

# Chinese cabbage

## Preparation and serving tips

Trim off the base and remove outer discolored leaves. Wash the whole vegetable in cold water. Gently pat dry or place it upside down until all the water drained out.

To prepare, separate the stalks from the base using a paring knife and slice its leaves from the stalk. Thus, once you separate leaves and stalk, you may want to add them in to a variety of recipes either combined or individually.

## Wilted Cabbage with Toasted Cumin

Savoy cabbage has crinkled, pale green leaves and mellow flavor; you can also use napa (Chinese) cabbage, which has a similarly mild taste,

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Yield: 6 servings (serving size: 1 cup)

## Ingredients

- 2 teaspoons olive oil
- 12 cups coarsely chopped Savoy cabbage (about 2 pounds)
- 1/2 cup water
- 1/2 teaspoon salt
- 1/4 teaspoon freshly ground black pepper
- 1 teaspoon cumin seeds
- 1 tablespoon cider vinegar

## Preparation

Heat the olive oil in a Dutch oven over medium heat. Add cabbage and water; cook 6 minutes or until cabbage wilts, stirring occasionally. Stir in salt and black pepper.

Place cumin seeds in a small skillet; cook over medium heat 1 minute or until seeds are toasted and fragrant, shaking pan frequently. Add the toasted cumin seeds and vinegar to cabbage; cook 6 minutes or until tender, stirring mixture occasionally.

## Napa cabbage stir-fry

If you have eaten a Chinese dish with vegetables, you have probably eaten napa cabbage. Typically, they are white squares that look like they should be onions, but have not turned clear. To do your own napa cabbage stir-fry, peel off 20 to 25 leaves and cut off the leafy green sections until all you have is the firmer white stems. Cut the white stems into two-inch pieces. Heat some peanut oil in a wok, cook the napa cabbage for 3

to 4 minutes until it starts to soften, and then add your favorite stir-fry sauce. Cook until the sauce starts to bubble. Serve hot over rice.

## Cabbage soup

- 1 tablespoon extra virgin olive oil
- a big pinch of salt
- 250 grams (1/2 pound) potatoes, skin on, cut 1/4-inch pieces
- 4 cloves garlic, chopped
- 1/2 large yellow onion, thinly sliced
- 5 cups stock (see head notes)
- 1 1/2 cups white beans, precooked or canned (drained & rinsed well)
- 1/2 medium cabbage, cored and sliced into 1/4-inch ribbons

Warm the olive oil in a large thick-bottomed pot over medium-high heat. Stir in the salt and potatoes. Cover and cook until they are a bit tender and starting to brown a bit, about 5 minutes - it's o.k. to uncover to stir a couple times. Stir in the garlic and onion and cook for another minute or two. Add the stock and the beans and bring the pot to a simmer. Stir in the cabbage and cook for a couple more minutes, until the cabbage softens up a bit. Now adjust the seasoning - getting the seasoning right is important or your soup will taste flat and uninteresting. Taste and add more salt if needed, the amount of salt you will need to add will depend on how salty your stock is (varying widely between brands, homemade, etc)...

*Serves 4.*

## Parsnips

### Spiced Parsnip Soup

**Prep Time:** 10 Minutes

**Cook Time:** 25 Minutes      **Ready In:** 35 Minutes

**Servings:** 4



"Yummy simple soup without too much heat, excellent for a wintry starter to a dinner party. The spice works wonderfully with the sweetness of the parsnips. Serve with crusty white bread and butter."

### Ingredients:

- 2 tablespoons butter
- 1 medium onion, chopped
- ½ kilogram (1 pound) parsnips, peeled and cubed
- 1 clove garlic, finely chopped
- 2 teaspoons curry powder
- 1 cube chicken bouillon
- 3 1/4 cups boiling water
- 1/2 cup heavy cream
- salt and pepper to taste
- 1 pinch red pepper flakes or paprika for garnish

### Directions:

1. Melt the butter in a large saucepan over medium heat. Fry the onion in butter until soft, about 5 minutes. Add the parsnips, garlic and curry powder, and fry for a couple of minutes to release the flavors. Mix the bouillon cube into the boiling water, and pour into the saucepan. Stir to remove any bits of vegetable from the bottom of the pot. Simmer for 15 minutes or until parsnips are soft and easy to break with a wooden spoon.

2. Remove from the heat, and blend with a hand mixer or immersion blender. Stir in the cream, and heat through. Do not boil. Season with salt and pepper to taste, and garnish with red pepper flakes or paprika.

