

# CARNATION



Early Spring 2014

## Fresh Pickings from the Farm

Spinach  
Mustard Greens  
Collards  
Garlic  
Chard  
Kale  
Potatoes  
Onion  
Garlic Scapes  
Celery root  
Rosemary  
Butter  
Carrots

## The Meal Plan

- Spanish Tortilla
- Braised Greens w/  
Garlic Potato Salad
- Wilted Greens w/  
Potato Celery Puree



## Spanish Tortilla

- 1.25 lbs potatoes, precooked
- 1 medium-sized onion, peeled and sliced
- $\frac{3}{4}$  cup olive oil
- 2 cups fresh greens such as spinach, kale, mustard greens
- 6 large eggs, gently whisked

Heat oil in large skillet over medium heat. Slice cooled and cooked potatoes thinly and add to oil, salt and pepper to taste. Cook for a few minutes to brown potatoes, but do not let them break apart. Once browned, drain potatoes in colander and return skillet to medium heat with 2 tablespoons of oil. Mix warm potatoes with eggs and return to skillet. Once the edges have firmed up turn the heat down to medium-low and cook 5 minutes. Next, slide a spatula under the tortilla and flip it over and cook another 5 minutes. Sometimes sliding the tortilla onto a plate and inverting is easiest so it doesn't break!

## Braised Greens w/ Garlic Potato Salad and White beans

- 4 ½ lbs mixed greens (can be kale, collards, mustards)
- 2 tbs olive oil
- 3 large garlic cloves, thinly sliced
- 1 ¼ cups apple cider or other liquid
- 1 tbs vinegar

In 8-quart sauce-pot, heat oil over high heat until hot. Add garlic and cook 30 seconds, stirring constantly. Stuff pan with as many greens as you can, cider, vinegar, and 1 1/2 teaspoons salt, stirring to wilt greens. Add remaining greens in batches. Reduce heat to medium. Cover sauce-pot and cook greens 25 minutes or longer until stems are very tender and most of liquid evaporates, stirring occasionally. With slotted spoon, transfer to serving bowl. Serve with Garlic Potato Salad and White Beans (see cooking school for how to prepare dried beans)

For Potato Salad –

- 1.5 lbs of precooked potatoes cubed
- 6 garlic scapes, minced
- $\frac{1}{4}$  cup olive oil
- 2 tsp rosemary

*Combine all ingredients in a bowl and let sit for 3 hours in fridge before serving.*



## **Wilted Greens w/ Potato Celery Puree**

*Take remaining greens from previous recipe, and reheat with ½ cup wine of choice over medium heat.*

- **Medium Celery Root, peeled and sliced thinly**
- **3 tbs butter**
- **1 lb precooked potatoes, passed through food mill or mashed**

Melt butter in a heavy bottomed pan over medium-low and add the celery root, cook about 15 minutes until soft. Lower the heat if the root begins to brown. Once cooked, puree in the blender and add to the potatoes. Thin with milk if needed and season to taste with salt and pepper.

## **COOKING SCHOOL >> How to prepare Dried Beans**

- **1 cup dried white beans**
- **Salt**
- **¼ cup extra virgin olive oil**
- **4 garlic cloves**
- **1 tsp rosemary, coarsely chopped**
- **1 bay leaf**

Soak beans overnight in 4 cups water. Drain and transfer to heavy pot, add water to cover beans by 2 inches. Bring to a boil, lower heat and simmer gently for 2 hours until the beans are tender adding more water if needed, season to taste. In a small skillet over low heat add olive oil, garlic, and herbs. Cook until soft, 2 minutes, and stir into beans. Allow beans to sit for a few minutes to let the flavors blend.

## **Healthy Eats Break Down - Potatoes**

Potatoes are one of the most cost effective ways to get our nutrition. Research studies have shown that potatoes are one of the least expensive nutrient rich foods. Potatoes provide us with complex carbohydrates, fiber, and protein. They are good source of Vitamin C and also a source of B6, thiamine, niacin, and potassium. B6 is necessary for hundreds of enzymatic reactions in the body, including the production of neurotransmitters, the creation and activation of genes, and the breakdown of glycogen, just to name a few.

Potatoes have gotten a bad rap as a high glycemic food. While it is true that they can raise blood sugar more than other foods, there are ways to mitigate that effect. Eating a serving of potato chips or French fries by themselves as a snack can make your blood sugar and insulin unnecessarily high. On the other hand, eating a whole potato with its skin alongside the healthy fats and protein in free-range eggs and nutrient dense spinach will not have the same effect on blood sugar. Also, research shows that adding a little apple cider vinegar to your potato meal decreases the glycemic index. So add some vinaigrette to the meal and you will get all the inexpensive nutrition the tater has to offer without the spike in blood sugar. We also know that if you cook your potatoes and then cool them, it creates resistant starches. Therefore, potatoes in a chilled potato salad have a lower glycemic index than one warm from the oven.

*-Dr. Kathleen Allen*