

Easy Green Bean Salad

- 2 cups fresh green beans, ends trimmed and halved
- 1 tablespoon white vinegar
- 1/4 cup tomato juice
- 2 teaspoon sugar
- 1/4 teaspoon dried leaf tarragon, crumbled
- 1 tablespoon finely minced or grated onion
- 3 tablespoon chopped pimiento
- salt and pepper to taste
- 2 hard cooked eggs, sliced
- lettuce leaves

Boil green beans in salted water until bright green, about 6 min. Drain and immerse in an ice bath. In a bowl, combine vinegar, tomato juice, sugar, tarragon, onion, pimiento, salt, and pepper in a bowl; mix well. Add cooled green beans and sliced eggs; toss lightly to blend. Chill thoroughly. Serve on lettuce leaves.

Green bean salad serves 4.

Tarragon Green Beans

- 4 cups fresh or frozen cut green beans
- 1/2 cup water
- 1/2 teaspoon salt
- 1 large onion, chopped
- 1 celery rib, chopped
- 1/2 cup finely chopped green pepper
- 2 tablespoons margarine
- 3/4 teaspoon dried tarragon
- 1/2 teaspoon salt-free lemon-pepper seasoning
- pepper to taste

In a large saucepan, combine the beans, water and salt; bring to a boil. Reduce heat; cover and simmer for 15 minutes or until tender.

Meanwhile, in a small saucepan, saute the onion, celery and green pepper in margarine until tender. Stir in the tarragon, lemon-pepper and pepper. Drain beans; add vegetable mixture and toss to coat.

Seared Green Chard

- 2 tablespoons extra-virgin olive oil
- 1 small red onion, thinly sliced
- 10 to 12 cups green chard (2 bunches trimmed and coarsely chopped)

- Grated nutmeg, to your taste
- Coarse salt and pepper
- 2 tablespoons red wine or cider vinegar

Make sure your greens are very dry before preparing recipe. Also, wash and chop them when you come in from market, then they are ready for you to cook up even quicker.

Heat the oil in a large nonstick skillet over medium-high heat. Add onions and toss 2 minutes, then add chard in bunches and keep it moving as it wilts up a bit - you are just searing it up. The greens should remain crisp and crunchy. Wilting them all and searing them up should take no more than 3 to 4 minutes. Season the greens with nutmeg and salt and pepper, to taste. Douse the pan with a little vinegar and remove from heat. Toss to cook off vinegar and serve the greens hot.

Green Chard and Caramelized Onions

- 1 large yellow onion, chopped
- 2 tbsp. olive oil
- 1 tsp. brown sugar
- 1 bunch green chard, rinsed and chopped
- ¼ cup Kalamata olives
- 2 tbsp. capers
- 1tsp. coarse sea salt, or to taste
- freshly ground pepper to taste
- 1 lemon, juiced

1. In a cast iron skillet, cook onions in olive oil over medium-high heat until they begin to brown. Stir in brown sugar, and continue cooking for a few minutes.
2. When onions are brown and tender, stir in chard and olives. Cook until chard is slightly wilted. Stir in capers and salt, and continue cooking until chard is completely wilted, about 3 minutes. Season with black pepper and squeeze lemon over the top.

Green Chard and Caramelized Onions II

- 2 tablespoons pine nuts
- 1 tablespoon extra-virgin olive oil
- 1 large onion, coarsely chopped (I prefer cut in quarters and then slice thinly pole-to-pole)
- 1 bunch green chard, about a pound, washed, leaves and stalks separated (pull leaves off the stalks by folding together along stalk and pull the stalk away like pulling a zipper)
- 2 tablespoons golden raisins
- 2 tablespoons balsamic vinegar
- 1/4 teaspoon salt
- ground black pepper to taste

1. Toast the pine nuts until golden brown, set aside to cool.
2. In a large deep skillet or a dutch oven heat the oil over medium-low heat, add the onions and cook them until golden brown and very soft, stirring from time to time, for about 10 minutes.
3. While the onions are cooking, cut the chard stalks into strips 2 inches long by 1/4 inch wide and tear the leaves into 2-inch pieces.
4. Add the chard stalks and raisins to the onions and cook them until the stalks are tender, about 10 to 15 minutes. Stir occasionally while the stalks are cooking. Once tender add the leaves and vinegar, toss all about to coat the leaves with the oil, and cook about 5 minutes or until the leaves are wilted and tender. Season with salt and pepper, transfer to a serving dish and top with the reserved pine nuts.

