

Oa's Kitchen

Vegetarian Ascension Recipes



Cooking with Greens

The Earth Mother through Karen Danrich "Mila"
May 17, 2007

Dear Beloved Ascending Human,

Mila and Oa have continued to experiment with vegetarian recipes with the Earth Mother consciousness that better supports ascending biology. Special healing planes are created with the use of all recipes in this section of Oa's Kitchen that assist those using the cookbook to receive blessings from earth and nature. The blessings can create a most magical meal for oneself or others as well as allow for healing between oneself and the plant kingdoms. We hope that many avail themselves to our free cookbook and receive the blessings from earth that are associated to better support your continued ascent ahead.

As of late, Mila and Oa have discovered the joy of including more "greens" in their diet. Greens include kale, mustard greens, swiss chard, the tops of beets or carrots, or collard greens. For some reason, spinach has been considered the better green of choice in most vegetarian or non-vegetarian recipes in Mila and Oa's explorations. Although spinach is not bad, it does not contain all of the minerals and other micronutrients of varied greens in the diet, and therefore is less useful in sustaining one's health in or ascending out of disease in ascension.



There is also something nice in including both the tops of the plants and their roots in one's diet, such as beet tops and the beets, or carrot tops and the carrots. Most often humans throw away these greens instead of cooking them, and as such create a less nutritious meal than otherwise possible. The reason for this is that in including both the tops and the roots, one receives nutrients that work synergistically with one another to aid the body in regenerating, as well as provide a dream for wholeness. (See ["From the Kikui and Tamanu Nut Trees"](#) for a lovely exploration of the problems with

modern food science, and why momentum towards a whole food vegetarian diet is necessary to foster the evolution of oneself as well as mankind.)



Greens can also be eaten raw in salad in lieu of only lettuce. Mila has become fond of including arugula in her salads along with fresh basil; and the farmers market also sells bags of baby greens and bitters that are lovely to graze upon. Bitters are good blood cleansers and also provide many micronutrients necessary to sustaining one's health, recovering one's health, and making sure one does not ascend into disease ahead. So these recipes are offered up so that ascending humans will include more greens in their diet.

Mila and Oa also understand the need sometimes for denser foods that sustain one's grounding and provide additional protein to the diet as a vegetarian. Oa has reworked his recipe for "Meatless Balls" from prior times to cease to include TVP (Texturized Vegetable Protein) as this has turned out to be a toxic substance with many solvents associated with how soy beans are processed, and therefore is not a good ascension food source. Also there are some other recipes for other kinds of baked nut balls or vegetarian sausage that can be useful in providing needed protein in one's diet. Although it is true that wheat gluten is a protein that is only a part of the whole, it is easily digested unlike tofu and beans, and therefore supportive of receiving enough protein as a vegetarian at this time.

Some may have been allergic to wheat or gluten in times past. The allergies to certain foods are karmic in nature, and may involve how the inheritance is responsible for how farmed foods lost its nutrients over time or became imprisoned in human farming practices. As the karma is released, the body will learn to adjust to all foods necessary to consume to create a complete and whole food diet rich in nutrients enough to ascend. Much of the karma for manipulation of food sources that humanity relies upon occurred in Atlantis. and as the karma is released, a new day ahead can be born for ascending initiates in terms of what they can digest in ease. (See "[History of Atlantis](#)" for more information.)

Just bless the food and intend wholeness in your dream for cooking associated, and so it will be, canceling the negative affect of consuming a few non-whole food sources. Remember it is all in the intention behind the action and this creates the dream through which you manifest your life dance, or the health of the ascending body. We leave you with these thoughts.

Happy Eating!

Namaste
Mila & Oa
The Earth Mother

Cooking With Greens

ROASTED VEGETABLES AND GARLIC FRIED GREENS

Serves 4

ROASTED VEGETABLES

2 Bunches Beets (4-5 medium to small with tops)
2 Yellow Potatoes
1 Bunch Carrots (with tops)
2 Purple Sweet Potatoes or Yams
1 Large Eggplant or 4 long Japanese eggplants
Olive Oil (or other oil of choice)
Salt and Pepper to taste
White wine or rice Vinegar
Sour cream or yogurt for dipping

The skins of the beets, carrots, potatoes and eggplant can be eaten and are good sources of added nutrients for an ascending diet, and so we recommend roasting these vegetables with skins. The yogurt or sour cream allows a little fermented food to be added to the meal creating a "complete meal". See "[Condiments](#)" for a homemade yogurt recipe.

