

If you've never cooked KALE before – you have got to try this nifty and easy recipe! Seriously, DON'T let that kale go to waste!!! TAKE THE TIME TO TRY THIS!!!

Courtney's Kale Chips

- 1 bunch kale, torn into 1/2" pieces
- 3 tablespoons olive oil
- 1 tablespoon apple cider vinegar
- 2 teaspoons sea or kosher salt

Preheat oven to 400° F.

Whisk oil and vinegar together; toss kale in the dressing until thoroughly coated.

Line a large baking sheet with parchment paper.

Place kale on sheet in a single layer and sprinkle with salt.

Place sheet on lowest oven rack

Bake for 10 minutes or so. Stir and bake another 8-10 minutes, until kale is nice and crisp.

Serve immediately and watch them disappear. YUM!!!



Courtney Tellefsen, Founder

Cucumber Tomato Salad: A southern staple

- 2 medium tomatoes, sliced and quartered
- 1 large cucumber, peeled and sliced
- 4 green onions, chopped
- 1 tablespoon sugar
- 1 teaspoon salt
- 1/4 teaspoon pepper
- 1/3 cup cider vinegar
- 1 cup water

In a bowl, combine the tomatoes, cucumber and onions. In a small bowl, combine the sugar, salt and pepper. Whisk in the vinegar and water. Pour over vegetables and toss to coat. Cover and refrigerate for 4 hours or overnight. Serve with a slotted spoon.

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www.theproducebox.com

Meals with the McRackans

Jessica McRackan, Member

<http://jessica.mcrackan.com>

Get Fresh Eat Local NC

Laurie Rosenfeld, Area Manager

<http://getfresheatlocalinc.blogspot.com>

Easy Tzatziki

Ingredients

- 1 Small Container of Plain Yogurt (Drain off any liquid)
- 1 Clove Garlic (Minced)
- 2 T. Olive Oil
- 1 Cucumber (Seeded and Grated)
- 1 t. Lemon Juice
- Salt and Pepper



Method

Mix together and let sit in the refrigerator for 1 hour.

Grilled Baby Romaine:

- Baby Romaine lettuce (or 'little gem', as they are strangely called in the Netherlands)
- Olive oil and fresh ground pepper
- Caesar dressing (homemade or shop bought)
- Freshly grated curls of grana padano, or Parmesan cheese

Cut a tiny slice off the stem and cut the Romaine in half. Some leaves will come off but you can use them for other dishes or decoration. Rub both sides of the halves with olive oil and sprinkle with fresh ground pepper. Grill for a few minutes on each side. Arrange on a serving plate, drizzle with Caesar dressing and the curls of padano.

Happy spring!

Quick Kale Recipes

Cook kale for a minute in a pot of boiling salted water. Drain, squeeze out excess water, and sauté with olive oil and garlic for two minutes.

Then:

For lunch, tuck chopped kale into an omelet or frittata with sautéed onions, chopped fresh herbs, and crumbled ricotta salata or feta cheese.

For supper, add kale to a bowl with chickpeas, sliced carrots and celery, sautéed chopped onions, and just a little hot chicken broth. Top with a poached or fried egg; serve with sourdough toast.

For a side, place kale in a buttered gratin dish; top with grated Parmesan and breadcrumbs. Broil until warmed through.

Here's an alternative to my way of cooking radishes. I think it was a Member last year who suggested sautéing the radishes and I would never have believed how good they ended up being. Radishes aren't just for salads! I'm also quite fond of baked radish and often toss in a handful of when I cook a chicken or roast. Next time you have the grill fired up toss a few radishes on there as well. ~ Courtney Tellefsen, Founder

Butter Glazed Radishes

- 2 bunches small radishes (about 1lb)
- 2 Tbsp unsalted butter
- 1/3 cup chicken stock
- pinch sugar
- salt & pepper



Trim off the roots of the radishes and pare the greens. Soak 'em in cold water for about 15 minutes, drain, and scrub. Cut any of the bigger ones (more than 1" in diameter) in half.

Pop the radishes in a 10-12" skillet over medium heat, add the butter, stock, sugar, salt, pepper, and bring them to a simmer.

Cover, lower the heat, and braise for about 20-25 minutes until you can pierce them easily with a skewer.

Remove the lid, shake the pan to move the radishes around, and simmer for 5 minutes or so until the liquid glazes the radishes.

Baby Romaine Lettuce Wraps

Ingredients

- 2 heads of baby romaine lettuce (about 30 leaves)
- 4 cups of diced, cooked rotisserie chicken
- 1 8oz. can of water chestnuts, finely diced
- 1/2 cup mushrooms, diced
- 3/4 cup Asian style dressing (Tropics fat free Oriental works great)
- 1/2 cup roasted peanuts, chopped
- 1/2 cup sliced green onion
- Salt & fresh ground black pepper to taste

Directions

Wash and separate baby romaine leaves, carefully keeping each leaf whole. In a bowl, combine chicken through green onion and mix thoroughly. Season with salt and black pepper. Spoon a rounded tablespoon of the mixture into each lettuce cup .