

Recipe

# Salmon à la Julie

- ✓ 1 cup soy sauce (low sodium)
- ✓ ½ cup orange juice or juice from ½ orange
- ✓ 1 tsp. ground cayenne pepper
- ✓ 1 tsp. ground ginger
- ✓ 1 Tbs. honey (optional)
- ✓ 1 lb. salmon fillet, cut into 4 strips
- ✓ 1 lemon, cut into thick slices
- ✓ fresh ginger slices (optional)
- ✓ fresh garlic slivers (optional)
- ✓ salt to taste (optional)
- ✓ black pepper to taste
- ✓ chopped or dried cilantro (optional)
- ✓ 4 parchment paper squares

Marinade may be used for dipping.

1. Preheat oven to 425°F.
2. In large bowl, mix soy sauce, orange juice, cayenne pepper, ground ginger, and honey.
3. Add salmon strips and let marinate while preparing parchment paper.
4. Cut parchment paper into 12-inch sheets. Fold in half.
5. Place salmon fillet on parchment, fold up on sides to create pocket.
6. Add marinade to each pocket.
7. Add ginger slices, garlic slivers, and lemon slices.
8. Sprinkle with cilantro, salt, and pepper to taste. (For extra flavor, add additional cayenne pepper.)
9. Fold parchment pockets in series of ½-inch folds until closed. Place on cookie sheet.
10. Cook 20–25 minutes, or until fish is cooked through, at 425°F.
11. After carefully opening pockets, place fillets on plates with lemon, garlic, and ginger garnish.

Recipe

# Sadie's Fruit Smoothie

- ✓ 2 bananas
  - ✓ 1 cup plain yogurt
  - ✓ 1 cup skim milk
  - ✓ blueberries, raspberries, strawberries, mango, or any other fruit you like
  - ✓ 1 handful of ice
- Optional ingredients**
- ✓ pinch of nutmeg/cinnamon
  - ✓ handful of nuts, seeds/oats
  - ✓ 1 tsp honey/maple syrup

When Sadie comes home from school, she makes a fruit smoothie for herself and her brothers.

1. Get your blender out.
2. Put the bananas, yogurt, and milk in the blender. (Use just one banana to make it frothier.) Blend until smooth.
3. Add fruit, ice, nutmeg, and cinnamon. Blend again until it's as smooth as you like it.
4. Pour a glass for yourself and one for a lucky family member or friend.

## Beet Salad

Recipe

- ✓ 4 medium beets, scrubbed, tops trimmed, root tails left intact
- ✓ coarse sea salt
- ✓ 4 Tbs. plus 4 tsps. extra-virgin olive oil
- ✓ 3 Tbs. red wine vinegar
- ✓ ½ tsp. Dijon mustard
- ✓ ½ tsp. agave nectar
- ✓ freshly ground white pepper
- ✓ 3 large bunches arugula, trimmed and roughly chopped (6–7 cups)
- ✓ 1½ cup candied walnuts

Inspired by a recipe from *Vegan Soul Kitchen* by Bryant Terry

1. Throw the beets in a medium pot, with 3 quarts of water and a teaspoon of salt, and boil them over high heat.
2. Once they are soft enough to pierce easily with a knife (20–30 minutes,) drain and peel (skins should slip off).
3. Preheat the oven to 400°F.
4. Cut tails off the beets, saving two tails for the vinaigrette (compost the rest!). Cut into ¼-inch dice.
5. Toss beets in a medium-sized bowl with 4 teaspoons olive oil. Transfer to a baking sheet lined with parchment.
6. Roast for 15 minutes. To cook evenly, rotate beets on baking sheet once. Take out of the oven and slide back into the bowl.
7. Add 2 tablespoons red wine vinegar, toss, and return the beets to the baking sheet. Cook the beets for another 5 minutes, take out of the oven to cool, and switch to vinaigrette mode.
8. Gather the reserved beet tails and the remaining red wine vinegar, plus mustard, agave nectar, ¼ teaspoon salt, and white pepper. Throw it all in a blender. Slowly pour in 4 tablespoons olive oil. If you feel like it needs more salt, now's a good time.
9. Get out your favorite serving bowl. Place the arugula pieces in the bowl first, then the roasted beets.
10. Enjoy the beets of your labor!