GARLIC FRIED GREENS

2 large bunches Greens of choice (mustard greens, swiss chard, collard greens, carrot tops, beet tops or kale)
6 cloves fresh or roasted Garlic
4 Tablespoons Butter
2 Tablespoons fresh Lemon Juice
Salt and Pepper to Taste
Olive Oil for frying



Cut the tops from the beets and carrots and set aside. Scrub and rinse the carrots and beets, trimming the edges. Slice the beets into rounds and the carrots in half. Scrub the potatoes and sweet potatoes and slice into rounds or wedges. Slice the eggplant also into thin rounds about 1/4 inch thick.

Place the beets and eggplant upon an oven proof baking plate. Drizzle with olive oil and a little wine or rice vinegar. Sprinkle with salt and pepper. Place the carrots and potatoes upon another baking dish and drizzle with olive oil and sprinkle with salt and pepper. Roast at 400 degrees for 30 to 40 minutes until crisp and caramelized. Serve with a little sour cream or yogurt on the side.



Rinse and cut the greens into strips. Heat up a good amount of olive oil in a frying pan. Add the garlic and sauté until fragrant. Turn down the heat to medium low and add the greens. Cover and steam for five minutes. Stir in the butter and lemon and melt and serve.



SQUASH FAJITAS WITH SALSA, SOUR CREAM AND CORN TORTILLAS AND HONEY LEMONADE

Serves 4

1 Large Bunch Greens of Choice (mustard greens, swiss chard, collard greens, carrot tops, beet tops or kale)
1 Acorn Squash peeled
1 Medium Onion
6 Sweet Fresh Ears of Corn
6 cloves roasted or fresh garlic
2 Eggs whipped
Salt and Pepper to Taste
1 Tablespoon Chipotle chili powder (or regular chili powder)
Olive Oil or other Nut Oil for frying

HONEY LEMONADE
4 large or 8 small lemons or limes
Honey
Filtered Water

TO SERVE:
Sour Cream or Homemade Yogurt
Salsa
Guacamole
Corn Tortillas
Fresh Corn on the Cob
Butter
Salt and Pepper
Homemade Honey Lemonade or Limeade
See "[Appetizers](#)" for recipes for homemade salsa and guacamole, and "[Condiments](#)" for a homemade yogurt recipe.

Heat the oven to 400 degrees. Roast the fresh corn in its own skin for 20 minutes until slightly brown on top. Allow to cool to the touch, peel 2 of the cobs and cut the corn off each. Serve the other ears as a side dish with the Fajitas, with a little butter, salt and pepper.

While the corn is roasting, cut up the greens into strips. Peel, seed and dice the acorn squash. Peel and dice the onion. Whip the eggs until creamy.

In a frying pan, heat up a good amount of oil of choice (olive or expeller pressed nut oil). Add the garlic and onion allowing it to diffuse their lovely smell. Add the squash and sauté for five minutes. Add the greens and corn and cover allowing the greens to wilt, for about five minutes. Stir and add the whipped eggs, sautéing until fluffy. Add salt and pepper and the chili powder to taste and serve.

Place each corn tortilla upon a baking pan and dot with a little butter. Heat in the oven or toaster oven for six minutes until warmed and the butter has melted.

For the homemade lemon or limeade, place 1/2 cup honey in the bottom of two 18 ounce glass jars. Heat some filtered water to boiling and add 1/2 cup to each jar allowing the honey to melt. Juice two large lemons or limes (or 3-4 small) per jar. Add the lemon or lime juice to the honey water and then fill the remainder of the jar with more filtered water. Shake and serve over ice.

Serve the fajitas with corn tortillas, sour cream or homemade yogurt, salsa and guacamole and the fresh corn with butter and salt, and some honey lemonade or limeade for a delicious meal.

