Tenth Anniversary Cookbook
10 Chefs 10 Recipes
Celebrating Meatless Monday’s 10th Anniversary!

Thanks to the energy and commitment of advocates from all walks of life, Meatless Monday has grown bigger, stronger and healthier in the last ten years than we could have ever dreamed!

What started as a simple idea in 2003 is now a global movement of individuals, schools, restaurants, hospitals, companies and communities across the US and in 29 countries around the world.

To celebrate the occasion we asked ten exemplary U.S. chefs to contribute their favorite Meatless Monday recipe to this e-cookbook. Each of them has been a pioneer in crafting inventive, delicious Meatless Monday meals that satisfy and delight their patrons week after week.

We hope you’ll join us in celebrating our ten years of promoting healthy, sustainable eating by trying these ten delectable recipes from ten of our favorite chefs. Now on to the next ten years!

The Meatless Monday Team

About

Meatless Monday is a non-profit initiative of The Monday Campaigns in association with the Johns Hopkins Bloomberg School of Public Health. Since Meatless Monday was founded ten years ago, it has morphed into a global movement with the wide participation of domestic and international communities who join together to cut out meat once a week for their health and the health of the planet. Reducing meat consumption can help lower your risk of chronic preventable conditions like cancer and heart disease, reduce your carbon footprint, and save precious resources like fresh water and fossil fuel.

MeatlessMonday.com has nearly a thousand recipes that you can use to go meatless at home, and the tips and tools that you need to take action in your community!
For help, contact us at: info@meatlessmonday.com

Nutritional information listed has been estimated using the recipe analyzer available at caloriecount.about.com or by our chefs. Actual values may vary according to specific ingredients and amounts used. Please consider your personal dietary needs when selecting portion sizes and adding ingredients such as salt and fats to taste.
MARIO BATALI’S PENNETTE WITH CAULIFLOWER RAGU
This recipe comes to us from Mario Batali. Serves 6.

**INGREDIENTS:**
- 1 medium cauliflower (about 2 pounds)
- 1/4 cup extra virgin olive oil
- 1 medium white onion, cut into 1/4-inch dice
- 3 garlic cloves, smashed and peeled
- Maldon or other flaky sea salt
- 1 1/2 to 2 teaspoons hot red pepper flakes
- 6 tablespoons unsalted butter, cut into 6 pieces
- Kosher salt
- 1 pound penne
- 3/4 cup freshly grated Parmigiano-Reggiano, plus extra for serving
- 1/2 cup coarse fresh bread crumbs, fried in olive oil until golden brown
- 1 1/2 teaspoons minced fresh rosemary

**RECIPE:**
Halve the cauliflower. Cut off the leaves and reserve them. Cut out the core and reserve it. Cut the cauliflower into small bite-sized florets, reserving the stalks. Chop the core, stalks and leaves.

Combine the oil, onion, garlic, and cauliflower leaves, stalks, and core in a large pot, season with Maldon salt, and cook over medium heat, stirring frequently, until the leaves are just beginning to wilt, about 3 minutes. Reduce the heat to low and cook, stirring frequently, until the cauliflower leaves are just tender, 18 to 20 minutes.

Add the cauliflower florets, red pepper flakes, and 1 cup water and bring to a simmer over medium-high heat, then reduce the heat to a gentle simmer, cover, and cook, stirring occasionally, until the cauliflower is very soft and almost falling apart, 22 to 25 minutes.

Add the butter, stirring gently until it melts, then season well with Maldon salt and remove from the heat. (The cauliflower ragu can be prepared up to 3 days ahead. Let cool, then cover and refrigerate; reheat in a large pot over medium-low heat before adding the pasta.)

Bring 6 quarts of water to a boil in a large pot and add 3 tablespoons kosher salt. Drop in the pasta and cook until just al dente. Drain the pasta, reserving about 2/3 cup of the pasta water.

