

GLACIER GRIST RECIPE INDEX

To find each recipe, just click on the Glacier Grist Issue # indicated after the recipe, on the lower left margin of our home page: www.glaciervalleycsa.com. Then just click the "Print Recipes" link at the top of the recipes!

A

aioli

artichokes leaf by leaf, with aioli, 31

almonds

chard with golden raisins & almonds, 8

apples

butternut squash soup with apple confit, 10
cabbage & fennel salad with apples & raisins, 4
celery-apple salad with currants and walnuts, 10, 24
warm red cabbage salad, 6

artichokes

artichokes leaf by leaf, with aioli, 31
sunchokes and artichokes braised with lentils, 29

arugula

arugula and roasted potato salad, 23
arugula salad with grilled onions & roasted red peppers, 27

B

beans

beans & greens, 21
vegetable & bean soup, 28

beans, black-eyed peas

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

beans, chickpeas

chickpeas & their stock, 14
vegetarian borscht, deconstructed, 14

beans, edamame

winter vegetable soup with edamame beans, 16

beans, kidney

collards with red beans, cilantro & (optional) feta, 26

beans, mung

spicy indian cabbage & yellow split mung beans, 22

beans, red kidney

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

beans, white

collards & Savoy cabbage with white beans on garlic toast, 1
Greek beans baked with carrots and tomatoes, 25
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

bok choy

bok choy with scallions and ginger, 28

bread

cabbage and sourdough bread gratin, 21

broccoli

broccoli and red peppers with Thai peanut sauce, 27
broccoli marinated in sesame-walnut-ginger sauce, 16
broccoli salad with roasted peppers, capers, and olives, 29
broccoli with garlicky mustard vinaigrette & toasted pepitas, 21
indian-spiced red lentils with broccoli, 12
open-faced vegetable sandwich with pesto, roasted red peppers, and sautéed mushrooms, 30
pasta with loads of broccoli, green olives and pine nuts, 2, 30
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
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

cake

rhubarb cake, 30

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
 ginger-carrot pilaf, 24
 Greek beans baked with carrots and tomatoes, 25
 Indian-spiced roasted potato salad with carrots, 1, 7
 lentil soup, 1
 lentils & pasta with chard & cilantro, 32
 pasta with savory cabbage & walnuts, 13
 red lentil & cauliflower curry with golden raisins, 26
 roasted carrots & turnips, 4
 tomato soup, 11
 tuscan white bean stew with greens, 3
 vegetable & bean soup, 28
 vegetarian borscht, deconstructed, 14
 wine-braised lentils, 8
 winter vegetable soup with edamame beans, 16

cauliflower

cauliflower with bread crumbs, 31
 cauliflower with pine nuts and raisins on pasta, 28
 green cauliflower with mustard & caper sauce, 1
 Indian-spiced cauliflower with potatoes and peas, 20
 red lentil & cauliflower curry with golden raisins, 26
 roasted cauliflower, 23
 sicilian cauliflower salad, 15, 32
 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 and walnuts, 10, 24
 easy winter squash soup with sage, 15
 Greek beans baked with carrots and tomatoes, 25
 leek & potato soup, 31
 lentil soup, 1
 lentils & pasta with chard & cilantro, 32
 sunchoke bisque w/ hazelnut oil, 13
 tuscan white bean stew with greens, 3
 vegetable & bean soup, 28
 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, 25
 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 cumin, tomatoes, and cilantro, 29
 chard with golden raisins & almonds, 8
 chard with potatoes and sage on pasta, 15

leek & potato soup with greens, 13
 lentils & pasta with chard & cilantro, 32

cilantro

collards with red beans, cilantro & (optional) feta, 26
 lentils & pasta with chard & cilantro, 32

collards

beans & greens, 21
 braised hearty winter greens, 9
 collards & Savoy cabbage with white beans on garlic toast, 1
 collards with red beans, cilantro & (optional) feta, 26
 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, 29
 garlicky whole-grain croutons, 11, 13
 tender salad greens with lemon-thyme vinaigrette and garlicky croutons, 31

croutons, garlicky

caesar salad nouveau (no egg or dairy), 28

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

garlic oil, 25, 27

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

green beans

roasted potato salad with green beans and thyme, 25

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
 collards with red beans, cilantro & (optional) feta, 26

