

GLACIER GRIST RECIPE INDEX

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A

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B

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African peanut stew with sweet potatoes, kale, and black-eyed peas, 6

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K

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L

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M

marinara sauce

spaghetti squash with marinara sauce, 13

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O

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oranges

acorn (or delicata) squash filled with wild rice, golden raisins, and pine nuts, 11
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P

parsley

Brussels sprouts with mustard & caper sauce, 5
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cabbage and potatoes with pesto, 10

- collards, 1
- green cauliflower with mustard & caper sauce, 1
- lentil soup, 1
- wine-braised lentils, 8
- parsley root**
 - parsley root & potato puree, 8
- parsnips**
 - vegetarian borscht, deconstructed, 14
- pasta**
 - chard with potatoes and sage on pasta, 15
 - pasta with loads of broccoli, green olives and pine nuts, 2
 - pasta with savory cabbage & walnuts, 13
- pears**
 - green salad with pears, fennel and pear vinaigrette, 9
- peas, black-eyed**
 - African peanut stew with sweet potatoes, kale, and black-eyed peas, 6
- pesto**
 - cabbage and potatoes with pesto, 10
- pomegranate**
 - green salad with pears, fennel and pear vinaigrette, 9
- potatoes**
 - bubble & squeak, deconstructed, 2
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 - celery root gratin, 9
 - chard with potatoes and sage on pasta, 15
 - garlic-roasted potatoes, 2
 - indian diced potatoes with greens, 11
 - Indian-spiced roasted potato salad with carrots, 1, 7
 - leek & potato soup with greens, 13
 - mashed potatoes with turnips, 12
 - parsley root & potato puree, 8
 - potato and onion salad with smoked salmon, 2
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- pumpkin**
 - whole pumpkin baked with savory apricot & prune stuffing, 5

R

- rice**
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 - brown basmati rice, 12
- rosemary**
 - green salad with hazelnuts and rosemary-balsamic vinaigrette, 1
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S

- salad greens**
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 - potato and onion salad with smoked salmon, 2
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 - cucumber salad with peanut-jalepeno dressing, 2
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- butternut squash soup with apple confit, 10
- easy winter squash soup with sage, 15
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 - ginger-lime yams, 8
 - roasted yams or sweet potatoes, 9
 - soy-glazed sweet potatoes, 14
 - yam & orange casserole, 12

T

- tomatoes**
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 - roasted carrots & turnips, 4
 - turnips roasted in garlic oil, 6
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Y

- yams**
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 - ginger-lime yams, 8
 - roasted yams or sweet potatoes, 9
 - soy-glazed yams, 14
 - yam & orange casserole, 12
- yogurt**
 - garlicky yogurt sauce, 11