

## **Green for St. Pat's Camerota's Cupboard March 2012**

Green is hot; green is healthy; green is perfect for St. Patrick's Day. What could be more timely? Here are 3 green dishes, two featuring cabbage in honor of this almost spring holiday and one with leafy greens. Because I thought of doing a St. Patrick's Day column late in the day, there wasn't time for a nutrient analysis for the cabbage recipes. However, I've adapted them to substitute oil for butter and to cut down on salt in both recipes. Please make them your own.

### **Cabbage, Potato and Leek Soup**

(Adapted from Melissa Clark's recipe in *The New York Times*)

A member of the brassica family (along with kale, Brussels sprouts and broccoli), cabbage is dense with nutrients and fiber, yet contains practically no calories. In short, it's an extremely healthy, flavorful soup.

5 tablespoons of olive or canola oil  
3 medium leeks, white and light green parts, thinly sliced  
8 cups shredded cabbage  
2 garlic cloves, finely chopped  
2 medium russet potatoes, peeled (optional) and diced  
2 cups lo-sodium chicken or vegetable stock  
1 ½ to 2 teaspoons salt  
2 thyme branches (or dried thyme to taste)  
½ teaspoon black pepper  
Grated Parmigiano-Reggiano to serve (optional)

- Heat the oil in a large pot over medium-high heat, add the leeks and cook until soft and golden around the edges, 5 to 7 minutes. Add the cabbage and garlic and cook, stirring occasionally, about 10 minutes.

- Stir in potatoes, stock, 4 cups water, salt and thyme. Bring soup to a simmer and cook, partly covered, until potatoes begin to fall apart, 45 to 50 minutes. Add more water, as needed, to reach the desired consistency. Season with black pepper and serve, topped with grated cheese if you wish.

Yield: 4 servings

### **Cabbage with Apples, Onions and Caraway**

(Adapted from David Tanis's recipe in *The New York Times*)

A cruciferous vegetable, cabbage is humble, not usually thought of as sexy or glamorous. But it's full of antioxidants and when blanched briefly in salted water before combining with other flavorful ingredients (in this recipe, onions, apples, celery and caraway) it can be delicious as well as nutritious. This dish is good any time of year. It makes enough to serve a crowd, so it works well for a holiday meal.

2 pounds green cabbage, cored and cut in 1-inch strips

3 tablespoons olive or canola oil

3 medium onions, sliced  $\frac{1}{4}$  inch thick

3 large tart apples, peeled (optional), cored and sliced  $\frac{1}{4}$  inch thick

2 or 3 celery stalks, thinly sliced

$\frac{1}{2}$  teaspoon caraway seed

6 scallions, thinly sliced

Salt and pepper to taste

- Bring a large pot of well-salted water to a boil. Add the cabbage and cook for about 30 seconds, until barely wilted. Drain in a colander under cold running water until cool, and pat dry.

- In a wide, heavy-bottomed pot, heat oil over medium heat. Add onions, season with salt and pepper, and cook until softened, about 5 minutes.
- Turn up the heat and add apples. Continue to cook, stirring constantly, allowing onions and apples to brown a bit, until apples are cooked through, 5 to 8 minutes. Stir in celery and caraway, then transfer to a large mixing bowl. Add cabbage and toss gently. Adjust seasoning and transfer to a large mixing bowl. To serve, sprinkle with the scallions.

**Yield: 8 to 10 servings.**

### **Sautéed Leafy Greens**

(From AICR, the American Institute for Cancer Research)

No green food dye needed on this leafy green side dish. This simple sauté is perfect for everyone from experienced cooks to beginners. It calls for just 5 ingredients but has plenty of flavor and phytochemicals. Beta-carotene is a particularly powerful antioxidant found in dark leafy greens. Foods containing carotenoids may help protect against cancers of the mouth, pharynx, larynx, esophagus, and stomach.

1-2 cloves of garlic

1/2 medium onion chopped

1/2 lb. leafy greens (kale, chard, or collard greens)

1 Tbsp. extra virgin olive oil

1 tsp. freshly ground black pepper

Salt to taste

- Chop the garlic and onions, and then set aside – research shows that allowing garlic to stand for 10-15 minutes before cooking can help retain its healthful enzymes.

- With a knife, remove and discard very tough or damaged end portions of the greens – keep the majority of the stems attached. Cut away the stems and center ribs of the greens. Chop them into bite-sized pieces and set aside. Roll the leaves into a tube shape, about 3 at a time, and cut lengthwise to create thin 1" ribbons.
- Heat the oil over medium heat in a large skillet. Add the onion, garlic, black pepper, and green stems and ribs. Heat, covered, for 3-5 minutes, stirring occasionally until onions are translucent. Add the leaves, cover and cook for another 3-5 minutes until stems are tender and leaves are wilted and brightly colored. Add a tablespoon of water to the pan if the leaves are getting too dry.
- Add salt to taste.

**Makes 4 servings.**

**Per serving:** 65 calories, 4 g total fat (<1 g saturated fat), 7 g carbohydrate, 2 g protein, 1.5 g dietary fiber, 25 mg sodium

Regular column reader and enthusiastic home cook, Les Berger, shared some thoughts and suggestions about last month's column on dips and spreads. Instead of making hummus, Les buys a lemony, natural Canadian brand, Fountain of Health, available at Kroger. This company also makes an eggplant dip. Les uses a traditional method to reduce the bitterness sometimes found in eggplant. Peel then slice or cube. Place the pieces in a colander and generously salt them, then place a weighted bowl on top. Within about 30 minutes you will have a lot of the bitter juice in the sink or on your kitchen counter. Rinse very well then bake until soft. Thanks, Les!