

## BRASSICA CREATIONS FOR YOUR KITCHEN

### DOUBLE BROCCOLI QUINOA

This is one of my favorite recipes I have ever found online, Thank you Heidi Swanson. “I cook up lots of broccoli, then puree half of it into a pesto. The other half is cut into little florets. Tossed with some quinoa, sliced avocado, and a drizzle of feisty chile pepper oils...”

Ingredients:

3 cups cooked quinoa  
5 cups raw broccoli, cut into small florets and stems  
3 medium garlic cloves  
2/3 cup sliced or slivered almonds, toasted  
1/3 cup freshly grated Parmesan  
2 big pinches salt  
2 tablespoons fresh lemon juice  
1/4 cup olive oil  
1/4 cup heavy cream

Optional topping: slivered basil, fire oil, sliced avocado, crumbled feta or goat cheese

Steps: (these are copy and pasted from her linked website is that ok?)

Heat the quinoa and set aside.

Now barely cook the broccoli by pouring 3/4 cup water into a large pot and bringing it to a simmer. Add a big pinch of salt and stir in the broccoli. Cover and cook for a minute, just long



enough to take the raw edge off. Transfer the broccoli to a strainer and run under cold water until it stops cooking. Set aside.

To make the broccoli pesto puree two cups of the cooked broccoli, the garlic, 1/2 cup of the almonds, Parmesan, salt, and lemon juice in a food processor. Drizzle in the olive oil and cream and pulse until smooth.

Just before serving, toss the quinoa and remaining broccoli florets with about 1/2 of the broccoli pesto. Taste and adjust if needed, you might want to add more of the pest a bit at a time, or you might want a bit more salt or an added squeeze of lemon juice. Turn out onto a serving platter and top with the remaining almonds, a drizzle of the chile oil, and some sliced avocado or any of the other optional toppings.

Serves 4 – 6 | Prep Time: 10 min | Cook Time: 10 min

## **BRUSSELS SPROUTS WITH BALSAMIC & CRANBERRIES**

I usually just sauté my sprouts with olive oil sea salt lemon and garlic but here's a fun twist especially for the holidays.

Ingredients:

1 pound of Brussels sprouts

1/4 cup of olive oil

2 tbsp brown sugar

1/2 cup of balsamic vinegar



½ cup dried cranberries

Steps:

Pre heat oven to 375 degrees F.

Trim/clean the Brussels sprouts then cut them in half. Arrange on a baking sheet and toss with olive oil. Roast until brown, 25 to 30 minutes.

Combine the balsamic vinegar and sugar in a sauce pan. Bring to a boil then reduce the heat to medium-low and let sauce simmer and thicken.

Heat cranberries slightly.

Drizzle the balsamic reduction over the roasted sprouts, then sprinkle heated cranberries on top.

\*\*Don't want to use balsamic, try slicing the Brussels sprouts very thin on the mandolin or food processor.

## **KALE SALAD**

Have fun with this and make it your own. Think about the ingredients you love most and mix them together. Want even more fun, take a pizza cutter and use it to chop the kale.

Ingredients:

1 bunch kale, destemmed, torn into pieces

2 carrots, very finely sliced





1 avocado, cut into small cubes

1 small bulb of fennel

½ cup cooked white beans, such as cannellini

4 tbsp Green Garlic Dressing (I use Annie's but you can always make your own if you have time)

Steps:

Wash kale leaves thoroughly and pick desired size of leafy green

In large mixing bowl, combine kale leaves, beans, carrot, fennel and dressing. Use hands to massage and mix well to combine.

Optional Toppings: Sesame seeds, avocado, black pepper or cooked grains

