

Easy Green Enchiladas: Kale & Beet

2 cups shredded kale, Swiss chard, beet greens or combination

1/2 cup minced scallions

2 tablespoons olive oil

8 corn tortillas

1 cup shredded low-fat Monterey Jack cheese

1 cup salsa

Over medium heat, sauté the greens and scallions in a frying pan with 1 tablespoon of the olive oil for 5 minutes or until tender. Divide the mixture among the tortillas. Top with the cheese. Roll up each tortilla to enclose the filling.

Clean the skillet and re-warm it over medium heat.

Add the remaining 1 tablespoon oil. Place enchiladas, seam side down, in the pan. Let brown for several minutes on each side. Add the salsa. Cover the pan, reduce heat to low, and simmer for 5 minutes, basting frequently.

Serves 4.

From "Preserving Summer's Bounty," Rodale Press, 1998.

Beet & Bean Dip

Use as a dip for this week's zucchini or cucumber. It's great with pita chips, too!

Great to serve with the Green Enchiladas.

Puree in a food processor until smooth:

8 ounces cooked cubed beets

1 can drained garbanzo beans

3/4 cup olive oil

1/4 cup slivered almonds

5 cloves peeled garlic

Add 1 1/2 tablespoons red wine vinegar and then blend again. Season to taste with salt and pepper.

Makes about 2 cups.

Fresh Pea Hummus Crostini with Pea Tendril Garnish

Bon Appétit | April 2008

A bright, beautiful appetizer

1 1/4 cups fresh shelled green peas (from 1 1/2 pounds peas in pod)

1 cup drained canned garbanzo beans

1/4 cup chopped fresh Italian parsley

1/4 cup plain whole-milk yogurt

3 tablespoons chopped green onion

2 tablespoons fresh lemon juice

2 teaspoons ground cumin

3/4 teaspoon salt

25 thin baguette slices, toasted

2 tablespoons extra-virgin olive oil

1/2 cup pea tendrils (for garnish)

Puree first 8 ingredients in processor until almost smooth. Brush toasts with olive oil and top with pea hummus. Garnish with pea tendrils.

Really Easy alternative: buy Hummus and blend with the fresh peas from your box.

Basil-Garlic Vinaigrette

Use this vinaigrette for lettuce or pour a little over warm boiled or roasted potatoes.

2 tablespoons champagne vinegar

6 tablespoons extra virgin olive oil

1/2 cup fresh basil leaves

1/2 teaspoon salt

1 clove garlic, coarsely chopped

Combine everything in a blender and blend until smooth.

Green Goddess Dressing

"I got this out of a kid's magazine, unfortunately I'm not sure which one since we subscribe to a few.

...we love it on our salads and as a dip. I'm sure it could be lightened up a bit if need be (light mayo), but if used in moderation the real deal is wonderful!"

In a blender combine:

1 1/3 cup mayonnaise

2/3 cup low-fat buttermilk

2 large cloves garlic

1 handful each fresh basil and parsley leaves

1 dash Worcestershire sauce

1 pinch each salt, pepper and sugar

Process until smooth.

Makes 1 1/2 cups dressing.

Beet & Apple Salad

Try adding diced celery to this to make a Waldorf-style beets salad. Serve on a bed of fresh beet greens or Laguna Farm salad mix!

3 medium beets, cooked until tender, cooled, diced

1 apple, peeled and diced

1/2 cup plain yogurt

1 tablespoon chopped nuts

1 tablespoon honey

Combine all ingredients, chill and serve.

Serves 2 or 3.

Easy Basil-Marinaded BBQ Zucchini

Cut 2 or 3 zucchini into thick slices.

In a bowl, whisk together:

2 tablespoons olive oil,

2 tablespoons lemon juice,

2 tablespoons chopped fresh basil and 1 clove

peeled, minced garlic.

Pour marinade over squash, cover and refrigerator hour.

Preheat grill on high heat. Place the squash directly on the grill or on skewers.

Cook 2 to 3 minutes per side, brushing with the marinade.

The Kids' Corner - "Shrek"

A Banana Kale Smoothie

"The flavors don't match the color, this smoothie is bright green."

1 banana

2 leaves kale, stems removed

2 tablespoons vanilla yogurt

2 cups ice

1/4 cup fat-free hazelnut-flavored nondairy liquid

coffee creamer (or your own flavoring)

1/8 teaspoon coconut extract

Make sure you remove the kale leaf from the center stem. Place all ingredients in blender and blend till smooth.

Makes one huge meal-sized smoothie or 2 smaller ones.

Variations: Substitute hazelnut and coconut flavors with Christmas pumpkin spice-flavored creamer and vanilla extract or fat-free half & half with blueberry syrup and vanilla extract.