Add the pasta and 1/3 cup of the reserved pasta water to the cauliflower ragu and stir and toss over medium heat until the pasta is well coated (add a splash or two more of the reserved pasta water if necessary to loosen the sauce). Stir in the cheese.

Transfer the pasta to a serving bowl, sprinkle with the bread crumbs and rosemary, and serve, with additional grated cheese on the side.

Recipe courtesy of Molto Gusto (ecco 2010)

Nutritional information per serving: 600 calories; 27g fat (11g saturated fat); 38mg cholesterol; 76g carbohydrate (7g fiber); 18g protein.

Mario Batali, American chef, writer, restaurateur and media personality, was one of the first internationally recognized chefs to embrace Meatless Monday in many of his U.S. restaurants, even creating a special MM logo for his menus. He helps to draw other meat lovers to the movement, as he explains that we can still enjoy all food while focusing on a more plant-based diet for the sake of our health and the environment.
MATTEO BERGAMINI’S
TOMATO EGGPLANT TERRINE
MATTEO BERGAMINI’S
TOMATO EGGPLANT TERRINE

This recipe comes to us from Matteo Bergamini. Serves 8.

INGREDIENTS:
10 plum/Roma tomatoes
10 Japanese eggplants, sliced
1 orange and 1 lemon, zest only
¼ bunch thyme, finely chopped
2 or 3 cloves garlic, chopped
Salt & black pepper
2 tablespoons oregano
1 cup extra virgin olive oil
(You may not need the entire amount)

RECIPE:
Special Equipment:
Terrine mold (may substitute two equally sized loaf pans)

Bring a large pot of salted water to a boil. Lightly cut an “X” on the
bottom of the tomatoes. Drop tomatoes into the boiling water for 30
seconds and shock in cold ice water. This will help the skin separate
from the tomato.

Peel the skin from the tomato. Cut the tomatoes in half and remove
the seeds. Toss the tomato halves in a little oil, salt, pepper, orange
and lemon zest, thyme, oregano and garlic. Roast in a 250˚F oven
for about 40-45 minutes or until soft.

Peel and thinly slice the eggplant lengthwise. Fry the eggplant in the
olive oil until golden. Season with salt and pepper to taste while still
warm. Let drain on paper towel. Reserve.

Line a rectangular terrine mold with plastic wrap allowing the extra
plastic wrap to hang from the sides. Lightly coat with oil. Starting with
the eggplant, lay the strips of eggplant along the bottom of the pan.
Make sure the bottom of the pan is completely covered.

Next, continue with a layer of the tomatoes. Then continue with
eggplant and so on. Alternate between the tomatoes and eggplant
until the terrine mold is filled.

Wrap the terrine with the overlying plastic wrap. Place a light weight
on the top of the terrine that will evenly press down on the terrine.

Refrigerate until completely set.

Slice the chilled terrine and serve with a sauce of your choice such as
pesto, Parmigiano foam or tomato sauce.

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Nutritional information per serving: 220 calories; 15g fat (2 g saturated fat);
0mg cholesterol; 20g carbohydrate (8g fiber); 4g protein.

Born in Northern Italy,
Matteo Bergamini’s
interest in cooking began
at a young age. He has
travelled the world honing
his culinary skills and palate,
eventually landing in New
York City as Executive Chef
of SD26, where he brings
his unique approach to
modern Italian cuisine to
the American kitchen.
MARY SUE MILLIKEN AND SUSAN FENIGER’S BLACK BEAN CORN CAKES WITH AVOCADO SALSA
INGREDIENTS:

**Smoky California Avocado Salsa**
- 2 cloves garlic
- Sea salt, to taste
- Freshly ground black pepper, to taste
- 1 pinch sugar
- 2 tablespoons extra virgin olive oil
- 2 (10-oz.) packages cherry tomatoes, washed and cut in half crosswise
- 1 small shallot, peeled and finely diced
- 1/2 bunch mint leaves, roughly chopped
- 3 chipotle chiles in adobo, stemmed, seeded and minced
- 2 1/2 tablespoons freshly squeezed lime juice
- 2 tablespoons extra virgin olive oil
- 2 ripe fresh California avocados, peeled, seeded and diced

