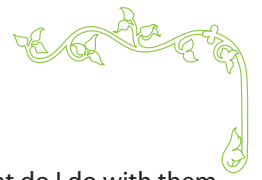


Chef Amy Shefman



Sometimes, it can be overwhelming to see all of these green vegetables waiting for you! What the heck are they, what do I do with them, what do they taste like? First problem, however, is "how do I fit all of this stuff in my fridge"? I'm still working on that one, but it does help if you prep everything right away. Take an hour when you get home, and go through all of your bags. Prep each vegetable and start thinking about meals. Then the rest of the week (and the vegetables) won't seem so overwhelming!

Beets

Remove the beet greens from the bulb and store in a plastic bag with a paper towel in it. The bulbs can be stored in another plastic bag. Chop the greens and saute or stir fry them. The bulbs can be grated or very thinly sliced raw into salads, but my favorite beet is one that has been roasted. Just wrap the washed bulbs in tin foil with a drizzle of oil and roast in the oven on a sheet pan at 400 degrees until tender. You can also just throw the package onto the grill. When done, let cool and peel off the skin. The beets are ready to use, tossed with a dressing, fresh herbs, or in a pasta.

Bok Choi (Choy)

Bok Choi can just be placed in a plastic bag with a paper towel in it when you get home. When ready to use, slice off the end, and separate the leaves, wiping off any residual dirt on them. Slice the stems thinly, then the greens and keep separate. The stems take longer to cook, so add those first to your dish, then the greens. If your choy is small, it is great raw in a salad.

Greens

These include swiss chard, kale, spinach, collards. Again, store in plastic bag with paper towel. When ready to use, check the leaves for dirt, and re-rinse, then spin. If your spinach is going in a salad and it looks limp, rinse, spin then place in the fridge for 20 minutes to perk it up. These are great stir fried, steamed or sauteed. I love them with garlic and BACON, and a quick saute so they are still green. I also blanch the leaves, remove the stem, and wrap up cheese in them, finish on the grill for a great app. These are also an easy vegetable to disguise by grinding up blanched greens in the food processor, then adding to everything...soup, meatloaf, taco meat. My kids have no idea!

Lettuce

Again, store in a plastic bag with a paper towel in it. This absorbs any extra water from the lettuce so it doesn't get soggy. Head lettuce, I leave whole until dinner time. Salads are the obvious option here, but there are others. Butter lettuce makes a great "cracker", just fill with your favorite appetizer and roll up; I love it with spicy Thai pork. You can also wrap fish in lettuce and gently steam for a light entree.

Green Onions/Scallions

Keep in a plastic bag in the fridge, I cut off the very ends so that they'll fit. You can add these to anything, salads, stir fries etc., but they are really great drizzled with oil and grilled for a few minutes. It takes away the harshness and brings out a smoky sweet flavor that is great with chicken or fish.

Salsa Verde

This Italian green sauce is awesome on grilled veggies and bread, and really nice on beef or chicken or fish or pork or beans or!

- 1 bunch parsley, trimmed
- 1 bunch spinach, trimmed
- 1/4# basil, trimmed
- 1 bunch mint, trimmed
- 4 garlic cloves, peeled
- 1/4 cup capers, rinsed
- 1 TBLS anchovy paste (I use the tube)
- 2 TBLS red wine vinegar
- 2 TBLS dijon mustard
- 1/4 cup extra virgin olive oil
- salt and pepper

Place all ingredients in the food processor, except the oil, salt and pepper. Pulse the ingredients together, then drizzle in the oil until the sauce reaches a smooth consistency. Salt and pepper.

Asian Dressing

This is great on cole slaw, cucumbers, bok choy or mixed greens and will keep two weeks in the fridge.

- 3/4 cup rice wine vinegar
- 1/4 cup soy sauce
- 1 1/2 cup neutral oil
- 1/4 cup sesame oil
- 1/4 tsp ginger
- 1/2 tsp Tabasco
- salt and pepper to taste

Whisk all ingredients together, adjust seasoning.

Pomegranate Dressing

Pomegranate molasses is one of my favorite ingredients. It has a sweet, tart taste that is great in marinades and dressings. Find it in the Middle East section of the market.

- 3 T frozen orange juice concentrate
- 1 T dijon mustard
- 3 T extra virgin olive oil
- 1 T pomegranate molasses
- salt and pepper

Whisk everything together. This would be great over kohlrabi or greens.



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