

# **Cruciferous Vegetable Recipes**

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## Introduction

This compilation includes a variety of delicious recipes using vegetables from the Cruciferae or Brassicaceae family. This family of vegetables contains compounds that help support liver detoxification, improve hormone metabolism, and protect against several types of cancer. It is recommended to consume vegetables from this family on a daily basis.

Intake of cruciferous vegetables has been associated with reduced risk of primary bladder cancer, as well as other cancers. Cruciferous (a.k.a. Brassicaceae) vegetables contain high amounts of carotenoids, vitamin C, soluble fiber and other potent anticancer compounds. These other anticancer compounds are known as glucosinolates, which are precursors of indole-3-carbinol and isothiocyanates (e.g. allyl isothiocyanate found in cabbage, cauliflower, horseradish, and mustard seeds; sulforaphane isothiocyanate found in broccoli). In particular, the isothiocyanates have been shown to induce detoxification of cancer cells via liver enzyme activity, arrest cancer cell cycle progression, and induce apoptosis (i.e. cell death). Boiling appears to reduce the level of these anticancer compounds, but steaming (i.e. for 3-4 minutes) and stir frying do not result in significant loss.

## References:

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Intake of Cruciferous Vegetables Modifies Bladder Cancer Survival

Cancer Epidemiol Biomarkers Prev; 19(7) July 2010: Li Tang<sup>1</sup>, Gary R. Zirpoli<sup>1</sup>, Khurshid Guru<sup>2</sup>, Kirsten B. Moysich<sup>1</sup>, Yuesheng Zhang<sup>1</sup>, Christine B. Ambrosone<sup>1</sup>, and Susan E. McCann<sup>1</sup>

Sulforaphane Absorption & Excretion Following Ingestion of a Semi-Purified Broccoli Powder Rich in Glucoraphanin & Broccoli Sprouts in Healthy Men

Nutrition and Cancer, 1-6, 2011: Jenna M. Cramer and Elizabeth H. Jeffery

<http://en.wikipedia.org/wiki/Brassica>

[http://en.wikipedia.org/wiki/Cruciferous\\_vegetables](http://en.wikipedia.org/wiki/Cruciferous_vegetables)

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# List of foods from the Cruciferae Family

## **Flowers**

- Broccoli (preferably eaten RAW)
- Broccoli sprouts
- Brussel sprouts
- Cauliflower
- Chinese broccoli/kale (Gai Lan)
- Rapini (broccoli raab)

## **Leafs**

- Arugula
- Bok choy (regular or baby)
- Cabbage (green, red or savoy)
- Chinese/Napa cabbage
- Chinese mustard cabbage (Gai Choy)
- Collard greens
- Kale
- Kohlrabi greens
- Mustard greens
- Turnip greens

## **Roots**

- Rutabaga
- Turnip

## **Stems**

- Kohlrabi

## **Seeds**

- Mustard seeds (brown, black, white)
- Rapeseed oil (canola)

## **Other**

- Daikon radish (Chinese)
- Horseradish
- Radish (black, red or white)
- Water cress
- Wasabi

## **How to Prepare Your Veggies**

All foods should be in the raw state prior to preparing. Therefore, try to avoid any canned, frozen, and premade foods, including dips, dressings, or sauces with the exception of horseradish and wasabi. Whenever possible, try to buy local, fresh, and organic produce.

### **Vegetables:**

- **Arugula** is eaten raw and can be added to other mixed greens for a salad. It can also be mixed with pasta, meats, and other cooked dishes; added to sauces and soups; used as a raw topping on pizza; or eaten as an appetizer combined with mozzarella cheese and sun-dried tomatoes.
- **Bok choy** and **Kale** make a nice base for a winter salad, either raw, or steamed, and then mixed with other leafy greens. Add it to soups; steam and eat as a side dish; or mix into a stir-fry or other vegetable dishes.
- **Broccoli**, **Chinese broccoli**, **Rapini**, and **Cauliflower** can be eaten raw with a dip of choice; added to a salad; steamed and eaten as a side dish; cooked and used to make soup; or mixed into a stir-fry or other vegetable dishes.
- **Broccoli sprouts** are eaten raw and can be added to a salad, or used as a topping on a sandwich.
- **Brussel sprouts** need to be cooked and are best served as a side dish.
- **Cabbage**, **Nappa cabbage**, and **Chinese mustard cabbage** can be shredded raw and used in a salad, wrap, or coleslaw. Or cook and eat as a side dish; add to soups; or mix into other vegetable dishes.
- **Collard**, **Kohlrabi**, **Mustard**, and **Turnip greens** are best steamed and served as a side dish; added to soups; or mixed into other vegetable dishes.