Lasagna with Chard, Tomato Sauce and Ricotta

- 1 generous bunch Swiss or green chard (about 1 1/2 pounds)
 - Salt
 - 1/2 pound regular or no-boil lasagna noodles
 - 2 tablespoons plus 1 teaspoon extra virgin olive oil
 - 2 large garlic cloves, minced or pressed
 - 2 pounds fresh tomatoes, peeled, seeded and diced, or 1 (28-ounce) can chopped tomatoes, with juice
 - Pinch of sugar
 - 1 large basil sprig
 - Freshly ground pepper
 - 1/2 cup fresh ricotta cheese
 - 1/3 to 1/2 cup freshly grated Parmesan
1. Bring a large pot of generously salted water to a boil while you prepare the chard. Fill a bowl with ice water. Tear the leaves from the stems and wash thoroughly in two changes of water. Discard the stems or set aside for another purpose.
 2. When the water comes to a boil, add the Swiss chard leaves. Boil 1 minute (from the time the water comes back to a boil), until tender but still bright green, then remove from the water with a slotted spoon or skimmer and transfer to the ice water. Drain and squeeze out excess water. Chop coarsely and set aside. Cook the lasagna noodles in the same pot of water if not using no-boil lasagna noodles. Remove the pasta from the pot and toss with 1 teaspoon olive oil in a bowl.
 3. In a wide, nonstick frying pan, heat 1 tablespoon of the olive oil over medium heat and add the garlic. Cook, stirring, just until fragrant, about 1 minute. Add the tomatoes, sugar, basil sprig, and salt (begin with 1/2 teaspoon and add more later), and bring to a simmer. Simmer, stirring often, until thick, 15 to 25 minutes, depending on the amount of juice in the pan. Taste and adjust seasonings. Remove the basil sprig. Stir in the Swiss chard and remove from the heat.
 4. Preheat the oven to 375°F. Oil a square or rectangular baking dish (no bigger than 2-quart) and line the bottom with a layer of lasagna noodles. Spread half the ricotta over the noodles and half the tomato-chard sauce over the ricotta. Sprinkle 2 tablespoons Parmesan over the tomato-chard sauce. Add another layer of noodles and top with the remaining ricotta and tomato-chard sauce, and 2 tablespoons Parmesan. Finish with a layer of noodles and the remaining Parmesan.

Drizzle the remaining tablespoon of olive oil over the top. Cover the dish tightly with foil. Bake 30 minutes, or until bubbling and the pasta is tender. Uncover, allow to sit for 5 minutes, then serve.

Yield: Serves 4 to 6

Advance preparation: You can blanch the chard and make the sauce up to 3 days ahead. Refrigerate in covered containers. The lasagna can be assembled a day ahead of time and refrigerated until shortly before baking.

Lasagna with Chard, Tomato Sauce and Ricotta

- 2 to 2 1/2 pounds Swiss or green chard, stemmed and washed thoroughly
 - Salt
 - 2 tablespoons extra virgin olive oil
 - 1 large onion, chopped
 - 2 large garlic cloves, minced or pressed
 - 1/4 cup chopped fresh herbs, preferably a combination of dill and parsley, or 1 teaspoon each dried thyme and oregano
 - 3 large eggs, beaten
 - 4 ounces feta cheese, crumbled
 - Freshly ground pepper
 - 12 sheets phyllo pastry plus 1/4 cup extra-virgin olive oil or 2 tablespoons each melted butter and extra-virgin olive oil, combined, for brushing
1. Bring a large pot of generously salted water to a boil while you stem and wash the greens. Wash them in 2 changes of water, lifting them from the water so that the dirt stays behind. Fill a bowl with ice water. When the water comes to a boil, add the chard and blanch for 1 minute. Using a slotted spoon or a skimmer, transfer to the ice water. Let sit just until cool, a few minutes, then drain and squeeze out excess water by taking up bunches of the greens, making a fist around them and squeezing. Chop coarsely and set aside.
 2. Preheat the oven to 375°F. Oil or butter a 10-inch tart or cake pan (I like to use a ceramic dish for this). Heat the olive oil in a large skillet over medium heat and add the onions. Cook, stirring often, until tender but not browned, about 5 minutes. Add the garlic and cook, stirring, for another 30 seconds to a minute, until the garlic is fragrant. Stir in the greens, herbs, and 1/2 teaspoon salt, and stir the mixture for a minute, until the greens are coated with oil. Remove from the heat.
 3. Beat the eggs in a large bowl or the bowl of a food processor fitted with the steel blade. Crumble or blend in the feta. Stir in the greens, and season to taste with salt and pepper.
 4. Line the pie dish with 7 pieces of phyllo, lightly brushing each piece with butter or oil and turning the dish after each addition so that the edges of the phyllo drape evenly over the pan. Fill with the greens mixture. If using phyllo, fold the draped edges in over the filling, lightly brushing the folded in sheets of phyllo, then layer the remaining 5 pieces on top, brushing each piece with butter or olive oil. Stuff the edges into the sides of the pan. Brush the top with the butter or oil, and make a few slashes so that steam can escape as the pie bakes.

