

## **Kale and Sesame Soba Noodles** (adapted from [appetiteforchina.com](http://appetiteforchina.com)) Yield: 4 servings

### Ingredients

- 1/2 bunch kale (about 5 to 6 large kale leaves)
- 1 medium carrot
- 1 shallot
- 1 1/2 tablespoons soy sauce (reduced sodium)
- 1 tablespoon sesame oil
- 1/2 tablespoon rice vinegar
- 1/2 tablespoon honey or agave
- 6 ounces dried soba noodles
- 2 teaspoons toasted sesame seeds

### Instructions

1. Rinse the kale, remove the hard stems, and chop the leaves into bite-sized pieces. Julienne or grate the carrots. Thinly sliced the shallot. In a small bowl, mix together the soy sauce, sesame oil, vinegar, and honey.
2. Bring a medium pot of water to boil. (You can do steps 2 and 3 at the same time.) Add the soba noodles and cook until al dente, according to package instructions. Drain under cool water, then toss with the soy-sesame mixture.
3. Bring another medium pot of water to boil. Add the kale leaves and cook for 4 minutes. Drain and rinse under cold water, then squeeze out the excess water.
4. Add the kale, carrots, and sliced shallots to the pot with the noodles and toss. Transfer to plates, then top with toasted sesame seeds.

## **Balsamic Roasted Grapes** (adapted from [allrecipes.com](http://allrecipes.com))

### Ingredients

- 3 cups red or green grapes
- Olive oil
- 1 tablespoon chopped fresh thyme
- 1 tablespoon chopped fresh oregano
- 1 tablespoon balsamic vinegar, or to taste
- salt and pepper to taste

### Directions

1. Preheat oven to 375°.
2. Combine grapes, olive oil, chopped thyme, and chopped oregano together in a bowl and lightly toss to coat. Place grapes on baking sheet.
3. Bake in preheated oven until grapes begin to wrinkle and split, about 15 minutes. Drizzle with balsamic vinegar and season with salt and pepper.

## **Black-Eyed Pea Ikarian Stew** (adapted from The Blue Zones) Yield: 4 servings

### Ingredients

- 2 cans (15 oz) black-eyed peas, rinsed and drained
- 1/2 cup olive oil, divided
- 1 large yellow onion, diced (about 1½ cups)
- 1 medium fennel bulb, trimmed, halved, and sliced into thin strips
- 2 cloves garlic, minced
- 3 large carrots, chopped (about 1 cup)
- 1 large red tomato, diced (about 3/4 cup)
- 2 tablespoons tomato paste
- 2 bay leaves
- 1 teaspoon salt
- 4 large kale leaves, slivered
- 1/2 cup chopped fresh dill

### Preparation

1. Warm 1/4 cup of the olive oil in a large pot or Dutch oven over medium heat. Add onion and fennel; cook, stirring often, until soft, about 8 minutes. Add the garlic and cook until fragrant, about 20 seconds. Stir in the black-eyed peas, carrots, tomato, tomato paste, bay leaves and salt. Stir until the tomato paste dissolves. Add enough water just to cover the vegetables. Raise heat to medium-high and bring to a boil. Cover, reduce the heat to low, and simmer slowly about 20 minutes.
2. Stir in kale leaves and dill. Cover and cook until kale is tender, 5-10 minutes. Discard the bay leaves. Divide into four bowls & drizzle 1 tablespoon olive oil on top of each helping.