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## Glazed Carrots and Parsnips with Chives

**Prep Time:** 20 Minutes

**Cook Time:** 15 Minutes      **Ready In:** 35 Minutes

**Servings:** 8

"Carrots and parsnips glazed with an orange juice reduction is a side dish for holiday celebrations."



perfect

### Ingredients:

- 1/4 cup butter
- 4 large carrots, cut into 3-inch x 1/2-inch pieces
- 4 large parsnips, cut into 3-inch x 1/2-inch pieces
- 3/4 cup orange juice
- 3/4 cup chicken stock
- 2 tablespoons lemon juice

- salt and ground black pepper to taste
- 3 tablespoons chopped fresh chives

#### DIRECTIONS:

1. Melt butter in a large skillet over medium heat.
2. Cook and stir carrots and parsnips in melted butter until lightly browned on edges, 8 to 10 minutes.
3. Stir orange juice, chicken stock, lemon juice, salt, and black pepper into carrots and parsnips. Bring to a boil, reduce heat to low, and cover. Simmer until liquid reduces to a syrup, about 10 minutes. Stir often.
4. Season with more salt and black pepper if needed; sprinkle with chives.

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## Kale & Parsnip Saute

By 30 Minutes or Less

*Simple saute of kale, parsnips, and onions spiced up a little with ginger.*

Prep Time: 20 minutes

Serves: 4

### Ingredients

- 1 cup (8 oz) water
- 2 Tbsp ginger, minced
- 8 cups kale, veins removed and cut into bite-sized pieces
- 1 cup onions, halved and sliced
- 1 cup parsnips, halved and sliced
- 1 Tbsp corn oil

### Directions

Saute the onions and parsnips in oil for 5 minutes, stirring occasionally to prevent burning.

Add the water and ginger. Cover and simmer for 4-5 minutes.

Add the kale and continue cooking 4-5 minutes longer, stirring occasionally. Serve hot.

Nutritional Information

Calories:110

Carbohydrates:17g  
Total Fat:4g  
Cholesterol:0mg  
Saturated Fat:0.5g  
Dietary Fiber:4g  
% of Calories from Fat:33%  
Sodium:35mg  
Protein:3g

*Recipe courtesy of the University of Missouri Extension.*

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## **Kohlrabi**

### **Kohlrabi Saute**

By 30 Minutes or Less

*Try this great veggie side dish!*

Prep Time: 20 minutes or less

Serves: 4

#### **Ingredients**

- 4 medium Kohlrabies (about 750 gram or 1 1/2 pounds without leaves, 2 pounds with leaves)
- 2 teaspoons olive oil
- 1 teaspoon minced, fresh ginger
- 2 tablespoons chopped shallot
- 1/8 teaspoon salt
- 1/8 teaspoon pepper

#### **Directions**

Remove kohlrabi leaves if present and save for another use.

Peel kohlrabi globes and shred or julienne.

Heat olive oil in a large skillet over MEDIUM heat.

Toss kohlrabi with ginger and shallots and heat until tender-crisp, 3-5 minutes.

Sprinkle with salt and pepper.

Each serving provides: an excellent source of vitamin C and a good source of potassium and fiber.

Nutritional Information

Calories:55

Carbohydrates:8g

Total Fat:2.4g

Cholesterol:0mg

Saturated Fat:0.3g

Dietary Fiber:4g

% of Calories from Fat:35%

Sodium:96mg

Protein:2g

*Recipe courtesy of Produce for Better Health Foundation (PBH). This recipe meets PBH and Center for Disease Control and Prevention (CDC) nutrition standards that maintain fruits and vegetables as healthy foods.*

## Cream of Celery Soup

Prep Time: 20 Minutes

Cook Time: 20 Minutes      Ready In: 40 Minutes

Servings: 32



*"A fabulous and easy cream soup that even people who don't like celery will love!"*

### Ingredients:

- 3 quarts chicken stock
- 1 ½ kilograms (3 pounds) celery, coarsely chopped
- 250 grams (1/2 pound) carrots, julienned
- 250 grams (1/2 pound) onions, chopped
- 1 cup all-purpose flour
- 1 tablespoon salt
- 1 teaspoon ground white pepper
- 3 quarts hot milk
- 1 cup margarine

### DIRECTIONS:

1. Pour the chicken stock into a large pot, and bring to a boil. Add the celery, carrots and onion to the pot.
2. Whisk together the flour, salt, pepper, and milk; add to the pot along with the margarine.
3. Boil for 10 minutes, then strain out the vegetables by pouring through a sieve, or if the vegetables are large enough, a colander may be used.

