

Yummy vegetable recipes

Hint - Endive can be used in salads instead of Lettuce.

Endive Bake

Place half the Endive leaves on a baking tray lined with baking paper, brush with melted butter or oil.

Top with low fat cheese and a sprinkle of Nutmeg.

Bake on 200 degrees C till brown (about 10 minutes).

Kale Pesto

Kale – 3 large leaves

1/2 cup chopped walnuts

1 teaspoon salt

2 cloves garlic

1/2 cup oil

1/2 cup parmesan cheese

Black pepper to taste

Toast dry walnuts on an oven tray lined with baking paper (don't burn).

Bring a pot of water to the boil add salt and kale, cook until tender.

Add all ingredients to a blender except oil and cheese.

Pour oil in a gentle stream till blended.

Put into a bowl and stir in cheese.

NB. Recipe can be frozen.

Beetroot Dip

Makes 3 cups.

Preheat oven to 190 degrees.

5 large beetroot

2/3 cup natural yoghurt

1/2 cup low fat cream

1/2 teaspoon cumin powder

1 tablespoon horseradish

Trim and wash beetroot leaving 2 cm stalk attached.

Wrap in foil.

Cook in the oven for 1 hour until tender, turn every 15 minutes.

Remove stems, peel skin and chop.

Place into food processor and blend for 1 minute.

Add all other ingredients and pulse until the dip has reached the desired texture.

Refrigerate until needed.

Serve with toasted bread or vegetables.

Beetroot Salad

Use 4-5 beetroots using different colours.

Clean beetroots and cut into matchsticks.

200g feta cheese, crumbled

Small bunch mint leaves

Salt and pepper

Dressing

3 tablespoons lemon juice

3 tablespoons good olive oil

Adjust to taste.

Kale Chips

Cut leaves into small squares, toss with olive oil, chilli flakes and salt flakes, then roast at 180C for 10 minutes until crisp but still green.

Delicious but don't go overboard on the salt flakes. Remember to preheat the oven before putting the kale tray into the oven.

Kale Tortilla

90g kale leaves

6 free range eggs

Salt, to season

2 tablespoons coconut oil, or oil or fat of your choice

100g sweet potato peeled and cut into 8mm dice

1 garlic clove, finely chopped

40g sunflower seeds and pumpkin seeds, toasted

Wash the kale leaves well to remove any grit, drain well, pat dry and set aside.

Using a fork, lightly beat the eggs in a bowl and season with salt and freshly cracked pepper.

Heat the oil or fat in a 24 centimetre non-stick pan over medium heat.

Add the sweet potato and cook for 3 minutes, then decrease the heat, add the garlic and cook for a further 2 minutes until softened.

Increase the heat to medium, add the kale and cook for one minute, stirring constantly.

Spread out the kale and sweet potato into a single layer.

Pour the beaten egg mixture into the pan and swirl around.

Reduce the heat to low and cook, without stirring, for 2 to 3 minutes or until almost cooked through.

Take off the heat, cover with lid and leave covered for 3 minutes to allow the residual heat in the pan to finish cooking the tortilla.

Cut tortilla in half, slide onto warmed plates, sprinkle with seeds and a light squeeze of lemon.

Zucchini Recipe

4 medium zucchini
1 clove garlic
1 tablespoon olive oil
1 can diced tomatoes with liquid
1/2 cup parmesan cheese

Slice zucchini.
Add oil to fry pan.
Cook zucchini till tender.
Add garlic, cook for another minute.
Cook until liquid has evaporated and mixture is dry.
Add salt /pepper.
Sprinkle with parmesan cheese.

Raw Creamed Fennel

1 1/2 cups raw fennel (1 bulb)
3 sticks celery
1 avocado
1/2 cup lemon juice
1/2 teaspoon sea salt
1 cup ice

Combine everything in a blender until smooth.
Adjust seasoning to taste.
Add more lemon, salt or water as required.
Serve in small bowls.
Garnish with fennel leaves.

Eggplant and Chilli

Prep time: 5 min

Cooking time: 60 min

1 large eggplant

2 tomatoes

Large handful basil leaves

1 teaspoon coconut oil

2 teaspoons turmeric

2-3 chillies

700 ml jar of tomato salsa

Salt to taste

Slice the eggplant into thick slices.

Finally dice tomatoes.

Put oil in frypan and when hot, add chilli and shredded basil.

Cook for 30 seconds.

Add tomatoes.

Add turmeric and salt to taste.

Cook the mixture for 10 minutes.

Add salsa, reduce to a low heat.

Simmer for 45-50 minutes.

Fry eggplant till tender.

Cover with tomato mixture.

Serve as an entree or a side dish.