Fall Recipes from Council Member Chef Dan Barber

Council member Dan Barber took some time out from cooking at Blue Hill restaurant to share some healthy recipes with you. Give them a try and learn more on Fitness.gov.

Fennel Soup

3 pieces fennel, diced
1 onion, minced
3 small shallots, minced
1 apple, peeled
3 tablespoons olive oil
1 tablespoon fennel seed
1 quart vegetable stock
1/2 teaspoon thyme
Salt and pepper to taste

1. Sweat onion and shallots in 1 tablespoon olive oil. Add fennel and apple. Season with salt and pepper.
2. Add fennel seeds and cover with stock; simmer for 30 minutes. Add thyme, and season to taste.
3. Transfer to a blender and puree, adding remaining 2 tablespoons olive oil.

Pickled Cauliflower: Pickled foods are a great way to satisfy your cravings…it's a little bit salty and a little bit sweet!

6 cups cauliflower florets
2 cups white vinegar
1 cup sugar
1 cup onion, sliced thin
1 tablespoon mustard seed
½ teaspoon turmeric
½ teaspoon red pepper flakes

1. Wash, blanch and shock cauliflower.
2. Simmer the remaining ingredients for 5 minutes.
3. Distribute onions and pepper among jars; add cauliflower and solution.
4. Refrigerate for up to 2 weeks.

Beet Salad with Strained Yogurt

1 ½ lbs red beets, trimmed and washed
3 Tablespoon olive oil
2 Tablespoon raspberry wine vinegar
1 Tablespoon good quality maple syrup
Salt and freshly ground white pepper

1. Preheat oven to 400 degrees.
2. In a medium bowl, toss beets with 1 tablespoon olive oil and a generous sprinkling of salt and freshly ground white pepper.
3. Wrap beets together in aluminum foil and place on a baking sheet. Roast for 1 ¼ hours, until the beets are tender. Remove from oven and cool.
4. While still warm, peel beets and chill.
5. Cut beets into small wedges and toss with remaining 2 tablespoon olive oil, vinegar and maple syrup. Season with salt and pepper.
6. Serve with strained yogurt.

Kale Chips: Get the salty, crispy snack you're craving with this healthy alternative!

12 large leaves of Tuscan black kale (You can use any kale, but Tuscan will produce the crispiest chip!)
1 Tablespoon olive oil
Salt and pepper

1. Preheat oven to 250 degrees.
2. Slice the kale lengthwise in half and remove center ribs and stems
3. In a medium bowl, toss kale with 1 Tablespoon olive oil
4. Place kale slices on baking sheet and sprinkle generously with salt and pepper. Bake for 20 minutes or until crisp.

Sautéed Brussels Sprouts with Lemon and Pistachios

3 tablespoons grapeseed oil
1 tablespoon minced shallot
12 large Brussels sprouts (about 1 1/2 pounds), trimmed, leaves separated from cores (about 8 cups), cores discarded
3/4 cup shelled unsalted natural pistachios
2 tablespoons fresh lemon juice

1. Heat oil in large nonstick skillet over medium-high heat. Add shallot and stir 20 seconds.
2. Add Brussels sprout leaves and pistachios, and sauté until leaves begin to soften but are still bright green, about 3 minutes.
3. Drizzle lemon juice over. Season to taste with salt and pepper.
4. Transfer to bowl and serve.

Cauliflower Steaks with Cauliflower Puree: Substitute meat one night for this cauliflower steak recipe!

1 1 1/2-pound head of cauliflower
1 1/2 cups water
1 cup whole milk
2 tablespoons vegetable oil plus additional for brushing

1. Preheat oven to 250°F. Using sharp heavy knife and starting at top center of cauliflower head, cut two 1-inch-thick slices of cauliflower, cutting through stem end. Set cauliflower steaks aside.
2. Cut enough florets from remaining cauliflower head to measure 3 cups. Combine florets, 1 1/2 cups water, and milk in medium saucepan, and sprinkle with salt and pepper. Bring to boil and cook until cauliflower florets are very tender, about 10 minutes. Strain, reserving 1 cup cooking liquid. Spread florets on large rimmed baking sheet, and bake 10 minutes until slightly dry. Transfer florets to blender. Add reserved 1 cup cooking liquid and puree until smooth. Return puree to same saucepan and increase oven temperature to 350°F.
3. Heat 2 tablespoons vegetable oil in heavy large ovenproof skillet over medium-high heat. Brush cauliflower steaks with additional oil and sprinkle with salt and pepper. Add cauliflower steaks to skillet and cook until golden brown, about 2 minutes per side. Transfer skillet to oven and bake cauliflower steaks until tender, about 10 minutes.
4. Re-warm cauliflower puree over medium heat. Divide puree between 2 plates; top each with cauliflower steak.