

FOOD

Hearty Garlic Greens

Hearty autumn greens include Swiss chard, Tuscan kale, and mustard greens, but any combination of autumn greens will work just as well. Blanching does not actually cook the greens but softens their texture, while shocking them in cold water keeps their color strong and vibrant. Prep time, 10 minutes; total time, 30 minutes; yields 8 servings.



Ingredients:

- 1 1/2 pounds autumn hearty greens, well washed, stems removed, and sliced into 3-inch strips
- 3 tablespoons extra-virgin olive oil
- 8 cloves garlic, sliced paper-thin
- 1 pound spinach
- 1/4 to 1/2 teaspoon red pepper flakes

Directions:

1. Bring a large pot of salted water to a boil. Drop hearty greens into water and blanch for 4 minutes. Immediately plunge blanched greens into a bowl of ice-cold water to stop the cooking. Drain, squeeze dry, and set aside.
2. Heat oil and garlic in a large skillet over medium-low heat. Cook until the garlic is golden around the edges, 8 to 10 minutes. With a slotted spoon, remove garlic from skillet; set aside.
3. Raise heat to high. Add hearty greens and cook for an additional 5 minutes. Add spinach; season with salt and red pepper flakes to taste. Cook until spinach wilts, stirring frequently (about a minute). Return garlic to pan and stir. The greens can be served immediately or at room temperature.



Cori Stewart--
Owner, Operator

Avalon Flowers

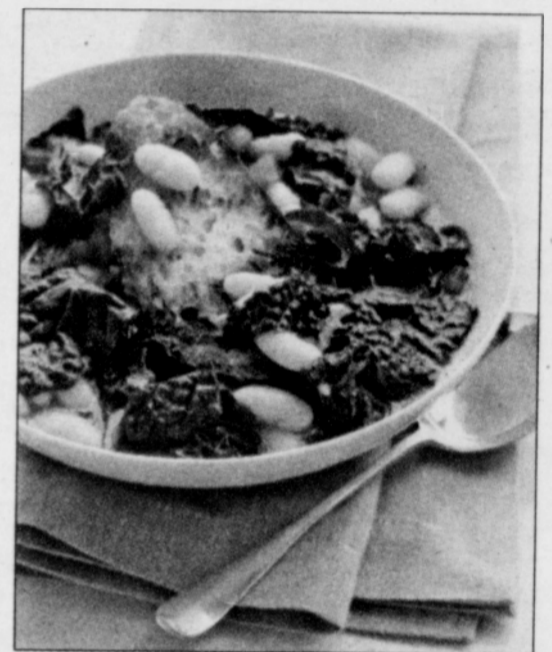
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Cavolo Nero and Cannellini Bean Soup

You'll forget just how healthy leafy greens are when you try these tasty recipes that feature spinach, kale, and chard.



Ingredients:

- 1 1/2 pounds cavolo nero (also called Tuscan kale), stemmed and coarsely chopped
- 2 tablespoons extra-virgin olive oil
- 1/3 cup finely chopped red onion
- 3 garlic cloves, thinly sliced
- 1 dried red chile, crumbled
- 1/2 teaspoon fennel seeds
- 4 cups homemade or low-sodium store-bought chicken stock
- 8 ounces dried cannellini beans, soaked according to package instructions
- 1 medium tomato, seeded and finely chopped (about 3/4 cup)
- 1/4 teaspoon coarse salt
- Freshly ground pepper
- 1/4 loaf Tuscan bread (about 6 ounces), cut into 1/2-inch-thick slices and toasted

Directions:

1. Prepare an ice bath; set aside. Bring a large saucepan of water to a boil. Add kale; cook until just tender, 3 to 5 minutes. Drain, reserving 1/4 cup cooking liquid. Plunge kale into ice bath. Drain.
2. Heat oil in a large saucepan over medium heat. Add onion; cook, stirring occasionally, until tender, about 5 minutes. Add garlic, chile, and fennel seeds; cook, stirring occasionally, 2 minutes.
3. Stir in stock, beans, and tomato. Bring to a boil. Reduce to a simmer, and cook, stirring occasionally, until beans are tender, 30 to 40 minutes.
4. Add kale and reserved cooking liquid. Season with salt and pepper. Cook, stirring, until kale is tender, about 5 minutes. Divide bread and soup among 4 bowls.

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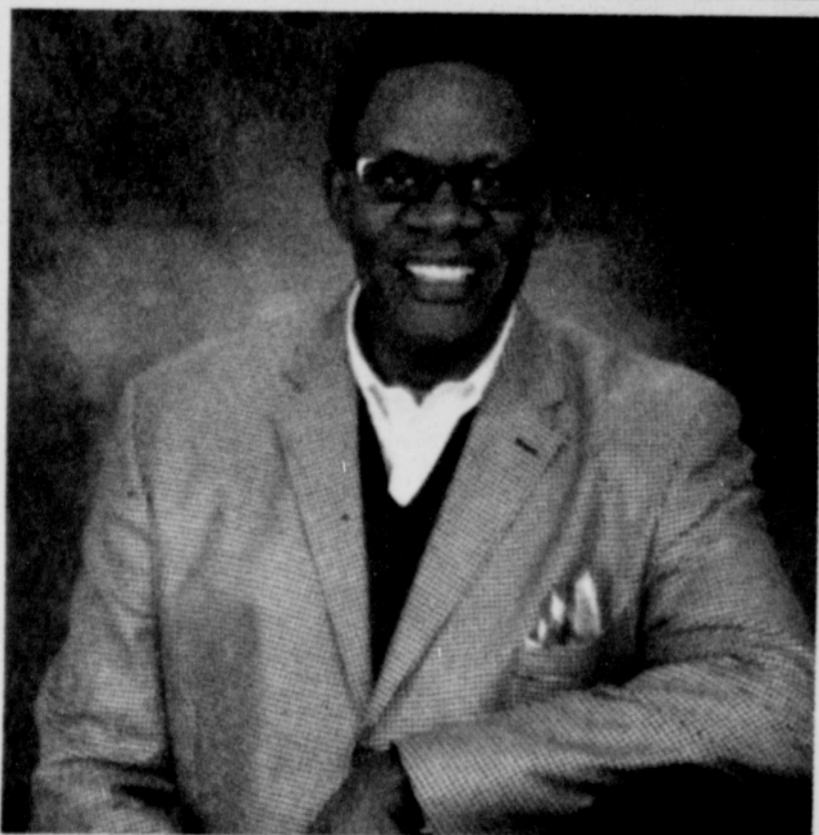
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