

Cauliflower with Basil-Lemon Sauce

1 tablespoon unsalted butter
1 tablespoon extra virgin olive oil
1 medium red onion, finely diced
1 medium head cauliflower, stalks and stems discarded, florets finely diced
kosher salt
freshly ground black pepper
1/4 cup Basil-Lemon Sauce (see below)
2 tablespoons fresh basil, cut into thin strips
Melt the butter with the olive oil over high heat in a wok or large skillet. Add the onion and sauté until softened, about 2 minutes. Add cauliflower, stir thoroughly, salt and pepper liberally, and cook until the cauliflower softens, about 10 minutes. Add 2 tablespoons of the sauce and cook until tender and fragrant, another 10 minutes. Adjust salt, if needed, and add the remaining 2 tablespoons sauce. Mix thoroughly, and transfer to a serving bowl. Top with fresh basil.

Basil-Lemon Sauce

10 large fresh basil leaves (about 1 cup loosely packed)
zest and juice of 2 lemons (preferably Meyer lemons)
1/2 cup fruity extra virgin olive oil
1 tablespoon maple syrup
Combine all ingredients in a blender. Puree and transfer to a jar with a tight-fitting lid. Keeps in the refrigerator about one week.

From "The Breakaway Cook," by Eric Gower.

Raw Cauliflower Soup

1 cauliflower
2 cups sprouts (sunflower, clover, buckwheat, pea shoots or any combination)
1 cup fresh vegetable juice (celery, cucumber, tomato)
4 carrots
1 yellow onion
1 tablespoon fresh lemon juice
1 tablespoon virgin olive oil
1/2 teaspoon cumin
1/2 teaspoon dry mustard
1/2 teaspoon ginger
1/2 teaspoon turmeric
1 clove garlic, minced
dash each: cinnamon, cayenne pepper
In a blender, mix all ingredients.
Serves 2.

From "Living in the Raw, Recipes for a Healthy Lifestyle," Rose Lee Calabro, 1998.

Ginger Peanut Soup with Cauliflower & Broccoli

1 1/2 cups broccoli, chopped
1 1/2 cups cauliflower, chopped
1 medium onion, chopped
1 tablespoon fresh ginger, grated
3 cloves garlic, chopped
1/4 teaspoon cayenne pepper (*Michele says: "I use two dashes, then increase to bring out the flavors, if needed."*)
1/2 teaspoon salt
1/2 teaspoon pepper
2 tablespoons olive oil
3 cups vegetable stock or water
1 28-ounce can diced tomatoes
5 tablespoons natural peanut butter (or other nut butter)
In a large soup pot, sauté broccoli, cauliflower, onions, ginger, garlic, cayenne, salt, and pepper in oil on medium heat until vegetables are tender. Add the stock, tomatoes, and peanut butter. Reduce heat and simmer for 20 minutes, stirring occasionally. Serves 4 to 6.
'How It All Vegan!' by Tanya Barnard and Sarah Kramer.

Beet Preserves

2 pounds beets
2 pounds sugar
1 tablespoon ginger
3 lemons, sliced
1 cup coarsely chopped almonds
Peel and dice beets. Place beets and remaining ingredients in a deep kettle and cook over medium heat for 1 hour. Turn into jelly glasses or small crock. Store in a dark place to prevent loss of color. Serve as a sweet preserve.
Makes about 3 jelly glasses.
From "Love and Knishes" by Sara Kasdan.

Carrot or Beet Dip

In a food processor, place 1 1/2 cups Greek-style yogurt, 1 clove garlic and 1/2 teaspoon salt. Add either prepared beets or carrots and puree until smooth. For beet dip, use 3 medium cooked,

chopped beets. For carrot dip, use 2 medium grated cooked carrots and add 1 teaspoon cumin powder.
Adapted from www.fatomatic.net.

Delicata & Roasted Mushrooms with Thyme

6 tablespoons olive oil
1 tablespoon chopped fresh thyme
3/4 teaspoon salt
1/2 teaspoon black pepper
2 pounds delicata squash (3 medium), halved lengthwise, seeded, cut cross-wise into 1/2-inch-wide slices
2 pounds mixed fresh mushrooms, trimmed and halved
Stir together oil, thyme, salt, and pepper. Toss squash and mushrooms with the thyme oil and arrange in one layer in a large shallow (1/2 to 1-inch deep) baking pan. (If necessary use a second pan so that all vegetables are in one layer.)
Roast in a 375 degree F. oven, stirring occasionally until vegetables are tender and liquid from the mushrooms is evaporated, 25 to 30 minutes.
Serves 6.
Adapted from www.epicurious.com.

From the "Kids' Corner" –

Swiss Chard & Rice

2 cups rice (Basmati preferred)
1 bunch of chard (wash and boil until water gets hot)
3 to 4 onions chopped
2 to 3 green chilies
2 bay leaves
1/2 teaspoon black pepper
1 teaspoons black mustard seeds
1 teaspoon cumin
ground cloves, to taste
salt
2 tablespoons oil
juice of 1 lemon
Wash the rice, drain water and set aside. Grind boiled Swiss chard and chilies together into paste. Heat oil in a cooker and add mustard, cumin, bay leaf, chilies, and cloves. Add onions and fry until they become pinkish. Add Swiss chard and chili paste, cook for 2 minutes. Add rice, salt and 4 cups of water. Cover the cooker and let it cook until rice tender. Serve with lemon juice, to taste.