**Crispy Black Bean Corn Cakes**
- 1 cup canned hominy, drained
- 3 tablespoons cornstarch
- 1/2 cup grated Cotija cheese (or Parmesan)
- 4 scallions, white and light green parts only, finely chopped
- 1 bunch cilantro, chopped
- 1/2 teaspoon salt
- 1 pinch freshly ground black pepper
- 1 cup whole black beans, drained
- 1/2 cup corn kernels
- 1 large egg
- Vegetable oil, for frying
- 4 eggs, fried, for serving

RECIPE:

**Smoky California Avocado Salsa**
Preheat oven to 250° F. In a mortar and pestle, smash garlic cloves with salt, pepper and sugar then drizzle in olive oil. Transfer to a bowl and add tomatoes, tossing well to coat. Place tomatoes, sliced side up, on parchment paper on a baking pan. Roast tomatoes 1 ½ - 2 hours or until desired texture and flavor concentration is reached. Let cool and transfer into a container to keep refrigerated until ready to use. Place tomatoes, shallot, mint, chiles, lime juice and olive oil in a bowl and toss to combine thoroughly. Add avocado, season with salt and pepper to taste, and toss gently. Serve immediately.

**Crispy Black Bean Corn Cakes**
Place hominy in food processor and pulse until finely chopped. Transfer to a bowl, sprinkle with cornstarch, cheese, scallions, cilantro, salt and pepper; toss well to combine evenly. Add beans, corn and egg; using a spoon, combine thoroughly until the mixture has the consistency of a soft dough. Form into equal sized cakes, about ½-inch thick, and chill thoroughly in the refrigerator.

Heat oil in a large non-stick skillet over medium heat. Add cakes to pan and fry until golden brown, about 3 to 4 minutes per side. Drain on a paper towel lined rack and serve warm topped with a fried egg and Smoky California Avocado Salsa. Serve immediately.

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Nutritional information per serving: 734 calories; 56g fat (10g saturated fat); 218mg cholesterol; 49g carbohydrate (18g fiber); 19g protein.

Mary Sue Milliken and Susan Feniger are co-chefs and owners of Border Grill restaurants and trucks, serving modern, eco-friendly Mexican cuisine in Las Vegas, Los Angeles and Santa Monica. Known as the Food Network’s “Too Hot Tamales,” Mary Sue and Susan have authored five cookbooks and play leading roles in many charities.
JOHN FRASER’S BEAUREGARD SWEET POTATOES WITH SPICED IDAHO POTATO PURÉE
JOHN FRASER’S BEAUREGARD SWEET POTATOES WITH SPICED IDAHO POTATO PURÉE, SALISFY, CRANBERRIES & MINT

This recipe comes to us from John Fraser. Serves 4.

INGREDIENTS:

4-8 Beauregard fingerling sweet potatoes (depending on size)
2 Idaho potatoes
4 stalks salsify (or burdock root)
1 bunch of Tuscan kale
2 garlic cloves
2 sprigs thyme

4 cups oil for frying
1/2 cup lemon juice
1 cup white wine
1 tsp. salt
2 cups milk
1 cinnamon stick, star anise
5 cloves each black peppercorns, fennel seed, juniper berries

1 pound of butter
2 tbsp. aged balsamic vinegar
2 tbsp. olive oil
1/2 cup fresh cranberries
1/2 cup cranberry juice
1 tsp. sugar
1 tbsp. red wine vinegar
16 small mint leaves

RECIPE:

Preheat oven to 350°. Meanwhile, put the sweet potatoes, thyme, garlic, and a teaspoon of salt in a large saucepan with cold water. Simmer for 15 minutes or until tender. Let cool in their poaching liquid. In a medium-sized saucepan, combine white wine, lemon juice, and salt. Peel the salsify, cut into 2-inch pieces and immediately simmer for 30 minutes or until tender. Cool in the liquid. Remove stems from the kale, leaving the leaves as large as possible. Blanch in salted boiling water for 3 to 5 minutes. Drain and transfer to an ice bath to stop cooking. The kale should still have a “bite” to it.

