

RECIPES FOR PLANETARY HEALING

A COLLABORATION FROM
THE PLANETARY HEALTH COLLECTIVE



SPRING 2021

DESIGNED BY LAUREN BURNS, RD, LD

TABLE OF CONTENTS

Sides

Spring Celery Salad With Honey Dijon Dressing ...2

Pan Seared Radishes ...4

Entrees

Greens & Green Chile Potato Hash ...5

Plantcakes ...7

Stalk Tacos ...8

Shchi (Russian Cabbage Soup) ...10

Vegan Risotto with Miso and Spring Vegetables ...11

Spring Lemony Pasta ...13

SPRING CELERY SALAD WITH HONEY DIJON DRESSING

Submitted by Erica Yeh, MS MLA & Yakira Bergsman

Adapted from NY Times' "Marinated Celery Salad With Chickpeas and Parmesan" Recipe

Recipe Yield: 6-8 servings

Preparation time: Marinating time 6 hours - overnight

Active cooking time: 30 minutes

Ingredients

- 3 tablespoons apple cider vinegar, more as needed
- 1 Tablespoon of Dijon mustard
- ½ teaspoon honey or maple syrup
- Salt and black pepper
- ⅓ cup of extra virgin olive oil
- 2 garlic cloves, smashed and peeled
- 4 cups cooked or canned chickpeas
- 4 large or 6 small celery stalks, trimmed (reserve the leaves) and cut into desired cuts
- One bunch scallions, white and pale green parts, thinly sliced on a diagonal
- 1 to 2 cups of loosely packed celery leaves, coarsely chopped
- 1 to 2 cups parsley, roughly chopped
- 1 pint of tomatoes, cut in half

For serving (optional)

- 1 small loaf of day-old bread, toasted
- Romaine or butterhead lettuce, endive or escarole, cut or torn into bite-size leaves
- 2 ounces Parmigiano-Reggiano cheese, coarsely grated, or crumbled feta

Equipment

- Jar with a fitted lid
- Large mixing bowl
- Measuring spoons and cups
- Cutting board and knife
- Can opener
- Strainer
- Baking sheet

Recipe instructions

- In a mason jar, mix together vinegar, mustard, honey or maple syrup, olive oil and a large pinch each of salt and pepper. Shake jar vigorously to emulsify. Drop in garlic cloves and set aside for 15 to 30 minutes to let the flavor infuse.
- In a large bowl, mix together chickpeas, celery and scallions. Add dressing and stir to evenly coat. Cover and refrigerate for at least 2 hours or overnight.
- Remove garlic cloves from the bowl. Taste and adjust the seasonings with salt, pepper, vinegar and olive oil. Set aside to come to room temperature.
- If desired, make croutons, for serving: Heat oven to 400 degrees. Chop old loaf into roughly 1" pieces. Spread on a lined baking sheet and bake for about 12 minutes, until golden and crisp; let cool.
- Just before serving, mix celery leaves, parsley, tomatoes, croutons (if using) into the salad. In a serving bowl, place a layer of greens, if using, in the bottom. Add celery mixture, then top with cheese and more black pepper.



PAN SEARED RADISHES

Submitted by Fallon Bader, MS, RDN of *The Sprouting Kitchen*

These radishes become soft, sweet and buttery when seared. Don't throw away those radish greens, they are tasty and super nutritious! These radishes serve well on top of rice with a soft boiled egg, a steak or some seared tofu.

Recipe Yield: 4 servings

Total preparation and cooking time: 20 minutes

Ingredients

- 1 pound of radishes (about 1 bunch), cut right down the middle from root to top
 - Wash the radish greens and set them on the side
- 1-2 cloves garlic, sliced thinly but bigger pieces (if they're too small they'll burn)
- 1 Tbsp olive oil
- 1 Tbsp butter
- 1/2 cup water
- 2 tsp honey (can substitute maple syrup or sugar)
- 2 tsp soy sauce or miso paste
- 1/4 cup mint, chopped



Equipment

- 1 medium/large sauté pan
- Wooden spoon
- Measuring spoons and cups

Recipe instructions

- Heat the oil and butter in a pan on medium-low heat, when heated add radishes cut side down. Add the garlic a few minutes later, to avoid cooking the garlic too quick.
- Check on radishes by using tongs to flip them over. They are done when they are a golden brown. If any garlic or radishes are burning, you can remove them from the pan.
- Turn the heat down to low, add about 1/2 cup of water and mix it around. This will deglaze the pan, or pick up the leftover flavors.
 - Be careful when adding water. Stand back, as steam will come off the pan.
- Add soy sauce and honey, mix until the honey is dispersed. Mix until all radishes are coated in the sauce.
- Turn the heat back onto low, add the radish greens and cook until wilted or shrunk in size. If the pan is dry, you can add a drizzle of oil or a splash of water.
- Turn off heat. Sprinkle the mint on top and serve!