## Fresh Herb Vinaigrette

Recipe

- ✓ ¼ cup vinegar (red or white wine is best)
- ✓ 1 Tbs. shallot, finely minced
- ✓ 1 clove garlic, finely minced
- ✓ ¼ cup olive oil
- ✓ ½ tsp. kosher salt
- ✓ Pepper (to taste, freshly ground tastes best if you have it)
- ✓ ½ cup minced fresh herb parsley, basil, oregano, chives or cilantro (or any herb in season now!)

Gina shared this recipe on our CSA blog. You'll see more from her here: <http://tnscsa.wordpress.com>

1. Whisk the liquid ingredients, shallot, and garlic.
2. Once it is smoothly blended, add the herbs, salt, and pepper.
3. Adjust as needed to suit your tastes.

# Sautéed Jalapeño

Recipe

## Corn

- ✓ coarse sea salt
- ✓ 1 Tbs. extra-virgin olive oil
- ✓ 1 clove garlic, minced
- ✓ ½ tsp. ground cumin
- ✓ 3 cups fresh sweet corn, (from about 6 ears)
- ✓ 2 jalapeños, seeded and minced
- ✓ freshly ground white pepper

1. Bring 2 quarts of water and 2 teaspoons of salt to a boil in a medium pot.
2. Add the corn and immediately remove from stove. Let sit for 30 seconds and drain.
3. In a medium pan over medium heat, combine the olive oil, garlic, cumin, and ¼ teaspoon salt. Sauté, stirring often, until fragrant, about 2 minutes.
4. Add the corn and jalapeño to pan and cook, stirring frequently, until thoroughly mixed, 3 to 5 minutes.
5. Season with salt and white pepper to taste.

Inspired by a recipe from  
Vegan Soul Kitchen  
by Bryant Terry



# Banana Coconut

Recipe

## Cookies

- ✓ ¾ cup dark brown sugar
- ✓ ½ cup mashed ripe banana
- ✓ 1 cup lowfat plain yogurt
- ✓ 1 tsp. rum flavor
- ✓ ¾ cup all-purpose flour
- ✓ 1 cup quick-cooking oats
- ✓ ½ cup sweet flaked coconut
- ✓ ½ cup golden raisins
- ✓ ½ cup finely chopped walnuts
- ✓ 1 tsp. baking powder
- ✓ ¼ tsp. ground nutmeg
- ✓ ¼ tsp. ground cinnamon
- ✓ dash of ground ginger

1. Preheat oven to 350°F.
2. In a large bowl, mix sugar, banana, yogurt and rum flavor, beating well until blended.
3. Combine flour and remaining ingredients in a separate bowl, stirring with a whisk.
4. Add flour mixture by cup slowly to banana mixture.
5. Drop dough by 2-tablespoonfuls onto parchment-paper-lined baking sheet.
6. Bake at 350°F for 20 minutes or until edges of cookies are lightly browned.
7. Remove from oven and let cool completely.

Inspired by a recipe from the  
Go Green East Harlem cookbook



## Recipe

# Caprese Salad

- ✓ 2 large tomatoes
- ✓ 1 lb. fresh mozzarella
- ✓ 12 large basil leaves
- ✓ coarse sea salt
- ✓ freshly ground white pepper
- ✓ extra-virgin olive oil

Simple is good. Caprese salad only has a few ingredients but the tastes combine so perfectly, you would think you were eating a complex concoction.

1. Cut tomatoes into thick slices.
2. Cut the fresh mozzarella into slices. Place a mozzarella slice on top of each tomato slice. Put a basil leaf on top of each stack.
3. Sprinkle salt and pepper over the top of the tomatoes and mozzarella slices and drizzle extra-virgin olive oil and serve immediately.