- **Daikon** and **other radishes** can be eaten raw, alone or with a dip of choice; or added to a salad.
- **Horseradish** is usually found in root form, or as a prepared horseradish paste or sauce. The root needs to be finely grated before use and can be used as a seasoning for any dish. The prepared paste is eaten as a condiment on meat, and the prepared sauce can be added to salads and sandwiches.
- **Kohlrabi root** needs to be cooked (i.e. baked or boiled) and can be added to soups; or mixed into vegetable dishes.
- **Mustard seeds** can be added to any dish as a seasoning.
- **Rutabaga** can be eaten raw or cooked. Raw it can be thinly sliced for a side dish; or mixed into a salad. Cooked (i.e. baked, boiled, or roasted) it can be eaten as a side dish; added to soups; or mixed into vegetable dishes.
- **Turnip** can be eaten raw or cooked. Raw it can be eaten alone like radishes or added to salads. Cooked (i.e. baked, boiled or roasted) it can be eaten as a side dish; added to soups; or mixed into vegetable dishes.
- **Wasabi** is usually found in root form, as a dried powder, or as a ready-to-use paste. The root needs to be finely grated before use and can be used as a seasoning for any dish; or mixed into soy sauce to be used as a dip or a dressing base.
- **Watercress** is eaten raw; as a topping in a sandwich or wrap; or mixed into a salad.

# Cruciferous Vegetable Recipes

## **Beautiful Borscht**

### **Ingredients:**

- 1 Tbsp of extra virgin olive oil
- 2 medium or 1 large onion, finely chopped
- 2 medium or 1 large carrot, sliced
- 2 stalks of celery, chopped
- 6 cups of vegetable stock
- 1 large sweet potato or 2 fist-sized regular potatoes cubes
- 2 medium or 1 large beet, peeled and diced
- 1 tsp of sea salt
- 2 cups shredded **red cabbage**
- 1 Tbsp of apple cider vinegar
- *1 Tbsp of agave nectar or maple syrup (optional)*
- 3 Tbsp of fresh dill weed or 1 Tbsp dried
- freshly ground pepper to taste
- whole milk or goat yogurt

### **Instructions:**

- 1) Heat the oil in a large soup pot on medium heat, add the onions and sauté until translucent. Add a small amount of water if needed to prevent sticking.
- 2) Add the celery and carrots; sauté for another 5 minutes.
- 3) Add the stock, sweet or regular potatoes, beets, and salt; stir.
- 4) Bring to a boil and then let simmer on low heat for 20 minutes.
- 5) Add the cabbage, vinegar, nectar or syrup, dill, and pepper; stir and let simmer for another 5 minutes.
- 6) Serve with a scoop of yogurt.

*\*This recipe is borrowed from **Get It Ripe**, Jae Steele. 2008.*

## **Cabbage Salad with Roasted Pecans and Feta Cheese**

### **Ingredients:**

- 1 cup pecan pieces
- ½ cup extra virgin olive oil
- sea salt and freshly ground pepper to taste
- 6 cups shredded **red and/or green cabbage**
- ½ cup coarsely chopped parsley
- 2 cloves garlic, minced
- ½ tsp dry mustard
- 1 small onion, thinly sliced
- 2 tsp honey (raw, Manuka)
- ¼ cup apple cider vinegar
- ½ tsp sea salt
- ½ tsp freshly ground pepper
- 1 cup diced feta cheese

### **Instructions:**

- 1) Preheat oven to 350 C.
- 2) Toss together pecan pieces and 2 tsp oil. Spread on baking sheet and sprinkle with salt and pepper. Roast for 5 minutes. Set aside.
- 3) In large bowl, toss together cabbage and parsley.
- 4) In small saucepan, combine remaining oil, garlic, mustard, and onions over medium heat and sauté for 2 minutes. Remove from heat and let cool.
- 5) Mix in vinegar and pour over cabbage mixture; toss to coat. Add more salt and pepper if necessary.
- 6) Transfer to shallow bowl or platter; sprinkle with roasted pecans and cheese.

