

## *Flash in a Pan or*

### *Fast Ways to Succeed at Your 2012 Resolution*

#### **Braised Dino Kale with (Roasted) Tomatoes and Garlic**

1 bunch of dino (lacinato) kale cut into bite sized pieces

2 Tbs. Olive oil

2 large cloves of garlic sliced

10 oz of roasted tomatoes from a can (Muir glen brand is good)

salt+pepper

Fill a medium sized pot with a half -inch of water and the dino kale. Sprinkle salt on the dino kale and put a lid on the pot. Steam the kale for 4 minutes on medium heat with the lid on.

While the kale is steaming, get out a large skillet or dutch oven and sauté the garlic in the olive oil on low heat for 2 minutes. Take the kale out of the pot and add to the skillet with the garlic and add the tomatoes and another pinch of salt. Cover the skillet and cook on medium low heat stirring frequently for approximately 10 minutes or until the kale is soft.



## Steamed Broccoli in a Miso Butter Sauce

- 1 lb of steamed Broccoli
- 2 Tbsp unsalted butter
- 1 Tbsp White Miso paste thinned in a Tbs. of hot water
- ½ Tsp freshly grated ginger
- 1 Tsp lemon juice
- 1 tsp shoyu
- Water as needed to thin

In a small saucepan, over low heat, melt butter and grated ginger and simmer on low for 2 minutes stirring frequently. Turn off the heat on the pan. Mix the miso paste, soy sauce and lemon juice into the pan with the butter and ginger. Add the sauce to the steamed broccoli and eat.



## Match Stick Tokyo Turnips with Greens in a Sesame Dressing

- 1 bunch of Tokyo turnips with greens
- 1 tsp Sesame oil
- 1/8 tsp Salt
- ½ tsp Tamari
- 1 tsp Toasted sesame oil
- Sprinkle of Black sesame seeds
- ½ tsp. Ume plum vinegar

Combine toasted sesame oil, ume vinegar, and tamari in a separate bowl. Chop greens and slice Tokyo turnips (or julienne them). Stir-fry turnips and greens in sesame oil and salt for about 2 minutes on medium heat or until turnips are softened. Remove from heat and dress with sauce. Sprinkle with sesame seeds

# heartbeats

natural foods program