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## Braised Celery

Prep Time: 5 Minutes

Cook Time: 30 Minutes

Ready In: 35 Minutes

Servings: 4



*"Celery is braised in a mild chicken broth. A simple but flavorful side dish I often serve with spicier grilled or roasted meats."*

**Ingredients:**

- 1 bunch celery, cleaned and cut into 4 inch pieces
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 2 tablespoons butter or margarine
- 1 cube chicken bouillon
- 1 cup boiling water
- 1 tablespoon minced fresh parsley

**Directions:**

1. Arrange the celery in a single layer on the bottom of a large skillet. Season with salt and pepper. Dot with butter. Dissolve the bouillon cube in boiling water, and pour over the celery.
2. Cover pan, and bring to a boil over medium-high heat. Reduce heat to low, and simmer for 30 minutes. Sprinkle with parsley before serving.

## Peppery Coleslaw with Cucumbers and Celery

**Prep Time:** 20 Minutes

**Ready In:** 1 Hour 20 Minutes

**Servings:** 6



*"If coleslaw tastes too sweet to you, try this easy version without sugar."*

### Ingredients:

- 1/2 small head cabbage, shredded
- 1/2 cucumber, chopped
- 1 stalk celery with leaves, finely chopped
- 2 tablespoons chopped fresh cilantro
- 2 tablespoons chopped fresh flat-leaf parsley
- 1/2 cup mayonnaise
- 1 tablespoon white vinegar
- 1/4 teaspoon onion powder
- 1/2 teaspoon salt
- 1/2 teaspoon coarsely ground black pepper

### Directions:

1. Mix cabbage, cucumber, celery, cilantro, and parsley in a bowl. Whisk mayonnaise, vinegar, onion powder, salt, and black pepper in a separate bowl; stir dressing into slaw until thoroughly mixed. Chill for 1 hour before serving.

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## Arugula

### Arugula and Red Onion Salad

By 30 Minutes or Less

For a protein boost, add grilled chicken or fish to this flavorful salad.

Prep Time: 10 minutes

Serves: 1

### **Ingredients**

- 1 1/2 cups arugula
- 1 red onion, thinly sliced
- 1 Tbsp red wine vinegar
- 1 tsp finely chopped garlic
- 1 1/2 Tbsp olive oil
- salt and pepper to taste

### **Directions**

Clean, trim and dry arugula leaves.

Place leaves in salad bowl; add onion slices.

Blend vinegar, oil, garlic, salt and pepper and pour over salad. Toss well and serve.

### **Nutritional Information**

Calories:235

Carbohydrates:12g

Total Fat:21g

Cholesterol:0mg

Saturated Fat:2.3g

Dietary Fiber:2.4g

% of Calories from Fat:80%

Sodium:13mg

Protein:2g

Recipe Credit: University of Florida / IFAS Sarasota County Extensio

## Easy Bok Choy

Prep Time: 10 Minutes

Cook Time: 10 Minutes

Ready In: 20 Minutes

Servings: 4

"The delicate flavor of bok choy shines through in this simple recipe that needs just oil, garlic, and salt."

### Ingredients:

- 1 tablespoon vegetable oil
- 2 cloves garlic, crushed and chopped
- 8 heads baby bok choy, trimmed and cut into bite-size pieces
- salt to taste

### Directions:

1. Heat the oil in a large skillet or wok over medium heat, and cook the garlic in the hot oil until fragrant, 1 to 2 minutes. Mix in the bok choy, and cook and stir until the green parts of the leaves turn bright green and the stalks become slightly translucent, 5 to 8 minutes. Sprinkle with salt to serve.

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## Bok Choy, Carrots and Green Beans

Servings: 6

"We love stir fry. It 's so orderly. First come the shallots, then the carrots and then the beans. Then the bok choy, the veggie broth and the soy sauce. That 's it. Delicious."

### INGREDIENTS:

- 1 teaspoon peanut oil
- 3 tablespoons minced shallots
- 2 carrots, sliced diagonally
- 1 cup fresh green beans, cut into 1 inch pieces
- 1 cup chopped bok choy
- 1/3 cup low sodium, low fat vegetable broth
- 1 tablespoon light soy sauce

### DIRECTIONS:

1. Heat the oil in a wok or skillet over high heat. Add the shallots and saute for 3 minutes. Add the carrots and stir fry for 3 minutes. Add the green beans and stir fry for 2 minutes. Add the bok choy and stir fry for 2 minutes. Add the broth and simmer for 2 minutes. Add the soy sauce and serve.



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