

## Easy Cilantro-Lime Rice

*This side dish goes well with grilled meats, chicken or fish, or with Mexican, Indian or Asian entrees.*

3 cups cooked rice (white or brown)  
1 teaspoon lime zest, minced  
2 tablespoons fresh lime juice  
3 tablespoons cilantro, finely minced  
Toss lime zest, lime juice, and cilantro with cooked rice. Serve warm or cold.

From [www.dvo.com](http://www.dvo.com).

## Cilantro & Lime Vinaigrette

*Combine this dressing with shredded cabbage, carrot and/or cauliflower to make a fantastic slaw. Adjust the recipe to the amount of cilantro you have available.*

2/3 cup packed cilantro leaves  
2/3 cup fresh lime juice  
1/4 cup apple cider vinegar  
1 tablespoon ground cumin  
2 to 4 dashes hot pepper sauce  
Pinch of salt

1/4 cup canola oil

Place all ingredient except the oil in a blender. Turn on blender and add oil very slowly, until well blended. Add a little water is mixture is too thick. Makes about 1 1/4 cups.

From "From Asparagus to Zucchini, A Guide to Cooking Farm-Fresh Seasonal Produce," Madison Area CSA Coalition, 2004.

## Classic Collards

collard greens (whole collard heads or leaves), thoroughly washed, large stems removed

2 ham hocks

water

salt to taste

toppings: hot peppers, vinegar, onions and vinegar, salsa or tomatoes

Place ham hocks in an extra-large pot with enough water to completely cover them. Add salt and cook ham hocks at least 30 minutes before adding collards greens. Add collards, big leaves first, then add remainder of greens. Cook 45 to 60 minutes, stirring once about midway to ensure thorough cooking. Test for tenderness of stems at 45 minutes by piercing with a sharp knife. Cook additional time if necessary. Remove from heat and drain in a

colander, reserving the juice. Chop collards, leaving no large leaves or pieces. Add some of the juice if the greens are too dry. Salt to taste. Serve hot or at room temperature with your choice of toppings.

From [whatscookingamerica.net](http://whatscookingamerica.net).

Serves 2.

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

## Citrus Collards & Raisins

coarse sea salt

1 large bunches collard greens, cut into chiffonade

1 to 2 teaspoons extra-virgin olive oil

1 garlic cloves, minced

1/3 cup raisins

3 tablespoons fresh orange juice

Bring 2 quarts of water to boil in a large pot over high heat and add 2 teaspoons salt. Add the collards and cook, uncovered, for 8 to 10 minutes, until softened. Prepare a large bowl of ice water to cool the collards. Remove the collards from the heat, drain, and plunge them into the ice water to stop the cooking and set the color. Drain. Warm the olive oil in a medium sauté pan over medium heat. Add the garlic and sauté for 1 minute. Add the collards, raisins, and salt to taste. Sauté for 3 minutes, stirring frequently, until the raisins are plump. Do not over cook; the collards should be bright green. Add the orange juice and cook for an additional 15 seconds. Season with additional salt to taste if needed and serve immediately.

From [www.mariquita.com](http://www.mariquita.com), adapted from "Grub: Ideas for an Urban Organic Kitchen" by Anna Lappé and Bryant Terry.

## Carrot & Leek Yogurt Soup

2 tablespoons cooking oil

1 large leek (white and light green parts), chopped

1 garlic clove, chopped

1 teaspoon each: curry powder, flour

3 cups chicken or vegetable stock

3 large or 6 medium carrots, sliced

1 cup plain yogurt

pinch of cayenne pepper or to taste

1/3 cup chopped, toasted, salted peanuts

Heat oil in 3 quart pan over medium heat. When oil is hot, add onion, then garlic, stirring, until onion is soft, about 10 minutes. Add curry powder and flour; continue to cook, stirring, for about 30 seconds. Add broth and carrots. Cover and simmer until carrots

are tender when pierced, 15 to 20 minutes. Process with 3/4 cup of the yogurt until pureed. Season to taste with salt, black pepper and cayenne. Serve at room temperature or hot. Garnish with peanuts and yogurt.

Serves 4.

## Easy Cheesy Ham & Leek Wraps

3 large leeks trimmed, washed

3 slices lean ham

2 cups milk

1 tablespoon flour

2 ounces grated cheese

Boil leeks in water for five minutes; drain. Divide leeks into three equal portions and place each on a slice of ham; roll ham slice around leeks and place seam-side down in an oven-proof dish. Whisk flour into the milk; bring to a boil, stirring constantly. Add half the cheese, stir until cheese is melted and well incorporated; season to taste. Pour the cheese sauce over the leeks and ham. Sprinkle with the remaining cheese. Bake in a 350 degree F. oven for 30 minutes, or until the cheese bubbles. Serve with potatoes and another vegetable.

Serves 3.

Adapted from [fooddownunder.com](http://fooddownunder.com).

## Turnip or Rutabaga Puree with Leeks

1 small potato, peeled

2 pounds turnips and or rutabagas, thickly peeled

2 medium chopped leeks, white and light green part only

1 garlic clove or 1 stalk green garlic, chopped salt and pepper

2 T or more cream, buttermilk, or milk

2 T butter

2 t chopped thyme

Chop the potato and turnips the same size. If using rutabagas, chop them about half the size of the potato. Put the vegetables, leeks, and garlic in a pot with cold water just to cover, add 1/2 t salt, and simmer, partially covered, until tender, 15-20 minutes. Drain, reserving the liquid.

Mash the vegetables with a fork for a rough-texture puree or pass them through a food mill. Add 2 T or more cream or reserved broth to thin the puree. Stir in the butter and thyme and season with S and P to taste.