



## MYSTERY THURSDAY

**GREENS**  
Oct. 30th, 2008

---

### Red Norland Potatoes

### Salad Mix

### Marina di Chioggia winter squash

(bake it! Use it like you would any winter squash)

### Mustard Greens

### Sunchokes (also called Jerusalem artichokes)

### Tomatoes

### Parsley

### Carrots

### Piquillo Peppers

### Rosemary

### Watermelon Radish (my favorite! Eat like jicama or julienne for a salad)

### Erbette Chard

---

### Recipes A-Z on our website:

[Mariquita.com](http://Mariquita.com)

---

### Beijing Radish Salad

- 1 bunch watermelon radishes
- 2 tablespoons rice or balsamic vinegar
- 1 tablespoon soy sauce
- 1 teaspoon sugar
- 2 teaspoons sesame oil
- 2 garlic cloves, finely chopped

Wash and julienne radishes. They can be peeled or not as you like. I often use a mandoline to do the julienne-ing, or you can grate them. Mix together the rest of the ingredients and dress the radishes with the dressing.

### Tuscan Rosemary and Pine Nut Bars

adapted from *the L.A. Times Food Section*

- 1/4 cup pine nuts, roasted
- 1/2 Cup butter, cut in 10 pieces
- 1/3 cup powdered sugar
- 1 tablespoon chopped fresh rosemary
- 1 cup flour

Melt butter. Remove from heat and stir in sugar, rosemary and pine nuts. Stir in

flour to make dough; it will be stiff.

Pat dough evenly into ungreased 8-inch square baking pan. Bake at 350 degrees until golden and firm at edges, about 20 minutes. Cool pan on rack about 2 minutes, then use sharp knife to cut bars into 16 squares. Let cool in pan at least 10 minutes

### IDEAS to use yummy, healthy greens waiting for you in your fridge or garden:

- 1) Make lentil or split pea soup and then add chopped greens at the end of cooking. Also try a chinese style hot and sour soup, or navy bean, etc. This is one of my favorite ways to consume greens.
- 2) Cook in olive oil with garlic and add a few chile flakes at the end. A great, easy and satisfying side dish.
- 3) Make #2, put in a grilled cheese sandwich or into tacos
- 4) Make a frittata with already-cooked greens, or just add to scrambled eggs

Photo essay for Sauteed Sunchokes with Sunflower Seeds on our website!

### Sauteed Sunchokes with Sunflower Seeds

adapted from *Vegetarian Cooking for Everyone* by Deborah Madison

- 1 1/2 pounds sunchokes sliced into 1/4 inch rounds
- 2 tablespoons sunflower seed oil, or other high heat oil such as peanut or grapeseed
- S & P to taste
- 3 Tablespoons sunflower seeds, toasted
- 2 Tablespoons parsley, chopped
- 1 teaspoon chopped thyme

Saute the sunchokes in the oil in a large skillet over high heat until lightly browned and tender but still a bit crisp. Taste them as they cook; they can be done in 5 minutes or as many as 10 minutes. Season to taste with S & P, add the sunflower seeds, parsley, and thyme, and toss well. Serves 4-6