**GREENS AND WILD
MUSHROOMS OVER PASTA
WITH ROASTED BEETS AND
GOAT CHEESE SALAD
WITH HONEY WALNUTS
Serves 4**

WILD MUSHROOMS OVER PASTA

2 large bunch of greens of choice (mustard greens, swiss chard, collard greens, carrot tops, beet tops or kale)

1 cup fresh wild mushrooms, (or 1/2 cup dried wild mushrooms reconstituted in wine)

3/4 cup red wine

12 fresh Basil Leaves

2 Cloves fresh or roasted Garlic

1 Medium Onion diced

3/4 Cup Cream (or half and half)

Salt and Pepper to taste

Parsley and Parmesan Cheese to garnish

1 recipe homemade pasta or Package Organic Fettuccini or other noodles of choice, such as penne or rigatoni. See "[Breads and Pasta](#)" for homemade pasta recipe.

Wild mushrooms are an amazing source of protein and other nutrients for ascension and regeneration. Adding the greens only enhances the nutritional value of this meal so that it is even greater.



Place dried mushrooms in the wine and allow to reconstitute (about 45 minutes) or cut up the wild fresh mushrooms. Wash and cut the greens into strips. Dice the onion and tear the basil leaves.

In a frying pan, add a good amount of olive or other nut oil of choice, placing the garlic and onion in first. Allow the flavors to diffuse and cook until the onion is translucent. Add the mushrooms and cook for five minutes or more until tender. Add the greens and cover until wilted (about five minutes). Deglaze by adding the wine and stir. Add the basil leaves, half and half and salt and pepper to taste. Serve with some fresh parsley and parmesan cheese to garnish over cooked pasta of choice.



ROASTED BEET SALAD WITH GOAT CHEESE AND HONEY WALNUTS



2 Bunches Arugala
1 Bunch Beets (four large or six small)
16 Cherry Tomatoes
3/4 Cup Walnuts
4 Ounces Goat Cheese
Olive or Nut Oil
Honey
White Wine or Rice Vinegar

DRESSING

3/4 Cup Light Olive or Nut Oil of Choice
2 Tablespoons Dijon Mustard
1 Tablespoon Honey
3 Tablespoons Rice or White Wine Vinegar
Salt and Pepper to Taste



Wash and scrub the beets and slice into rounds. Place the beets upon a baking dish and drizzle with oil and a little vinegar. Roast at 400 degrees until tender (about 30 minutes). Allow to cool slightly before making the salad

On another baking sheet spread out the walnuts. Drizzle with oil and honey. Roast for 8 minutes at 400 degrees until toasted.

Wash and arrange arugala on four plates. Cut up cherry tomatoes into halves and arrange over the arugala. Divide the goat cheese and crumble over each plate. Place the beets around the edges. Sprinkle with the roasted walnuts. Hand whisk the dressing and drizzle over each plate just before serving



CREAMED GREENS LASAGNA

WITH GARLIC TOAST AND AVOCADO CAESAR SALAD

Serves 4

CREAMED GREENS LASAGNA

2 Bunches Greens of Choice (mustard greens, swiss chard, collard greens, carrot tops, beet tops or kale)

1/4 lb. Butter

2 Tablespoons White Wine

16 Ounces Ricotta Cheese

6 Cloves Roasted Garlic

Salt and Pepper to taste

3 Tablespoons Pesto or Italian Herbs

3 Eggs

1/2 Cup Cream or Half and Half

3/4 Cup Grated Parmesan Cheese

12 Ounces Grated Mozzarella Cheese

Organic Lasagna Noodles (uncooked)

Oil for frying

AVOCADO CAESAR SALAD

1 Head Lettuce (*Romaine or Red Leaf*)

1 Ripe Avocado

2 Hard Boiled Eggs Chopped

4 Tablespoons Capers

Parmesan Cheese to Garnish

DRESSING

3/4 Cup light Olive Oil

2 Tablespoons Veg. Worcestershire Sauce

2 cloves Roasted Garlic

2 Tablespoons Dijon Mustard

2 Tablespoons Lemon Juice

1/4 Cup Parmesan Cheese

HOMEMADE GARLIC TOAST

1 Loaf Baguette Style French Bread

Olive Oil

Italian Herbs

Granulated Garlic

Salt and Pepper

Heat a good amount of olive oil in a frying pan. Sauté the garlic until fragrant. Add the greens and cover, allowing them to wilt (about five minutes). Add the butter white wine and salt and pepper to taste. Stir until butter has melted. Set aside to cool.