## Recipe

# Cheeseless Pizza

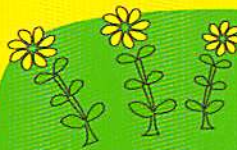
### Pizza Dough

- ✓ 1 pkg. active dry yeast
- ✓ ½ cup warm water
- ✓ 1 tsp. honey
- ✓ 1 tsp. salt
- ✓ 4 cup whole wheat flour
- ✓ 1 Tbs. honey
- ✓ 3 Tbs. olive oil
- ✓ ½ cup warm water

### Topping Options

- ✓ Tomato sauce
- ✓ Sliced eggplant
- ✓ Olives, pitted
- ✓ Sliced tomatoes
- ✓ Mushrooms
- ✓ Spinach
- ✓ Peppers

Experiment with your favorite ingredients to make your own variation on this cheeseless pizza.



1. Preheat oven to 350°F.
2. In a small bowl, mix first 3 ingredients. Let stand for 5 minutes until foamy.
3. In a large bowl, combine salt, flour (no need to use the full quantity—use enough flour to make a stiff dough), honey, oil, and the second ½ cup warm water.
4. Mix together yeast and flour mixture and knead on a lightly floured surface until smooth and elastic.
5. Place dough into an oiled bowl and turn once to coat with oil. Cover and let rise until doubled in size (about 45 minutes to 1 hour).
6. Sprinkle a pan with cornmeal or semolina flour. Press dough out with a rolling pin (or kid's hands) into a circle. You may need to use more flour to keep dough from sticking.
7. Brush with olive oil and spread with your favorite toppings.
8. Bake for 15–20 minutes or until edges of dough are golden.



# Apple Crumble

Recipe

## Fruit

- ✓ 2 lbs. favorite variety apples
- ✓ 1 lemon, juiced
- ✓ ¼ cup sugar in the raw
- ✓ 1 Tbs. cornstarch or flour

## Topping

- ✓ ¾ cup rolled oats
- ✓ ¾ cup whole wheat flour
- ✓ ½ cup sugar in the raw
- ✓ ½ cup butter, softened
- ✓ ½ tsp. cinnamon
- ✓ ½ tsp. allspice
- ✓ 2 tsp. vanilla extract

Inspired by a recipe from  
[www.lighthouseheartedlocavore.com](http://www.lighthouseheartedlocavore.com)

1. Peel and core the apples, and cut them into bite-sized pieces. Throw the pieces in a bowl and add the lemon juice.
2. In different bowl, a small one, mix the raw sugar and the corn starch or flour. Sprinkle that mixture over the fruit, toss gently to coat the apples. Move the apples to the baking dish.
3. For the topping, combine the oats, flour, sugar, cinnamon, allspice and vanilla together. Stir in the butter and mix until everything comes together with a doughy texture. Sprinkle this evenly over the fruit.
4. Place the baking dish in the oven on the middle rack, and bake at 350°F until the topping begins to brown, which should be about 20–25 minutes.
5. Throw some ice cream on top, or whipped cream, or just eat it straight. It'll be delicious warm or at room temperature. Very delicious.

# Safiyah's Tofu Scramble

Recipe

- ✓ 1 block firm tofu
- ✓ ½ onion, finely chopped
- ✓ ½ cup sliced mushrooms
- ✓ ½ green, yellow or red pepper, chopped
- ✓ 1 celery stalk, chopped
- ✓ 4 garlic cloves, pressed
- ✓ 2 Tbs. nutritional yeast (optional)
- ✓ 1 tsp. turmeric
- ✓ 1 tsp. chili powder (more or less to taste)
- ✓ 1 tsp. cumin
- ✓ olive oil
- ✓ salt and pepper

Tofu for breakfast!

