

Stir-fried Chicken with Bok Choi and Pea Shoots

Serves 4

¼ C low-sodium soy sauce
1 Tbls rice wine vinegar
2 tsp light brown sugar
3 Tbls water
2 boneless, skinless chicken breasts
4 tsp cornstarch
2 Tbls oil (preferably peanut, sunflower or safflower – all have high smoke point temperature)
2 cloves garlic, sliced thin
2 tsp fresh ginger, peeled and minced
4 C bok choy
1 small jalapeno pepper, seeds & pith removed, minced (Optional-measure according to taste and heat)
1 ½ C pea shoots
Sesame seeds, toasted (for garnish)

In a small bowl, combine soy sauce, vinegar, brown sugar, and 3 tablespoons water. Slice chicken into thin strips. In a medium bowl, toss chicken with cornstarch until coated. In a large wok or skillet, heat oil, garlic, and ginger over medium-high until fragrant, about 1 minute. Add chicken in a single layer, pressing against pan to sear. Cook, stirring, until lightly browned and just cooked through (6 to 8 minutes). Add bok choy and chile and cook, stirring, until bok choy slightly wilts (about 1 minute). Add soy sauce mixture and cook until sauce thickens slightly (2 minutes). Remove from heat and toss in pea shoots and scallions. Serve over rice and sprinkle with sesame seeds.

Honey Mustard Baked Pork Chops

Serves 2 to 4

1/8 C yellow mustard
½ C honey
4 pork chops, ½ in. thick (preferably boneless, center-cut)
Pepper
Chili pepper to taste

Preheat oven to 425 degrees F.

In a small bowl, stir together mustard and honey.

Spray each sheet of foil with cooking spray and place a pork chop in the center. Pour 1 Tablespoon honey mustard over each chop (take care not to touch the raw pork with spoon or honey mustard container). Reserve remaining honey mustard to serve with the meal. Sprinkle pepper and chili powder over each chop to your taste. Fold foil over, enclosing contents completely and crimping edges tightly to seal.

Place packets on a baking sheet and bake until the chops are no longer pink, 18 to 20 minutes; do not overcook. Serve immediately with reserved honey mustard.

Roasted Winter Squash with Pasta from The Whole Foods Cookbook

Serves 4

1 medium winter squash (butternut or cooking pumpkin)
1 ½ cups diced onion (2 medium onions)
4 cloves garlic chopped fine
1 teaspoon crushed red chili flakes
6 tablespoons oil
1 tablespoon bottled lemon juice (optional)
2 teaspoons salt
1 lb penne pasta or any type of pasta except thin spaghetti
½ C Parmesan cheese (optional)

Preheat oven to 375 degrees

1. Cut squash in half, scoop out pulp and seeds, peel squash. Dice the squash into 1- inch cubes. (should yield at least 4 cups). Place diced squash into a large mixing bowl. Add to the bowl: onion, red chili flakes, oil, lemon juice and salt. Toss the ingredients to mix well.
2. Place the mixture in a large roasting pan and roast for 45 minutes or until brown, stirring occasionally. The squash should be firm-tender, not mushy.
3. After the squash has cooked for 25 minutes, bring a large pot of salted water to a boil. Add the pasta and cook for 10 minutes until just done (not soft). Drain the pasta and return it to the same pot. Mix in the cooked squash mixture and salt and pepper as desired. Serve with sprinkled cheese if desired.

Carolina Kale From Moosewood Restaurant

Serves 4

1 bunch kale
3 C chopped fresh tomatoes (7 small) or one 28 oz can diced tomatoes
1 C finely chopped onion (2 medium or 1 large)
1½ tsp ground cumin
3 garlic cloves, finely chopped
½ tsp salt
Ground black pepper to taste

Wash the kale well. Cut out the large stems. Stack the leaves and slice them crosswise into thin strips. Combine the tomatoes, onions, cumin, garlic and salt in a saucepan or large fry pan and cook on medium heat for 5 minutes. Add the kale, cover, and gently simmer, stirring frequently, for 10-15 minutes, until the kale is tender. Add pepper to taste and serve. This dish is delicious served over rice.

If you want to add a little heat to your dish, add 1 teaspoon of Tabasco or other hot sauce.