

Emerald Greens with Orange

For a lot of people, working with greens is reminiscent of a high school science project. I used to feel that way too. I remember the first time I brought home a bunch of Swiss chard. I laid those big, leafy stalks on my counter and thought to myself, "Should I just put these in a vase and stare at them? Or should I wait until summer and fan myself with them?" The truth is, for many of us, our aversion to greens goes back to childhood because kids are very sensitive to bitter tastes and, many greens, if not prepared properly, can be bitter. However, all it takes to remove that bitter taste is a very simple fix: a quick bath in olive oil and a little heat. Sautéing chard in olive oil—or any green, for that matter—makes the flavor and consistency much more palate friendly. Adding orange to the mix makes these greens especially yummy, and that's a great thing because greens and the phytochemicals they contain are a must-have for maintaining health. Serves 4

2 tablespoons extra-virgin olive oil
1 teaspoon minced garlic
Pinch of red pepper flakes
2 tablespoons dried cranberries
1/4 cup freshly squeezed orange juice
6 cups stemmed and chopped
Swiss chard, in bite-size pieces
1/4 teaspoon sea salt
1/2 teaspoon orange zest
1/4 teaspoon maple syrup (optional)

Heat the olive oil in a large sauté pan over medium heat, then add the garlic, red pepper flakes, cranberries, and orange juice and sauté for 30 seconds, just until aromatic. Add the chard, salt, and zest and sauté until the color of the chard begins to darken and intensify. Use a slotted spoon to transfer the greens to a bowl, then bring the liquid in the pan to a boil. When the liquid shrinks in from the sides of the pan and thickens a bit, stir the greens back in, then stir in the maple syrup. Taste. You may want to add another pinch of salt. Serve immediately.

Variation: To make this a real jewel of a dish, omit the cranberries and sprinkle 2 tablespoons of gorgeous ruby red pomegranate seeds over the greens just before serving.

Prep Time: 10 minutes • Cook Time: 10 minutes
Storage: Store in an airtight container in the refrigerator for 5 to 7 days.
Per Serving: Calories: 90; Total Fat: 7.2 g (1 g saturated, 5 g monounsaturated); Carbohydrates: 7 g; Protein: 1 g; Fiber: 1 g; Sodium: 260 mg

Rebecca's Notes: The flavor of this dish is greatly intensified by reducing the liquid in the pan. Take the time to perform this step. Your taste buds will be rewarded. One trick to preparing greens is ripping them off their tough stems. This makes them easier to eat and digest. You can chop the chard stems into small pieces and add them to the pan earlier so they have a chance to cook more.

Carrot-Ginger Soup (Tuesday Lunch)

Serves 8

Soup

2 tablespoons extra virgin olive oil
2 cups chopped yellow onions
3 pounds carrots washed and cut
into 1-inch pieces
2 teaspoons grated fresh ginger, or 1 teaspoon ground

1/4 teaspoon ground cumin
1/8 teaspoon ground cinnamon
1 small pinch of red pepper flakes
8 cups Magic Mineral Broth (see above recipe)
1 teaspoon sea salt
1/8 teaspoon maple syrup

In a 6- to 8-quart pot, heat the olive oil over medium heat. Add the onions with a pinch of salt and sauté until golden. Add the carrots, ginger, cumin, cinnamon, and red pepper flakes and stir to combine. Deglaze the pan with 1 cup of water or broth, then add the remaining 7 cups of liquid and 1 teaspoon of salt. Cook until the carrots are tender, about 20 minutes.

In a blender, purée the soup in batches, adding the cooking liquid first and then the carrots. Blend until very smooth. Add additional liquid to reach the desired thickness. Return to the pot, add the maple syrup, and reheat slowly.

Cashew Cream

makes about 3 1/2 cups
2 cups raw cashews
2 cups water
2 teaspoons freshly squeezed lemon juice or orange juice
1/2 teaspoon sea salt
1/8 teaspoon freshly ground nutmeg

Grind the cashews in a mini food processor or nut grinder to give them a head start in the blender. (If you have a Vita-Mix, you can skip this step.) Put the water in a blender, then add the lemon juice, salt, nutmeg, and cashews and blend until creamy smooth. This takes several minutes, but your taste buds will reap the rewards of your patience.