Whip the eggs into a yellow creamy texture. Mix the ricotta cheese with the eggs, parmesan cheese and pesto or Italian herbs. Add salt and pepper to taste.

In a blender or food processor, place 1/2 of the ricotta mixture with the cooked greens and half and half or cream and blend until smooth.

Place a small amount of the greens ricotta mixture on to the bottom of an oiled lasagna pan. Place the dried noodles on the bottom, and layer the greens mixture with the ricotta mixture, adding more noodles and layers until all ingredients are used. Cover with grated mozzarella cheese. Bake at 375 degrees for 45 minutes until done.

While the lasagna is baking, cut up the French bread into small slices. Place upon an oven proof pan and drizzle with olive oil. Sprinkle with granulated garlic and Italian herbs and salt and pepper. Bake until crisp for about 20 minutes on the bottom rack of the oven with the lasagna above.

Tear the salad greens on four plates. Cut and dice the avocado and distribute between the four plates. Chop the hard boiled eggs and sprinkle over the avocado. Add one tablespoon capers on top of the chopped eggs. Mix all ingredients for the dressing in a food processor or blender, whipping until thick and frothy. Drizzle the dressing over each salad and add four garlic toasts to each plate and serve.



POLENTA CARROT AND BEET SUNBURST WITH GARLIC FRIED GREENS

Serves 4

POLENTA CARROT BEET SUNBURST

1/2 lb. Carrots (with tops)
1/2 lb. Beets (with tops)
2 Cups Organic Vegetable Stock (or filtered water)
2 Tablespoon Butter
1 Cup Whole Milk
1 1/4 Cup Polenta
1 Egg
1/2 Cup Sour Cream or Yogurt
8 ounces Grated White Cheddar or Swiss Cheese
Olive Oil
Salt and Pepper to Taste

GARLIC FRIED GREENS

Tops of the Beets and Carrots
6 cloves fresh or roasted Garlic
4 Tablespoons Butter
2 Tablespoons fresh Lemon Juice
Salt and Pepper to Taste
Olive Oil for frying

Wash and scrub the beets and carrots. Cut the beets in rounds and the carrots in half lengthwise. Place the carrots and beets on an oven proof baking pan. Drizzle with olive oil and sprinkle with salt and pepper to taste. Roast at 400 degrees for 20 to 30 minutes until caramelized. Set aside to cool.

In a sauce pan, bring the vegetable stock and milk to boiling and add the polenta and butter. Stir until thick and creamy, about 15 minutes. Set aside to cool.

In a mixing bowl, whip the egg until it is creamy. Add the sour cream and stir. Fold in the polenta into the sour cream mixture and hand blend until smooth.

Place the polenta in a round or oval oven proof dish. Arrange the roasted beets along the edge with three in the middle. Place the roasted carrots around the beets creating a sunburst pattern. Top with grated cheese. Bake at 375 degrees for 15 minutes until cheese has melted. Allow to cool slightly before serving.

Rinse and cut the beet and carrot greens into strips. Heat up a good amount of olive oil in a frying pan. Add the garlic and sauté until fragrant. Turn down the heat to medium low and add the greens. Cover and steam for five minutes. Stir in the butter and melt. Serve with the Polenta Sunburst and with a nice bottle of white wine or cider.

Serve the polenta and greens with a nice bottle of white wine and a side salad of choice along with some French bread for a complete meal.

