



## Sautéed Spinach with Garlic & Tomatoes

*You'll find fresh spinach in October and November. Sautéing it with a bit of garlic and a handful of grape or cherry tomatoes creates a fantastic and healthy side dish in minutes.*

Serves 2

2 teaspoons olive oil  
4 cloves garlic, thinly-sliced  
4 cups fresh spinach, stems removed  
½ cup grape or cherry tomatoes, halved lengthwise  
Salt and pepper, to taste

Heat olive oil in a large sauté pan over medium high heat. Add garlic and cook, stirring constantly, until garlic starts to brown, about 1 minute.

Add the spinach and use tongs to turn the spinach until it's coated in the oil and garlic. Continue cooking until the spinach begins to wilt, about 2 minutes.

Stir in the tomatoes and cook for another minute, until tomatoes are warm. Season to taste with salt and pepper. Remove from heat and serve.





## Green Bean Casserole with Fried Shallots

1½ pounds green beans, trimmed and cut into 2-inch pieces  
1 tablespoon olive oil  
1 tablespoon butter  
4 cups thinly-sliced onions (about 3 large onions)  
¼ cup plus 1 tablespoon flour  
1 cup half and half  
1 cup chicken stock  
¼ cup vegetable or canola oil  
1 cup thinly-sliced shallots  
salt and pepper, to taste

Preheat oven to 350 degrees. Lightly butter a 2-quart baking dish. Blanch green beans by carefully dropping them into a large pot of heavily-salted, rapidly-boiling water and cook until bright green and crisp-tender, about 3 minutes. Remove beans from water and rinse under cold water or place in a large bowl of ice water to cool. Pat green beans dry and set aside.

Heat olive oil and butter in a large sauté pan over medium heat. Once butter melts, add onions and a big pinch of salt. Cook, stirring occasionally, until onions are golden brown, about 10 minutes. Sprinkle onions with ¼ cup flour and stir until onions are evenly coated. Cook for about a minute then gradually stir in the half and half and chicken stock. Bring to a boil, stirring constantly to prevent sticking, then reduce to a simmer until sauce thickens, about 4 minutes. Add the green beans and stir until evenly coated with sauce. Season casserole to taste and pour into prepared baking dish.

Bake until casserole is golden brown and bubbling, about 25 minutes. While casserole bakes, heat oil to 350 degrees in a small pot over medium heat. Toss shallots and 1 tablespoon flour together in a small bowl until shallots are evenly coated. Shake off excess flour and carefully add shallots to hot oil. Fry shallots until golden brown, about 30 seconds. Use a slotted spoon to remove shallots from oil and set on paper towels to drain.

Sprinkle fried shallots over casserole and serve.





## Braised Cabbage with Kielbasa

Serves 4

1 tablespoon olive oil  
1 medium onion, chopped  
1 1-lb kielbasa, cut into ½-inch thick slices  
1 medium head cabbage, cored & roughly sliced  
4 cups water or chicken stock  
Salt and pepper, to taste

Heat olive oil in a large pot over medium heat. Add onion and cook until it begins to soften, about a minute. Add kielbasa and cook until heated through, about a minute. Add cabbage, using tongs to turn it until it's evenly coated in the oil.

Add water and bring to a boil. Reduce heat to simmer, cover and continue cooking until cabbage is tender and most of the water has cooked away, 30-45 minutes. Season to taste with salt and pepper and serve.



## Eggplant Parmigiano

Serves 4-6.

1 1-lb eggplant, cut into ½-inch thick slices  
1 tablespoon olive oil, plus additional for frying  
1 medium onion, diced  
4 cloves garlic, minced  
1 28-ounce can diced tomatoes  
¼ teaspoon dried basil or ¾ teaspoon chopped fresh basil  
¼ teaspoon dried oregano or ¾ teaspoon chopped fresh oregano  
1 cup shredded mozzarella cheese  
¾ cup freshly-grated Parmigiano Reggiano cheese  
Salt and pepper, to taste

Line the bottom of a colander with the eggplant slices and sprinkle generously with salt. Place a plate on top of the eggplant slices then place a heavy pot on top of the plate. (The weight of the pot will press down on the eggplant slices, causing them to release any bitter juices.) Let the eggplant sit for 45 minutes to 1 hour. (Make sure to place a bowl or plate underneath the colander to catch the juices.)

While the eggplant drains, prepare the sauce. Heat 1 tablespoon olive oil in a medium sauté pan over medium heat. Add onion and garlic and cook, stirring occasionally, until onion begins to soften, about 2 minutes. Stir in tomatoes, basil and oregano and season to taste with salt and pepper. Reduce heat to simmer and cook, stirring occasionally, until sauce thickens slightly, about 15 minutes. Remove from heat and set aside.

Rinse salt from eggplant slices and pat dry. Heat ½ inch olive oil (do not use extra virgin olive oil) in a medium sauté pan over medium high heat. Add eggplant slices and fry, turning once, until golden brown on each side, about 5 minutes. Remove eggplant from oil and place on paper towel-lined sheet tray to drain.

Preheat oven to 350 degrees Fahrenheit. Spread half of the tomato sauce on the bottom of a 2-quart casserole dish. Top with a layer of the fried eggplant slices, half of the mozzarella and half of the Parmigiano Reggiano. Add the remaining eggplant, sauce, mozzarella and Parmigiano. Bake until the sauce bubbles and the cheese melts and browns, 25 to 30 minutes. Cool for 5-10 minutes before serving.



A close-up photograph of a yellow ceramic plate filled with braised collard greens and pieces of smoked turkey. The greens are dark green and wilted, with some stems visible. The turkey is shredded and pinkish-brown. The plate is set on a blue and green patterned cloth. A red banner with white text is overlaid on the top right of the image.

## Braised Collard Greens with Smoked Turkey

Serves 4-6

2 cups water  
1 medium onion, chopped  
1 smoked turkey drumstick  
¼ teaspoon crushed red pepper flakes  
2 pounds fresh collard greens, roughly chopped  
Salt and pepper, to taste

Bring water, onion, turkey and crushed red pepper flakes to a boil in a large, heavy-bottomed pot. Add the greens, cover and reduce heat to simmer.

Cook greens, checking frequently to make sure water doesn't evaporate away, for 45 minutes to 1 hour, or longer for a softer texture. Season to taste with salt and pepper and serve.

## About Chef Danielle



Chef Danielle is the voice behind **CookingClarified.com**, where she teaches the A-B-Cs of cooking with the tips, tools and techniques you need to make cooking simple. As a chef, cooking instructor and food writer, Chef Danielle's goal is to make cooking accessible to cooks of all skill levels by simplifying classic culinary techniques. She's the co-author of the e-cookbook [\*The Best International Flavors You're Not Grilling With: 30 Recipes for Rubs, Marinades & Sauces with Global Appeal.\*](#)

Chef Danielle teaches cooking classes at [L'academie de Cuisine](#) and has written two weekly recipe columns for Patch.com, one of which focused solely on cooking with farm market fare. She's also penned articles for FabulousFoods.com, ChefsBest.com and GoodBite.com.

She has worked as a freelance food stylist for the Food Network, written for the Food Network Summer Grilling Guide and is the food stylist for the national PBS cooking show, [Pati's Mexican Table](#).

### Stay In Touch!

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