomes aromatic (or you can smell it). Add the raisins and stir 30 seconds. **DEGLAZE** the pan with 2 tablespoons water to loosen all the flavorful bits from the bottom of the pan.

Begin adding the greens to the pan with a pinch of salt, continually adding as many greens as will fit in the pan.

The water on the greens will be enough liquid to wilt the greens. Taste the greens, add an additional tablespoon of water, if needed, cover the pan, and cook the greens until tender, 2-3 minutes. Taste again, adding a pinch of salt or a drop or two of maple syrup, if necessary.

Arrange the greens on a plate and sprinkle with toasted nuts. Serve hot. Pour the cooking juices over the greens before you add the nuts!

Yield: 6 servings

Cookbook note:

A trick to preparing greens is ripping off their tough spines. This makes them easier to eat and digest. Once you have stemmed your greens (a great job for little ones), chop the greens into bite-size pieces with a sharp chef's knife. When you add your greens to the pan they will resemble a gigantic mountain, but you will be surprised how quickly greens shrink into small mounds.

Another trick to preparing greens is to put them in a bath of cold water; this allows dirt and sand to fall to the bottom. Remove the greens from the water, roll the leaves in bunches, cut them into thin ribbons, and then cut length-wise into small bite-size pieces.

Source: Rebecca Katz, *One Bite at a Time* (2005).

**NUTRITIONAL INFO:**

Calories: 143; Carbohydrates: 17g; Fiber 2g; Protein: 3g; Fat: 8g

**Garlicky Leafy Greens**

2 bunches tender kale, Swiss chard, escarole or spinach (about 6 cups total)

1 tablespoon oil (olive)

2 cloves garlic, minced

Pinch or red pepper flakes

¼ teaspoon salt

Squeeze of fresh lemon juice

Remove all the tough stems from the greens, chop them into bite-size pieces, and cover with cold water. Set aside.

In a medium pan, heat the oil and sauté the garlic and red pepper flakes for 30 seconds, just until it smells wonderful. Add the greens and salt and sauté until the greens begin to darken and shrink.

If necessary, add a splash of water to cook the greens until they are tender. Add the lemon juice and taste the greens. You may need to add a pinch of salt or a few drops of maple syrup to round out the flavor. Serve immediately.

Yield: Makes about 2 cups or 4 servings

Source: Rebecca Katz, *One Bite at a Time* (2005).

### **Swiss Chard Pasta**

2 bunches Swiss chard, stemmed and cut into bite-size pieces

1 teaspoon salt

1 pound whole wheat penne

2 tablespoons oil (olive)

1 tablespoon garlic, minced

1/8 teaspoon red pepper flakes

1/4 cup Parmesan cheese (optional)

1/4 teaspoon nutmeg

1 lemon wedge

1/4 cup toasted walnuts

Cover the chard with a cold water bath and set aside.

Bring 4 quarts of water to boil over high heat. Add 1 teaspoon salt. Add the pasta and cook according to box directions. Taste after 6 minutes. The pasta should be soft (“al dente”). Drain the pasta, reserving 1/2 cup of the cooking liquid. Set both aside.

While the pasta is cooking, heat the olive oil in a large sauté pan over medium heat. Add the garlic and red pepper flakes and sauté for 30 seconds, just until you can begin to smell something (wonderful, I hope!)

Lift the greens out of the cold water bath and add them, along with a bit of salt, to the sauté pan. Sauté for about 4 minutes, until tender (that water that sticks to the wet greens should be enough liquid to wilt them during cooking.)

Add the pasta and the 1/4 cup reserved cooking liquid. Stir to combine. Add the cheese, nutmeg, and juice from the lemon wedge. Taste. You may need some of the remaining reserved pasta water, or more lemon juice or salt.

Stir the nuts and serve immediately.

Yield: 4 servings

Source: Rebecca Katz, *One Bite At A Time*, 2005.

**NUTRITIONAL INFO:**

Calories: 191; Carbohydrates: 25g; Fiber: 6; Protein: 10g; Fat: 7g