GREENS & GREEN CHILE POTATO HASH

Submitted by Fallon Bader, MS, RDN of *The Sprouting Kitchen*

This is the ultimate classic weekend brunch staple. Crispy potatoes, onions, and eggs are quite the match. We add a healthy handful of spring-abundant greens to add a nutrition boost and show you how you can use up a large amount of greens!

Recipe Yield: 3-4 servings

Total preparation and cooking time: 30 minutes

Ingredients

- Salt
- About 4 cups of potatoes, chopped into half inch pieces
 - Russets or yukon golds get the crispiest, but any potato will work. Even sweet potatoes are delicious!
- 2-3 bunches of leafy greens (or about 1 lb)
 - Any mix or one of: kale, spinach, collards, mustards, arugula, swiss chard, turnip or beet greens.
 - Large stems removed
- 1 medium onion, diced
- 3 tbsp of olive oil
- 1/4 cup of peeled, seeded, and chopped green chile
 - Can also use other spicy peppers like jalapeños or dried red pepper flakes.
 - Add more or less pepper, depending on heat preference
- 4 eggs
- Fresh black pepper



Equipment

- Large pot
- Colander
- Measuring spoons and cups
- Large saute pan 12 inch; cast iron works best here!
 - You can also use two smaller saute pans if you don't have a 12-inch pan
- Spatula

Recipe instructions

- In a large pot, add enough salt so that the water tastes "like the sea" and bring to a boil. Add the potatoes, and boil for 5 minutes and then drain. Or you can microwave in a bowl with a cover (or plate) on top for 5-6 minutes. Set aside.
- Using the same pot of hot water, place your greens in the water, mix to submerge them for about 1-2 minutes, until softened and bright green. Drain and squeeze out any extra liquid. You should be amazed by how much they shrink in size! Give the greens a rough chop and set aside.
- In your large saute pan, warm 2-3 tbsp of oil over medium heat. Add the drained potatoes, onions, and a good pinch of salt; mix to coat evenly in the oil, and cook for 2-3 minutes, undisturbed. Using a spatula, carefully flip the potatoes, they should be browning on the underside. Repeat this step (cooking for 2-3 minutes, and then flipping), 3-4 more times, or until the potatoes are crispy and browned all over. If potatoes are sticking, you can turn the heat down or add some more oil. Make sure you are really getting your spatula under the potatoes when you flip them.
- Add the greens, green chile, and mix together.
- Make a divet, all the way down to the pan. Crack eggs in the divet, cover with a lid, and cook for 4-5 minutes over medium-low heat, until whites are set and the yolks are still runny.
- Add some black pepper on top and serve!

Garnish tip: *Want to add some local-raised meat? You can brown some sausage or bacon first in the pan, then remove the meat but leave the oil, and then start cooking your potatoes. Add the meat back in with the greens.*

PLANTCAKES

Submitted by Erica Yeh, MS MLA

Adapted from Fisun Ercan, *The Scraps Book: A Waste-Less Cookbook* by Ikea

This is a good way to use up all the vegetables, greens, or herbs that you would have tossed as scraps into the compost. It is very aromatic and makes these pancakes a different flavor profile every time you make them.

Estimated Yield: 2 - 4 servings

Approximate Preparation: 20 min

Cooking time: 15 - 20 min

Ingredients

- 3 1/2 cups (500 g) leftover stems or stalks from broccoli or cauliflower, leaves of chard, kale, or spinach, fennel, carrot greens, leek greens, potato. Leftover or saved herb stems from parsley, dill, cilantro, tarragon, chives, chervil, etc.
- 1 medium onion, grated 1 cup (130 g) flour
- 1 tsp (5 g) baking powder 1 egg, beaten
- Salt to taste
- 1 pinch chili flakes
- 2 - 3 tbsp (30-45 ml) water 2 tbsp (30 ml) vegetable oil

Equipment

- Grater
- Cutting board and knife
- Large bowl
- Spatula or wooden spoon
- Measuring cups and spoons
- Shallow pan
- Fork