*\*This recipe is borrowed from **Thirteen Moons, Seasonal Recipes to Nourish & Inspire**, Louise Racine, 2006.*

## **Colorful Pressed Salad**

### **Ingredients:**

- 1 cup thinly sliced **red cabbage**
- 1 ½ cups thinly sliced **Nappa cabbage**
- 1 ½ cups fine julienned carrots
- 1 ½ cups thinly sliced Granny Smith apple
- 1 cup lightly packed minced fresh parsley or dandelion leaves
- 1 tsp sea salt
- *½ tsp brown rice vinegar (optional)*
- 1 tsp dulse flakes (seaweed)
- ⅓ cup chopped toasted walnuts

### **Instructions:**

- 1) Place the red and Nappa cabbages, carrots, apple, and parsley or dandelion leaves in a flat-bottomed bowl.
- 2) Add the salt and toss to combine, squeezing produce with clean hands. Place an inverted plate directly on ingredients and press with any heavy object (i.e. something stable that can sit on top of the inverted plate) for about half an hour to encourage the release of water from the produce.
- 3) Transfer to a strainer to discard pressed water and rinse.
- 4) Squeeze again and transfer to a serving bowl.
- 5) Toss with vinegar, dulse flakes, and walnuts.

*\*This recipe is borrowed from **Get It Ripe**, Jae Steele. 2008.*

## **Orange Wasabi Cabbage Salad**

### **Ingredients:**

#### **Salad**

- 3-4 cups thinly sliced **green cabbage**
- 3-4 cups thinly sliced **red cabbage**
- 4-5 large carrots, peeled or shredded
- 3-4 green onions, sliced into thin rounds

#### **Dressing**

- ½ cup freshly squeezed orange juice
- ¼ cup extra virgin olive oil
- 2 Tbsp apple cider vinegar or coconut vinegar
- 1-2 Tbsp wasabi powder
- ½ tsp Herbamare seasoning

*\*Note: Herbamare is a yeast-free herb based seasoning salt that can be found in most grocery stores*

### **Instructions:**

- 1) Use a food processor fitted with the slicing disc or a Vitamix to cut the cabbage, or slice it thinly with a sharp knife.
- 2) Use a vegetable peeler to make wide thin carrots strips or shred them.
- 3) Place all salad ingredients into a large bowl and toss together.
- 4) Dressing: place all ingredients for the dressing into a blender and blend until smooth. Pour dressings over salad. Toss together.

*\*This recipe is borrowed from **Nourishing Meals, Healthy Gluten-free Recipes for the Whole Family**, Alissa Segersten & Tom Malterre. 2012.*

## **Dilled Broccoli Rice with Goat Cheese**

### **Ingredients:**

- 1-2 Tbsp of extra-virgin olive oil
- 1 clove of garlic, minced
- 1 cup of **broccoli**, chopped
- 2 cups of leftover/cooled cooked rice (i.e. brown, basmati) or quinoa
- ½ cup of grated goat cheddar or mozzarella or crumbled goat feta
- ¼ cup of water
- 1 Tbsp of dried dill
- sea salt and freshly ground pepper to taste

### **Instructions:**

- 1) In a pot, heat the olive oil on medium heat.
- 2) Add the garlic, let cook for a few minutes, then add the broccoli; cover and cook on low heat until broccoli turns a bright green (i.e. 3-4 minutes).
- 3) Add leftover/cooled cooked rice or quinoa, water, dill, salt, and pepper to taste.
- 4) Stir, cover and let cook for about five minutes on low heat.
- 5) Serve with goat cheese as a main dish or as a side dish to a meal.

## **Ginger Broccoli**

### **Ingredients:**

- 1 clove of garlic, chopped
- 1 tsp of ginger, grated
- 1 tsp of butter or ghee (i.e. clarified butter)
- 1-2 cups of **broccoli** cut into chunks
- a pinch of sea salt

### **Instructions:**

- 1) In a pot, heat the butter or ghee on medium heat until melted.
- 2) Add the garlic and ginger, let cook for a few minutes, then add the broccoli, cover and cook on low heat until broccoli turns a bright green (i.e. 3-4 minutes).
- 3) Mix in the salt and then serve as a side dish to a meal.

## **Cauliflower with Arugula or Watercress**

### **Ingredients:**

- 1 head **cauliflower**, cut into florets
- 3 Tbsp extra-virgin olive oil or ghee (i.e. clarified butter)
- 1 bunch **arugula** and/or **watercress**, washed and chopped
- 2-3 medium tomatoes, chopped
- *1 tsp curry powder (optional)*
- sea salt and freshly ground pepper to taste

### **Instructions:**

- 1) Toss cauliflower with 2 Tbsp oil. Place on baking sheet and bake for 20 minutes.
- 2) In a saucepan, heat remaining 1 Tbsp oil on medium heat and sauté arugula or watercress for 2 minutes.
- 3) Add tomatoes and cook 5-7 minutes or until soft.
- 4) Add cauliflower, salt, pepper, and curry powder, then sauté 2 minutes longer.