Veggie Meat Substitutes and Greens



OA'S VEGGIE SAUSAGE PAELLA

Serves 4

VEGGIE SAUSAGES

8 Roasted Garlic Cloves
2 Medium Onions
1 Cup Mushrooms of choice (shitake, oyster or crimini)
1 cup whole wheat bread crumbs
1/2 Cup Olive Oil
2 Tbsp Fennel Seeds
2 Tbsp Caraway Seeds
2 Tbsp Poultry Seasoning (rosemary, thyme and sage)
2 Tbsp Salt
2 Tbsp Lemon Pepper
2 Tbsp Worcestershire sauce
2 Cups Gluten Flour
8 cups mushroom stock
Cheese Cloth

FOR THE STOCK

12 Dried Shitake Mushrooms
1 Bunch fresh Herbs of choice from the garden or store (rosemary, thyme, sage, oregano etc.)
1/2 Cup Organic soy sauce or salt
1/2 Cup White wine
8 Cups filtered Water

Add all stock ingredients to a stock pan and heat to a boil. Reduce temperature and simmer for 2 hours. Strain the ingredients before adding the sausages.

Place the onions and garlic to the food processor and blend until smooth. Place into a large mixing bowl. Add the mushrooms (you can use those from the stock) to the food processor and process until in tiny pieces. Add this to the mixing bowl along with the bread crumbs, oil, herbs and Worcestershire sauce. Mix in one cup at a time of the gluten blending by hand into a sticky dough.

Break the dough into six pieces and roll them into a ball first and then into a sausage shape. Wrap in cheese cloth tying the ends like a candy wrapper. Place the six sausages in the mushroom stock adding more filtered water to cover if needed, and heat to a boil. Reduce the heat and simmer for one hour. The sausages will inflate to double or more in size.

The sausages will keep for a week or more in a covered container in the remaining stock to keep them moist, and can be used in other meals in addition to the Paella. They are delicious sliced and topped with barbecue sauce or marinara and parmesan cheese for a meal that is high in protein.



VEGGIE PAELLA

2 Veggie Sausages
1/2 cup White Wine
1 cup Mushrooms of choice
(crimini, shitake or oyster)
2 roasted fresh Ears of Corn
1/2 cup Kalamata olives
2 large Tomatoes
2 stalks Fennel
1 Bunch Greens of choice (mustard greens,
swiss chard, collard greens, carrot tops, beet
tops or kale)
1 Leek chopped
2 long Japanese Eggplants
2 Tablespoons Balsamic Vinegar
1 Tbsp Chipotle Chili Powder
1 Tbsp Turmeric
Salt and Lemon Pepper to taste
Oil for frying
Sour Cream for Garnish
12 Corn Tortillas

FOR THE RICE

1 1/2 cup Organic Brown Jasmine rice
4 Tablespoons Butter
4 Cups filtered Water



SIDE SALAD

1 Bunch Arugala
2 long Japanese Cucumbers
20 Cherry Tomatoes
1 Red Pepper
1 Orange
3 stalks Fennel (white parts only)
Olive Oil
Balsamic Vinegar
Salt and Pepper to Taste

For the paella, place the water in a pan and heat to a boil, adding the butter and brown rice. Turn down to a simmer and cover cooking for 40 minutes or until tender.

Slice the eggplant into small rounds about 1/4 inch thick and place upon an oven proof roasting pan. Drizzle with olive oil and a little balsamic vinegar. Roast for 20 minutes at 400 degrees. Set aside.

Slice the mushrooms and cut the corn off the cob. Dice the tomatoes, fennel, greens, and leek. Dice the sausages into small chunks. Cut the kalamata olives into halves.

Heat up a good amount of olive oil in a frying pan and add the mushrooms and sauté until tender. Add the greens and cover allowing them to wilt (about 5 minutes). Add the corn, tomatoes, olives, fennel and olives, and stir for another five minutes. Deglaze with the white wine. Add the veggie sausages, green onions and spices and mix. Add the cooked rice and roasted eggplant and mix. Lower the heat and cover allowing to cook for another ten minutes before serving.

Place each corn tortilla upon a baking pan and dot with a little butter. Heat in the oven or toaster oven for six to eight minutes until warmed and the butter has melted.

For the side salad, skin the cucumbers and dice into fine rounds. Cut the cherry tomatoes in half and dice the red pepper into small strips. Peel the orange and cut into pieces. Dice the fennel into small pieces. Place all ingredients into a mixing bowl adding a little oil and vinegar, salt and pepper to taste and toss. Serve on top of the arugala arranged on four plates.

