

# FARM FRESH

# GAZETTE



**Finicky & Fanatic-Broccoli Rabe/Romaine  
Lettuce/Kale/Beets/Leeks/2 Breadsmith Dough 1 whole wheat 1  
plain**



Remove the dough from the refrigerator and let it come to room temperature on the counter.

Prepare your stone, pan (lightly sprayed), or parchment paper (non-waxed).

Carefully stretch or roll the dough to the desired size. If the dough is at room temperature, it should not tear. Let the stretched dough rise for 10 to 15 minutes if thicker crust is desired.

Cover the dough with your favorite toppings.

Bake at 400 to 425 degrees for approximately 15 to 25 minutes.

Let cool slightly before cutting. Serve and enjoy!

## **Leek, Ricotta, and Walnut Pizza**

*Myrecipes.com*

Leeks and ricotta share a natural sweetness that contrasts with the richness of toasted walnuts. You can also use pine nuts or pecans.

### **Ingredients**

- [1/2 recipe Pizza Dough](#)
- Cooking spray
- 1 tablespoon cornmeal
- 1 teaspoon olive oil
- 4 cups thinly sliced leek (about 3 large)
- 1/2 cup part-skim ricotta cheese
- 1/4 cup (1 ounce) grated fresh Parmesan cheese
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 1 garlic clove, minced
- 2 tablespoons coarsely chopped walnuts

### **How to Make It**

#### **Step 1**

Preheat oven to 450°.

#### **Step 2**

Roll dough into a 12-inch circle on a lightly floured surface. Place the dough on a (12-inch) pizza pan or baking sheet coated with cooking spray and sprinkled with cornmeal. Crimp the edges of the dough with fingers to form a rim.

#### **Step 3**

Heat oil in a large nonstick skillet over medium heat. Add leek; sauté for 10 minutes. Cool to room temperature.

#### **Step 4**

Combine cheeses, salt, pepper, and garlic in a bowl. Spread the cheese mixture over pizza crust, leaving a 1-inch border. Top with the leek mixture, and sprinkle with walnuts. Bake at 450° for 15 minutes or until lightly browned. Cut into 8 wedges.

The magical kale massage!  
Many of us don't LOVE kale. At least it may have taken a while and a few massages.

When you massage your kale thoroughly with lemon, salt or your favorite creamy dressing, you break down the cells and this amazing thing happens! Your kale actually tastes pretty good..expecially if you love the dressing! Added bonus: It keeps you fuller than a traditional lettuce!

### **Whole Wheat Broccoli Rabe & Ricotta White Pizza**

*TheSkinnyFork.com*

#### **Ingredients:**

Pizza:

1 Tbsp. Extra Virgin Olive Oil, *Divided*  
4 Garlic Cloves, *Minced*  
1 Bunch Broccoli Rabe, *Stemmed & Chopped*  
1 C. Mozzarella Cheese  
1/2 C. Ricotta Cheese  
Salt & Pepper to Taste  
Pinch Crushed Red Pepper (Optional)

#### **Directions:**

Preheat the oven to 425 degrees F. and lightly coat a pizza pan with non-stick cooking spray; set aside. Roll the dough out to form your crust.

Carefully transfer the crust to the prepared pizza pan; set aside.

Fill a large pot with water and bring it to a boil. Place the broccoli rabe into the pot to cook for 1-2 minutes or until it starts to become tender and turn bright green.

Immediately transfer to a colander to drain and rinse with cold water.

Squeeze the broccoli rabe with a paper towel to remove any excess water and transfer to a small skillet along with the minced garlic and 1 tsp. of extra virgin olive oil. Saute over medium heat for another 1-2 minutes. Once done, remove from the heat and set aside.

Top your prepared crust with the remaining 2 tsp. of extra virgin olive oil.

Evenly top with the shredded mozzarella cheese and broccoli rabe.

