

# Healthy Living Series: Meatless Mediterranean March 2011

## Menu:

Kale Chips with Lemon-Chili Sea Salt

Balsamic-Glazed Portobello Steaks over Crispy  
Cannelini Beans with Tomato-Caper Salsa Cruda

Lentil & Pearl Couscous Pilaf with Roasted  
Tomatoes & Arugula

Asparagus with Toasted  
Almond-Orange Gremolata



## **Kale Chips with Lemon-Chili Sea Salt**

**serves about 4**

- 1 large bunch kale
- olive oil
- 2 tbl fine sea salt
- 1/2 tsp lemon zest
- 1/2 tsp red chili flakes
- 1 tsp brown sugar

### **\*\*\* Preparation \*\*\*\***

Preheat oven to 375 degrees.

Tear the kale off the stem and into large pieces (about 3-inches or so). Toss with olive oil to lightly coat and spread out on a baking sheet -- do not stack the kale or it won't get crispy. Bake for 8-12 minutes or until crispy.

Meanwhile, combine the salt, lemon zest, chili flakes and sugar in a small spice grinder or mini food processor. Process for about 20 seconds.

Sprinkle the kale chips with the mixture to taste as soon as they come out of the oven.

Serve immediately!



## **Balsamic-Glazed Portabello Steaks over Crispy Cannelini Beans with Tomato-Caper Salsa Cruda**

**serves 4-6**

### **For the mushrooms:**

- 1/2 cup balsamic vinegar
- 1 tablespoon honey
- 1 tablespoon chopped fresh rosemary
- 1/4 cup olive oil
- 4 very large portabello mushrooms, stemmed

### **For the beans:**

- 1/4 cup olive oil
- 2 15-oz cans canned white beans, rinsed and drained very well
- 4 cloves garlic, sliced
- 1-2 lemons, juiced
- salt and pepper

### **For the salsa:**

- 1 shallot, diced small
- 2 cups baby tomatoes, halved
- 1/4 cup capers
- 1 lemon, zested and juiced
- 1/4 cup olive oil
- 1/4 cup chopped parsley

### **\*\*\* Preparation \*\*\*\***

#### **For the mushrooms:**

In a bowl, whisk together the balsamic vinegar, honey, rosemary and olive oil. Remove the stems from the mushrooms and use a spoon to scrape out all of the black gills. Toss the mushrooms in the vinegar mixture to coat. Heat a grill pan over high heat. Grill mushrooms on both sides until marked and cooked but still slightly firm. Set aside.

#### **For the beans:**

Heat a large skillet over high heat. Add the olive oil. All at once add the beans and garlic. Spread the beans over the bottom of the pan and let sit until slightly crispy (avoid stirring during this time). Turn beans and cook until crispy on both sides. Remove from heat, add lemon juice, salt and pepper to taste. Set aside.

#### **For the salsa:**

In a medium bowl, combine the shallots, tomatoes, capers, lemon zest and juice and olive oil. Mash the tomatoes slightly to release some of the juices and let sit for 15-20 minutes. Add the parsley and season well with salt and pepper. Serve the mushroom steaks sliced over the beans, topped with the salsa.



## **Lentil & Pearl Couscous Pilaf with Roasted Tomatoes & Arugula**

### **serves 6**

2 tbl butter

1 white onion, diced small

2 large sprigs fresh thyme

salt and pepper

2 cups pearl couscous, (also called "Israeli Couscous")

3 cups water, as needed

4 cups baby tomatoes

olive oil

1 1/2 cups cooked lentils

3 cups arugula leaves

splash balsamic vinegar

block parmesan, for shaving

### **\*\*\* Preparation \*\*\*\***

Preheat oven to 450 degrees.

Heat a large skillet with high sides over medium heat. Add the butter. When melted, add the onions and thyme and a pinch of salt and pepper. Cook for 10 minutes or until very soft and just beginning to turn brown. Add the couscous and stir to combine. Stir in 2 cups of water and bring to a boil. Reduce heat and simmer gently until all of the liquid is absorbed, stirring occasionally. Cook, adding more liquid as needed a little at a time, until couscous is tender.

Meanwhile, toss the tomatoes with olive oil, salt and pepper and spread out on a baking sheet. Roast for 15 minutes or until blistered and beginning to brown. Remove from oven and set aside.

Once couscous is tender, Remove from heat into a large mixing bowl. Add the tomatoes and cooked lentils and fold ingredients together (gently so the tomatoes don't completely fall apart). Add the arugula and a splash of balsamic and toss gently just before serving. Taste and season with salt and pepper as needed. Top with shavings of parmesan cheese.



## **Asparagus with Toasted Almond-Orange Gremolata**

### **serves about 8**

2 bunches asparagus, trimmed of woody ends

olive oil

salt and pepper

1 cup parsley, chopped

1 garlic clove, grated

1 orange, zested

1/2 cup toasted almonds, chopped

### **\*\*\* Preparation \*\*\*\***

Preheat oven to 400 degrees.

Toss the asparagus with olive oil to lightly coat and season with salt and pepper. Spread out onto a lined baking sheet.

Roast for about 15 minutes or until bright green and just tender.

In a small bowl, stir together the parsley, garlic, orange zest and almonds. Moisten with a little olive oil and season with salt and pepper.

Toss the hot asparagus with the parsley mixture and serve.