Recipe instructions

- Rinse the stems, stalks, and leaves, and pat dry.
- Grate the stalks into a large bowl and add the finely chopped herbs, stems, and leaves.
- Add the onion, flour, baking powder, egg, salt, and chili flakes, and mix everything together. Add a few drops of water at a time until a pancake dough consistency forms. At this point, you can cook the batter right away or transfer it to a container with a lid and store in the fridge for up to 3 days.
- Heat the vegetable oil in a shallow pan over medium heat, being careful to not let it smoke. Place a few heaping tablespoons of batter in the pan, not overlapping.
- Fry over low to medium heat for about 3 to 4 minutes, checking the bottom frequently to prevent burning. Flip to the other side and fry for another 3 to 4 minutes.
- Prick with a fork or the tip of a small knife to check doneness. If no batter sticks to the utensil, the pancake is fully cooked.
- Line a shallow plate with paper towel and transfer pancakes to it as they're done. They're best eaten when freshly cooked and the outside is still crunchy.
- Serve with your favorite condiments such as pickles and sharp cheese. My favorite condiment is a dollop of natural yogurt mixed with minced garlic and salt.



Photo courtesy of *The Scraps Book: A Waste-Less Cookbook* by Ikea

STALK TACOS

Submitted by Erica Yeh, MS MLA

Adapted from Jason Sheardown, *The Scraps Book: A Waste-Less Cookbook* by Ikea

Sometimes you buy a head of broccoli and do not know what to do with the stalk after using all the florets. But the stalk came with the head of broccoli, and I felt wasteful throwing them out as is. So, I would often peel the stalk, slice it and saute it with some garlic as a small side. But this Stalk taco recipe makes it a main dish! A very clever way to not feel bad for buying heads of broccoli with the stalk.

Estimated Yield: about 6 servings (12 tacos)

Approximate Preparation: 25 min

Cooking time: 45 min

Ingredients

ROASTED BROCCOLI

- 2 pieces canned chipotle peppers in adobo
- 1 tbsp (15 ml) apple cider vinegar
- 1 tbsp (15 ml) honey
- 2 tsp (10 ml) olive oil
- 1 clove garlic, finely minced 1 pinch kosher salt
- 6 broccoli stalks

BLACK BEAN HUMMUS

- 2 tbsp (30 ml) olive oil
- 1 jalapeño chili, stemmed and roughly chopped
- 1 cup (172 g) cooked black beans
- 2 1/4 cup (60 ml) tahini
- 3 cloves garlic, smashed and roughly chopped 1/2 tsp (11/4 g) ancho powder
- 1/4 cup (50 g) cotija cheese or feta, crumbled
- 1/4 cup (60 ml) lime juice
- Salt to taste

RED CABBAGE SLAW

- 2 cups (140 g) red cabbage, thinly shaved on a mandoline
- 1 tbsp (15 ml) mirin
- 1 tbsp (15 ml) rice vinegar 3 dashes hot sauce
- 1 pinch kosher salt

GARNISHES

- 12 corn or flour tortillas of your choice
- 2 cups (480 g) black bean hummus (recipe above)
- 1 Hass avocado, cut into 24 slices, lengthwise
- Roasted broccoli (recipe above)
- 1 cup (250 ml) sour cream
- 1 1/2 cup (140 g) red cabbage slaw (recipe above)
- 1 tsp (1/2 g) cilantro, roughly chopped
- 1/2 cup (100 g) cotija cheese or feta, crumbled 2 limes, each cut into 6 wedges

Equipment

- Mandoline
- Food processor
- Cutting board and knife
- Peeler
- Measuring cups and spoons
- Large bowl
- Mixing spoon
- Parchment paper
- Baking sheet

Recipe instructions

ROASTED BROCCOLI

- Preheat the oven to 400°F (205°C).
- In a food processor, combine the chipotle pieces, apple cider vinegar, honey, olive oil, garlic, and kosher salt. Blend into a coarse purée. Set aside.
- Peel the fibrous outer layer off the broccoli stalks and discard.
- Slice the broccoli stalks on a bias and place in a large mixing bowl.
- Add the chipotle purée and toss thoroughly until the broccoli stalks are evenly coated. Transfer to a parchment-lined baking sheet and spread in a single layer, allowing gaps between each piece.
- Roast for 8 to 10 minutes.