Scoop the ricotta out onto the pizza and season with salt, pepper, and crushed pepper flakes (if desired.) Place the pan into the preheated oven and bake for 12-15 minutes or until the cheese is melted and the edges of the crust are brown and crisp.

*I actually like to take mine off the pan to set directly on the oven rack for the last couple of minutes because I like a very crisp crust!*

Cut evenly into 10 slices and serve right away. Enjoy!

### **Simple Roasted Beets** Superhealthykids.com **Ingredients**

- 1 bunch – beets
- 3 tablespoon – olive oil
- 1/8 teaspoon – salt

#### **Directions**

1. Preheat the oven to 425 degrees and line a baking sheet with parchment paper.
2. Wash the beets and use a vegetable scrubber to wash the outside. Remove the stem and root end with a sharp knife. Use a vegetable peeler or pairing knife to peel the beets. Slice the beets into 1/4 inch thick rounds and place them in a small bowl.
3. Drizzle the olive oil over the sliced beets and then toss to combine.
4. Place the sliced beets in a single layer on your prepared baking sheet.
5. Roast in the hot oven until the beets are fork tender, 10-15 minutes, remove from the oven and sprinkle with salt.
6. Enjoy right away.

### **Garlicky Kale Salad**

Serves 2

1 bunch kale (about 10 ounces)  
2 tablespoons sesame [tahini](#)  
2 tablespoons apple cider vinegar  
2 tablespoons fresh lemon juice  
1 tablespoon tamari or Bragg's amino acids (see text to the right if you don't know what Bragg's is)

2 teaspoons minced garlic  
1/4 cup Kalamata olives  
1/4 cup chick peas  
1 tablespoon nutritional yeast

Break the kale up into bite sized pieces and massage down into a bowl. Add the chick peas and olives. Puree the tahini, apple cider vinegar, lemon juice, tamari or Bragg's amino acids, and minced garlic in a blender and process until smooth.

Pour the dressing over the kale, chickpeas, and olives and toss well. Let sit for about 30 minutes in the fridge. Top with nutritional yeast and enjoy!

### **Red Velvet Pancakes**

(with beets!)

teacheatlive.com

#### **Ingredients:**

1 1/2 c. all purpose flour  
1/2 c. whole wheat flour  
1/2 tsp. salt  
2 tsp. baking powder  
1/8 tsp. cardamom  
1/8 tsp. cinnamon  
1 tsp. cocoa (NOT dutch process)  
1 c. milk  
2 T. butter, melted, plus more for cooking  
1/4 c. cane sugar  
2 eggs  
1/2 c. beet\*

#### **Directions:**

1. In a blender or food processor, puree the beet with the milk. Stir the eggs, sugar, and butter into the beet mixture.

2. In a medium sized bowl, stir together the dry ingredients. Pour the liquid beet mixture into the dry mixture, and stir gently.

3. In a heated skillet, melt a tablespoon of butter over medium low heat. Drop heaping spoonfuls of batter onto the skillet; flip when the pancakes get a few bubbles and some of those bubbles begin to pop. Top with syrup, butter, and enjoy!

\* I roast my beets with the skin on at 425 and peel when cool; alternatively, you can steam/cook them in a covered pot with about 2 inches of water. Do this the night before

If you've ever taken the time to peruse the shelves of a health food store or local food co-op, chances are you've come across [Bragg](#). The company itself has been around for more than one hundred years — founded in 1912 —

The enterprise was started by Paul Bragg, whose scare with tuberculosis early on in life led him on a dedicated health-food path. One of the many things he preached was that table salt was bad, describing the use of it as a [“deadly salt habit.”](#) That's where Bragg Liquid Aminos comes into play.