*\*This recipe is borrowed from Thirteen Moons, Seasonal Recipes to Nourish & Inspire, Louise Racine, 2006.*

## **Mashed Cauliflower**

### **Ingredients:**

- 1 head cauliflower
- 1 head roasted garlic
- 1 Tbsp extra virgin olive oil or ghee (i.e. clarified butter)
- sea salt and freshly ground pepper to taste

### **Instructions:**

- 1) In a medium saucepan, cook cauliflower pieces in water until tender.
- 2) Drain, reserving liquid.
- 3) Mash cauliflower with garlic and olive oil or ghee, adding reserved liquid as required.
- 4) Season to taste.

*\*This recipe is borrowed from Thirteen Moons, Seasonal Recipes to Nourish & Inspire, Louise Racine, 2006.*

## **Coconut Cauliflower Ghana**

### **Ingredients:**

- 2 Tbsp of extra virgin olive oil or coconut oil
- 2 medium onions, finely chopped
- 2 large carrots, chopped
- 3 large cloves of garlic, minced
- 1 Tbsp of grated fresh ginger
- 1 Tbsp of curry powder, or to taste
- pinch of cayenne pepper to taste
- 2 tsp of sea salt
- 2 fist-sized sweet potatoes, diced
- 3 cups of cauliflower, diced
- *1 red pepper, finely chopped (optional)*
- 2 ½ cups of cooked chickpeas or 2, 14 oz cans
- 1, 14 oz can of coconut milk
- ¼-½ cup of water
- *¼ cup of shredded unsweetened coconut (optional)*
- *1 handful of chopped fresh cilantro (optional)*

### **Instructions:**

- 1) Heat the oil in a medium soup pot, add the onions and sauté for about 5 minutes.
- 2) Add the carrots, garlic, ginger, curry powder, cayenne, and salt; sauté for another 5 minutes.
- 3) Stir in the sweet potatoes, cauliflower, red pepper, chickpeas, coconut milk, water, and shredded coconut; cover and cook for about 15 minutes, stirring occasionally, until sweet potatoes are soft.
- 4) Serve over rice or quinoa and topped with cilantro.

*\*This recipe is borrowed from Get It Ripe, Jae Steele. 2008.*

## **Daikon Sunflower Salad**

### **Ingredients:**

- 1 cup grated **daikon radish**
- 2 Tbsp sunflower seeds, toasted
- 1 cup sunflower sprouts or other types of sprouts (e.g. **broccoli sprouts**), rinsed
- 2 tsp sesame oil
- 1 tsp rice vinegar
- freshly ground pepper to taste

### **Instructions:**

- 1) In bowl, toss all ingredients together.

*\*This recipe is borrowed from Thirteen Moons, Seasonal Recipes to Nourish & Inspire, Louise Racine, 2006.*

## **Empress Watercress Salad**

### **Ingredients:**

- 2 bunches watercress
- 1 cup chopped walnut or pecans
- 2 ripe mangos, sliced

### **Instructions:**

- 1) Carefully wash watercress. Use mostly the leaves, because the stems in large quantities can be too bitter.
- 2) Whirl in a salad spinner to drain excess water.
- 3) In bowl, toss all ingredients together.

*\*This recipe is borrowed from Thirteen Moons, Seasonal Recipes to Nourish & Inspire, Louise Racine, 2006.*

## **Beef with Soy-Ginger Greens**

### **Ingredients:**

- 1 sirloin beef or bison steaks
- sea salt and freshly ground black pepper
- 4 large leaves from a leafy green vegetable (e.g. **bok choy, kale**, swiss chard, or collard greens)
- ¼ cup of wheat-free tamari soy sauce
- ½ Tbsp of fresh ginger, peeled and minced
- 1 small clove of garlic, minced
- juice of half a lime
- 1 Tbsp extra virgin olive oil
- 1 Tbsp sesame seeds

### **Instructions:**

- 1) Cook the steaks until medium rare, season with salt and pepper while cooking, then set aside on a plate.
- 2) Steam the greens in a small amount of water for 3 to 5 minutes.
- 3) Transfer the steamed greens into a frying pan and add soy sauce, garlic, ginger, lime juice, and olive oil. Toss together and cook for about 2 minutes over medium heat.
- 4) Place greens on a plate and layer with slices of beef or bison, drizzle with leftover sauce from greens.
- 5) To serve top with a sprinkle of sesame seeds.

