

Avocado-Mango Salsa

Serve this colorful salsa with grilled fish or chicken, or with black beans and rice.

makes about 3 cups.

Light and Easy

(Special Edition)

1 ripe mango, peeled, seeded, diced

1 tomato, seeded, diced

2 green onions, finely sliced

1/4 cup fresh lime juice

1 jalapeño chili, minced

1 avocado, peeled, seeded, diced

Combine first 5 ingredients in bowl. *(Can be made 3 hours ahead; refrigerate.)*

Stir in diced avocado and season to taste with salt and pepper.

Per 1/4-cup serving: calories, 40; fat, 3 g; sodium, 3 mg; cholesterol, 0 mg

Green Scene Notes: Go ahead and substitute part diced nectarine, part peeled and diced cucumber for the tomato. Omit Jalapeno if not available and add a couple dashes of hot sauce if you have on hand.

Smoked Turkey Wraps With Mango And Curried Mayonnaise

Bon Appétit | August 2002

You can substitute flour tortillas for lavash.

Makes 4 servings.

Curried mayonnaise

2 teaspoons curry powder

1/2 cup light mayonnaise

2 teaspoons fresh lemon juice

Sandwiches 2 lavash wraps, each cut in half crosswise to make four 12x12-inch squares

8 ounces thinly sliced smoked turkey

4 cups thinly sliced romaine lettuce

2 cups thinly sliced seeded peeled English hothouse cucumber

1 ripe mango, peeled, pitted, chopped (about 1 cup)

1/2 cup fresh cilantro leaves

1/2 ripe avocado, peeled, pitted, thinly sliced

For curried mayonnaise:

Stir curry powder in heavy small skillet over medium-low heat until fragrant, about 2 minutes. Transfer curry powder to small bowl. Stir in mayonnaise and lemon juice. Season with salt and pepper.

For sandwiches: Place 1 lavash square on work surface. Spread lavash with 2 tablespoons curried mayonnaise. Place 1/4 of turkey in center of lavash. Top turkey with 1 cup lettuce, 1/2 cup cucumber, 1/4 of mango, and 1/4 of cilantro. Top with 1/4 of avocado slices. Fold in short sides of lavash, then roll up like burrito, enclosing filling completely. Repeat process for remaining 3 wraps. (Can be made 4 hours ahead. Wrap tightly with plastic wrap; keep refrigerated.) Cut wraps in half crosswise.

Green Scene Notes: Substitute Flour Tortillas for Lavash. Use cucumber from share in place of English cuc. Local Lettuce blend in place of romaine.

Lacinato Kale And Ricotta Salata Salad

Gourmet | January 2007

Inspired by an antipasto that's popular at New York City's Lupa, this substantial salad takes a hearty, rich green that's usually cooked and proves how delicious it can be when served raw.

Makes 6 servings.

Quick Kitchen

3/4 to 1 lb lacinato kale (also called Tuscan kale) or tender regular kale, stems and center ribs discarded

2 tablespoons finely chopped shallot

1 1/2 tablespoons fresh lemon juice

1/4 teaspoon salt

1/4 teaspoon black pepper

4 1/2 tablespoons extra-virgin olive oil

2 oz coarsely grated ricotta salata (1 cup)

Working in batches, cut kale crosswise into very thin slices.

Whisk together shallot, lemon juice, salt, and pepper in a small bowl, then add oil in a slow stream, whisking until combined well.

Toss kale and ricotta salata in a large bowl with enough dressing to coat well, then season with salt and pepper.

Tuscan Kale Soup With Chorizo

Gourmet | January 2001

Caldo Verde This soup may be made with regular kale, but lacinato kale (also known as Tuscan kale, cavolo nero, and black kale) has an artichoke-like sweetness that's so flavorful, we even loved the soup without the chorizo.

Makes 6 servings.

1 large onion, finely chopped

3 tablespoons olive oil

1 1/2 lb boiling potatoes

8 cups water

1/2 lb Spanish chorizo (spicy cured pork sausage), cut into 1/2-inch pieces

3/4 lb lacinato or regular kale, center ribs discarded and leaves cut crosswise into thin slices

Cook onion in oil in a 5-quart pot over moderate heat, stirring occasionally, until pale golden. Meanwhile, peel potatoes and cut crosswise into thin slices. Add to onion and cook, stirring occasionally, 4 minutes. Add water and salt to taste and simmer until potatoes are very tender, about 15 minutes.

Cook chorizo in a large nonstick skillet over moderately high heat, stirring occasionally, until browned, about 5 minutes. Transfer to paper towels to drain.

Coarsely mash potatoes in pot with a potato masher (do not drain). Stir in chorizo and simmer 5 minutes. Stir in kale and simmer until just tender, 3 to 5 minutes. Season with salt.

Green Scene Notes: Try using other kinds of sausage available to you. Kale, Potatoes and Sausage and a perfect match!

Pasta With Lentils And Kale

Gourmet | April 2007

This dish has been one of my family's favorites for years; the secret to its enduring popularity is the caramelized onions. I cook them long and slow until they are meltingly tender and deep golden brown. Their rich sweetness rounds out the earthy flavor of the lentils and kale.

Makes 4 servings.

1/2 cup French (small) green lentils
2 cups water
3/4 teaspoon salt
6 tablespoons extra-virgin olive oil
1 large onion, finely chopped (2 cups)
1/4 teaspoon black pepper
3/4 pound kale (preferably Tuscan; sometimes labeled "lacinato")
3/4 pound dried short pasta

Accompaniments: **toasted bread-crumb topping** and/or grated Parmigiano-Reggiano

Simmer lentils in water (2 cups) with 1/4 teaspoon salt in a 1- to 1 1/2-quart saucepan, uncovered, adding more water if necessary to keep lentils barely covered, until tender but not falling apart, 20 to 25 minutes. Remove from heat and season with salt.

While lentils simmer, heat 1/4 cup oil in a 12-inch heavy skillet over moderately high heat until hot but not smoking, then sauté onion with pepper and remaining 1/2 teaspoon salt, stirring, 1 minute. Reduce heat to low and cook, covered, stirring occasionally, until onions are soft and golden (stir more frequently toward end of cooking), about 20 minutes. Remove lid and increase heat to moderate, then cook, stirring frequently, until onion is golden brown, 5 to 10 minutes more.

While onion cooks, cut out and discard stems and center ribs from kale. Cook kale in a 6- to 8-quart pot of **boiling salted water**, uncovered, stirring occasionally, until just tender, 5 to 8 minutes. Transfer kale with tongs to a colander to drain, pressing lightly. Keep pot of water at a boil, covered.

Coarsely chop kale and add to onion along with lentils (including lentil-cooking liquid), then simmer, stirring, 1 minute. Season with salt and pepper.

Add pasta to kale-cooking liquid and boil, uncovered, until al dente. Reserve about 1 cup pasta-cooking liquid, then drain pasta in a colander. Add pasta to lentil mixture along with about 1/3 cup of pasta-cooking liquid (or enough to keep pasta moist) and cook over high heat, tossing, 1 minute. Season with salt and pepper and drizzle with remaining 2 tablespoons oil.

Cooks' Notes:

- Lentils and onions can be cooked up to 5 days ahead and chilled, uncovered, until completely cooled, then covered. Reheat over low heat, thinning with water as necessary.
- Kale can be washed and trimmed 1 day ahead and chilled in a sealed plastic bag lined with dampened paper towels.