OA'S GREENS AND VEGGIE SAUSAGE PIZZA

Serves 2-4

1 Recipe homemade Pizza Dough (or organic foccacia bread sliced through the middle creating two large sections)
Pizza sauce (organic canned or homemade)
Olive Oil
1 Recipe Garlic Fried Greens
2 Veggie Sausages Chopped (see above for recipe)
16 Ounces grated Mozzarella Cheese
1/4 cup grated parmesan cheese

PIZZA DOUGH

1 1/8 cups Warm Water
1 Tablespoon Olive Oil
1 Teaspoon Salt
3 1/3 Cups Whole Wheat or Unbleached Bread Flour
2 Teaspoons Sugar
2 Teaspoons Active Dry Yeast

HOMEMADE PIZZA SAUCE

8 Ounces Tomato Paste
2 Tablespoons Olive Oil
1 Tablespoon Honey
2 Teaspoons Salt
2 Tablespoons Red Wine
1 Tablespoon Italian herbs
1 Teaspoon Chipotle Chili Pepper

GARLIC FRIED GREENS

1 large Bunch Greens of choice (mustard greens, swiss chard, collard greens, carrot tops, beet tops or kale)
3 Cloves fresh or roasted Garlic
2 Tablespoons Butter
1 Tablespoon fresh Lemon Juice
Salt and Pepper to Taste
Olive Oil for frying



Place all ingredients for the pizza dough in a mixer or bread machine in the order suggested and set upon the pizza dough cycle. When risen, roll out upon a circular or square baking pan.

Or cut a loaf of foccacia bread in half through the middle creating two sides that can be nicely topped with ingredients of choice. Often when Mila and Oa do not have the mixer pulled from storage, this is a quick solution to a lovely pizza.

Rinse and cut the greens into strips. Heat up a good amount of olive oil in a frying pan. Add the garlic and sauté until fragrant. Turn down the heat to medium low and add the greens. Cover and steam for five minutes. Stir in the butter and lemon. Allow the excess fluid to vaporize until minimized. Cool slightly and then squeeze the greens through some paper towels before placing upon the pizza to remove excess moisture.

With a brush, brush the dough or halves of focaccia with some olive oil. Spread a good amount of pizza sauce upon the dough or bread. Cut the veggie sausages into small pieces and place on top of the pizza distributing them evenly. Top with the cooked greens and then with the grated mozzarella cheese. Sprinkle with parmesan cheese.

Bake at 350 degrees for 20 minutes or until done and the cheese has melted. Turn on the broiler for a few minutes at the end to cause the cheese to brown slightly before serving.

**MILA'S NUTTER BALLS
IN BARBEQUE SAUCE
WITH WARM NEW POTATO SALAD
GARLIC FRIED GREENS
AND CORN ON THE COB**
Serves 4

NUTTER BALLS

1 Cup Tamari Almonds (or Tamari Pumpkin or Sunflower Seeds)
1/2 Cup Raw Oats
4 Tablespoons Peanut Butter
1 Egg
1/2 Cup Whole Wheat Flour
1/2 Cup Alboreo Rice (or other brown rice of choice)
2 Heaping Tablespoons Gluten Flour
Filtered Water
Salt and Pepper to Taste

HOMEMADE BARBEQUE SAUCE

6 ounces Organic Tomato Paste
12 ounces Fire Roasted Organic Tomatoes
3 Tablespoons Molasses
2 Teaspoons Chipotle Chili Powder
2 Tablespoons Dijon Mustard
2 Tablespoons Worchester sauce
2 Tablespoons Rice or Apple Cider Vinegar
1 Tablespoon Honey
2 Tablespoons Soy Sauce



Heat the water until boiling and add the rice. Cook for about 20 minutes until done and all water has been absorbed.

Place the almonds or other nuts in a food processor and grind until powdery in texture. Add the oats, peanut butter and eggs along with flour and gluten and blend until smooth. Place into a large mixing bowl and add the rice, mixing by hand until a sticky dough forms.