1. Press and drain the tofu. A good way to do this is to put the tofu in a casserole dish with a plate over it. Put something heavy, like a half-full tea kettle, on top of the plate. Pour out the water that collects in the casserole dish. Then crumble the tofu.
2. Put olive oil in a large frying pan over medium heat. Cook the onion for a few minutes until soft.
3. Add the tofu, mushrooms, pepper, celery, garlic, cumin, turmeric, and chili powder. Turn down the heat, and cook for 5–7 more minutes. Keep stirring and add more olive oil as needed.
4. Taste it. Add nutritional yeast, salt and pepper, and more cumin if you like. Cumin really makes this dish come alive.
5. Serve with warm tortillas and salsa.

# Garlic Chicken Soup for Dress-Up

## Recipe

- ✓ 1 whole skinless natural or organic chicken (with or without gizzards—remember to remove them from the body cavity)
- ✓ 7 whole cloves peeled garlic
- ✓ 3 medium zucchini, washed and sliced ½ inch wide
- ✓ 4 medium carrots, chopped into 3-inch pieces
- ✓ 1 liter organic chicken stock (or a low- or no-salt bouillon cube)
- ✓ 1 cup cooked and rinsed brown rice (wild rice works well too!)

**THAI INSPIRED:** Add ¼ cup coconut milk, 3 slices ginger and the juice of 3 limes to the pot before serving.

**LIGHT GREENS:** Add baby bok choy, snow peas and scallions to the pot before serving.

**SPICY VERSION:** Offer cayenne pepper, lemon, avocado, cilantro and parmesan as garnishes.

**GRECIAN INSPIRED:** Add feta cheese, a sprig of parsley and ½ tablespoon olive oil.

**SWEET CRUNCHY SURPRISE:** Drop fresh corn kernels (yes, uncooked) onto your soup (like miniature fresh croutons).

Play dress up with your soup!

1. Stuff carrot pieces into chest cavity of whole, skinned chicken and place in stock pot with all ingredients except rice. Add water to cover and boil for 1 hour.
2. Test chicken. Once it is done, cook 15 more minutes for super-tender, fall-off-the-bone meat.
3. Remove entire chicken (including carrots and any gizzards or bones) from broth.
4. Let broth cool and carefully hand-mash using masher or large fork, or use a stick blender to liquefy the vegetables and garlic pieces.
5. Add carrots, rice and shredded chicken to broth.
6. Reheat soup over medium heat, allowing the rice to cook for 15 more minutes. If you want more (or thinner) broth, add more chicken stock.

## Recipe

# Purslane Potato Salad

- ✓ 5 cups chopped potatoes
- ✓ ½ to 1 whole cucumber
- ✓ 1 cup purslane leaves and buds
- ✓ 1 cup chopped scallions with greens
- ✓ white vinegar—a splash
- ✓ salt to taste
- ✓ mayonnaise or *Nayonnaise* mixed with ground chili pepper powder (not flakes)

Some people consider purslane a weed. It can be used to flavor stews, thrown into an omelet/ scrambled eggs at the very end of cooking, or eaten raw. It's peppery and lemony, and happens to go nicely with potatoes. —Gina, Angel Family CSA Blog

1. Boil or microwave the potatoes in water until edible; drain and set aside to cool.
2. Halve the cucumber, scoop out the seeds and slice into thin crescent moons.
3. Place in a large bowl/container. Add the scallions and purslane leaves.
4. Toss by hand, adding a splash of white or cider vinegar and salt to taste.
5. Add the potatoes and toss again.
6. Mix in several tablespoons of mayonnaise to taste and serve.

Recipe

## Nectarines

(or any stone fruit)

in Syrup

- ✓ 4-6 nectarines (or any stone fruit)
- ✓ 3 cups water
- ✓ 4 Tbs. sugar

This recipe is so ridiculously easy I hesitate to call it a recipe. As a bonus, you can use bruised fruit and it still tastes good.  
—Gina, Angel Family CSA Blog

1. First, halve the fruits to remove the stones.
2. Cut each half into two or three pieces depending on the size of the fruit.
3. Bring water to boil and remove from heat.
4. Pour boiling water over the fruit (I use a colander so the water drains right through).
5. Place the fruit (without water) in a bowl.
6. Toss with sugar until every piece of fruit is covered and set aside.
7. In a little while it will form its own syrup.

