Warm Cabbage Salad with Bacon and Blue Cheese

Serves 6

Ingredients:

2 cups apple cider

2 slices of bacon

1/4 cup chopped shallots or red onion

1/4 teaspoon salt

1/4 teaspoon black pepper

6 cups shredded cabbage

1 carrot, shredded

1/3 cup blue cheese

Directions:

- Bring apple cider to a boil in a small saucepan over medium heat. Cook until reduced to ½ cup, about 15 minutes.
- Cook bacon in a large saucepan over mediumhigh heat until crisp. Remove bacon from pan. Crumble bacon and set aside. Reserve 1 tablespoon drippings.
- Add shallots to bacon drippings. Cook for 1 minute or until soft. Add reduced apple cider, salt and pepper. Add cabbage, carrot, and bacon. Cook for 1 to 2 minutes. Add blue cheese. Toss to combine. Serve immediately.



Brussels Sprouts with Prosciutto

Serves 6

Ingredients:

3 cups trimmed and sliced Brussels sprouts, about $1\frac{1}{2}$ pounds

1/4 cup chopped prosciutto, about 11/2 ounces Cooking spray

1 Tablespoon butter

½ teaspoon salt

1/4 teaspoon black pepper

1 Tablespoon lemon juice

Directions:

- 1. Cook Brussels sprouts in boiling water for 3 minutes. Drain. (Recipe can be prepared up to this point, refrigerated).
- 2. Heat a large nonstick skillet over medium heat; add prosciutto. Cook until crisp, stir occasionally. Remove prosciutto from pan; set aside.
- Add Brussels sprouts to skillet and sauté 3
 minutes or until lightly browned. Add butter,
 salt and pepper. Stir until butter melts.
 Remove from heat; stir in lemon juice. Add
 prosciutto. Toss to combine.

Brussels sprouts are a very strong flavored vegetable. Cooking them in water helps to mellow them out. This may be beneficial if serving them to children.

Prosciutto is a type of Italian ham. One or two slices or bacon can be substituted for the prosciutto.



Brassica Vegetables

Vegetables in the brassica family, such as broccoli, Brussels sprouts, cabbage, turnip and kale, are now being touted for their possible cancer fighting properties. These vegetables contain isothiocyanates, which are phytonutrients that may lower the risk for cancer. In addition to phytonutrients, brassica vegetables contain beta carotene, vitamin C, and folic acid.

Not only are brassica vegetables healthy to eat, they are also relatively inexpensive and readily available. Brassica vegetables are most always cool season crops, so fall and winter are excellent times to prepare them. These vegetables can be steamed or sautéed, added to soups and salads. Brassica vegetables, such as turnip root, rutabaga, and kohlrabi, can also be roasted. For starters, try the recipes for cabbage and Brussels sprouts included in this brochure.

Brassica vegetables are healthy, inexpensive and easy to prepare. What more could you ask for? Go ahead, give them a try.



Brassica vegetables

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Cooking Root Vegetables

Bring up the phrase 'root vegetables' and most people probably think "It winter time and you have nothing else to cook". Root vegetables have fallen so out of favor that it's hard to believe they were once a mainstay in the American diet. These overlooked and underappreciated vegetables are hidden nutritional store houses. Usually inexpensive, these vegetables are good for dinner on a budget.

Common root vegetables are carrots and potatoes. This winter try venturing out into unfamiliar territory of rutabagas, turnips, parsnips, and beets.

If you are ready to discover root vegetables, slower cooking methods bring out their sweet and nutty flavors. In addition to slow cooking, other methods include braising and roasting. They are also used in soups, can be mashed and added to salads.

Try braising root vegetables in a stew of flavorful sausages or for a vegetarian dish, use apple cider and a touch of brown sugar. Root vegetables are great in a gratin. Slice thinly and layer with onions or leeks and bake. For a salad, roast or boil until tender. Toss with a salad dressing while still warm. Root vegetables make great pureed soups



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Honey Roasted Root Vegetables

Serves 6

Ingredients:

5 cups of assorted root vegetables, peeled and cubed 2 Tablespoons olive or vegetable oil

- ½ teaspoon salt
- 1/4 teaspoon black pepper
- 2 Tablespoons honey

Directions:

- 1. Preheat oven to 450°F.
- 2. Peel and cut vegetables into about ½ to 1-inch cubes. Toss with oil, salt and pepper.
- 3. Pour onto a sheet pan large enough to hold the vegetables in a single layer.
- 4. Roast for 20-25 minutes. Spoon honey over vegetables. Mix well to coat vegetables. Return to oven another 5 minutes.

Any combination of root vegetables will work with this recipe. Winter squash are also an excellent addition.



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