

VEGGIE *delight*

Cruciferous veggies (think: broccoli, cauliflower, kale) are a storehouse of nutrients and are rich in fiber, which helps stabilize blood sugar levels. These dishes make them extra tasty!



Kale and Sweet Potato Sauté

Makes 4 servings

2 Tbsp olive oil (divided), plus more if needed
1½ lb sweet potatoes (2 medium), peeled and cut into ½-inch cubes
¾ tsp kosher salt (divided)
1 Tbsp chili powder (divided)
1½ tsp ground cumin (divided)
2 cloves garlic, minced
1 medium bunch kale (about 10 oz.), center ribs and tough stems removed, leaves shredded
1 Tbsp water

- In a large (12 inches or wider) nonstick frying pan, heat 1 Tbsp oil over medium heat. Add the sweet potatoes and cook, stirring occasionally, for about 5 minutes, until starting to soften. Stir in ½ tsp salt, 2 tsp chili powder and 1 tsp cumin. Add a touch more oil if the pan seems dry, then continue cooking, stirring occasionally, for 8 to 10 minutes more, until the sweet potatoes are golden brown and cooked through. If the sweet potato cubes are larger than ½ inch, they may take longer to cook. Transfer the sweet potatoes to a bowl.
- In the same pan, heat the remaining 1 Tbsp oil and the garlic over medium heat. When garlic starts to sizzle (do not let it brown),

add the kale—a little at a time—and turn it with tongs to coat it with the garlicky oil. Add the remaining ¼ tsp salt, 1 tsp chili powder and ½ tsp cumin. Stir in the water and cook for about 5 minutes, until the kale is wilted and tender. Return the sweet potatoes to the pan and heat for about 2 minutes more. Taste and season with salt if needed. Serve hot.

Nutrition facts (per serving) Calories 190, fat 8 g (saturated fat 1 g), cholesterol 0 mg, protein 4 g, carbohydrates 29 g, fiber 5 g, sodium 300 mg, sugars 8 g

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Romanesco Salad

Makes 4 servings

1 cup water
1 medium Romanesco or regular cauliflower, cored and cut into bite-size florets (about 5 cups)
2 tsp Dijon mustard
Grated zest of 1 lemon
2 Tbsp lemon juice
¾ tsp kosher salt (divided)
3 Tbsp olive oil
1 red bell pepper, chopped
½ cup thinly sliced red onion
⅓ cup chopped fresh dill
3 Tbsp drained capers, coarsely chopped



- In a large pot, bring the water to a boil over high heat. (If you have a steamer insert, put it in the pot to hold the Romanesco. If you don't have one, don't worry about it.) Add the Romanesco, cover the pot, turn down the heat to medium and steam for 2 to 3 minutes, until crisp-tender. Using a slotted spoon, transfer the Romanesco to a rimmed baking sheet or clean kitchen towel, spreading it in a single layer, to cool.
- In a small bowl, whisk together the mustard, lemon zest, lemon juice and ¼ tsp salt. Slowly add

the oil, whisking constantly with a fork.

- Put the Romanesco in a serving bowl. Add the bell pepper, onion, dill, capers, the remaining ½ tsp salt and the vinaigrette and toss gently to combine. Cover and refrigerate until ready to serve. It will keep well for several hours. Just before serving, taste and add more salt if needed. 🍴

Nutrition facts (per serving) Calories 150, fat 11 g (saturated fat 1.5 g), cholesterol 0 mg, protein 4 g, carbohydrates 13 g, fiber 4 g, sodium 500 mg, sugars 5 g