



# Recipes

## *Fall Vegetables Made Easy*

### Recipe: Roasted Beet & Apple Radicchio Slaw

#### Ingredients

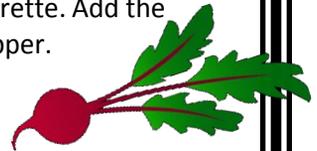
2 medium beets  
1 medium-large apple,  
chopped  
1 tablespoon olive oil  
3 cups coarsely  
chopped Treviso radicchio  
Kosher salt  
Freshly ground black pepper

#### *Dressing:*

2 tablespoons extra-virgin olive  
oil  
1 tablespoon cider vinegar  
1 tablespoon minced shallot  
1 1/2 teaspoons Dijon mustard

#### Directions

Heat oven to 375 degrees and arrange a rack in the middle. Rinse the beets and trim off any leafy tops. Peel beets (optional) using a paring knife and chop into bite-sized pieces. In a medium bowl toss beets and apples with olive oil. Pour onto greased cookie sheet or roasting pan and cook for 30-35 minutes, turning once or twice with a spatula until beets are tender. Remove from oven and let cool to room temperature. In the meantime, place the olive oil, vinegar, shallot, and mustard in a large, nonreactive bowl and whisk to combine. Add cooled beets and apples and toss until well coated in the vinaigrette. Add the radicchio and season with salt and pepper.



### Recipe: Sautéed Chard

#### Ingredients

1 bunch Swiss chard  
1 tablespoon olive oil  
2 garlic cloves, minced  
1 tablespoon vinegar of choice  
(balsamic or flavored vinegars  
work well)  
2 tablespoons pumpkin seeds or  
pine nuts  
Salt and pepper to taste

#### Directions

Trim tough stalks from chard, and chop remaining leaves into 1 inch thick pieces. Rinse leaves well and dry in a salad spinner. In a large pot or Dutch oven, heat olive oil over medium heat. Cook garlic for 1-2 minutes then stir in chard leaves. Cook until leaves are wilted, 4-5 minutes. Cover and cook an additional 4-5 minutes until leaves are tender. Uncover and continue cooking just until liquid is evaporated (a minute or two). Stir in balsamic vinegar, seeds/nuts and season with salt and pepper to taste.



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: Curried Cauliflower Soup (*adapted from TheKitchn.com*)

**Ingredients**

2 tablespoons extra-virgin olive oil, plus more to serve  
2 medium white onions, thinly sliced  
1/2 teaspoon kosher salt, plus more to season  
4 cloves garlic, minced  
1 large head of cauliflower (about 2 pounds), trimmed and cut into florets  
4 1/2 cups low-sodium vegetable broth (or water)  
1/2 teaspoon coriander  
1/2 teaspoon turmeric  
1 1/4 teaspoon cumin  
1 cup light coconut milk  
Freshly-ground black pepper, to season

**Directions**

Heat oil in a large pot over medium heat until shimmering. Cook the onions and 1/4 teaspoon salt until onions are soft and translucent, 8-9 minutes. Reduce heat to low, add garlic and cook for 2 additional minutes. Add cauliflower, vegetable broth, coriander, turmeric, cumin, and remaining 1/4 teaspoon salt. Bring pot to a boil over medium-high heat, then reduce the heat to low. Simmer until cauliflower is fork-tender, about 15-17 minutes. Working in batches, purée the soup in a blender until smooth, and then return the soup to the soup pot. (Alternatively, use an immersion blender to purée the soup right in the pot.) Stir in the coconut milk and warm the soup. Taste and add more salt, pepper or spices if you'd like.



Recipe: Arugula Persimmon Pear Salad (*adapted from AllRecipes.com*)

**Ingredients**

*Dressing*

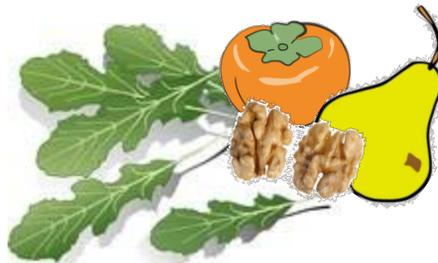
1 teaspoon Dijon mustard  
½ lemon, juiced  
¼ cup olive oil  
1 shallot, minced

*Salad*

1 persimmon, sliced  
1 pear, sliced  
½ cup walnut pieces, toasted  
1 bunch arugula  
Salt and pepper to taste

**Directions**

Whisk the mustard, lemon juice, olive oil, and shallot in a bowl. Add the sliced persimmon, pear, walnuts, and arugula and mix well to coat. Season to taste with salt and pepper.



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