

Spring Fling: A Journey Through the Seasons — Making the Most out of Seasonal Produce and the Complementary Herbs and Spices That Accompany Them

Taste and Savor by Chef Nancy Waldeck <http://www.tasteandsavor.com>

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Delicious Healthy Recipes

Menestra de Verdures (Green Beans, Asparagus and Artichokes)

- 1 LB French Green Beans
- 1 LB Asparagus Spears, sliced in 3
- 2 Pkgs Frozen Artichoke Hearts, Defrosted
- 2 TB Olive Oil
- 2 Oz Chopped Serrano Ham or Prosciutto
- ½ Cup Minced Red Onion
- 2 Garlic Cloves, Grated
- 2 TB Whole Wheat Pastry Flour
- 1 Cup Vegetable Stock
- 1 TB Lemon Zest
- Sea Salt and Freshly Cracked Black Pepper to Taste
- Lemon Wedges

Step One Blanch the green beans and asparagus by dipping them in boiling water and then dropping them in a bowl of ice water.

Step Two Heat the olive oil in a sauté pan and cook the ham over medium heat, remove from the pan and set aside. Add the onion and cook for five minutes, or until golden, add in the garlic and cook and stir for a minute. Stir in the flour and cook for an additional minute. Pour in the stock and bring to a boil. Add in the vegetables and remove from the heat and allow to stand for 5 minutes. Stir in the ham and lemon zest. Taste for salt and pepper and serve with lemon wedges.

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Sheet Pan Sugar Snaps and Red Peppers

½ LB Sugar Snap Peas
1 Large Red Bell Pepper, Julienned
2 TB Olive Oil
2 TB Minced Garlic
2 Tsp Italian Seasoning
Sea Salt and Freshly Ground Black Pepper to Taste
4 Cups Prepared Quinoa

Preheat the oven to 450F. Toss the peas and the red pepper with the olive oil, garlic and Italian seasoning, salt and pepper on a sheet pan and then spread them out. Roast for 7 -8 minutes or until browned on the edges. Top quinoa with the roasted veggies and serve.

Spring Strawberry Salad with Lime Honey Dressing

1 Bag Baby Spinach
3 Cups Sliced Hulled Strawberries
2 Large Haas Avocados Peeled, Pitted and Chopped
¼ Rice Vinegar
¼ Cup Lime Juice
2 TB Honey
2 Tsp Dijon Mustard
1 Tsp Chopped Mint
1/3 Cup Extra Virgin Olive Oil
Sea Salt and Freshly Ground Black Pepper
2 TB Sesame Seeds

Wash and dry the spinach well. Place in the bottom of a salad bowl and top with the strawberries and avocado. In a food processor blend together the vinegar, lime juice, honey, mustard, mint and olive oil. Season to taste with salt and pepper. Drizzle over the salad and top with sesame seeds.

“Moroccan” Style Roasted Beets with Yogurt Dill Sauce

Medium Beets, Scrubbed but not peeled
1 TB EVOO
1/2 Tsp EACH Sea Salt, Freshly Ground Black Pepper, Turmeric, Coriander, Cumin
Arugula to Serve
Yogurt Dill Sauce

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Step One Remove the tops from the beets. Make 4 squares of aluminum foil, big enough to completely encase the beet. Place a beet in the center of each square.

Step Two Drizzle the beets with olive oil and just a sprinkling of salt and pepper. Wrap the foil around the beet until it is completely enclosed. Place the beets in the slow cooker and cook on high for 6 - 8 hours.

Step Three When the beets are done, make a bed of arugula, slice the beets and drizzle the beets with the yogurt dill sauce.

Yogurt Dill Sauce

1 Cup Shredded, Seeded and Peeled Cucumber

1 Cup Non Fat Greek Yogurt

2 TB Lemon Juice

1 TB Fresh Dill

¼ Tsp EACH, Sea salt and Freshly Cracked Black Pepper

1-2-3-4 Soup

This is a recipe for a super simple leftover veg soup that is warm, comforting and delicious the day after a big day of eating. Once you get the basic formula down, consider adding in other ingredients to the 1-2-3-4 format. You'll never forget how to make this soup!

1 TB Grapeseed or Canola Oil

2 Cups Chopped Onion

2 Garlic Cloves, Grated or Chopped

In a Stock Pot, sauté the onion in the oil until soft. Add in the garlic, and cook and stir until fragrant about 1 minute.

3 Cups Leftover Veggies – Any Roasted Veg like Spring Kohlrabi, Beets. Brussel Sprouts, Carrots, Broccoli or Cauliflower, whatever is left over.
Add the veggies to the pan.

4 Cups Vegetable Broth

Pour in the veggie broth, bring the soup to a boil, turn the heat to low and simmer for twenty minutes. Let the soup cool for a few minutes, and then use the immersion blender to make a thick, rich, creamy soup. If desired, garnish the bowls of soup with a little nonfat Greek yogurt and prepared salsa.

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Asian Inspired Greens

- 1 Head Bokchoy (Regular or Baby)
- 1 Head Swiss Chard
- ½ Head NAPA Cabbage
- 2 TB Extra Virgin Olive Oil
- 2 TB Toasted or Black Sesame Oil
- 3 TB Unseasoned Rice Wine Vinegar
- 2 TB Toasted Sesame Seeds

Step One Shred the bokchoy, chard, and NAPA cabbage, removing any hard stems.

Step Two Warm the olive oil in a skillet and sauté the greens until wilted. Remove from the heat and toss with the sesame oil and vinegar. Sprinkle with the sesame seeds and serve.

Kohlrabi and Cauliflower Mash

- 1 Small Head Cauliflower, cut into florets
- 1 Kohlrabi, peeled and cut large chunks
- ½ Cup Plain Nonfat Greek Yogurt
- 1 TB Prepared Horseradish
- 1 Tsp+ Sea Salt
- ½ Tsp Freshly Ground Black Pepper
- ¼ Cup Minced Shallots
- 2 TB Chopped Dill for garnish

Step One Cook the cauliflower in the microwave until tender, about 3-4 minutes.

Step Two Bring water to boil in a saucepan, season with salt and add kohlrabi. Bring to a boil, and then turn to a simmer. Simmer for about 10 – 15 minutes or until tender. Drain the cooking water and add veggies back into the same pan and use an immersion blender to smash the cauliflower and kohlrabi together. Add in yogurt, horseradish, salt, pepper and shallots. Garnish with dill.

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Roasted Radish Toasts

4 Pieces Rustic Whole Wheat Bread
1 TB and 1 Tsp Extra Virgin Olive Oil, divided
Sea Salt and Freshly Ground Black Pepper to taste
1 Bunch Radishes, halved or quartered
2 TB Chopped Fresh Parsley

Step One Spray or brush the toast with 1 Tsp of oil and sprinkle with salt and pepper. Broil, or place over a gas flame until browned.

Step Two Toss the radishes with the remaining 1 TB of oil and sprinkle with salt and pepper. Place on a sheet tray and slide into a 425F oven for 15 – 20 minutes or until browned on the edges. Remove from the oven and top the bread with the radishes, sprinkle with the parsley and serve.