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NATURAL HEALTH • MARCH/APRIL 2014

# going green

**RIGHT NOW**, we can't help gravitating toward the verdant edibles sprouting from the earth. But despite tons of science-backed praise for kale and its cousins in the Brassica family (cancer-fighting vitamins! phytonutrients galore!), the cabbage relatives get flack from haters claiming they smell or taste funky. That ends now: These recipes from Laura B. Russell's book, *Brassicas: Cooking the World's Healthiest Vegetables*, flaunt each star ingredient's best aspects, with nary a goopy cheese sauce in sight.



## CHARRED BRUSSELS SPROUTS WITH PANCETTA AND FIG GLAZE

### SERVES 4

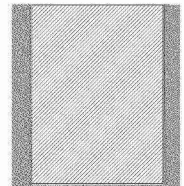
- 3 tablespoons olive oil, divided
- 3–4 ounces pancetta, diced
- 1½ pounds Brussels sprouts, trimmed and halved (or quartered, if large) through the stem end (about 6 cups)
- Kosher salt
- 2 tablespoons fig jam
- 1 tablespoon water
- Freshly ground black pepper

### DIRECTIONS

1. In a large skillet, heat 1 tablespoon of oil over medium heat. Add pancetta and cook until crisp, about 3 minutes, stirring occasionally. Using a slotted spoon, transfer pancetta to a small bowl.
2. Return the pan to medium-high heat and add the remaining 2 tablespoons oil. Add Brussels sprouts, keeping them in a single layer as much as possible. (If necessary, cook them in two batches.) Stir in salt to taste. Cook, stirring occasionally, for about 10 minutes, until Brussels sprouts are tender and well-browned.
3. Add fig jam and water and stir until the jam melts and coats the sprouts.
4. Add pancetta and pepper and stir to combine. Taste and add additional salt or pepper if needed. Serve warm.

**Nutrition score per serving:**  
 274 calories, 17g fat (5g saturated), 9g protein, 23g carbohydrates, 7g fiber, 508mg sodium

Finish the dish with a drizzle of aged balsamic vinegar to add a tangy note.





## WHITE PIZZA WITH ARUGULA, RICOTTA AND PROSCIUTTO

MAKES ONE 10- TO 12-INCH PIE

- ½ cup ricotta cheese
- 3 tablespoons grated Parmesan cheese
- Kosher salt and freshly ground black pepper
- 8 ounces pizza dough, at room temperature
- 2 cups arugula leaves
- 2–3 slices prosciutto, cut into narrow strips (optional)
- 1 tablespoon olive oil
- 2 teaspoons freshly squeezed lemon juice

### DIRECTIONS

1. Place a pizza stone on a rack in the top third of the oven and preheat to 500°F for a full 30 minutes. In a small bowl, combine ricotta, Parmesan, and ¼ teaspoon each salt and pepper. Mix well.
2. Lay a sheet of parchment paper 12 to 14 inches square on a work surface. Place the dough on the parchment and roll into a 10- to 12-inch round, about ½ inch thick.
3. Using the back of a spoon, spread the cheese mixture evenly over the dough. Transfer the parchment to a rimless baking sheet. Slide the pizza—parchment and all—onto the hot baking stone and bake for 10 to 12 minutes, until the crust is crisp and the topping is browned. (If you do not have a baking stone, bake pizza and parchment on a rimless baking sheet for 12 to 14 minutes. The crust will be more tender than crisp.)
4. Just before the pizza is ready to come out of the oven, combine arugula and prosciutto in a bowl. Drizzle with oil and lemon juice, add a pinch of salt and a generous grind of pepper, and toss to coat evenly.
5. Remove the pizza from the oven and mound the salad mixture on top. The heat from the pizza will wilt the greens. Cut into four wedges and serve immediately.

Nutrition score per serving:  
 258 calories, 11g fat (4g saturated), 12g protein, 29g carbohydrates, 1g fiber, 804mg sodium

• Subbing in a gluten-free crust? You might need to bake it for an extra 10 to 12 minutes.