Cut the cranberries in half and place in a large bowl. Bring the cranberry juice, sugar, and vinegar to a boil in a small sauce pot. Pour liquid mixture over the cut cranberries and let sit at room temperature. Pierce the Idaho potatoes with a fork and bake in a preheated oven for approximately 1½ hours until completely tender. Meanwhile, toast the spices in a sauté pan over medium heat until fragrant. Pour the milk over and steep until needed. When the potatoes are completely soft, put through a ricer fitted with the widest-diameter holes or use a hand mixer to blend. Strain the milk and discard the spices. Add half the butter. Add the milk in increments to the potatoes until it reaches a creamy consistency. Season with salt. Keep warm.

Heat the oil in a large saucepan to 375° (use a thermometer). Use enough oil to completely cover sweet potatoes. Meanwhile, dry the surface of the sweet potatoes as much as possible to avoid the oil “popping”. Crush the sweet potatoes to about ½-inch thick with the palm of your hand. Slowly add them to the oil, raising the temperature as needed to maintain around 350°F. When the potatoes are brown and crispy, remove and salt to taste. Heat the remaining butter in a large sauté pan on medium-high heat. Once the butter begins to brown, add the salsify. Cook until the salsify is lightly golden brown. Add the kale and cranberries. Cook for one minute or until everything is warmed through. Salt to taste.

Assembly: Place the potato purée on the plate. If it has become too thick, add some of the spiced milk. Lay the crispy sweet potato on top of the purée. Arrange the salsify, kale, and cranberries around the sweet potatoes. Garnish with aged balsamic, olive oil, and mint.

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Nutritional information per serving: 1089 calories; 73g fat (40g saturated fat); 162mg cholesterol; 94g carbohydrate (13g fiber); 17g protein.

John Fraser is the proprietor and Executive Chef of NYC’s Dovetail, which has won a highly coveted Michelin Star for the last three years. Beginning his career in California and Paris, Fraser worked with Thomas Keller at the French Laundry before bringing his love for seasonal Northeastern ingredients to the Upper West Side.
JEFFREY GIMMEL’S ROASTED CARROT SALAD WITH ALMOND BUTTER
Jeffrey Gimmel’s Roasted Carrot Salad with Almond Butter, Yogurt and Pickled Mushrooms

This recipe comes to us from Jeffrey Gimmel. Serves 4.

**Ingredients:**
- 2 pounds organic carrots with tops on if nice
- 1 pound sliced blanched almonds
- 1 cup 2% Greek yogurt, strained
- 1 teaspoon curry powder
- ½ pound mushrooms, hon shemigi, maitake or shitake
- 1 cup unseasoned rice wine vinegar
- 1 garlic clove, smashed
- 1 tablespoon sugar
- 1 pound arugula
- 2 teaspoons canola oil
- Extra virgin olive oil
- Salt and pepper

**Recipe:**
Toast almonds to golden brown in a 350° oven, 8 minutes. Remove and let cool. Turn oven up to 400°. While almonds are toasting, prepare carrots: peel and wash in a cool water bath. Think about the carrot in two parts; the thick end, near the top, and the thin tapered end. Halve the carrots along their width. Reserve the thin half for shaving. The thick ends are for roasting. If they are very thick, cut them in half lengthwise. Toss them with olive oil, salt and pepper and roast on a sheet tray at 400 degrees until brown and cooked through. Shave the raw tips into nice ribbons using a mandolin. Refresh in an ice bath for 5 minutes.

Toast curry powder until fragrant and mix with yogurt. Season mixture with salt and extra virgin olive oil. Combine rice wine vinegar, ½ cup of water, sugar and garlic clove in a small saucepot. This is your pickling liquid. Cut mushrooms into bite size pieces, leaving them as naturally shaped as possible. Place into a mixing bowl with enough room for the pickling liquid. Salt the mushrooms lightly. Bring pickling liquid to a boil and pour over mushrooms, stirring to make sure all mushrooms are coated.

