

September 2015 Recipes

Easy Fried Rice

Prep Time: 5 minutes
servings

Cooking Time: 20 minutes

Yield: 4-6

Ingredients:

1 tablespoon olive oil
1 small onion
2 cloves chopped garlic
1 medium diced carrot
½ bunch scallion

grated ginger
4 cups cooked long grain brown rice
2 tablespoons tamari soy sauce
1 teaspoon toasted sesame oil

Directions:

1. Sauté onion in olive oil.
2. Add garlic to onion.
3. Add carrot and sauté for 4 minutes.
4. Add scallion. Add ginger.
5. Sauté these for about 4 more minutes so flavors can melt into each other.
6. Add rice and sprinkle with water. Water gives extra steam to the dish.
7. Add tamari soy sauce and toasted sesame oil.
8. Lower heat and cook for 10 minutes, stirring occasionally

Fruity Cabbage Slaw with Dill

Prep Time: 10 minutes

Cooking Time: None

Yield: 4-6 servings

Ingredients:

1/4 head of green cabbage
1/2 a daikon or 10 red radishes
2 stalks of celery
1/4 cup sliced red onion (optional)
2 large peaches
2 apples
½ cup to 1 cup walnut pieces

½ cup cran-raisins
3 tablespoons apple cider vinegar
3 tablespoons of chopped fresh dill
2 teaspoons Dijon mustard
1/4 cup olive oil
3 tablespoons orange juice
Freshly ground black pepper

Directions:

1. Thinly slice the cabbage, radishes, celery, onion, peaches, and apples. Toss together in a bowl with the walnuts and cran-raisins.
2. In another bowl, whisk together the remaining ingredients to make the dressing.
3. Alternately, shake the dressing in a small jar.
4. Add the dressing to the sliced vegetables. Season to your taste.

Garlicky Mushrooms and Kale



Ingredients

Serves 4, active time 10 minutes, total time 20 minutes

- 1 teaspoon olive oil
- 6 cloves garlic, minced
- 1/4 teaspoon salt
- 8 ounces cremini or button mushrooms, sliced (about 2 cups)
- 1 pound kale, coarse stems removed, leaves sliced or torn into pieces
- Several pinches of freshly ground black pepper

Procedures

1. Preheat a large skillet over medium heat.
2. Sauté the garlic in the oil for about 2 minutes, being careful not to burn it. Spray it with a little nonstick cooking spray if needed.
3. Add the mushrooms and sprinkle on the salt. Let them cook for 5 to 7 minutes, stirring often, until the moisture has released and the mushrooms are lightly browned.
4. Add the kale and pepper, and use tongs to sauté for about 10 more minutes.
5. Add splashes of water if the pan seems dry.
6. The kale should be tender and cooked down pretty well.
7. Serve immediately.