



*Vegetables
Made Easy!*



All - Green Recipes

March 2019



Broccoli with Toasted Garlic & Ginger Crumbs

Ingredients

- 2 (12 ounce) bags Mann's Broccoli Wokly®
- 1/3 cup olive oil
- 4 cloves garlic, chopped
- 2 tablespoons grated ginger
- 1/3 teaspoon Panko or regular bread crumbs
- 1 teaspoon low sodium soy sauce
- 1/4 teaspoon black pepper
- 1/4 teaspoon salt
- 1 tablespoon grated lemon peel

The Method

Put 1 inch of water in heavy 5-quart pot, then put a steamer basket inside the pot and bring water to a boil. Add broccoli and steam, covered, until just tender, about 8-10 minutes. You may choose to microwave according to packaging directions.

Meanwhile, heat oil in a heavy 12-inch skillet over moderately low heat. Add garlic and ginger, cook for about 5 minutes stirring occasionally until pale golden. Stir in bread crumbs, soy sauce, salt and pepper. Then, increase heat to moderate and cook, stirring occasionally until the bread crumbs are golden, about 3 minutes. Remove from heat and stir in grated lemon peel.

Transfer the broccoli with tongs to crumb mixture in the skillet and toss to coat.

Serves 7



Snap Pea and Orange Salad with Grilled Salmon

Ingredients

- ½ teaspoon orange zest
- ⅓ cup orange juice
- ¼ cup olive oil
- 4 teaspoons Dijon mustard
- 2 teaspoons honey
- 2 cloves garlic, fresh, minced
- ¾ teaspoon salt
- ¾ teaspoon pepper
- ¼ teaspoon hot pepper flakes
- 4 (5 ounce) salmon fillets, patted dry with paper towel
- 1 (8 ounces) package Mann's Sugar Snap Peas
- 2 oranges, peeled and sliced crosswise
- 6 radishes, thinly sliced
- ½ small red onion, thinly sliced

The Method

Whisk together orange zest, orange juice, olive oil, Dijon mustard, honey, garlic, salt, pepper and hot pepper flakes. Reserve half of the dressing and set aside.

To marinate salmon, use a resealable plastic bag to combine remaining dressing with salmon. Refrigerate for at least 10 minutes or up to 1 hour.

In pot of boiling salted water, blanch snap peas for 1 to 2 minutes or until tender-crisp. Refresh under cold running water. Drain and pat dry with a paper towel. Toss snap peas with reserved dressing, then stir in oranges, radishes and red onion.

Meanwhile, preheat grill to medium-high heat. Be sure to grease grate well. Grill salmon for 4 to 6 minutes per side or until fish just starts to flake. Divide salad among 4 plates and top with salmon.

Tip: Add 1 ripe avocado (peeled, pitted, and sliced) and chopped toasted walnuts, if desired.



Kale Beet Cucumber Rolls

Ingredients

- 1 large English cucumber
- 2 tablespoons whipped cream cheese
- 2 ounces smoked salmon
- ½ cup Mann's Kale Beet Blend, divided

The Method

Slice your cucumber along its length using a mandoline slicer on the thinnest setting. Gather the widest, longest, most uniform slices and cut them in half widthwise.

Spread a thin layer of cream cheese on one side of each slice. Starting at the end of one slice, add a piece of smoked salmon and a small fistful of Kale Beet Blend.

Using your fingers, gather the salmon and blend tightly against the cucumber and begin rolling upwards until a roll is formed. Make sure to place the seam face down so it doesn't fall apart.

Optional garnishes: sesame seeds, lemon juice/zest, coconut aminos.



Quinoa with Broccoli and Cauliflower Pesto

Ingredients

- 1 (12 ounces) package Mann's Broccoli & Cauliflower
- 1/3 cup extra virgin olive oil
- 1/3 cup packed fresh parsley
- 3 tablespoon grated Parmesan cheese
- 3 tablespoon lemon juice
- 2 tablespoon walnut pieces
- 2 cloves garlic
- 1/4 teaspoon each salt and pepper
- 1 cup quinoa, cooked according to package directions
- 4 eggs, poached
- 1/3 cup crumbled feta cheese

The Method

In large pot of boiling salted water, cook broccoli and cauliflower for 3 to 4 minutes or until tender-crisp. Drain well and allow for veggies to cool slightly. Reserve half of the vegetables and set aside.

To make the pesto sauce, pat remaining vegetables dry with paper towel, then transfer to food processor. Add oil, parsley, Parmesan, lemon juice, walnuts, garlic, salt and pepper. Purée until smooth.

Toss quinoa with pesto and reserved vegetables.

Divide among 4 serving bowls and top each with a poached egg. Sprinkle feta cheese over top.

Note: To poach eggs, fill saucepan with enough water to come 3 inches deep. Allow it to come to a simmer. Do not allow it to boil. While the water is heating up, crack each egg into separate small ramekins or custard cups. Using a wooden spoon, stir water in a clockwise motion. Gently tip each egg into the center of the swirl. Turn off the heat, cover the pan and allow the eggs to poach for 5 minutes.

Substitute pine nuts, almonds or pistachios for walnuts if desired.

Alternatively, top each serving with fried egg instead of poached egg.



Grilled Snow Peas and Mushrooms

Ingredients

- 1 (6 ounce) bag Mann's Snow Peas
- ½ cup mushrooms, sliced
- 2 tablespoons green onions, sliced
- 1 tablespoon dill, fresh
- 2 tablespoons butter or margarine
- Salt and pepper, to taste

The Method

Center Mann's Snow Peas and mushrooms on sheet of aluminum foil. Sprinkle with onions, dill and add butter. Bring up foil sides. Double fold top and ends to seal making one large packet, leaving room for heat circulation inside. Preheat grill to medium-high.

GAS GRILL: Place foil packet over medium-high heat, cover grill and cook for 5-8 minutes or until tender.

CHARCOAL GRILL: Place foil packet over medium-high heat and cook uncovered for 8-10 minutes or until tender.

OVEN: Preheat oven to 450°F. Place foil packet on cookie sheet and bake for 5-10 minutes or until tender.

Open foil packet carefully to allow steam to escape. Add salt and pepper. Serve hot.