Place ¾ of your almonds in a high-speed blender, reserving the rest for garnish. Add canola oil and a pinch of salt. Begin processing on low speed. As it becomes smooth turn to higher speed until you achieve a butter-like consistency. Let cool.

To assemble salad: spread 2 tbsp. almond butter and yogurt side by side on a plate. Reserve excess almond butter for future use. In a mixing bowl combine roasted and fresh carrots, some pickled mushrooms toasted almonds and arugula. Season with extra virgin olive oil and salt and pepper to taste. Place on top of almond butter and yogurt.

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Nutritional information per serving: 221 calories; 31g fat (3g saturated fat); 3mg cholesterol; 52g carbohydrate (17g fiber); 24g protein.

Jeffrey Gimmel and his wife Nina Bachinsky-Gimmel co-own Swoon Kitchenbar located in Hudson, NY. A graduate of Johnson & Wales, Gimmel cooked simple fresh food in the south of France, Manhattan and Nantucket before settling upstate to pursue his passion for local and sustainable cuisine.
PNINA L. PELED’S
LETTUCE CUPS WITH TOFU
INGREDIENTS:
1 tablespoon chili-garlic sauce
1 teaspoon toasted sesame oil
3 tablespoons low-sodium soy sauce
1/4 cup hoisin sauce
2 tablespoons rice vinegar
2 tablespoons sherry wine
8 ounces extra-firm tofu, patted dry of any water and minced

2 teaspoons canola oil
2 tablespoons fresh minced ginger, peeled
1/3 cup onion, minced
1/2 cup water chestnuts, minced
1 large head Bibb lettuce, inner leaves only, separated
1 red bell pepper, minced
2 scallions, thinly sliced

RECIPE:
In a bowl, combine the chili-garlic sauce, sesame oil, soy sauce, hoisin sauce, vinegar and sherry.

Using a large sauté pan, heat the oil and add the ginger and onion. Cook until the onions are translucent, about 3 minutes. Add the bell pepper then stir in the tofu and add the sauce combination. Simmer everything together, stirring for about 3 to 4 minutes. Lastly, add the water chestnuts.

Spoon each lettuce leaf with the filling and garnish with the scallions.

Nutritional information per serving: 170 calories; 8g fat (1g saturated fat); 0mg cholesterol; 17g carbohydrate (2g fiber); 8g protein.

Pnina L. Peled is Executive Chef at the Memorial Sloan Kettering Cancer Center. After working in the family restaurant business and graduating from ICE, she created a program at the hospital in which child patients can order whatever they want, as long as it meets their dietary requirements. Pnina’s program increases appetites and interest in food and provides comfort to patients and their families.
SCOTT UEHLEIN’S
MOROCCAN LENTIL SOUP
INGREDIENTS:

Moroccan Spices Blend Lentil Soup
- 1/4 cup whole cumin seed
- 1 heaping tablespoon black peppercorns
- 1 heaping tablespoon allspice
- 1 heaping tablespoon whole coriander seed
- 1 heaping tablespoon cardamom
- 1 heaping tablespoon ground ginger
- 1 tablespoon chili powder
- 1 tablespoon extra-virgin olive oil
- 1 cup diced yellow onions
- 3/4 cup diced carrots
- 1/2 cup diced red pepper
- 1/2 cup cauliflower, cut into small florets
- 1/2 cup shredded cabbage
- 4 cups vegetable stock
- 1/2 cup diced, fresh tomatoes
- 1 cup cooked brown lentils
- 1 teaspoon sea salt

Harissa
- 1 teaspoon whole cumin seed
- 1/2 teaspoon dry caraway seeds
- 3/4 cup red roasted peppers
- 2 tablespoons sambal sauce
- 1 1/2 teaspoons minced garlic
- 1 1/2 teaspoons minced cilantro
- 3/4 teaspoon sea salt

RECIPES:

Cook’s Note:
Sambal sauce can be purchased in most Asian food markets.
Tabasco sauce can be substituted if needed.

