

Beyond Green Salad!

Extraordinary Ways to Use up Those Greens!

ClatskanieFarmersMarket.com

Smoothies, Frittatas, Salad Wraps, Added to Stir-Fry, Sautéed, Juiced... but first, Lettuce make pesto... again! Why not use up those extra greens to make the base for an amazing pesto! This is a wonderful way to make pesto when you don't have an abundance of basil plants or when you are experiencing "salad fatigue," like when you are simply tired of eating too many green salads!!



Lettuce Pesto

A few handfuls of mixed lettuce, torn in to pieces to make about 4 cups, packed

10 large fresh basil leaves, torn

½ cup of olive oil

3 TBSP grated Parmesan cheese

1 TBSP minced garlic or 3 cloves of garlic

½ cup hazelnuts or almonds

1 tsp each: dried oregano & dried parsley

*Salt and pepper to taste

Photo Credit: | www.thepugnaciousvegetarian.com

Combine all ingredients in a food processor and pulse until finely chopped. Chill in the refrigerator for at least an hour.

Variations: This is my favorite part, because I rarely make anything the same way twice. This would taste great with grated Romano or Asaigo cheese. You could add fresh oregano and parsley. I think using spinach would be a nice addition, if not the sole leafy green you use. Feel free to use your wilted salad greens, too! I used hazelnuts because that is what I had but I am sure you could use pine nuts or walnuts as well. Have fun with it!

In case you were curious, this is excellent served on bread, noodles, crackers...

Cold Coconut Cream of Lettuce Soup



Here's an almost-no-cook (actually completely no-cook if you like raw corn) soup that's perfect for warm weather meals. Lettuce and other greens are still abundant this time of year, and if you find yourself with too many heads, this soup will take two of them off your hands and out of your fridge! Fresh corn pairs perfectly with the lettuce in this mildly curried, refreshing chilled soup.

Serves: 6 to 8

- Two medium-small heads lettuce, any bibb, romaine, leaf...
- 15-ounce can coconut milk
- 15-ounce can cannellini (large white) beans, drained and rinsed
- 1 to 2 teaspoons good-quality curry powder, to taste
- 2 medium to large ears corn, lightly cooked or raw, or a 15-ounce can
- 1/4 cup fresh cilantro or parsley leaves
- Several leaves fresh basil or mint, thinly sliced, optional
- 2 scallions, thinly sliced (plus extra for garnish if you'd like)
- Juice of 1 lime or lemon, or more, to taste
- Dried hot red pepper flakes to taste (plus extra for garnish, optional)
- 1 to 2 cups milk, as needed for a medium-thick consistency
- Salt and freshly ground pepper to taste

Roughly chop one of the heads of clean lettuce and place in a food processor or blender. Cut the other head into short, narrow ribbons and set aside.

Add the coconut milk, beans, and curry to the food processor or blender. Process with the lettuce until completely smooth and creamy. Transfer to a serving container. Strip the corn kernels off the cobs and add to the soup along with the remaining ingredients, including the reserved lettuce. Stir together, cover, and refrigerate for two or more hours, to allow the soup to chill thoroughly and for the flavors to blend.

Before serving, taste and see if you'd like more lime juice, or more red pepper flakes, and adjust the salt and pepper. If you'd like a less dense soup, adjust the consistency with more milk as well. Serve cold with an added garnish of scallion and/or red pepper flakes. Adapted from: www.care2.com/greenliving