## **Coconut Curry Leeks and Greens**

### **Ingredients:**

- 2 large leaves from a leafy green vegetable (e.g. kale, swiss chard, collard greens, or mustard greens)
- ¼ cup of sliced leeks
- ¼ cup organic coconut milk
- 1 teaspoon of curry powder
- a pinch of unrefined sea salt

### **Instructions:**

- 1) Chop the greens into very fine pieces and then steam with the leeks in a small amount of water for 3-5 minutes.
- 2) In a separate pot, heat the coconut milk and curry powder on medium heat.
- 3) Add the greens, leeks and salt, cook for about 2 minutes.
- 4) Serve as a side dish to a meal.

## **Kale Apple Walnut Salad**

### **Ingredients:**

#### **Salad**

- 1 bunch kale, rinsed
- ½ green apple, diced
- 1 cup walnuts

#### **Dressing**

- ½ green apple
- 6 Tbsp extra virgin olive oil
- 4 Tbsp apple cider vinegar
- 1 garlic clove
- ½ tsp sea salt

### **Instructions:**

- 1) Remove the thick stem from the middle of each kale leaf. Then chop or tear into bite-sized pieces.
- 2) Toss kale in a medium-sized bowl with the diced apple. If you are serving this salad immediately after preparing it then toss in the walnuts now. If not, wait until ready to serve to add the walnuts.
- 3) Place all ingredients for the dressing into a blender and blend until smooth. Pour dressings over kale and apples. Toss together.

*\*This recipe is borrowed from **Nourishing Meals, Healthy Gluten-free Recipes for the Whole Family**, Alissa Segersten & Tom Malterre. 2012.*

## **Kale with Mushrooms**

### **Ingredients:**

- 2 Tbsp olive oil
- 3 cloves garlic, sliced
- 1 cup sliced mushrooms
- 2 bunches **kale**, washed, tough stems removed, coarsely chopped (about 12 cups)
- ¼ cup vegetable stock or water
- sea salt to taste
- freshly ground pepper
- 6 Tbsp goat cheese or 3 Tbsp sesame seeds for garnish

### **Instructions:**

- 1) In a large skillet, heat olive oil over medium heat. Sauté garlic until it becomes soft.
- 2) Add mushrooms and kale and cook for 1 minute, stirring once or twice.
- 3) Pour in stock and rotate kale in the skillet with tongs so that leaves are coated in cooking juices.
- 4) When kale turns bright green and is thoroughly wilted, season with salt and pepper and remove from heat.
- 5) Sprinkle with goat cheese or sesame seeds.

*\*This recipe is borrowed from Thirteen Moons, Seasonal Recipes to Nourish & Inspire, Louise Racine, 2006.*

## **Leafy Greens**

### **Ingredients:**

- Several leaves from a leafy green vegetable (e.g. bok choy, kale, swiss chard, collard greens, mustard greens)
- 1 tsp of butter or extra virgin olive oil or ½ tsp ghee (i.e. clarified butter)
- 1 clove of minced garlic and/or 1 tsp of grated ginger
- freshly ground black pepper to taste
- a pinch of sea salt or \*Herbamare seasoning

*\*Note: Herbamare is a yeast-free herb based seasoning salt that can be found in most grocery stores*

### **Instructions:**

- 1) Steam the greens in a small amount of water for 3 to 5 minutes, sprinkle with sea salt or Herbamare while steaming.
- 2) Heat butter, oil, or ghee in a pan over medium heat. Add garlic and/or ginger, then toss with steamed greens and other seasonings.
- 3) Serve as a side dish to a meal. Consider serving with a dressing or sauce.

## **Cruciferous Salad**

### **Ingredients:**

- 1 cup of organic mixed greens
- 1-2 cups of bok choy, kale, collard, kohlrabi, mustard, and/or turnip greens, chopped
- 1 cup of arugula and/or watercress
- ½ cup of raw rutabaga and/or turnip, chopped
- ½ cup of broccoli sprouts
- 2-4 radishes, chopped
- *½ cup of raw or steamed broccoli, rapini and/or cauliflower (optional)*
- ¼ cup of nuts (e.g. almonds, walnuts)
- 2 Tbsp of shredded cow or goat cheese or crumbled feta

### **Instructions:**

- 1) Add the mixed greens to a large bowl, layer or toss together with other vegetables.
- 2) Top with nuts of choice and/or cheese.
- 3) Drizzle with a mixture of olive oil, canola oil, lemon juice, garlic, grated horseradish, and sea salt.