For Moroccan Spices Blend
Preheat convection oven to 350°. Toast cumin, peppercorns, allspice, coriander, and cardamom pods in the oven for approximately 7-9 minutes, or until spices are aromatic and just begin to brown.
Cool slightly and grind in a spice grinder.
Add ginger and pepper to the ground mix and combine.

For Moroccan Lentil Soup
In a large sauce pan, sauté the onions and carrots briefly, approximately 30 seconds. Add the spice blend, peppers, cauliflower and cabbage. Sauté and stir about 3 minutes, until all vegetables are well coated with spice blend and onions are translucent. Add vegetable stock and diced tomatoes. Bring to a boil and cover. Add cooked lentils and salt. Cover and simmer 5-8 minutes until cauliflower is tender.

For Harissa
Toast the caraway seeds for about 5-7 minutes or until the spices are aromatic and begin to take on a golden color. Place all ingredients, including the toasted spices, into a blender. Purée until very smooth.

To serve, spoon soup into bowls and top with harissa. This dish goes well with whole wheat couscous or bulgur.

Scott Uehlein is the corporate chef for Canyon Ranch Spas. Consistently recognized for his expertise in healthy gourmet cuisine, Scott frequently appears on TV and magazine articles to discuss healthy dishes, portion sizes, simple dishes, and new foods.

Nutritional information per serving: 100 calories; 2g fat (0g saturated fat); 1mg cholesterol; 19g carbohydrate (4g fiber); 4g protein.
FABIO VIVIANI’S EGGPLANT CAPONATA AND TOMATO SAUCE
FABIO VIVIANI’S EGGPLANT CAPONATA AND TOMATO SAUCE

This recipe comes to us from Fabio Viviani. Serves 4.

INGREDIENTS:

Caponata
1 cup celery, diced
1 cup carrots, diced
1 large yellow onion, diced small
1 1/2 cups olive oil
5 cloves garlic, crushed (not minced)
3 large eggplants, half the skin removed in strips with a vegetable peeler, cut into 1-inch chunks
½ cup capers in water, drained
1½ cups pitted green olives, sliced
1 cup pine nuts
2 tablespoons brown sugar
½ cup red wine vinegar
2 cups Fabio’s Tomato Sauce (see recipe below)
mixed with 2 tablespoons tomato paste
1 bunch basil, leaves only
Salt and pepper
Zest of 1 lemon
Mint leaves for garnish

Tomato Sauce with Oil and Garlic
6 cloves garlic
8 tbsp. extra-virgin olive oil
1 28-oz. can of whole plum tomatoes (packed only in tomato juice)
Salt and pepper
10 basil leaves

RECIPE:

Caponata

In a large Dutch oven, combine the celery, carrots and onion with the olive oil. Cook over medium heat until the vegetables are nicely caramelized, then add the garlic and cook for another 3 minutes. Next add the eggplant, tossing and stirring the chunks as they heat up to help them absorb all the oil. Once they’ve released a bit of water, turn the heat to high and keep stirring. After 10 minutes, the eggplant will start to get softer and will be reduced in size. Then add the capers, olives, and pine nuts, and cook for another 5 minutes. Add the brown sugar and the vinegar, and as soon as the vinegar has reduced, add the tomato sauce mixed with the tomato paste. Cook for another 10 minutes and add the basil. Season with salt and pepper to taste. Turn the heat down to medium and cook until the tomato sauce is completely reduced and there is no trace of water left. Remove from heat and let rest for about 30 minutes. Serve with lemon zest and mint on top.

