

GLACIER GRIST RECIPE INDEX

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A

almonds

chard with golden raisins & almonds, 8

anchovies

pasta with loads of broccoli, green olives and pine nuts, 2

apples

butternut squash soup with apple confit, 10

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celery-apple salad with currants and walnuts, 24

warm red cabbage salad, 6

arugula

arugula and roasted potato salad, 23

B

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

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spicy indian cabbage & yellow split mung beans, 22

beans, red kidney

kale with red beans, cilantro & (optional) feta, 14

beans, white

tuscan white bean stew with greens, 3

beets

beet salad with horseradish dressing, 3

beets, greens & lemony dill vinaigrette, 4

roasted beets, 5, 14

vegetarian borscht, deconstructed, 14

blueberries

red cabbage with berries & balsamic, 3

bread

cabbage and sourdough bread gratin, 21

broccoli

broccoli marinated in sesame-walnut-ginger sauce, 16

broccoli with garlicky mustard vinaigrette & toasted pepitas, 21

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pasta with loads of broccoli, green olives and pine nuts, 2

roasted broccoli with garlic, 10

Brussels sprouts

Brussels sprouts with mustard & caper sauce, 5

brussels sprouts with toasted hazelnuts, 7

roasted Brussels sprouts, 4

C

cabbage, green

bubble & squeak, deconstructed, 2

cabbage & fennel salad with apples & raisins, 4

cabbage and potatoes with pesto, 10

cabbage and sourdough bread gratin, 21

cabbage salad with lime and oregano, 1

collards & Savoy cabbage with white beans on garlic toast, 1

colorful cabbage & carrot salad with creamy peanut & lime dressing, 20

pasta with savory cabbage & walnuts, 13

spicy indian cabbage & yellow split mung beans, 22

vegetarian borscht, deconstructed, 14

winter vegetable soup with edamame beans, 16

cabbage, red

cabbage salad with lime and oregano, 1

colorful cabbage & carrot salad with creamy peanut & lime dressing, 20

red cabbage with berries & balsamic, 3, 15

sweet & sour red cabbage, 12

cabbage, Savoy

collards & Savoy cabbage with white beans on garlic toast, 1

carrots

beans & greens, 21

butternut squash soup with apple confit, 10

carrot & mint salad with currants, 5

carrot dip with sunflower seeds and cumin, 2

cold sesame noodles with cucumbers & radishes, 20

colorful cabbage & carrot salad with creamy peanut & lime dressing, 20

easy winter squash soup with sage, 15

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Indian-spiced roasted potato salad with carrots, 1, 7

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pasta with savory cabbage & walnuts, 13

roasted carrots & turnips, 4

tomato soup, 11

tuscan white bean stew with greens, 3

vegetarian borscht, deconstructed, 14

wine-braised lentils, 8

winter vegetable soup with edamame beans, 16

cauliflower

- green cauliflower with mustard & caper sauce, 1
- Indian-spiced cauliflower with potatoes and peas, 20
- roasted cauliflower, 23
- sicilian cauliflower salad, 15
- spicy roasted cauliflower with red peppers and cumin, 22

celery, 5

- acorn (or delicata) squash filled with wild rice, golden raisins, and pine nuts, 11
- African peanut stew with sweet potatoes, kale, and black-eyed peas, 6
- beans & greens, 21
- butternut squash soup with apple confit, 10
- carrot dip with sunflower seeds and cumin, 2
- celery root gratin, 9
- celery-apple salad with currants & walnuts, 10
- celery-apple salad with currants and walnuts, 24
- easy winter squash soup with sage, 15
- lentil soup, 1
- sunchoke bisque w/ hazelnut oil, 13
- tuscan white bean stew with greens, 3
- vegetarian borscht, deconstructed, 14
- whole pumpkin baked with savory apricot & prune stuffing, 5
- wine-braised lentils, 8
- winter vegetable soup with edamame beans, 16

celery root

- celery root gratin, 9
- super-easy roasted celery root, 9
- winter vegetable soup with edamame beans, 16

chard

- beet salad with horseradish dressing, 3
- braised hearty winter greens, 9
- chard sautéed with its stems, 20
- chard with golden raisins & almonds, 8
- chard with potatoes and sage on pasta, 15
- leek & potato soup with greens, 13

collards

- beans & greens, 21
- braised hearty winter greens, 9
- collards & Savoy cabbage with white beans on garlic toast, 1
- enchiladas filled with braised greens and garlic-roasted potatoes, 23
- indian diced potatoes with greens, 11
- kale with red beans, cilantro & (optional) feta, 14
- leek & potato soup with greens, 13
- tuscan white bean stew with greens, 3

croutons

- caesar salad with whole-wheat garlicky croutons, 24
- garlicky whole-grain croutons, 11, 13

cucumbers

- cold sesame noodles with cucumbers & radishes, 20
- cucumber salad with peanut-jalepeno dressing, 2