BLACK BEAN HUMMUS

- Add the olive oil to a large pan and set over medium heat. When the oil is shimmering, add the jalapeño chili and sweat for 2 minutes.
- Add the black beans to the pan, along with the tahini, garlic, and ancho powder.
- Stir the mixture and continue cooking for about 3 minutes until it steams.
- Remove the bean-tahini mixture from the heat and transfer to a food processor with the cotija cheese and lime juice. Process until smooth. Taste the hummus and adjust the seasoning with salt.

RED CABBAGE SLAW

- Combine all the ingredients in a large mixing bowl. Toss well and set aside.

FINAL ASSEMBLY

- Cook the tortillas as per packaging instructions and place on a serving tray.
- Spread a couple of tablespoons of the black bean hummus on each tortilla using the back of a spoon. Add 2 slices of avocado to each taco. Top with 3 or 4 pieces of the roasted broccoli.
- Garnish with a couple of dollops of sour cream, red cabbage slaw, cilantro, and a sprinkling of cotija cheese. Squeeze a couple of the lime wedges over the tacos and serve the rest on the side.



Photo courtesy of The Scraps Book: A Waste-Less Cookbook by Ikea

SHCHI (RUSSIAN CABBAGE SOUP)

Submitted by Dina Rozin

Adapted from [Olga's Flavor Factory](#).

About the soup: It is hard to "ruin it" unless you over salt it. It has basic ingredients but is not exactly "quick". It will be sweet and hearty.

Recipe yield: 8 servings

Ingredients

- 1/2 medium head green cabbage
- 2 medium potatoes, usually golden variety
- 2 full size carrots, peeled and grated
- 3 average size celery stock, diced
- 1 medium or large yellow onion, diced
- 2 cloves garlic, squeezed
- 1" ginger, grated (optional)
- salt, pepper to taste
- 2-3 tbsp olive oil
- 1 chopped fresh tomato (optional)

Optional garnishes:

- Sour cream
- Dark or rye bread
- Dill

Recipe instructions

- Simmer onion, celery and carrots in a medium skillet for 3-4 minutes
- Fill a 8+ qt pot with 3-4 cups water and boil
- Add onion, celery and carrots
- Add shredded cabbage (I cut half of that head into quarters - and then 1/4" width ribbon - approximately) and add couple more cups of boiling water
- Peel and chop potatoes (1/2" by 1/4" - I lean towards small ingredients)
- Add to the pot. Stir and keep cooking for another 10-15 minutes
- Add chopped tomato for a hint of sourness.
 - At this point, decide how thick the soup currently is and IF it needs more boiling water (I keep boiling water in the tea kettle handy) or another spoonful of olive oil or spices.

VEGAN RISOTTO WITH MISO AND SPRING VEGETABLES

Submitted by Erica Yeh, MS MLA

Adapted from Minimalist Baker, [Vegan Risotto with Miso and Spring Vegetables](#)

I was looking for a way to use dried shiitake mushroom and miso, and came across this recipe. I've hardly had to adjust this recipe at all and worked very well for a mid week dinner. Risotto is best the day it is prepared and should be eaten in 2 - 3 days. I would freshen the leftovers up with a splash of lemon.

Estimated Yield: 4 servings

Approximate Preparation: 20 min

Cooking time: 30 min

Ingredients

MISO BROTH

- 5 cups water, divided
- 4 Tbsp chickpea miso paste (regular soy miso works as well, yellow or white is best here)

RICE & VEGGIES

- 2 Tbsp olive oil, divided
- 1/2 bunch asparagus, cut into 1/2-inch segments on a bias/diagonal
- 1 cup shiitake mushrooms, sliced
- 1 pinch each sea salt and black pepper
- 6 cloves garlic, minced
- 1 cup arborio rice
- 1/2 cup dry white wine (optional // or sub vegetable broth)
- 1/2 cup frozen peas

FOR SERVING (optional)

- 1/4 cup vegan parmesan cheese
- Lemon juice

Equipment

- Cutting board and knife
- Small saucepan
- Large saucepan or pot
- Wooden spoon or spatula
- Ladle
- Measuring cups and spoon



Photo courtesy of The Minimalist Baker

Recipe instructions

MISO BROTH

- In a medium saucepan, bring water to a simmer over medium heat. Once simmering, reduce heat to low to keep warm.
- While waiting for the water to simmer, add miso to a small mixing bowl and scoop out ~1 cup (240 ml) of water from the saucepan. Add to the miso and whisk/stir until mostly dissolved (this allows the miso to fully blend with the water and not clump). Add the miso mixture to the pot of simmering water and stir to dissolve the miso fully. This creates your miso broth.

