

## Coconut Milk Creamed Greens



### Ingredients

¾ cup breadcrumbs, panko or homemade  
5 tablespoons olive oil, divided  
2 pounds dark leafy greens (kale, collards, chard, spinach or a mixture)  
1 small onion, thinly sliced  
2 cloves garlic, thinly sliced  
1-13 ounce can unsweetened coconut milk, well shaken  
1 teaspoon salt, divided  
Freshly ground black pepper  
1/8 teaspoon nutmeg (optional)

### Instructions

In a small bowl, toss breadcrumbs in 3 tablespoons of olive oil and season with salt and pepper. Toast them in a large skillet over medium-high heat, stirring frequently until they're a few shades darker and very crispy, 3 to 5 minutes. Remove from the heat and set aside.

If using sturdier greens like kale, collard or chard, trim stems, finely slice, and set aside. Then stack the large leaves and cut into 2" pieces.

Heat remaining 2 tablespoons of oil in a large sauce pan over medium heat. Add the reserved stems from the trimmed greens along with the onion and garlic and cook, stirring frequently until softened, about 2 minutes. Add the greens a handful at a time, letting them wilt before adding more.

Add coconut milk to greens; stir until well combined. Remove from heat and season with salt and several grinds of pepper.

Cook, stirring constantly, until leaves are bright green and until coconut milk has thickened and is coating all the greens, about 10 minutes. Add nutmeg if using and serve.

*Original recipe by Kip Hardy, MS RD and Mike Bacha*

# Sesame Miso Acorn Squash



## Ingredients

2 medium acorn squash, halved, seeded, and cut into 1/2-inch inch thick half-circle pieces  
2 tablespoons molasses  
1 teaspoon soy sauce  
2 tablespoons maple syrup  
1 heaping tablespoon miso paste  
1/4 cup orange juice  
1 tablespoon lemon juice  
1/4 teaspoon grated lemon zest  
5 tablespoons water  
2 tablespoons toasted sesame oil  
1/2 cup mix of black and white sesame seeds

## Instructions

Preheat the oven to 425°F, with a rack in the middle.

In a large bowl whisk together the molasses, tamari, maple syrup, miso, orange juice, lemon juice, lemon zest, water, and sesame oil. Toss the squash with the marinade to thoroughly coat all the pieces.

To add the sesame seeds you have several options:

1. Add the seeds to the marinade and toss the squash (the seeds tend to sink so it may be tricky to get them even).
2. Spread the seeds in a shallow dish and press each piece of marinade coated squash into the seeds to get a very thick coating before arranging the squash on a foil lined pan.
3. Lay the squash on a foil lined sheet pan and sprinkle the seeds over the top

No matter which method you use, arrange the squash pieces in a single layer on a foil lined pan – this marinade gets sticky when it cooks so the foil makes clean up much easier.

Cover the squash with another layer of foil and roast for about 30 minutes. Then remove the top foil cover and continue roasting uncovered for another 20-15 minutes or until squash is tender and the sesame seeds are toasted and crispy.

*Original recipe adapted by Kip Hardy, MS RD from Heidi Swanson <https://www.101cookbooks.com/miso-sesame-winter-squash/>*

## Whole Roasted Cauliflower with Herb Pistachio Relish

### Cauliflower Ingredients

1 medium head of cauliflower  
4 tablespoons olive oil  
1 teaspoon turmeric  
1 teaspoon ground coriander  
1 teaspoon cumin seeds  
1 teaspoon salt, divided

½ cup plain Greek yogurt for serving (optional)

### Relish Ingredients

¼ cup fresh parsley, chopped  
2 tablespoons mint, chopped  
¼ - ½ cup pistachios, chopped  
2 tablespoons red onion or shallot, minced  
1 teaspoon citrus zest (orange, lemon, lime)  
½ teaspoon salt  
2 tablespoons sherry vinegar  
1 tablespoon olive oil



### Instructions

Preheat the oven to 450°F. Arrange 1 rack on the bottom and 1 rack in the middle of the oven. Place a pan of water on the bottom rack.