5. Bake 40 to 50 minutes in the preheated oven, until the crust is golden. Serve hot, warm, or room temperature.

Yield: Serves 6

Advance preparation: The blanched greens will keep in the refrigerator in a covered bowl for 3 or 4 days. The dish can be prepared through Step 2 up to a day ahead. Keep the cooked greens in a covered bowl in the refrigerator. You can assemble the pie several hours before baking and keep it in the refrigerator, or freezer. Transfer directly from the freezer to the preheated oven, and increase the baking time by about 10 minutes. The finished tart keeps for a few days, but you must re-crisp the phyllo in a low oven (300° to 325°F) for 10 to 20 minutes.

Turnips

“Turnips are a good low calorie source of vitamin C and fiber. Turnip greens contain large amounts of vitamin A and especially large amounts of [lutein](#), which has been shown to help prevent cataracts and cardiovascular disease.”

Finnish Turnip Casserole (a nice alternative to mashed potatoes)

- 3 large carrots, cubed
 - 1 large turnip, cubed
 - 3 tablespoons softened butter
 - 1/2 teaspoon salt
 - 1/4 cup all-purpose flour
 - 1/4 cup white sugar
 - 2 eggs
 - 1/2 cup milk
 - 2 tablespoons white sugar
 - 1/4 teaspoon ground cinnamon
1. Preheat an oven to 350 degrees F (175 degrees C). Grease a 2 quart casserole dish.
 2. Place the carrot and turnip cubes into a large pot and cover with salted water. Bring to a boil over high heat, then reduce heat to medium-low, cover, and simmer until tender, about 20 minutes. Drain and allow to steam dry for a minute or two.
 3. Return the carrots and turnips to the pot, and mash well with the butter, salt, flour and 1/4 cup of sugar. Whisk together the eggs and milk in a bowl, then stir into the mashed carrot mixture until blended. Scrape into the prepared casserole dish. Stir together 2 tablespoons of sugar with the cinnamon in a small bowl, and sprinkle over the top of the carrot mash.
 4. Bake in the preheated oven until the carrot mash has slightly firmed and the top has begun to turn golden brown, about 45 minutes.

Au Gratin Turnips and Potatoes

4 c Sliced turnips & potatoes (any combination,) peeled and thinly sliced
1 md Onion peeled and finely sliced,
2 tb Melted butter
1/2 c Milk
1/8 ts Grated nutmeg
1/4 ts Ground white pepper

1/2 ts Salt

1/2 c Grated Swiss cheese

PREHEAT OVEN TO 375F. TOSS together turnips, potatoes, onion with melted butter and place in a 9-inch square or round baking dish. Cover tightly and place in preheated oven for 30 minutes. In a small pot on top of the stove combine milk, nutmeg, pepper and salt and bring to a boil. Immediately remove from heat. Remove turnip-potato mixture from the oven, remove cover and mix in half the cheese. Pour the milk over the potatoes and sprinkle with remaining cheese. Replace in oven, uncovered, another 20 to 25 minutes. If the gratin is golden brown, it's ready to serve. If not, preheat broiler. Place gratin under broiler about 3 minutes to brown top before serving.

Grated and Sauteed Turnips

1 lb Turnips, peeled and grated

4 tb Butter

Salt

Freshly ground black pepper

1/2 c Pecan halves, sauteed in:

3 tb Butter

If the turnips are small, they do not need blanching. If they are larger than an egg, bring a large pot of water to the boil and blanch them by cooking 1 - 2 minutes, to remove the strong taste. Drain well and dry with paper towels. Heat the butter in a large skillet or frying pan. Add the turnips and toss in the butter for 5 minutes. Taste and add salt and pepper as desired. May be made ahead to this point. When ready to eat, add the pecans and toss over high heat 2 - 3 minutes. Serves 6.