



# Recipes

## Fall Vegetables Made Easy

### Recipe: Sesame-Shitake Bok Choy

#### Ingredients

- 1 tablespoon canola oil
- 3 cloves garlic, chopped
- 1 (2-lb) head bok choy, trimmed and thinly sliced
- 4 cups sliced shitake mushroom caps
- 2 tablespoons soy sauce or tamari
- 1 tablespoon toasted sesame oil
- ¼ teaspoon salt
- 1 tablespoon toasted sesame seeds

#### Directions

1. Heat oil in a Dutch oven over medium-high heat. Add garlic and cook, stirring constantly until fragrant but not browned (about 30 seconds).
2. Add bok choy and mushrooms; cook, stirring until wilted (about 2 minutes).
3. Continue cooking, stirring often, until just tender (3-5 minutes more).
4. Stir in soy sauce, sesame oil and salt. Garnish with sesame seeds.



### Recipe: Mashed Cauliflower with Leeks

#### Ingredients

- 1 head cauliflower
- 2 cloves garlic
- 1 leek, white only, split into 4 pieces
- 1 tablespoon olive oil
- Salt & pepper to taste

#### Directions

1. Break cauliflower into small pieces. In a good sized saucepan, steam cauliflower, garlic and leeks in small amount of water until completely tender (about 20-30 minutes).
2. While cauliflower is hot, puree mixture in a food processor until the vegetables resemble mashed potatoes. Use a blender if you prefer a smoother texture. Process only a small portion at a time, holding the blender lid on firmly with a kitchen towel.
3. Stir in oil, salt and pepper to taste. Add a little hot water if vegetables seem dry.



Health Matters is UC Berkeley's Wellness Program with campus partners including Office of Environment, Health & Safety, Human Resources, Physical Education Program, Recreational Sports, and University Health Services: CARE Services, Disability Management Services, Ergonomics@Work, Occupational Health Clinic, and Work/Life.



## Recipe: Roasted Butternut Squash & Parsnip Soup

### Ingredients

- 2 large sweet onions, halved
- 3 large parsnips or potatoes, peeled & cut into halves
- 1 large butternut squash, sliced lengthwise & seeds removed
- 3 sprigs thyme
- Olive oil
- Salt & pepper
- 6 cups vegetable stock
- 1 tablespoon apple cider vinegar
- 1 tablespoon maple syrup or honey

### Directions

1. Preheat oven to 350F and line a sheet pan with foil. Place onions, parsnips and squash sliced side down on the foil lined sheet pan. Liberally coat the vegetables with olive oil (on all sides), toss on thyme and sprinkle with salt and pepper.
2. Roast about 1 hour, making sure to turn the parsnips half way through. Remove the pan from the oven when the onions and parsnips are browned and a knife inserted into the squash goes in smoothly. Remove the thyme and allow to cool. Pick off the skin of the squash.
3. In a blender or food processor, puree the vegetables with the stock until smooth. Stir in apple cider vinegar and sweetener. Season to taste with salt and pepper.



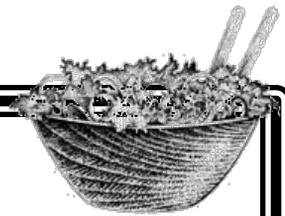
## Recipe: Massaged Kale with Cranberries & Pecans

### Ingredients

- 1 bunch organic kale
- 1 lemon, halved
- ¼ cup olive oil
- 1 teaspoon salt
- ½ cup dried cranberries
- 2 tablespoons chopped pecans
- 1 teaspoon black pepper
- 1 teaspoon agave nectar

### Directions

1. Remove stalks from the kale leaves and rip up the leaves into smaller pieces. Put kale into a large bowl and add juice from ½ of the lemon, olive oil, and salt.
2. Massage the kale until the leaves become soft (about 2-3 minutes).
3. Add the cranberries and pecans.
4. In a small bowl, squeeze juice from remaining ½ of the lemon and add ground pepper and agave nectar. Whisk until blended and pour over salad then toss to coat.
5. Salad can be eaten immediately or chilled in the refrigerator for 4-6 hours to allow flavors to develop.



For more information and healthy cooking resources, visit *Cook Well Berkeley* at <http://tinyurl.com/cookwellberkeley>