## SMOKY KALE SALAD WITH TOASTED ALMONDS AND EGG

### SERVES 4

- 2 large eggs
- Kosher salt
- $\frac{1}{3}$  cup Marcona almonds
- 1 large bunch kale, center ribs and tough stems removed, leaves finely shredded
- 1 tablespoon sherry vinegar
- $\frac{1}{2}$  teaspoon smoked paprika
- Freshly ground black pepper
- 3 tablespoons olive oil
- $\frac{1}{4}$  cup grated Parmesan cheese

### DIRECTIONS

1. Put eggs in a small saucepan with enough cold water to cover. Place over medium-high heat and bring to a boil. Remove pan from heat, cover, and let stand for 10 minutes. Drain eggs, then peel them. (You can cook the eggs a day ahead. Keep them unpeeled and covered in the refrigerator.)
2. Finely chop hard-boiled eggs and toss them with a large pinch of salt.
3. Put Marcona almonds in a small skillet and toast them over medium-low heat, stirring frequently, for 5 to 10 minutes, until golden brown.
4. Put kale in a salad bowl. In a small bowl, whisk together vinegar, smoked paprika and  $\frac{1}{4}$  teaspoon each salt and pepper. Add oil and whisk to combine.
5. Drizzle the dressing over the kale, then toss, using your fingertips or tongs. Spend a few minutes thoroughly working the dressing into the leaves. (You can cover and refrigerate the salad for up to 4 hours before serving.)
6. Add almonds and eggs and toss once more. Taste and adjust salt and pepper if needed. Sprinkle Parmesan cheese on top, then serve.

**Nutrition score per serving:**  
 267 calories, 21g fat  
 (1g saturated), 11g protein,  
 11g carbohydrates, 3g fiber,  
 259mg sodium

For a vegan version, omit the egg and cheese and add about  $\frac{2}{3}$  cup roasted red bell-pepper strips and a few tablespoons golden raisins along with the Marcona almonds.





## SPICY SOBA NOODLES WITH WILTED WATERCRESS

### SERVES 4

- 8 ounces dried soba noodles
- 2½ tablespoons low-sodium soy sauce
- 1 teaspoon Vietnamese chili-garlic sauce
- 1 teaspoon toasted sesame oil
- 6 cups stemmed watercress or upland cress
- 1 tablespoon canola oil

### DIRECTIONS

1. Bring a large pot of water to a boil over high heat. Add noodles and cook until done, about 8 minutes. Meanwhile, combine soy sauce, chili-garlic sauce and toasted sesame oil in a small bowl.
2. Drain noodles in a colander. (If you're using 100 percent buckwheat soba, the noodles may be starchy. Give them a quick rinse with hot tap water.) Put watercress in the hot saucepan. Return noodles to pan along with canola oil. Toss to combine. The watercress should wilt from the heat of the pan and the noodles.
3. Add the sauce and toss until well incorporated. Serve warm or at room temperature.

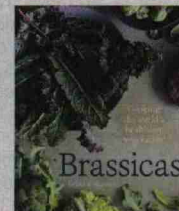
### Nutrition score per serving:

251 calories, 6g fat (0g saturated), 9g protein, 40g carbohydrates, 3g fiber, 742mg sodium

• If you can't find watercress, substitute arugula.

**THE KEY TO ENSURING VIBRANT, TASTY BRASSICAS? AVOID BOILING, WHICH BREAKS DOWN CELL WALLS AND RELEASES SULFUR COMPOUNDS.**

For tons more fresh-from-the-garden recipes, pick up the book.



•Reprinted from Ten Speed Press' *Brassicas: Cooking the World's Healthiest Vegetables* (\$23, amazon.com). Copyright © 2014 by Laura B. Russell. Photographs copyright © 2014 by Sang An. Available April 8, 2014.