E

enchiladas

- enchiladas filled with braised greens and garlic-roasted potatoes, 23

F

fennel

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

- cabbage & fennel salad with apples & raisins, 4
- green salad with pears, fennel and pear vinaigrette, 9
- winter vegetable soup with edamame beans, 16

G

garlic oil, 2, 5, 6, 23

- Brussels sprouts with mustard & caper sauce, 5
- bubble & squeak, deconstructed, 2
- green cauliflower with mustard & caper sauce, 1
- turnips roasted in garlic oil, 6

greens, beet

- beet salad with horseradish dressing, 3
- beets, greens & lemony dill vinaigrette, 4

greens, collard

- beans & greens, 21
- braised hearty winter greens, 9
- collards & Savoy cabbage with white beans on garlic toast, 1
- tuscan white bean stew with greens, 3

greens, hearty winter

- African peanut stew with sweet potatoes, kale, and black-eyed peas, 6
- beans & greens, 21
- braised hearty winter greens, 9
- enchiladas filled with braised greens and garlic-roasted potatoes, 23
- indian diced potatoes with greens, 11
- kale with red beans, cilantro & (optional) feta, 14
- leek & potato soup with greens, 13
- tuscan white bean stew with greens, 3

greens, mustard

- mustard greens braised with ginger, cilantro, & rice, 16

H

hazelnuts

- brussels sprouts with toasted hazelnuts, 7
- green salad with hazelnuts and rosemary-balsamic vinaigrette, 1

hummus

- black-eyed pea hummus, 22

K

kale

- African peanut stew with sweet potatoes, kale, and black-eyed peas, 6
- beans & greens, 21
- braised hearty winter greens, 9
- enchiladas filled with braised greens and garlic-roasted potatoes, 23
- indian diced potatoes with greens, 11
- kale with red beans, cilantro & (optional) feta, 14
- leek & potato soup with greens, 13

L

leeks

- leek & potato soup with greens, 13

lentils

- indian-spiced red lentils with broccoli, 12
- lentil soup, 1
- wine-braised lentils, 8

lettuce

caesar salad with whole-wheat garlicky croutons, 24
green salad with hazelnuts and rosemary-balsamic vinaigrette, 1
green salad with pears, fennel and pear vinaigrette, 9
potato and onion salad with smoked salmon, 2
the easiest salad dressing (and salad) ever, 3

lime

cabbage salad with lime and oregano, 1
cucumber salad with peanut-jalapeno dressing, 2
ginger-lime yams, 8

M

marinara sauce

spaghetti squash with marinara sauce, **13**

mint

carrot & mint salad with currants, 5
cucumber salad with peanut-jalapeno dressing, 2

mushrooms

bubble & squeak, deconstructed, 2
country spinach with mushrooms, 22
sautéed mushrooms with garlic & parsley, 21
twice-baked potatoes with garlicky mushrooms & parmesan cheese, 24
winter vegetable soup with edamame beans, 16

O

onions

African peanut stew with sweet potatoes, kale, and black-eyed peas, 6
beans & greens, 21
braised hearty winter greens, 9
brussels sprouts with toasted hazelnuts, 7
bubble & squeak, deconstructed, 2
butternut squash soup with apple confit, 10
cabbage and potatoes with pesto, 10
cabbage and sourdough bread gratin, 21
cabbage salad with lime and oregano, 1
celery root gratin, 9
chard with golden raisins & almonds, 8
chickpeas & their stock, 14
collards & Savoy cabbage with white beans on garlic toast, 1
easy winter squash soup with sage, 15
green salad with hazelnuts and rosemary-balsamic vinaigrette, 1
indian diced potatoes with greens, 11
indian-spiced red lentils with broccoli, 12
kale with red beans, cilantro & (optional) feta, 14
lentil soup, 1
mustard greens braised with ginger, cilantro, & rice, 16
pasta with loads of broccoli, green olives and pine nuts, 2
pasta with savory cabbage & walnuts, 13
potato and onion salad with smoked salmon, 2
red cabbage with berries & balsamic, 3, 15
sweet & sour red cabbage, 12
tomato soup, 11
tuscan white bean stew with greens, 3
vegetarian borscht, deconstructed, 14
warm red cabbage salad, 6
whole pumpkin baked with savory apricot & prune stuffing, 5
wine-braised lentils, 8
winter vegetable soup with edamame beans, 16

oranges

acorn (or delicata) squash filled with wild rice, golden raisins, and pine nuts, 11
yam & orange casserole, 12