## Tamales by Angels

Recipe

### Tamale Filling

- ✓ 1 organic rotisserie chicken
- ✓ 1 large onion, chopped
- ✓ 1 clove garlic, sliced
- ✓ 2 Tbs. olive oil
- ✓ 4 dried California chili pods
- ✓ 2 cups water
- ✓ 1½ tsp. salt

### Tamale Dough

- ✓ 2 cups masa harina
- ✓ 1 (10½ ounce) can organic chicken broth
- ✓ 1 tsp. baking powder
- ✓ ½ tsp. salt
- ✓ ⅔ cup vegetable shortening
- ✓ 1 (8 ounce) package dried corn husks
- ✓ 1 cup sour cream

¡que delicioso!

1. Use rubber gloves to remove stems and seeds from the chili pods. Place chilis in a saucepan with 2 cups water. Simmer, uncovered, for 20 minutes, then remove from heat to cool.
2. Transfer the chilis and water to a blender and blend until smooth. Strain the mixture, stir in salt, and set aside.
3. Soak the corn husks in a bowl of warm water. In a large bowl, beat the vegetable shortening with a tablespoon of the broth until fluffy. Combine the masa harina, baking powder and salt; stir into the vegetable shortening mixture, adding more broth as necessary to form a spongy dough.
4. In a large sauté pan add chopped onions, garlic and olive oil. Over medium heat cook until just brown and the onions have sweat. Shred the chicken and add meat to pan mix in one cup of the chili sauce. Simmer ingredients over low heat stirring regularly for 4 minutes.
5. Spread the dough out over the corn husks to ¼ to ½ inch thickness. Place one tablespoon of the chicken filling into the center. Fold sides of the husks in toward the center and place in a steamer. Steam for 1 hour.
6. Remove tamales from husks and drizzle remaining chili sauce over. Top with sour cream. For a creamy sauce, mix sour cream into the chili sauce.

Recipe

## Build-Your-Own Burritos

- ✓ 1 cup diced white or red onions
- ✓ 2 bell peppers (yellow, red or green)
- ✓ 2 cups sliced mushrooms
- ✓ 2 cups cooked rice
- ✓ 10 tortillas

### Optional Ingredients

- ✓ grated cheese
- ✓ shredded cooked chicken
- ✓ your favorite salsa
- ✓ shredded carrots
- ✓ shredded or chopped lettuce
- ✓ chopped cilantro
- ✓ fresh chopped mangoes
- ✓ sour cream (thinned with a little nonfat milk)

Picky eaters unite! With this meal you can be as choosy as you want. Pick your ingredients, wrap 'em up, and enjoy.

1. In medium pan, sauté onions, pepper, and mushrooms until combined and fragrant. Place in serving bowl with spoon.
2. Toast tortillas in a dry pan until lightly browned. Put in tray wrapped in cloth napkin or bandana.
3. Add assorted optional ingredients to separate bowls and place on table.
4. Call friends and family to table and invite them to assemble their own burrito!

Recipe

## Coconut Peach Ice Cream

- ✓ 3 cups coconut milk
- ✓ 2 cups diced fresh peaches
- ✓ 6 Tbs. agave nectar
- ✓ ¼ tsp. fine sea salt
- ✓ 2 Tbs. arrowroot powder

Nothing says summer like peaches and coconuts. Try this ice cream when it's hot and muggy out. Or put on some surf tunes and serve it at a summer party in the middle of winter. Either way, it's yum!

1. In a small cup, mix ¼ cup of the coconut milk with the arrowroot to make a slurry. In a medium saucepan over medium heat, combine the remaining coconut milk, agave nectar, and salt with the coconut milk slurry. Warm until starting to thicken, 2–3 minutes.
2. Transfer to the refrigerator until completely cold.
3. Pour cold mixture into an ice cream maker and freeze until creamy, 25–30 minutes. Add the peaches during the last minute of freezing. Transfer to an airtight container and place in a freezer until firm, about 2 hours.



