

21 NEW VEGAN RECIPES

# vegetarian times

**FARM  
FRESH**

**38** VEG DISHES  
TO MAKE  
TONIGHT

SPECIAL RECIPE INSERT

**25** DISHES UNDER  
350 CALORIES



**ONE-POT  
WONDERS**  
NO-FUSS VEG DISHES!

STUFFED SWEET POTATOES WITH  
WATERCRESS CHIMICHURRI, p. 77

**POP-UP GARDEN**  
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OUT OF THE BOX

# Nothing Could Be





# eFiner...

...than to be in Carolina in the springtime, when tender veggies are kicking off the growing season

By Cristin Nelson

**WHEN RICHARD HOLCOMB**, his partner Jamie DeMent, and Holcomb's four kids moved to an old farmhouse outside Durham, N.C., they never dreamed that their farm would grow into 55 acres of vegetable gardens, orchards, and ponds, with popular vegetable and egg community-supported agriculture (CSA) programs. Their produce is organically grown, and most is heirloom variety, such as Chioggia beets and spicy Nero Tondo radishes. The land, Coon Rock Farm, is named for a nearby rock formation that juts into the picturesque Eno River. For a taste of spring, try these recipes that take their inspiration from items you'd find in a Coon Rock Farm CSA share.



## CRUSHED BEETS WITH HERB VINAIGRETTE

*CSA Share Items: Beets, mint, chives*

### SERVES 4

Crushing and pan-cooking roasted beets gives their outer layers a crispy texture, and allows a zesty vinaigrette to pool in their clefts and valleys. Omit the dollops of yogurt to make the dish vegan. If desired, substitute dill or tarragon for the mint.

- 4 small beets
- 3 Tbs. lemon juice
- ¼ cup (4 Tbs.) olive oil, divided
- ½ tsp. salt
- ¼ tsp. ground black pepper
- ⅓ cup fresh mint leaves, chopped
- 2 Tbs. fresh chives, finely chopped
- ¼ cup (4 Tbs.) low-fat Greek yogurt
- Flaky sea salt to taste (optional)

**1** Preheat oven to 400° F. Wrap each beet in small sheet of foil, and roast on baking sheet 40 to 50 minutes, or until beets are tender. Cool, then remove foil, and rub skins from beets. Crush beets to about ¾-inch thickness using underside of small bowl.

**2** Meanwhile, whisk together lemon juice, 3 Tbs. olive oil, salt, and pepper until combined. Stir in mint and chives.

**3** Heat remaining 1 Tbs. oil in skillet over medium-high heat. Add crushed beets and cook 4 minutes on each side, or until browned.

**4** Transfer to serving plate, and top each beet with 1 Tbs. Greek yogurt and 1 Tbs. vinaigrette. Sprinkle with flaky sea salt (if using.)

PER BEET 159 CAL; 3 G PROT; 14 G TOTAL FAT (2 G SAT FAT); 7 G CARB; 1 MG CHOL; 293 MG SOD; 2 G FIBER; 5 G SUGARS **GF**





## PASTA WITH BLUE CHEESE, ARUGULA, FIGS, AND WALNUTS

*CSA Share Item: Arugula*

**SERVES 4 | 30 MINUTES OR LESS**

Lightly wilted arugula lends a fresh, green, peppery flavor to this quick pasta recipe. The dish is a great way to use up bunches of arugula that are slightly wilted or just past their prime.

- ½ lb. curly pasta, such as cavatappi
- ½ cup low-fat cottage cheese
- 2 oz. strong blue cheese, such as Point Reyes or Danish Blue, plus more for garnish (optional)
- 3 cups arugula, divided
- 6 dried figs, chopped (½ cup)
- ⅓ cup chopped toasted walnuts or pistachios
- ¼ tsp. coarsely ground black pepper

- 1** Cook pasta according to package directions.
- 2** Meanwhile, blend cottage cheese and blue cheese in food processor until creamy. Add 2 cups arugula, and blend until smooth.
- 3** Drain pasta, and reserve 1 cup cooking water.
- 4** Return pasta to pot, and stir in blue cheese sauce and ¾ cup to 1 cup reserved cooking water. Fold in figs, remaining 1 cup arugula, walnuts, and pepper, and season with salt, if desired.

