



THE CO-OP Produce NEWSLETTER

A monthly publication for members of the Olympia Food Co-op and its surrounding communities

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Many people start the new year trying to incorporate more fruits and vegetables into their diets. One of the things I've found that works for me is to have a handful of simple recipes for breakfast and lunch and some go-to salads that I really like and make those frequently. With breakfast and lunches figured out, it's easier to plan dinners around vegetables that are in-season and appeal to you. I hope you like these simple recipes. They are in my usual rotation, and I love them. They are full of vegetables and fruits and as an added bonus are also rich in fiber. Happy New Year! We look forward to seeing you in the Produce Department!

-Erin, OFC Produce Manager

Breakfast

Maple-Cinnamon Apple & Berry Baked Oatmeal

Adapted slightly from ohsheglows.com

- 2¼ cups rolled oats
- 2 tbsp brown sugar
- 2 tsp ground cinnamon
- 1 tsp baking powder
- ½ tsp ground ginger
- ½ tsp fine grain sea salt
- ¼ tsp ground nutmeg
- 2 cups unsweetened almond milk
- ½ cup unsweetened applesauce (omit or sub yogurt if you don't have this)
- ¼ cup pure maple syrup
- 2 tsp vanilla extract
- 3 apples, diced
- 1 cup frozen marionberries, blueberries, or raspberries
- ½ cup chopped walnuts



1. Preheat the oven to 375°F. Lightly grease a 2 quart casserole dish.
- 2 In a large bowl, combine rolled oats, sugar, cinnamon, baking powder, ginger, salt, and nutmeg. Mix well.
3. In a separate bowl, combine almond milk, applesauce, maple syrup, and vanilla and stir well to combine.
4. Pour the liquid mixture over the oat mixture and stir until combined. The mixture will be soupy. Stir in the apples and pear.
5. Spoon the oatmeal into the casserole dish and smooth out the top. Sprinkle the walnuts on top and gently press them down into the oatmeal with your hands.
6. Bake, uncovered, for 35-45 minutes until the oatmeal is bubbly and the apples are fork tender.
7. Cool the oatmeal for 5-10 minutes before serving.
8. Cool the oatmeal completely before wrapping it up and placing it in an airtight container. It will keep in the fridge for 5 to 6 days or in the freezer for 2 to 3 weeks.

Erin's Easy Frittata

- olive oil
- 1 leek, chopped
- 2 cloves garlic, minced
- 1 cup crimini mushrooms
- 1 red bell pepper, chopped
- ½ bunch of greens, chopped into ribbons
- ½ tsp salt
- 1 tsp cumin
- ½ cup grated or crumbled cheese
- 8 eggs, whisked

Heat oven to 400°F. Sauté leeks and garlic in a bit of olive oil in a cast iron skillet (or other pan that is stove top and oven safe). When they have softened, add mushrooms and salt. Stir well and cook until mushrooms are nearly soft, stirring occasionally. Add the red peppers and cumin. Stir and continue cooking, Once the red peppers are soft, add the greens. Stir and continue cooking until greens are wilted and soft. Sprinkle the cheese on top of the vegetable sauté. Pour

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the whisked eggs over the top, and tilt the skillet as needed to make sure everything is covered. Allow to cook on the stovetop for a few minutes. Place frittata in heated oven and cook for 8-12 minutes. You want the top of the frittata to be set but not over-cooked. When the frittata is done, remove from oven and allow to cool for about 10 minutes. Cut into slices and serve.

Lunch

Erin's Lentil Soup

- 1 onion, chopped
- 5 (or more) cloves garlic, pressed or chopped
- 1 carrot, sliced
- 2 stalks celery, sliced
- 2 yellow potatoes, cubed
- 1 cup red lentils
- 1 cup green lentils (using the 2 kinds of lentils is crucial for the texture. If you don't care so much about the texture you could just use one or the other.)
- some oil for the pan
- 1 tsp cinnamon
- 1 tsp cumin
- 1 tsp garam masala
- ½ tsp cardamom
- 8 cups water
- 4 bouillon cubes dissolved in some boiled water
- 1 bunch chard or spinach, chopped coarsely
- fresh lemon juice (I usually use juice of 1 fresh lemon)

Sauté the onion and garlic in some oil in your soup pot. Next add celery, then carrots and potatoes. Sauté briefly, then add your broth/stock. Add lentils and spices. Stir well. Boil. Turn down to simmer. Let it cook until the lentils are soft. Add the chard and cook 5 more minutes. Add some lemon juice. Stir. Taste it. Add more lemon juice as needed. Enjoy!

Smoky Greens and Beans

Bon Appétit, November 2009

- 2 tablespoons olive oil
- 1 large onion, chopped
- 2 garlic cloves, chopped
- 1 14 ½-ounce can diced tomatoes in juice
- 1 ½ teaspoons smoked paprika
- 1 14½-ounce can vegetable broth
- 8 cups coarsely chopped assorted greens (such as kale, mustard greens, and collard greens)
- 1 15-ounce can cannellini (white kidney beans), drained
- Cooked brown rice or quinoa
- Grated Manchego or Parmesan cheese for serving (optional)

Heat oil in heavy large pot over medium high heat. Add onion and sauté until soft and beginning to brown, about 6 minutes. Add garlic; stir 1 minute. Add tomatoes with juice and paprika; stir 1 minute. Add broth and greens; bring to boil, stirring often. Reduce heat to medium-low, cover, and simmer until greens are wilted and tender, stirring occasionally, about 15 minutes. Stir in beans and simmer 1 minute to heat through. Serve over cooked rice or quinoa, sprinkling with cheese, if desired.

Salads

Erin's Lemon Garlic Kale Salad

- 1 large bunch Italian kale, sliced into ribbons
- 2 cloves garlic, chopped
- 3 carrots, shredded
- juice of one lemon
- Salt and pepper
- olive oil
- ½ cup walnuts, toasted and chopped
- handful of grated parmesan cheese

Place chopped garlic in a large bowl. Top with a pinch of salt and some fresh pepper. Add lemon juice and stir. Slowly add olive oil in a stream, whisking as you go. You want the dressing to be light and tart, so I usually go pretty light on the oil. Taste, add more salt and pepper (and oil) if desired. Add carrots and kale to bowl. Mix with dressing, using your hand to massage the kale a little. Stir in the walnuts and parmesan. Cover and refrigerate, letting the salad sit for at least twenty minutes before eating.

Arugula, Fennel, Blood Orange and Parmesan Salad

Adapted from gourmet.com

- 1 medium fennel bulb
- 2 tablespoons broth
- 1 tablespoon fresh lemon juice
- 1 tablespoon extra-virgin olive oil
- ¼ teaspoon sugar
- ½ pound baby arugula or other salad greens
- 1 small red onion, finely chopped
- 1 (2-oz) piece fresh Parmesan
- 2 blood oranges (or tangerines), peeled and sectioned

Remove fronds, stalks, and tough outer layer from fennel. Halve bulb lengthwise and cut into thin slices. Whisk together broth, lemon juice, oil, sugar, and salt and pepper to taste in a large bowl. Wash, dry and chop fennel fronds. Set aside. Add fennel pieces, greens, and onion, then toss together. Arrange citrus pieces and sprinkle with fennel fronds. Thinly shave enough Parmesan with a vegetable peeler to measure ¼ cup. Serve salad topped with Parmesan.