With a melon scoop or tablespoon, scoop a ball at a time and place upon an oiled ovenproof baking pan. Continue to scoop the dough until about 25 balls are formed. Bake for 30 to 35 minutes until brown on top. These are delicious nutritious treats with a little honey drizzled on top just as is. However Mila and Oa learned that they liked them covered in barbeque sauce, and this satisfied Oa in some childhood tastes that makes him feel happy within.

Place all ingredients for the barbeque sauce in a food processor or blender and blend until smooth. Place the baked nutter balls in a lasagna pan or other oven proof dish and cover with the barbeque sauce. Cover the pan and heat for 30 minutes until the sauce is absorbed into the nutter balls.



WARM BABY NEW POTATO SALAD

2 Pounds Baby New Potatoes (or Fingerlings)
4 Green Onions
2 Tablespoons Tarragon
3 Tablespoons Capers
1/2 Cup Sour Cream
1/2 Cup Whole Milk Yogurt
2 Tablespoons Lemon Zest
Salt and Lemon Pepper to Taste
8 Ears Corn on the Cob

GARLIC FRIED GREENS

2 large Bunch Greens of choice (mustard greens, swiss chard, collard greens, carrot tops, beet tops or kale)
6 Cloves fresh or roasted Garlic
4 Tablespoons Butter
2 Tablespoons fresh Lemon Juice
Salt and Pepper to Taste
Olive Oil for frying



While the nutter balls are baking, heat up a pan of boiling water and add the baby new potatoes whole and with their skins. Boil for 20 minutes until tender and set aside until cool to the touch. Place the cooled new potatoes into a large mixing bowl. Cream the yogurt, sour cream, capers, tarragon, green onions, and lemon zest together. Add to the potatoes and toss, adding salt and pepper to taste. This is a lovely and easy dish to make and is quite delicious.

To roast the corn, place the ears with their skin into an oven heated to 400 degrees. Bake for 20 minutes until skins are slightly brown on top. The corn will nicely steam underneath. Cool and peel the skins away from the corn and serve with some butter and salt and pepper on the side.

Rinse and cut the greens into strips. Heat up a good amount of olive oil in a frying pan. Add the garlic and sauté until fragrant. Turn down the heat to medium low and add the greens. Cover and steam for five minutes. Stir in the butter until melted along with lemon and serve.



OA'S "MEATLESS" BALLS

RECREATED

Creates 24 Meatless Balls
Serves 4-6

1 Cup Gluten
1 Cup Diced Onions
3/4 Cups Romano Cheese
3/4 Cups Parmesan Cheese
2 Cups Minced Mushrooms
3 Eggs
2 Cloves Roasted Garlic
1 cup chopped parsley or greens of choice
(can also substitute chopped fresh basil)
2 Teaspoons Salt
2 Cups Whole Wheat Bread Crumbs (or more
as needed)
1 recipe homemade Marinara or 32 ounces
of organic canned tomato sauce (optional)

*(see Condiments for homemade marinara
recipe)*

Puree the onions, garlic, parsley or greens and mushrooms in a food processor until they are finely chopped. Add the eggs and blend until smooth. Transfer into a mixing bowl. Finely grate the Romano and parmesan cheese in the food processor until it is a nice powder in texture. Mix the two together with the bread crumbs, adding salt and pepper to taste.

Add the gluten a 1/4 cup at a time mixing by hand until you can form a ball or patty that will stick together. You can add more bread crumbs as needed if the mixture is too wet; or a little water if it is too dry.

Take a spoonful of the mixture into your hands and form a nice meatless ball. Place each ball upon oiled baking sheet. Bake at 376 degrees until lightly browned (about 45 minutes to an hour). The meatless balls are tasty all by themselves and can be eaten as is, or sliced and used to make a sandwich, or covered with barbeque sauce as in the nutter ball recipe above. The meatless balls can also be crumpled upon pizza or into a white sauce such as Alfredo sauce for a lovely and different taste.

If you wish the meatless balls to be served over pasta and in a marinara sauce, transfer them after they cool slightly to a large stock pot. Fill the pot until all meatless balls are covered with marinara sauce or organic canned tomato sauce. Heat up to a boil and then simmer for an hour or more allowing the meatless balls to absorb some of the marinara. Serve over pasta with a salad and some garlic toast for a nice meal.