PER 1-CUP SERVING 384 CAL; 15 G PROT; 12 G TOTAL FAT (4 G SAT FAT); 55 G CARB; 13 MG CHOL; 286 MG SOD; 4 G FIBER; 11 G SUGARS

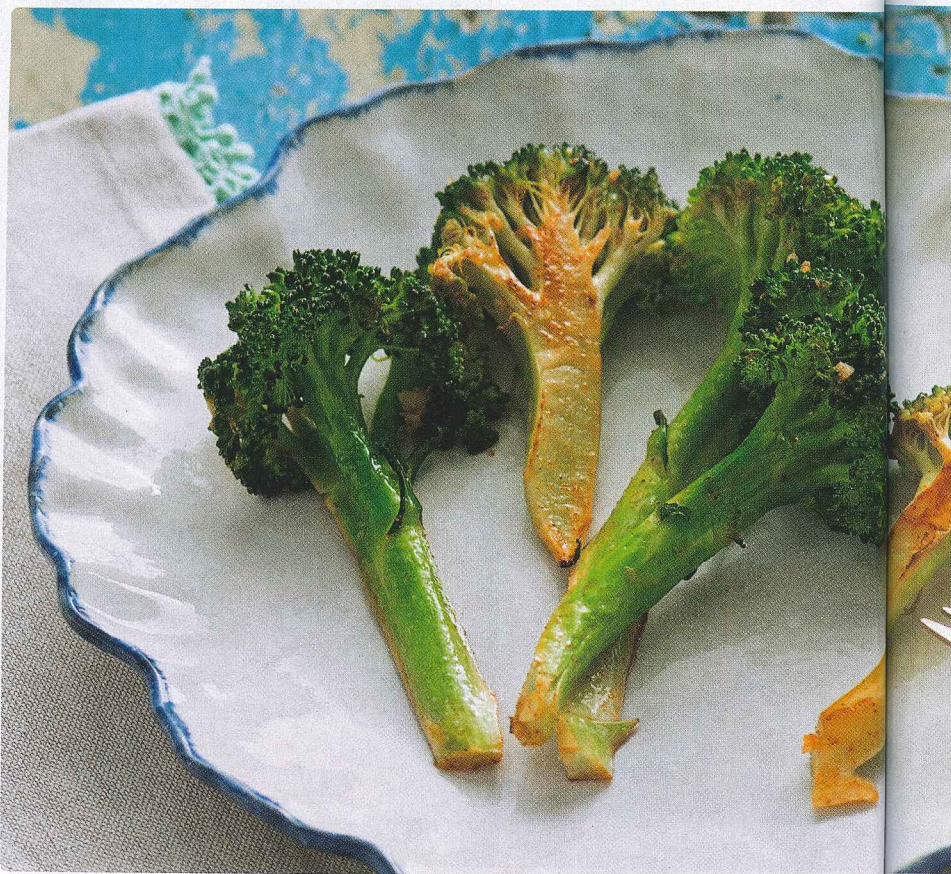
## SWEET & SOUR BOK CHOY AND RADISH STIR-FRY

*CSA Share Items: Bok choy and radishes*

**SERVES 4 | 30 MINUTES OR LESS**

Resist the urge to stir the radishes during their initial time in the pan. When left alone, they lose their peppery bite and pick up a delightful char. However, do be sure to stir-fry the vegetables constantly after adding the green onions, to prevent the smaller items from burning. To add heft to this meal, serve over rice or fold in cubes of tofu.

- |   |  |
|---|--|
| 2 Tbs. fresh orange juice                                 | 1 bunch green onions, white and light-green parts only, thinly sliced (½ cup), plus 4 tsp. thinly sliced dark-green parts, for garnish |
| 2 Tbs. unseasoned rice vinegar                            | 2 cloves garlic, thinly sliced (1 Tbs.)  |
| 2 tsp. cornstarch   | 1 Tbs. finely chopped fresh ginger   |
| 1 tsp. reduced-sodium soy sauce or tamari                 | 1 tsp. salt  |
| 1 tsp. honey  | 4 Tbs. chopped cashews, optional   |
| 1 medium head bok choy                                    |  |
| 2 tsp. vegetable oil                                      |  |
| 1 bunch radishes, quartered, or halved if small (1¾ cups) |  |





**1** Whisk together orange juice, rice vinegar, cornstarch, soy sauce, and honey in small bowl; set aside.

**2** Cut greens from bok choy and keep separate from stems. Cut stems into ½-inch slices (you should have about 4½ cups).