Tomato Sauce with Oil and Garlic

Smash the garlic with the back of a knife. Place the garlic and 5 tbsp of olive oil in a saucepan and cook over medium heat until the garlic is golden brown. Add the tomatoes and generous pinches of salt and pepper. Cook over medium-high heat until the sauce is thick and no longer watery, about 10–15 minutes. Add the remaining 3 tbsp of olive oil and turn the heat to high. Stir, crushing the tomatoes with the back of a wooden spoon. Cook until the oil turns red, then turn off the heat and add the basil at the very end.

Nutritional information per serving: 849 calories; 82g fat (11g saturated fat); 0mg cholesterol; 32g carbohydrate (13g fiber); 9g protein.
ALICIA WALTER’S GRILLED GREENS WITH CRANBERRY BEANS
ALICIA WALTER’S GRILLED GREENS WITH CRANBERRY BEANS

This recipe comes to us from Alicia Walter. Serves 4.

INGREDIENTS:
Grilled Greens with Cranberry Beans
- 2 cups dry cranberry or heirloom bean mix, soaked overnight
- ½ onion, peeled and cut in half
- 1 carrot, peeled and cut in quarters
- 1 stalk celery, cut into quarters
- 1/2 bunch dandelion greens
- 4 white endives, halved the long way
- 2 heads Chioggia radicchio, outside leaves removed, cut into eighths
- 4 pieces sweet and sour cippolini onions, quartered
(recipe on right)

2 tablespoons white wine vinegar
6 slices day-old bread
1 clove garlic, smashed
Extra virgin olive oil to taste
Salt to taste
Pepper

Sweet and Sour Cippolini
- 1 pound white cippolini onions, peeled
- 1 cup white wine vinegar
- 1/3 cup cane sugar
- 1 cup water
- Salt to taste

RECIPE:
Sweet and Sour Cippolini
In a medium saucepan, combine all ingredients, cover and bring to a boil. Reduce to a simmer, cover and cook for 15-20 minutes. Remove onions when they are soft but not mushy. Reduce the cooking liquid over high heat until it is slightly syrupy. Allow onions and liquid to cool separately, then combine and store in refrigerator.

Grilled Greens with Cranberry Beans
Drain beans. In a medium saucepan, cover beans with 4” cold water. Add onion, carrot and celery. Bring to a boil and then reduce to a simmer. When beans are creamy inside and skins are soft, remove onion, carrot and celery. Season heavily. Let beans cool slightly in their cooking liquid. Drain beans, reserving cooking liquid for stock, and add white wine vinegar and a long drizzle of olive oil. Adjust seasoning if necessary and set beans aside to marinate for at least 30 minutes and up to two days. Cut the crusts off of the bread and then cube. In a small saucepan, heat the olive oil over medium heat and add the garlic clove. Remove garlic when it is toasted, turn up heat and add bread cubes. Drain onto a paper towel when golden. Heat grill or grill pan over high heat. Place dandelion greens on the grill and cook until lightly charred and wilted. Remove to a cutting board and chop into ½” pieces. Toss endive with olive oil and salt. Place on grill until charred and slightly softened. Remove to a board and cut each piece in half lengthwise. Toss radicchio with olive oil and salt. Grill for 1-2 minutes on each side. When you are ready to serve the salad, mix the dandelion greens with the marinated beans. Arrange endive and radicchio on a plate. Place several pieces of cippolini between the greens and top with the beans. Drizzle with olive oil and some of the cippolini liquid. Garnish with breadcrumbs. This salad can be served hot or cold but think it is best when the greens are straight off the grill and the beans are warmed through and creamy.

Alicia Walter is the Chef of La Scuola at Eataly NY and the force behind its successful Meatless Monday series. When she’s not presiding over Pranzo, Eataly’s lunch restaurant, you can find Alicia teaching cooking classes and hosting an eclectic mix of celebrity chefs and authors. Alicia has been published in Eating Well and Vegetarian Times magazines and was recently named one of New York City’s 10 Healthiest Chefs by Well+Good NYC.