P

parsley

Brussels sprouts with mustard & caper sauce, 5
bubble & squeak, deconstructed, 2
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
cold sesame noodles with cucumbers & radishes, 20
pasta with loads of broccoli, green olives and pine nuts, 2
pasta with savory cabbage & walnuts, 13

peanut butter

colorful cabbage & carrot salad with creamy peanut & lime dressing, 20

pears

green salad with pears, fennel and pear vinaigrette, 9

peas

Indian-spiced cauliflower with potatoes and peas, 20

peas, black-eyed

African peanut stew with sweet potatoes, kale, and black-eyed peas, 6
black-eyed pea hummus, 22

peppers, red

colorful cabbage & carrot salad with creamy peanut & lime dressing, 20
spicy roasted cauliflower with red peppers and cumin, 22

pesto

cabbage and potatoes with pesto, 10

pomegranate

green salad with pears, fennel and pear vinaigrette, 9

potatoes

arugula and roasted potato salad, 23
bubble & squeak, deconstructed, 2
cabbage and potatoes with pesto, 10
celery root gratin, 9
chard with potatoes and sage on pasta, 15
enchiladas filled with braised greens and garlic-roasted potatoes, 23
garlic-roasted potatoes, 2, 23
hash browns, 22
indian diced potatoes with greens, 11
Indian-spiced cauliflower with potatoes and peas, 20
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
sunchoke bisque w/ hazelnut oil, 13
twice-baked potatoes with garlicky mushrooms & parmesan cheese, 24
vegetarian borscht, deconstructed, 14

pumpkin

whole pumpkin baked with savory apricot & prune stuffing,
5

R

radishes

cold sesame noodles with cucumbers & radishes, 20
open-faced radish sandwiches, 24

rice

acorn (or delicata) squash filled with wild rice, golden
raisins, and pine nuts, 11
brown basmati rice, 12
ginger-carrot pilaf, 24
mustard greens braised with ginger, cilantro, & rice, 16

rosemary

green salad with hazelnuts and rosemary-balsamic
vinaigrette, 1
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S

salad greens

caesar salad with whole-wheat garlicky croutons, 24
green salad with hazelnuts and rosemary-balsamic
vinaigrette, 1
green salad with pears, fennel and pear vinaigrette, 9
potato and onion salad with smoked salmon, 2
the easiest salad dressing (and salad) ever, 3

salmon, smoked

potato and onion salad with smoked salmon, 2

scallions

cabbage salad with lime and oregano, 1
cucumber salad with peanut-jalepeno dressing, 2

soup

butternut squash soup with apple confit, 10
easy winter squash soup with sage, 15
lentil soup, 1
tomato soup, 11
tuscan white bean stew with greens, 3
vegetarian borscht, deconstructed, 14

spinach

country spinach with mushrooms, 22

squash, winter

acorn (or delicata) squash filled with wild rice, golden
raisins, and pine nuts, 11
butternut squash soup with apple confit, 10
easy winter squash soup with sage, 15
simple, sweet & savory baked squash, 7
spaghetti squash with marinara sauce, **13**
whole pumpkin baked with savory apricot & prune stuffing,
5

sunchokes

sunchoke bisque w/ hazelnut oil, 13

sweet potatoes

African peanut stew with sweet potatoes, kale, and black-
eyed peas, 6
ginger-lime yams, 8
roasted yams or sweet potatoes, 9
soy-glazed sweet potatoes, 14
yam & orange casserole, 12

T

tomatoes

spaghetti squash with marinara sauce, **13**
tomato soup, 11

turnips

mashed potatoes with turnips, 12
roasted carrots & turnips, 4
turnips roasted in garlic oil, 6
vegetarian borscht, deconstructed, 14

Y

yams

African peanut stew with sweet potatoes, kale, and black-
eyed peas, 6
ginger-lime yams, 8
roasted yams or sweet potatoes, 9
soy-glazed yams, 14
yam & orange casserole, 12

yogurt

garlicky yogurt sauce, 11