**3** Heat oil in large skillet over medium-high heat. Add radishes and cook, without stirring, 3 minutes. Add bok choy stems and cook 3 minutes, stirring occasionally.

**4** Add ½ cup green onions, and sauté 1 minute. Add garlic and ginger, and sauté 1 minute. Add bok choy greens and salt, and sauté 1 minute. Remove from heat.

**5** Stir orange juice sauce again to ensure it remains thoroughly mixed. Add sauce to pan and stir well to coat. Garnish each serving with 1 Tbs. chopped cashews (if using) and 1 tsp. green-onion greens.

PER 1-CUP SERVING 76 CAL; 3 G PROT; 3 G TOTAL FAT (<1 G SAT FAT); 11 G CARB; 0 MG CHOL; 670 MG SOD; 3 G FIBER; 7 G SUGARS



## CHILI-GARLIC ROASTED BROCCOLI

*CSA Share Item: Broccoli*



**SERVES 6 | 30 MINUTES OR LESS**

A tasty vegetable side that comes together in minutes and cooks without fuss? Yes, please. Allow the broccoli to roast until the florets are well browned and a bit crispy, and you'll be hooked.

- 2 Tbs. olive oil
- 2 Tbs. lime juice
- 4 cloves garlic, minced (1½ Tbs.)
- 1 Tbs. chili powder
- 2 medium heads broccoli, cut into long spears

**1** Preheat oven to 425° F.

**2** Combine olive oil, lime juice, garlic, and chili powder in bottom of large bowl. Add broccoli and mix until spears are coated. Season with salt and pepper, if desired. Arrange on baking sheet, and roast 17 to 20 minutes, until florets are brown and crispy at the edges.

PER 1-CUP SERVING 80 CAL; 3 G PROT; 5 G TOTAL FAT (<1 G SAT FAT); 8 G CARB; 0 MG CHOL; 234 MG SOD; 3 G FIBER; 2 G SUGARS  



### SLENDER, TENDER SPEARS

To cut broccoli into long spears, first peel the stalk with a vegetable peeler and trim off the tough end. Cut between florets down through the stalk.





## KALE AND SEMI-PEARLED FARRO PILAF

*CSA Share Item: Kale*

### SERVES 4

This recipe uses semi-pearled farro, which retains part of the bran, and with it, many of those good-for-you nutrients. Semi-pearled farro usually cooks in 15 to 25 minutes, and it's very forgiving—it won't get mushy when overcooked.

- 1/2 oz. dried porcini mushrooms
- 1 Tbs. olive oil
- 1 cup semi-pearled farro
- 1 shallot, finely chopped (1/2 cup)
- 1/2 cup white wine
- 1 1/2 cups low-sodium vegetable broth
- 1/2 tsp. salt
- 1/4 tsp. ground black pepper
- 1/8 tsp. red pepper flakes
- 1 6-oz. bunch kale, torn into bite-sized pieces (2 cups, packed)
- 1/4 cup (4 Tbs.) sliced toasted almonds, optional
- 2 tsp. chopped fresh thyme, optional

**1** Grind porcini mushrooms in food processor until they're the texture of coarse sand. Set aside.

**2** Heat oil in medium saucepan over medium heat. Add farro and shallot, and sauté 3 minutes. Add wine and cook 2 minutes, or until reduced by half.

**3** Stir in ground mushrooms, broth, salt, black pepper, and red pepper. Cover, and bring to a boil, then reduce heat to low and simmer 20 minutes.

**4** Add kale on top of farro mixture, but do not stir in. Cover, increase heat to medium-low, and simmer 10 minutes.

**5** Stir kale into farro, and taste for doneness. (Farro may need 3 to 5 minutes more cooking time but should still retain a pleasant chew.) Garnish each serving with 1 Tbs. toasted almonds and 1/2 tsp. thyme (if using).

PER 3/4-CUP SERVING 249 CAL; 9 G PROT; 5 G TOTAL FAT (<1 G SAT FAT); 43 G CARB; 0 MG CHOL; 316 MG SOD; 8 G FIBER; 3 G SUGARS 