



D'ARRIGO BROS. CO., OF CALIFORNIA

2017 GREEN EATING MEAL INSPIRATION



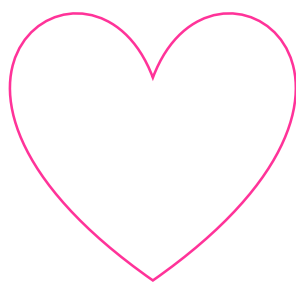


Andy Boy Celebrity Nutritionist Keri Glassman

In this book, you will find tips, tricks and recipes to keep you on track for your 2017 goals and resolutions created by Andy Boy Celebrity Nutritionist, Keri Glassman.

As one of America's foremost registered dietitians, Keri brings with her a wealth of nutritional knowledge, as well as an appreciation for foods that people love. Together, we hope to provide our customers with the freshest and healthiest vegetables, but we also want to supply you with the most accurate guidance for living a healthy lifestyle.

Nutritionist
Approved





Keri Glassman: 5 Super Nutritious Foods You Really Should Be Eating

Some nutritious foods are easy to work into your diet on a regular basis: [Spinach](#)? Check. [Sweet potatoes](#)? Check.

But you may be inadvertently ignoring many others simply because you never thought to throw them in your grocery basket before.

Why does that matter?

Well, variety is what makes a healthy diet exciting. If you look forward to trying new delicious dishes, you're more likely to stick to it. Plus, all of these foods deliver nutrients you may not be getting from your usual meal plan.

Time to add a little adventure to your plate by trying one (or all) of these foods you should be (but probably aren't) eating.



Keri Glassman: 5 Super Nutritious Foods You Really Should Be Eating

Broccoli Rabe

Broccoli rabe is a flavorful leafy green with a bold, earthy flavor. It's filled with fiber for good digestion, anti-inflammatory nutrients like vitamin C, and more than 100 percent of the vitamin K you need daily.

Sardines

They may seem a little, ahem, gross, but these small, fatty fish are packed with brain-boosting omega-3s, and you'll be surprised by how deliciously salty they are. (Just ask a Spaniard, okay?)

Brazil Nuts

Sick of snacking on handfuls of almonds and cashews? Brazil nuts provide similar protein, fiber, and healthy fats and are incredibly delicious. They're also rich in selenium, a mineral that has been shown to have many benefits like improving mood.



Keri Glassman: 5 Super Nutritious Foods You Really Should Be Eating

Sourdough Bread

How excited are you that one of these foods is bread? Sourdough is “secretly” healthy since it’s lower in sugar and higher in protein than white bread, is fermented, and contains live yeast that negates the need for preservatives.

Persimmons

These pretty fruits are more than just Instagram-worthy—they’re rich in vitamins A and C and are a great source of fiber and antioxidants.

Final pro tip?

It’ll be easy to work these nutritious foods into your diet here and there, but maybe don’t try eating them all at once. Sardines and permissions on the same plate may ruin your taste for both.



Broccoli Rabe and Farro Stuffed Mushrooms

Ingredients

- | | |
|--|---|
| 2 tsp cold pressed olive oil | 1/2 cup cherry tomatoes, finely chopped |
| 12 large white mushrooms, cleaned, stems removed and saved | 1/2 cup farro, cooked and cooled |
| 1/2 cup broccoli rabe | 2 Tbsp flat leafed parsley, chopped |
| 1/2 onion, minced | 1/4 tsp salt |
| 2 cloves garlic, chopped | 1/4 tsp pepper |
| | 4 Tbsp nutritional yeast |

Directions

1. Preheat the oven to 325°F. Brush a sheet pan with 1 Tbsp olive oil.
2. Finely chop the mushroom stems and set to side. Place the mushroom caps open side up on the pan and bake for 12 minutes.
3. Heat the remaining 1 tsp of olive in a medium skillet over high heat.
4. Add the mushroom stems, broccoli rabe, onion, garlic, and sauté until the greens are wilted, about 6 minutes.
5. Add the tomatoes and farro cook for 2 more minutes.
6. Turn off the heat, and mix in the parsley, salt, pepper, and 2 Tbsp of the nutritional yeast. Stir until incorporated and the farro has warmed through.
7. Preheat the broiler. Divide the broccoli rabe mixture evenly among the mushroom caps. Sprinkle each with the remaining nutritional yeast. Broil until golden brown, about 2 to 3 minutes. Serve immediately.



Broccoli Rabe Pesto Hummus Dip

Ingredients

- | | |
|--|--|
| 1/2 bunch broccoli rabe | 1/4 cup tahini |
| 1/3 cup pine nuts, toasted | 1 lemon, juiced (about 4 Tbsp) |
| 1 small clove garlic, minced | 1/2 tsp ground cumin |
| 1/4 cup parmesan, grated | 1 can chickpeas, rinsed (15 oz) or 1 1/2 cups cooked chickpeas |
| 1/3 cup plus 3 Tbsp extra virgin olive oil | 2 Tbsp water |
| 1/4 tsp salt | 1/4 tsp red pepper flakes (optional) |

Directions

1. Using a knife, trim stems off of broccoli rabe, leaving the leafy greens.
2. Add broccoli rabe to a large pot of boiling water, cook for about 2 minutes.
3. Transfer broccoli rabe to an ice-water bath until cool, and drain.
4. Add broccoli rabe, half of the toasted pine nuts, half of the minced garlic, and parmesan into a food processor and process until coarsely chopped.
5. Continue to process while drizzling in 1/3 cup extra virgin olive oil. Process until smooth. Add dash of salt and optional red pepper flakes.
6. Pour pesto into a bowl and mix in remaining pine nuts, set aside.
7. In a clean food processor, combine tahini and lemon juice and process until well combined, making sure to scrape the sides.
8. Add 3 Tbsp olive oil, remaining minced garlic, cumin, and dash of salt. Process to combine, about 2 minutes. Scrape bottom and sides and process for an additional 30 seconds.
9. Add half of the chickpeas and process for 1 minute. Scrape sides and bottom with spatula, add remaining chickpeas, and process until thick and smooth, about 12 minutes.
10. To obtain the desired consistency, while food processor is running, add 1-2 Tbsp water as needed.
11. Spoon hummus into medium sized bowl.
12. Top hummus with reserved pesto, mix if desired, and serve!



Lemon Broccoli Rabe Chips

Ingredients

2-3 cups fresh broccoli rabe
2 Tbsp olive oil
2 Tbsp lemon juice

1/4 tsp pepper
1 Tbsp parmesan cheese

Directions

1. Pre-heat oven to 300°F.
2. Chop broccoli rabe leaves and florets into 1" pieces and spread them on a baking sheet.
3. With hands, massage oil, lemon juice into broccoli rabe.
4. Top broccoli rabe with pepper.
5. Bake in the oven for 8-10 minutes.
6. Remove tray from oven to flip the chips and bake for another 3-4 minutes. Monitor closely for the second time in the oven, as the chips can burn easily.
7. Remove from oven, sprinkle the parmesan cheese and let cool.



Visit
www.andyboy.com/broccoli-rabe/
for recipes, tips and more!
Thank you.