RISOTTO

- Heat a large rimmed skillet over medium-high heat and add 1 Tbsp (15 ml) olive oil (amount as original recipe is written // adjust if altering batch size). Add the asparagus and cook for about 5 minutes, stirring occasionally, or until somewhat browned and caramelized. Add the mushrooms and sauté for ~2 minutes, or until tender. Season with a pinch each of salt and pepper and transfer to a bowl. Set aside for later.
- Heat the same large skillet over medium-low heat. Add remaining olive oil (1 Tbsp as original recipe is written // adjust if altering batch size) and garlic. Sauté for 1 minute until fragrant.
- Add arborio rice and cook for 1 minute, stirring occasionally to coat.
- Optionally, add dry white wine (or vegetable broth) and stir gently. Cook for 1-2 minutes or until the liquid is absorbed.
- Using a ladle, add warmed miso broth 1/2 cup (120 ml) at a time, stirring almost constantly, giving the risotto little breaks to come back to a simmer. The heat should be medium, and there should always be a slight simmer. You want the mixture to be cooking but not boiling, or it will get gummy and cook too fast.
- Continue to add miso broth, stirring to incorporate, until the rice is al dente – cooked through but still has a slight bite. You may not need all of the miso broth. This whole process should only take 15-20 minutes (time based on original recipe // adjust if altering batch size).
- Once the rice is al dente, turn heat as low as possible and add in peas, along with the cooked asparagus and mushrooms from earlier (option to reserve a few for serving). Stir until well combined, testing a bite to ensure peas are warmed through.
- Taste and adjust flavor as needed, adding a pinch of salt and pepper to taste or some vegan parmesan cheese to enhance the cheesiness.
- To serve, divide between serving bowls, top with any remaining asparagus and mushrooms, and garnish with vegan parmesan cheese.
- Best when fresh, though leftovers will keep covered in the refrigerator for 2-3 days. Reheat in the microwave or on the stovetop over medium heat, adding vegetable broth or water as needed to rehydrate. Not freezer friendly.

SPRING LEMONY PASTA

Submitted by Fallon Bader, MS, RDN of The Sprouting Kitchen

This pasta dish has simple lemony sauce that highlights the flavor of radishes, turnips and asparagus. It is bright and perfect for spring! We top it all off with salty and marinated creamy feta cheese.

Recipe Yield: 3-4 servings

Total preparation and cooking time: 45 minutes

Ingredients

Marinated feta

- About 8 ounces of feta cheese (sub green olives for vegan)
- About 1/2 cup olive oil
- 1 tsp paprika (regular or smoked)
- 1 bay leaf
- 1/4 tsp cayenne pepper or red pepper flakes

Pasta

- About 8-10 ounces of pasta - whatever shape you like!
- 3 medium shallots or 1 small red onion, thinly sliced
- Salt
- 1 Tbsp butter
- 1 Tbsp fresh thyme
- 2 lemons, sliced to 1/4 inch rounds with seeds removed
- 3 garlic cloves, thinly sliced
- 1 bunch of radishes, sliced in half
- 1 bunch of asparagus, cut into 2 inch pieces
- Black pepper
- 1/4 cup pine nuts, tossed
- 1/2 cup of mint, finely chopped



Recipe instructions

- In a small bowl, crumble the feta cheese. Drizzle about 1-2 tablespoons of olive oil. Add the paprika, bay leaf and cayenne pepper. Gently mix to incorporate the oil and spices into the feta.
- Cook pasta according to package directions. Save 1 cup of pasta water before draining!
- Warm 1 tbsp of olive oil in a large sauté pan on medium heat. Add the shallots and cook a few minutes, until slightly softened. Add 1 tbsp of butter, thyme, garlic, lemon slices and radishes, cut side down. Sprinkle salt on the lemon slices, turn the heat to medium and cook until the radishes and lemon slices get slightly browned. If the pan gets dry add a splash of water or broth. Add the asparagus in, toss everything and cook for another 3 minutes, or until the asparagus is soft, but still has a crunchy bite.
- Add about 1/4 cup of the pasta water and mix in the pan. The pasta water should emulsify with the sauce in the pan and create a nice silky texture. Then, add the pasta in and gently fold.
- Serve the pasta in bowls with the marinated feta on top, fresh black pepper, pine nuts and mint.



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