

Saladmaster Leafy Greens Cooking Class



Recipes

Garlicky Spinach

Ingredients:

- 4 cloves Garlic, cone #1
- 16 oz. Spinach
- 1 cup Cherry Tomatoes, halved

Directions:

1. Sauté garlic in saucepan on medium heat until fragrant.
2. Add cut cherry tomatoes and spinach.
3. Cover and cook for 3-4 minutes or until tender.



Pressed Salad

Ingredients:

- 2 Carrots, cone #1
- 5 stalks Bok Choy, sliced thin
- 6" of Daikon Radish, cone #2
- 1 Green Apple, cone #2
- 1/2 tsp Sea Salt

Directions:

1. Add all ingredients to a large, non-reactive bowl (either stainless or glass). Massage the salt into the vegetables, with your hands, for 3-5 minutes. We massage the salt in because it helps to keep the minerals inside the veggies, while just removing the water.
2. Place a plate on top and something heavy weighted on top of the plate.
Allow to sit for 1 hour.
3. Remove plate and pour off extra water.
4. Serve as-is or top with 1 Tbsp of Lemon Juice or Rice Vinegar.



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Sautéed Brussels Sprouts with Bell Peppers

Ingredients:

- 1 lb. Brussels Sprouts, cone #4
- 1 Yellow Onion, cut into half-moon slices
- 1 Red Bell Pepper, cut into 1-2" wide strips

Directions:

1. Slice onion and allow to caramelize on medium heat while covered.
2. Once tender, add cut bell pepper and cook on medium-low for 5-10 minutes.
3. Add sliced brussel sprouts and cook until tender on medium-low for another 10 minutes.



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Potlicker Greens

Ingredients:

- 1 bunch Turnip Greens
- 1 bunch Collard Greens
- 2 large Carrots, cone #2
- 1 large Onion, cut into half-moon slices

Directions:

1. De-stem and cut greens into bite size pieces.
2. Sauté carrots and onions on medium low heat until caramelized.
3. Add greens, cover and turn to medium until vapo-valve clicks.
4. Reduce heat to low and cook for about 15-20 minutes or until wilted.

Miso Baby Bok Choy

Ingredients:

- 1 Tbsp minced Ginger, cone #1
- 4 cloves minced Garlic, cone #1
- 2 Tbsp White Miso
- 1/4 cup Mirin
- 1 Tbsp Rice Vinegar
- Juice of 1 Lime
- 1/2 cup Water or Veggie Broth
- 6-8 Baby Bok Choy
- Optional: Arrowroot or cornstarch to thicken

Directions:

1. Cook ginger and garlic in an 11" skillet on medium heat until lightly brown and fragrant (about 1-2 min).
2. In a bowl, mix remaining ingredients, except bok choy. Whisk and add to pan.
3. Arrange baby bok choy in a single layer in skillet.
4. Cover and cook on medium heat until the valve clicks.
5. Reduce heat to low and cook for 5 mins until bok choy is desired tenderness.
6. If choosing to thicken, dissolve 1 Tbsp arrowroot or cornstarch in 3 Tbsp Water in a small bowl. Drizzle over bok choy, then gently stir.
7. Increase heat to medium and sauce will thicken as it starts to bubble. Stir constantly and remove from heat when desired thickness is achieved.



Massaged Kale Salad

Ingredients:

- 1 bunch Kale, stems stripped and leaves torn into bite-size pieces
- 1 cup Hummus, prepared with no oil
- Zest of 1 Lime, cone #1
- 2 Tbsp fresh Lime Juice
- 1 Mango, cone #2
- 2 cups frozen Corn, thawed
- 1 - 2 cups Cherry Tomatoes, cut in half
- 1 Yellow Bell Pepper, cone #3
- 2 Tbsp fresh Mint, chopped

Directions:

1. Place the kale in a large salad bowl and gently massage the hummus into the kale. It will soften quickly.
 2. Keep massaging until the kale is limp and well coated. The more you massage, the more tender, dark and edible the kale becomes!
 3. Add the remaining ingredients and toss gently.
- *more hummus can be added if preferred.