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
 vegetable & bean soup, 28

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, 30

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
 vegetable & bean soup, 28

L

leeks
 leek & potato soup, 31
 leek & potato soup with greens, 13

lentils
 indian-spiced red lentils with broccoli, 12
 lentil soup, 1
 lentils & pasta with chard & cilantro, 32
 red lentil & cauliflower curry with golden raisins, 26
 sunchokes and artichokes braised with lentils, 29
 wine-braised lentils, 8

lettuce
 caesar salad nouveau (no egg or dairy), 28
 caesar salad with whole-wheat garlicky croutons, 24, 29
 garlicky red wine mustard vinaigrette, 27
 green salad with hazelnuts and rosemary-balsamic vinaigrette, 1, 30
 green salad with pears, fennel and pear vinaigrette, 9
 green salad with roasted mushrooms, 25
 open-faced vegetable sandwich with pesto, roasted red peppers, and sautéed mushrooms, 30
 potato and onion salad with smoked salmon, 2
 southwest caesar salad, 26

tender salad greens with lemon-thyme vinaigrette and garlicky croutons, 31
 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
 green salad with roasted mushrooms, 25
 open-faced vegetable sandwich with pesto, roasted red peppers, and sautéed mushrooms, 30
 sautéed mushrooms, 27
 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
 arugula salad with grilled onions & roasted red peppers, 27
 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
 caramelized onion potato pie, 32
 celery root gratin, 9
 chard with cumin, tomatoes, and cilantro, 29
 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, 30
 indian diced potatoes with greens, 11
 indian-spiced red lentils with broccoli, 12
 kale with red beans, cilantro & (optional) feta, 14
 lentil soup, 1
 lentils & pasta with chard & cilantro, 32
 mustard greens braised with ginger, cilantro, & rice, 16
 pasta with loads of broccoli, green olives and pine nuts, 2, 30
 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 & Savoy cabbage with white beans on garlic toast, 1
green cauliflower with mustard & caper sauce, 1
lentil soup, 1
parsley pesto, 10
wine-braised lentils, 8

parsley root

parsley root & potato puree, 8

parsnips

vegetarian borscht, deconstructed, 14

pasta

cauliflower with pine nuts and raisins on pasta, 28
chard with potatoes and sage on pasta, 15
cold sesame noodles with cucumbers & radishes, 20
lentils & pasta with chard & cilantro, 32
pasta with loads of broccoli, green olives and pine nuts, 2, 30
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

fried rice with peas and bean sprouts, 27
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

arugula salad with grilled onions & red peppers, 27
broccoli and red peppers with Thai peanut sauce, 27
broccoli salad with roasted peppers, capers, and olives, 29
colorful cabbage & carrot salad with creamy peanut & lime dressing, 20
open-faced vegetable sandwich with pesto, roasted red peppers, and sautéed mushrooms, 30
roasted red peppers, 27
spicy roasted cauliflower with red peppers and cumin, 22

pesto

cabbage and potatoes with pesto, 10
parsley pesto, 10

pomegranate

green salad with pears, fennel and pear vinaigrette, 9

potatoes

arugula and roasted potato salad, 23
baked potatoes with scallions, 29
bubble & squeak, deconstructed, 2
cabbage and potatoes with pesto, 10
caramelized onion potato pie, 32
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, 25, 27
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, 31
leek & potato soup with greens, 13
mashed potatoes with turnips, 12
parsley root & potato puree, 8
potato and onion salad with smoked salmon, 2
roasted potato salad with green beans and thyme, 25
sunchoke bisque w/ hazelnut oil, 13, 30
twice-baked potatoes with garlicky mushrooms & parmesan cheese, 24
vegetable & bean soup, 28
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, 30

rhubarb

rhubarb cake, 30
rhubarb crumble, 32

rice

acorn (or delicata) squash filled with wild rice, golden raisins, and pine nuts, 11
brown basmati rice, 12
fried rice with peas and bean sprouts, 27
ginger-carrot pilaf, 24
mustard greens braised with ginger, cilantro, & rice, 16

roasted vegetables

roasted red peppers, 27

rosemary

green salad with hazelnuts and rosemary-balsamic vinaigrette, 1, 30
tuscan white bean stew with greens, 3

S

salad greens

caesar salad nouveau (no egg or dairy), 28
caesar salad with whole-wheat garlicky croutons, 24, 29
garlicky red wine mustard vinaigrette, 27
green salad with hazelnuts and rosemary-balsamic vinaigrette, 1, 30
green salad with pears, fennel and pear vinaigrette, 9
green salad with roasted mushrooms, 25
potato and onion salad with smoked salmon, 2

southwest caesar salad, 26
tender salad greens with lemon-thyme vinaigrette and
garlicky croutons, 31
the easiest salad dressing (and salad) ever, 3

salmon, smoked

potato and onion salad with smoked salmon, 2

scallions

baked potatoes with scallions, 29
bok choy with scallions and ginger, 28
cabbage salad with lime and oregano, 1
cucumber salad with peanut-jalepeno dressing, 2
fried rice with peas and bean sprouts, 27
green salad with roasted mushrooms, 25

soup

butternut squash soup with apple confit, 10
easy winter squash soup with sage, 15
leek & potato soup, 31
lentil soup, 1
sunchoke bisque w/ hazelnut oil, 30
tomato soup, 11
tuscan white bean stew with greens, 3
vegetarian borscht, deconstructed, 14

spinach

country spinach with mushrooms, 22

sprouts, mung bean

fried rice with peas and bean sprouts, 27

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, 30
sunchokes and artichokes braised with lentils, 29

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