Bragg Liquid Aminos is exactly what it sounds like: liquid amino acids. But what

you can't guess from the name is that it tastes a whole lot like soy sauce. Made from soybeans, Liquid Aminos has found a cult following among some vegans and vegetarians — more so in the '60s and '70s but still true today — who were anxious to include more protein into their diet. Aside from being a source of protein, Bragg Liquid Aminos has also been used as a substitute for soy sauce and tamari, being marketed as a “healthy, gourmet alternative.” It is gluten-free so it has been a good option for those with Celiac disease.

Bragg can be added to just about any food — it even comes in a squirt bottle. Those who love it recommend it in salad dressings, on rice and as a salt alternative for popcorn.

**Nutritional yeast** is a deactivated **yeast**, often a strain of *Saccharomyces cerevisiae*, which is sold commercially as a food product. ... **Nutritional yeast** has a strong flavor that is described as nutty, cheesy, or creamy, which makes it popular as an ingredient in cheese substitutes.

### **Quinoa, White Bean & Kale**

<http://www.isachandra.com>

#### **Ingredients:**

1 teaspoon olive oil  
2 cups leeks, thinly sliced

(white and green parts)  
1 teaspoon salt  
4 cloves garlic, minced  
1 large carrot, peeled, diced medium  
1 large parsnip, peeled, diced medium  
8 cups vegetable broth  
1 1/2 pounds yukon gold potatoes, diced medium  
1 cup dry quinoa  
1 15 oz can white beans, drained and rinsed  
1 bunch kale (about a pound), rough stems removed, torn into bite sized pieces  
Herb blend:  
1/2 teaspoon fennel seed, crushed (see crushing fennel tip)  
1 teaspoon dried majoram  
1 teaspoon dried thyme  
1/2 teaspoon dried rosemary  
Fresh black pepper, to taste

### **Instructions:**

Preheat a 4 quart soup pot over medium high heat. Saute leeks and garlic in oil with salt for about 3 minutes, or however long it takes you to prep your carrot and parsnip. Add carrot and parsnip, along with the herb blend, turn heat up to high and saute for a few seconds.

Add vegetable broth, potatoes and quinoa. Cover and bring to a boil. Once boiling, turn heat to medium and cook for 15 minutes, until potatoes and quinoa are tender. Add kale and beans, and stir frequently until kale is wilted. Cover and

simmer on low for 5 more minutes. Taste for salt  
When you serve you may want to add a little lemon juice or a splash of balsamic vinegar or hot sauce – whatever your thing is. Or you may not.

### **Quick Tips For Making The Best Kale Chips Ever**

- **Keep The Leaves**  
Large: You want to tear away the stems, but keep the leaves themselves a fair size. They'll shrink once they're dehydrated so you want them large and in charge.
- **Load Up On Topping:** Put more topping on than you think. If you're going with a nut or seed coating, go heavy on it. That's the best part after all so don't be shy.
- **Mind The Flavouring-** it Concentrates: Remember, you'll be dehydrating out the liquid so that will concentrate the flavour. If using salt, lemon juice and/or vinegar, be mindful of this. You want it to taste slightly mild pre-cooking.
- **Single Layer it:** Use multiple baking sheets or dehydrator trays if necessary, but keeping your kale to a single layer will ensure even crispness. Nothing quite

as yucky as suddenly biting into a cold moist pocket of kale and blended nuts. The struggle is real.

- **Use parchment:** Whether it's a baking sheet or dehydrator tray, line it with parchment paper to keep the kale chips in tact when removing them.
- **Keep the Temperature Low:** In my opinion, kale chips will always be better in a dehydrator. You want to cook them at the lowest temperature possible if using your oven. It will take a while so be patient. The fastest method is in the dehydrator set at 150 and they'll be ready in about two hours, but to keep them raw (if that matters to you) 118 or lower is the magic number.
- **Eat Them Straight Away:** Yes, you can store kale chips in an airtight container, but if there is any humidity, they'll get limp pretty quick. Eat them straight away, I don't think that will be hard.
- **Drink Water!** You can easily knock back an entire head of kale when crisped into chips.