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Nutritional information per serving: 636 calories; 20g fat (3g saturated fat); 0mg cholesterol; 90g carbohydrate (29g fiber); 27g protein.
JASON WEINER’S
WARM BEET PISTACHIO SALAD
JASON WEINER’S WARM BEET PISTACHIO SALAD

This recipe comes to us from Jason Weiner. Serves 4.

INGREDIENTS:
3 tablespoons honey
2 tablespoons sherry vinegar
2 tablespoons grapeseed oil (canola would be fine)
1 teaspoon cracked black peppercorns
3 sprigs sage
1 1/2 cups mixed colors baby beets
(peeled and large dice)
1 head cleaned frisee
(the core & dark green leaves discarded)
3 tablespoons pistachios (roasted & shelled)
5 chives cut into matchstick size
Kosher salt to taste

RECIPE:
Preheat oven to 375°. Place the beets in a baking pan with about 1 cup of water. Cover tightly with foil and roast for about 40 minutes, or until tender when pierced with a fork. The roasting time will depend on the size and age of the beets. When the beets are tender, set aside to cool.

In a mixing bowl, combine the honey, vinegar, oil, sage and peppercorns. Whisk vigorously for a moment.

Add the mixture to a non-reactive sauce pot and put on high heat. This is going to be your dressing for the salad.

As soon as the dressing comes to a simmer, take it off the heat and pour through a strainer to remove the sage and black pepper.

Put the beets, frisée and nuts in a mixing bowl. Season with salt and toss. Add the warm vinaigrette to taste, reserving excess. Divide the salad between four warm salad plates.

Garnish with the chives and serve.

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Nutritional information per serving: 193 calories; 10g fat (1g saturated fat); 0mg cholesterol; 26g carbohydrate (6g fiber); 4g protein.

Executive Chef and proprietor at Almond in Manhattan and Bridgehampton, New York, Jason Weiner is a longtime proponent of locally grown, farm fresh cooking and sustainable seafood. Jason uses his extensive experience at many of the country’s top kitchens and his philosophy of freshness and simplicity to make Almond’s menu approachable and delicious.
The Monday Campaigns - The day all health breaks loose!

The Monday Campaigns is a nonprofit organization in association with the Johns Hopkins Bloomberg School of Public Health, the Columbia University Mailman School of Public Health, and the Maxwell School of Syracuse University. Together we call attention to the benefits of starting the week with healthy behaviors to help end chronic, preventable diseases.

Meatless Monday encourages people around the world to cut out meat once a week for their health and the health of the planet. Individuals, schools, restaurants and worksites worldwide have found that Meatless Monday is an easy way to cut saturated fat and make more nutritious choices.

Healthy Monday

The Healthy Monday umbrella covers a range of wellness activities including nutrition, physical activity, stress reduction, sexual health and smoking cessation. By synchronizing health messages on Monday, organizations can create a culture of wellness that motivates people to start the week right.

The Kids Cook Monday is a weekly opportunity for families to prepare and share a home-cooked meal. Studies have shown that family time at the dinner table can improve grades, eating habits and communication skills, decreasing the likelihood of children trying drugs or alcohol.

Most first-time quitters relapse, taking 8-11 times to quit for good. Rather than focusing on big days like New Year’s or birthdays, smokers can use each Monday to quit, celebrate progress or quit again if they relapse.

The CDC recommends that we get 2½ hours of physical activity each week, but sometimes sticking to an exercise routine is a challenge. Move it Monday gets people to jumpstart their week to stay fit with doable goals.

Man Up Monday is a new health initiative to encourage men to take responsibility for their health. Men, and particularly young men, tend to ignore health problems until they become acute. The campaign urges men to visit their local clinic for HIV and STD tests, restock their condoms and get regular preventive screenings.

Caregiver Monday is a weekly opportunity for caregivers to take a much-needed break for their own health and well-being. Caregiver Monday encourages these individuals to identify themselves as caregivers for their own health and for their loved ones. We offer tips and resources caregivers need to properly care for themselves and others.

Free inspiration!

Get your free posters, graphics and toolkits at MondayCampaigns.org/free-promos