# Sweet Potato-licious Recipe

Inspired by a recipe from Marion Bell, Metropolitan Hospital Center in Go Green East Harlem edited by Manhattan Borough President Scott Stringer

- ✓ 3 sweet potatoes
- ✓ 3 large eggs, whites separated and yolks discarded
- ✓ ¼ cup condensed milk
- ✓ ¼ cup honey
- ✓ ¾ Tbs. pure vanilla extract
- ✓ ¼ Tbs. ground cinnamon
- ✓ ¼ Tbs. ground nutmeg
- ✓ 7 oz. chunky pineapple in juices
- ✓ ½ cup sugar
- ✓ ½ cup cinnamon applesauce
- ✓ ¼ cup raisins
- ✓ ¼ cup shredded coconut



1. In a large uncovered pot, cover rinsed and cleaned potatoes with cold water, bring to a boil, and cook until a fork slides in easily, about 45 minutes.
2. Drain and let cool until you can comfortably handle them. Gently pinching the tips of the potatoes, slip and slide off the skin, discard. Place remaining potatoes in a large mixing bowl. Mash until smooth, discarding any stringy pieces.
3. Add ¼ cup of the egg whites (reserving the rest), all the other liquid ingredients, and the powdered spices. Mix thoroughly. Add fruit and its juice, raisins, and coconut. Mix with a spatula.
4. Using an electric blender set at high, mix the reserved egg whites until they turn white, fluffy, and stiff.
5. Pour potato mixture into 9x9-inch casserole dish, lightly greased with oil. Using a spatula, fold and turn the beaten egg whites on top of the potato mixture but do not mix or blend. (Over-mixing will stop the egg whites from rising in the oven.)
6. Bake alone in the oven at 350°F for 45–50 minutes. Let cool and serve warm, as a side dish or for dessert.
7. Delicious!



# Pesto Sandwiches Recipe

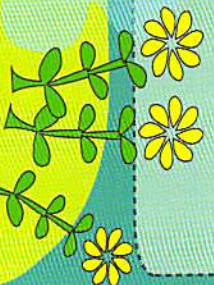


- ✓ 4 garlic cloves
- ✓ ¾ cup pine nuts (¼ pound)
- ✓ 2 cups grated Parmigiano-Reggiano
- ✓ 2 cups grated Pecorino Romano
- ✓ 5 cups basil leaves
- ✓ 2 cups packed flat-leaf parsley leaves
- ✓ 5 Tbs. olive oil
- ✓ salt and pepper



Kofi is really good at making these for the whole family!

1. Chop garlic in the food processor.
2. Add nuts, parmigiano and pecorino cheeses, salt and pepper and half of the herbs.
3. Blend until all your ingredients are chopped.
4. Add the rest of the herbs, one handful at a time.
5. When everything is chopped, add the oil and blend until incorporated. Your pesto is ready!
6. Slice the tomatoes and mozzarella cheese.
7. Cut the baguettes in sections and then length-wise, so they look like an open face sandwich.
8. Spread a thick layer of pesto on the baguettes. Add tomato and mozzarella. Put in the toaster or regular oven for 4 minutes to toast.



## Recipe

# Smashed Cauliflower

- ✓ 1 head cauliflower
- ✓ 5 cloves fresh garlic
- ✓ water to cover
- ✓ sea salt (to taste)
- ✓ white pepper (to taste)
- ✓ 5 Tbs. extra virgin olive oil

Cauliflowers come in a variety of colors. Try the purple ones; they're so festive on the plate!