Trim the leaves off the cauliflower to expose the stalks and cut the core so that the cauliflower head will sit up straight.

In a small bowl combine 4 tablespoons olive oil, turmeric, coriander, cumin seeds & salt. Flip the cauliflower upside down and drizzle about half the oil mixture inside the cauliflower between the stalks. With a pastry brush or rolled up paper towel paint the remaining oil mixture on the outside of the cauliflower. Be careful with your fingers, the turmeric will stain them!

Place the cauliflower stem side down on a sheet pan lined with parchment paper or foil. Roast for 50-60 minutes or until cauliflower has a brown crispy exterior and a paring knife slides easily into the core indicating that it is tender throughout.

While the cauliflower is in the oven make the relish by combining the parsley, mint, pistachios, onion, citrus zest and salt in a pile on a cutting board. Chop everything together until you have a well-mixed and evenly minced, almost pesto like mixture. Put this mixture in a small bowl and add the sherry vinegar and olive oil and stir to combine. If you want the relish to be more pourable you can add water 1 tablespoon at a time to reach your desired consistency. Set aside for at least 10-15 minutes to let the red onion marinate in the vinegar.

When the cauliflower is done, let it rest for 5-10 minutes and then pour or drizzle the relish on top or serve on the side.

I love to serve this with a swipe of plain Greek yogurt on the plate and the cauliflower and relish piled on top.

*Original recipe by Kip Hardy & Mike Bach*

## Olive Oil Cake with Granny's Cranberry Relish & Whipped Cream



### Olive Oil Cake Ingredients

2 cups (250 grams) all-purpose flour  
1 3/4 cups (350 grams) sugar  
1 1/2 teaspoons kosher salt  
1/2 teaspoon baking soda  
1/2 teaspoon baking powder  
1 1/3 cups (285 grams) extra-virgin olive oil  
1 1/4 cups (305 grams) whole milk  
3 large eggs  
1 1/2 tablespoons grated orange zest  
1/4 cup (60 grams) fresh orange juice  
1/4 cup (55 grams) Grand Marnier (optional)\*

### Cranberry Relish Ingredients

12 ounces frozen cranberries  
2 apples, cored  
Juice & zest of 3 oranges  
1 cup sugar  
1 cup pecans

### Whipped Cream Ingredients

1 cup heavy whipping cream  
1 – 2 tablespoons sugar\*\*

### Ingredient Notes

\*If you are not using the Grand Marnier, increase the volume of orange juice by 1/4 cup.

\*\*If serving the cake with the cranberry relish, I will leave the whipped cream unsweetened, but if I'm just serving the cake with whipped cream then I will lightly sweeten the cream

### Instructions

#### Make Cake

Heat the oven to 350° F. Oil, butter, or spray a 9-inch cake pan that is at least 2 inches deep with cooking spray and line the bottom with parchment paper. (If your cake pan is less than 2 inches deep, divide between 2 pans and start checking for doneness at 30 minutes.)

In a bowl, whisk the flour, sugar, salt, baking soda and powder. In another bowl, whisk the olive oil, milk, eggs, orange zest and juice and Grand Marnier. Add the dry ingredients; whisk until just combined.

Pour the batter into the prepared pan and bake for 1 hour, until the top is golden and a cake tester comes out clean. Transfer the cake to a rack and let cool for 30 minutes.

## **Olive Oil Cake with Granny's Cranberry Relish & Whipped Cream (continued)**

Run a knife around the edge of the pan, invert the cake onto the rack and let cool completely, 2 hours.

### **Make Cranberry Relish**

Combine cranberries, sugar, the zest and juice of orange, apples and pecans in a food processor  
Pulse until chunky

### **Make Whipped Cream**

The trick to the best and most stable whipped cream is to make sure everything is cold. Chill your mixing bowl and metal beaters for an electric mixer in the freezer for about 20 minutes and be sure to start with well chilled cream.

Combine whipping cream and sugar in a mixing bowl and beat on high for about 1 minute or until stiff peaks form. Be sure not to over mix or it will "break" and your cream will turn into butter.

Serve cake with cranberry relish and whipped cream.