

SPRING GREENS PESTO



This fresh dish comes from the Vermont Harvest of the Month club.

YIELD 4 CUPS • **PREP** 25 MINS • **COOKING** 30 MINS

INGREDIENTS

6 cups walnuts or almonds
12 cups packed greens
8 small garlic cloves, peeled
2 $\frac{1}{2}$ cups olive oil
4 cups grated parmesan cheese
Salt and pepper

PREPARATION

1. Place nuts, greens, and garlic in a food processor and blend until everything is finely chopped.
2. Scrap down sides of the bowl and process again.
3. Add parmesan cheese and, with the motor running, add olive oil in a steady stream. When the pesto looks saucy, stop adding oil.
4. Turn off food processor. Mix in salt and pepper, to taste.
5. Cover and reduce heat to low. Simmer for 20 minutes or until potatoes are tender.



ROASTED RADISHES

Radishes are low in calories, high in flavor, and provide range of nutrients including potassium, fiber, and folate. Folate (vitamin B-9) supports heart and nervous system health.

SERVES 50 • PREP 15 MINS • COOKING 30 MINS

INGREDIENTS

25 bunches radishes,
trimmed

1.5 cups and 1 tablespoon
extra-virgin olive oil

1/4 cup and 1 teaspoon
ground thyme

salt to taste

6 and 1/4 lemon, juiced

PREPARATION

1. Preheat oven to 450 degrees F
2. Line a baking sheet with aluminum foil.
3. Cut radishes into halves; cut any large radishes into quarters.
4. Stir olive oil and thyme together in a bowl and toss radishes in mixture to coat.
5. Spread radishes onto prepared baking sheet; sprinkle with salt.
6. Roast in the preheated oven until tender but firm in the centers, tossing every 5 minutes, 15 to 20 minutes. Drizzle with lemon juice.



HERB & ONION FRITTATA



This Italian-style omelet is delicious with just about any herb combination; try parsley, dill, chervil or marjoram.

SERVES 1 • PREP 10 MINS • COOKING 10 MINS

INGREDIENTS

- 1 cup diced onion
- 1/4 cup plus 1 tablespoon water, divided
- 1 teaspoon extra-virgin olive oil
- 1/2 cup liquid egg substitute, such as Egg Beaters
- 2 teaspoons chopped fresh herbs, or 1/2 teaspoon dried
- 1/8 teaspoon salt
- 1/8 teaspoon freshly ground pepper
- 2 tablespoons farmer's cheese, or reduced-fat ricotta

PREPARATION

1. Bring onion and 1/4 cup water to a boil in a small nonstick skillet over medium-high heat.
2. Cover and cook until the onion is slightly softened, about 2 minutes.
3. Uncover and continue cooking until the water has evaporated, 1 to 2 minutes. Drizzle in oil and stir until coated. Continue cooking, stirring often, until the onion is beginning to brown, 1 to 2 minutes more.
4. Pour in egg substitute, reduce heat to medium-low and continue cooking, stirring constantly with a heatproof rubber spatula, until the egg is starting to set, about 20 seconds.
5. Continue cooking, lifting the edges so the uncooked egg will flow underneath, until mostly set, about 30 seconds more.
6. Reduce heat to low. Sprinkle herbs, salt and pepper over the frittata. Spoon cheese on top. Lift up an edge of the frittata and drizzle the remaining 1 tablespoon water under it.
7. Cover and cook until the egg is completely set and the cheese is hot, about 2 minutes. Slide the frittata out of the pan using the spatula and serve.



HAKE FISH TACOS



This delicious recipe, using sustainable hake, was created by Matt Gummery, Fisheries Certification Manager at the Marine Stewardship Council.

Choose MSC certified sustainable seafood by looking for the blue MSC label.

SERVES 4 • PREP 10 MINS • COOKING 8 MINS

INGREDIENTS

For the fish

1kg MSC certified hake fillets, skin removed

Cumin

Paprika

Garlic, crushed

Olive oil

Salt and pepper

Guacamole

3 or 4 ripe avocados

2 limes

Small chilli (preferably Jalapeño)

Bunch of coriander

1 large tomato

1 red onion

Pinch of salt

Sides

Small corn tortillas, 2 or 3 per person

Sliced radishes

Any salad leaves you like

Black beans (cook per can instructions and season well with salt, pepper and chilli flakes)

PREPARATION

1. For the guacamole, dice the red onion and tomato and put into separate bowls.
2. Squeeze the lime juice over the onion, sprinkle salt over the tomatoes, and leave both dishes to stand for 15 minutes.
3. Cut the hake fillets into small strips and sprinkle over olive oil, salt, spices and crushed garlic. Spread the oil to cover all of the fish. Leave to sit in the fridge while you make the rest of the guacamole.
4. Combine the red onion and tomatoes with finely chopped chilli and coriander in a large bowl.
5. Peel and stone your avocados and add them into the bowl and add a good large pinch of salt.
6. Mix the ingredients together and mash the avocado flesh, leaving some large chunks.
7. Finish off the guacamole with some coriander leaves.
8. Heat some oil in a frying pan and cook the hake for 7-8 minutes ensuring it is cooked through.
9. Assemble your sides on the table, warm your tortillas, and enjoy!