1. Prepare cauliflower: rinse head and cut off stem base. Remove all leaves, separate cauliflower florets, drop into large soup pot.
2. Prepare garlic: remove skins and toss whole into pot.
3. Fill the pot with filtered water covering the cauliflower/garlic by 1 inch.
4. Heat on high until boiling. Skim. Lower heat to simmer for 30–45 minutes.
5. Remove from heat and carefully mash all ingredients with a masher or in a blender. Add olive oil, salt and white pepper to taste.

**OPTIONAL:** Toss in a few sprigs of your favorite fresh herb examples: rosemary, dill, oregano.

**SPICY OPTION:** Try a few drops of hot sauce and lemon juice in the bowl.

## Recipe

# Sophie's Oatmeal Cookies

- ✓ 1½ cups whole oats
- ✓ 1 cup all-purpose flour
- ✓ 1 tsp. baking soda
- ✓ 1 tsp. salt
- ✓ 1 cup (2 sticks) butter, softened
- ✓ ¾ cup granulated sugar
- ✓ ¾ cup packed brown sugar
- ✓ 1 tsp. vanilla extract
- ✓ 2 large eggs
- ✓ 2 cups raisins or dried cranberries
- ✓ 1 cup optional ingredient, like chopped nuts or dried fruits

Oliver's sister Sophie made these when we visited. We couldn't get enough!

1. Preheat oven to 375°F.
2. Combine flour, oats, baking soda and salt in small bowl.
3. Beat butter, granulated sugar, brown sugar and vanilla extract in large mixer bowl until creamy. Add eggs, one at a time, beating well after each addition. Gradually beat in flour/oat mixture.
4. Stir in raisins and/or other optional ingredients. Drop by rounded tablespoon onto ungreased baking sheets.
5. Bake for 9 to 11 minutes or until golden brown. Cool and share.

# Baked Fingerling Potatoes

Recipe

- ✓ 1 lb. fingerling potatoes (any color)
- ✓ 1 cup of your favorite olive oil
- ✓ salt and fresh pepper (to taste)
- ✓ 2 sprigs rosemary
- ✓ 2 tsp. garlic powder
- ✓ 2 tsp. onion powder
- ✓ 3 tsp. Italian seasoning
- ✓ 2 tsp. smoked paprika

Some varieties of fingerling potatoes are called "Russian Banana," "Butterfinger," and "Purple Peruvian."

1. In a large pot filled with water, put all your potatoes and let soak for as long as possible (at least 2 hours). You may even consider buying your potatoes a day early so you can soak them overnight—this allows the starch that gathers during storage to be released into the water. Toss starchy water.
2. Preheat oven to 400°F and prepare a baking sheet with parchment paper or foil.
3. Cut all the potatoes in half and put them in a medium bowl. Add the olive oil first and mix it around so you cover all the potatoes.
4. Add salt and pepper, and mix. Continue down ingredient list, mixing after each one.
5. Spread the potatoes evenly on the baking sheet and put in the oven.
6. Cook for 30–45 minutes. They are done when the skin of the potatoes starts to prune and they are fork tender.
7. Take them out and adding a little more salt and pepper to taste.

# Kale Avocado Salad

Recipe

- ✓ ½ cup fresh orange juice
- ✓ 3 Tbs. fresh lemon juice
- ✓ 2 tsp. soy sauce
- ✓ 1 clove garlic, smashed and chopped into a paste
- ✓ 4 Tbs. extra-virgin olive oil
- ✓ 2 avocados, halved, pitted and peeled
- ✓ 2 Tbs. raw hemp seeds (optional)
- ✓ 1 bunch kale (about ¾ lb.), stemmed and finely chopped
- ✓ Kosher salt and freshly ground black pepper, to taste

Did you know there is a kind of kale that is named after dinosaurs? Dino kale has a rough, bumpy exterior, that reminds us of prehistoric reptiles.

1. Whisk together juices, soy sauce and garlic in a bowl. Slowly whisk in oil; set dressing aside.
2. Cut the avocados into ½-inch cubes.
3. Put cubed avocados, half of the hemp seeds, and kale into a serving bowl.
4. Toss kale mixture with dressing and season generously with salt and pepper.