



Eat Your Greens For St. Patty's Day

(Recipes derived from www.cooks.com)

Sautéed Cabbage (Makes 6 to 8 servings)

Ingredients:

- 1 large onion, cut into ribbons
- 1 clove garlic, chopped
- 1 medium head cabbage
- Salt and pepper to taste
- 1 teaspoon caraway seed
- Paprika to taste
- Parsley
- 1 tablespoon olive oil



Instructions:

1. Heat oil in a large skillet over medium-high heat. Sauté onion, then add cabbage. Stir thoroughly. Lower heat and simmer, stirring occasionally for about 20 minutes.
2. Stir in garlic, salt, pepper, paprika, parsley and caraway seed. Continue cooking until cabbage is tender, about 10 to 15 minutes.
3. Serve warm as a side dish.

Spinach and Kale (Makes 6-8 servings)

Ingredients:

- 1 large onion
- 2 tablespoon olive or canola oil
- 1 cup water
- 2 bunches kale
- 1 bunch spinach
- Salt and pepper to taste

Instructions:

1. Cut up the onion and sauté in a heavy pot with the oil.

2. Meanwhile, wash the spinach and kale at least 3 times. Shred the kale and spinach on a breadboard as thin as possible. Place in pot with sautéed onion and add 1 cup water and boil down.
3. Turn flame to low until mix is tender and done cooking.
4. Season with salt and pepper when cooking is complete.

Tomato Kale (Makes 8 servings)

Ingredients:

- 1 ½ bunches kale (1 to 2 lbs)
- 1 small onion
- 1 clove garlic
- 1 teaspoon cumin seeds or ground cumin
- ½ cup tomato paste
- 1 cup tomatoes, chopped
- Salt (if needed)

Instructions:

1. Wash kale; strip off stems and chop. Steam until tender and drain.
2. Meanwhile, sauté onion (and garlic, if desired) in non-stick pan with water as needed, adding cumin when onion is soft. Continue to cook a moment more until the cumin is fragrant.
3. Add the tomato paste and tomatoes; stir to heat through. Add the kale; salt to taste.
4. Serve warm as a side dish.

Cabbage and Kale Sauté (Makes 4-6 servings)

Ingredients:

- 1 tablespoon olive oil
- 3 cups thinly sliced red cabbage
- 1 medium onion, thinly sliced
- 3 cups sliced Napa cabbage
- 2 cups sliced fresh kale
- 3 tablespoons red wine vinegar
- ¼ teaspoon caraway seeds
- ¾ teaspoon salt
- ½ teaspoon red pepper flakes
- 2 tablespoons light sour cream



Instructions:

1. Combine oil, red cabbage and onion in microwave safe 2 ½ quart casserole. Cover with waxed paper and microwave on high power for 2 minutes.
2. Add Napa cabbage, kale, caraway, salt and red pepper flakes, stir to mix. Recover with wax paper, microwave on high power 4 minutes or until vegetables are tender. Stir in vinegar and sour cream.
3. Serve hot or at room temperature.