

Steam/Sautéed Brussel Sprouts With Mustard And Caraway

Serves 4 to 6

1 pound Brussels sprouts, trimmed and halved
2 tablespoons butter
1/3 cup water
½ teaspoon salt
1 teaspoon caraway seeds
2 tablespoons Dijon mustard
1 tablespoon maple syrup
Freshly ground black pepper

Bring the Brussels Sprouts, butter, water, salt, and caraway seeds to a boil in a large skillet. Cover and steam over medium-high heat until the Brussels sprouts are just tender, 5 to 10 minutes.

Remove the lid and stir in the mustard and maple syrup. Sprinkle with black pepper.

Steamed Broccoli with Asian Flavors

Steamed broccoli is anything but dull when mixed with zesty seasonings. You don't even need any special equipment here; the small amount of water added to the skillet is enough to steam the broccoli. This super fast and tasty dish is sure to become one of your weeknight staples.

Serves 4

1 pound broccoli, cut into medium florets (about 6 cups loosely packed)
¼ cup water
1 tablespoon shoyu or tamari
2 tablespoons mirin or sake
1 tablespoon minced ginger
1 teaspoon toasted sesame oil
pinch of salt
1 teaspoon sesame seeds, optional

Add the broccoli, water, shoyu, mirin, ginger, and sesame oil to a large (2 to 3 quart) skillet with sides. Cover, and turn the heat to medium. Let the broccoli steam for 4 minutes, just until bright green and crisp tender. Sprinkle with a light dusting of salt and stir to combine. Serve hot, sprinkled with sesame seeds.

Lacquered Carrots with Coriander

These carrots are sweet but not cloying. Everything goes into the pan at once, and the pan is then uncovered to allow the carrots to brown.

Serves 4 to 5

2 tablespoons extra virgin olive oil
1/4 cup maple syrup
1/4 cup sherry or mirin
1 tablespoon balsamic vinegar
4 cups peeled carrots, cut into 2-inch roll cut or 1/2" thick diagonal cuts (about 1 pound)
1/2 teaspoon salt
2 teaspoons ground coriander
Black pepper

Add the olive oil, maple syrup, sherry, balsamic vinegar, carrots, salt, and coriander to a large skillet. Cover and cook over medium-low heat about 12 to 15 minutes, just until the carrots are tender.

Uncover and cook, stirring constantly, until the carrots caramelize, about 6 more minutes. Sprinkle with black pepper and serve hot.

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Steam/Sautéed Butternut Squash with Ginger

Serves 4

1 pound butternut squash, peeled and cut into 1 inch chunks
1 tablespoon minced ginger
1/3 cup water
1 tablespoon unrefined sesame oil
1/2 teaspoon salt
2 tablespoons fresh chives
Black Pepper

Bring the butternut squash, ginger, water, sesame oil, and salt to a boil in a large skillet. Cover and steam over medium-high heat until the squash is brightly colored and just tender, 5 to 10 minutes.

Remove the lid and continue to cook until the liquid evaporates, 1 to 2 minutes longer. Sprinkle in the chives. Sprinkle with black pepper.

Radishes With Lemon Dill Butter

Serves 4

3 cups sliced radishes (1/4-inch thick)
1 tablespoon butter
2 tablespoons water
salt
1 teaspoon fresh lemon juice
2 teaspoons fresh dill
freshly ground black pepper

Add the radishes, butter, water, and a sprinkling salt to a medium skillet. Cook for 2 to 3 minutes, until just tender. Uncover and cook another minute, until all of the water is evaporated.

Stir in the lemon juice and dill and black pepper. Serve hot.

Steam-Sautéed Green Beans with Garlic

You can use this method with any firm vegetable, such as asparagus, Brussels sprouts, carrots, parsnips, cauliflower, and green beans. You can add garlic, spices, and dried herbs along with the water fat, and salt. Add fresh herbs when you uncover to sauté.

1/3 cup water
1 tablespoon extra virgin olive oil
1/2 teaspoon salt
3/4 pound green beans, ends trimmed
1 tablespoon minced garlic
Black pepper

Bring the water, oil, salt, green beans, and garlic to a boil in a skillet with sides. Cover and steam over medium-high heat until the vegetable is brightly colored and just tender, 5 to 10 minutes, depending on the vegetable size.

Remove the lid and continue to cook until the liquid evaporates, 1 to 2 minutes longer. (If you want to add fresh herbs, this is the point to add them.) Sauté to intensify flavors, 1 to 2 minutes long. Adjust salt if needed, add a sprinkling black pepper to taste, and serve.

Recipes from Whole Foods Cooking Lab 4 instructed by Myra Kornfeld, Summer 2012.