### **Extra ingredients to add more Protein:**

- baked or canned wild salmon or tuna
- organic free-range chicken breast
- sliced chicken or turkey sausage
- ½ cup of legumes (e.g. chickpeas, black beans, pinto beans)

## **Roasted Brussel Sprouts**

### **Ingredients:**

- 1-1½ lbs **brussel sprouts**, ends trimmed and sliced in half
- 1-2 Tbsp extra virgin olive oil
- A few dashes of Herbamare seasoning or sea salt  
*\*Note: Herbamare is a yeast-free herb based seasoning salt that can be found in most grocery stores*
- freshly ground pepper

### **Instructions:**

- 1) Preheat oven to 425 F.
- 2) Place halved brussel sprouts into a 9 x 13 inch glass baking dish and toss with olive oil, salt, and pepper.
- 3) Roast for 10-20 minutes depending on the size. Smaller brussel sprouts will take about 10 minutes while very large ones can take up to 25 minutes.

*\*This recipe is borrowed from **Nourishing Meals, Healthy Gluten-free Recipes for the Whole Family**, Alissa Segersten & Tom Malterre. 2012.*

## **Roasted Fall Vegetable Medley**

### **Ingredients:**

- 2 medium potatoes, cut into 1 ½-inch pieces
- 2 carrots or parsnips, cut into 2-inch pieces
- 1 large onion, cut into quarters
- 2 cups **brussels sprouts**, outer leaves removed
- 2 Tbsp olive oil
- 1 Tbsp paprika
- sea salt
- freshly ground pepper to taste
- fresh sage leaves for garnish

### **Instructions:**

- 1) Toss potatoes, carrots, and onion with olive oil, paprika, salt, and pepper.
- 2) Place in large baking dish and roast for 10 minutes.
- 3) Reduce heat to 350 F and stir in brussel sprouts.
- 4) Bake for an additional 45 minutes or until vegetables are tender. Garnish with sage leaves.

*\*This recipe is borrowed from Thirteen Moons, Seasonal Recipes to Nourish & Inspire, Louise Racine, 2006.*

## **Rutabaga Fries**

### **Ingredients:**

- 2 medium **rutabagas**, peeled
- 2 Tbsp extra virgin olive or coconut oil, or ghee (clarified butter)
- sea salt

### **Instructions:**

- 1) Preheat oven to 400 F.
- 2) Slice rutabagas into  $\frac{3}{4}$ -inch rounds then cut into strips, about  $\frac{1}{4}$ -inch wide so they look like French fries, place in a bowl.
- 3) Add the oil and a few dashes of salt, toss together.
- 4) Place them onto one large cookie sheet. Make sure they are not too close together on the pan otherwise they will not be able to steam off some of their liquid and will get mushy. Use two cookie sheets if needed.
- 5) Bake for about 20-25 minutes, then take a spatula and flip them over. Bake for another 10 minutes or so or until cooked through and lightly golden.

*\*This recipe is borrowed from **Nourishing Meals, Healthy Gluten-free Recipes for the Whole Family**, Alissa Segersten & Tom Malterre. 2012.*

## **Sautéed Brussel Sprouts with Shallots and Cranberries**

### **Ingredients:**

- 2 Tbsp extra virgin olive oil
- 4 shallots, thinly sliced
- ½ cup slivered almonds
- 2 lbs **brussel sprouts**, trimmed and halved lengthwise
- 1 tsp Herbamare seasoning or sea salt  
*\*Note: Herbamare is a yeast-free herb based seasoning salt that can be found in most grocery stores*
- ½ cup dried cranberries
- ½ cup water
- freshly ground pepper

### **Instructions:**

- 1) Heat an 11-12 inch skillet over medium heat. Add olive oil, then shallots, sauté for about 2 minutes. Then add slivered almonds, brussel sprouts, and Herbamare, sauté for about 5 minutes.
- 2) Add the dried cranberries and water. Cover pan and cook, stirring occasionally, for 5-10 minutes. Smaller brussel sprouts will take less time to cook, about 5 minutes, whereas large brussel sprouts will take closer to 10 minutes. Cook until desired tenderness is reached.
- 3) Season with freshly ground black pepper to taste.

*\*This recipe is borrowed from **Nourishing Meals, Healthy Gluten-free Recipes for the Whole Family**, Alissa Segersten & Tom Malterre. 2012.*