



Nourishing compassion for our bodies, the earth and all beings.

## Easy Recipes Regularly Enjoyed by the Plant-Powered Earth Holders

### Side Dishes

#### Vo Su Chard

*Vo Su is the invitation to 'businesslessness'. No-effort. That's what this chard recipe is.*

2 bunches of chard—wash well, remove ribs, chop coarsely  
Lemon juice  
Salt and pepper

1. After rinsing the chard, shake lightly (don't dry), lightly salt.
2. Put in stock pot at medium heat and cover. Cook for about 5 minutes until wilted a bit.
3. Remove cover and let the rest of the water steam out.
4. Remove to a colander and let cool for about 20 minutes.
5. Refrigerate until ready to eat.
6. When ready to eat, sprinkle with lemon juice and fresh ground pepper.

#### Carrots, Zucchini, and Mint a la Pierre Franey

*All you need for this are carrots, zucchini, mint, olive oil, and 10 minutes!*

1. Cut three carrots and two zucchinis into bite-sized pieces—rounds or sticks.
  2. Heat olive oil and add carrots. Cover and cook for a few minutes until half-cooked.
  3. Add zucchini and cover, shaking occasionally, and cook about 5 minutes more until all are crisp-tender.
  4. Sprinkle with mint, salt, and pepper.
- Enjoy!

#### Carrots Provencal

*You can still be plant-based and eat French food. This is a wonderful recipe from Patricia Wells Cooks in Provence.*

2 tablespoons olive oil  
2 pounds peeled carrots, sliced diagonally  
1 head of plump garlic, peeled and cloves halved  
Sea salt to taste  
30 good quality black olives, pitted and halved (Kalamata or French Nyons work well)

1. In a large skillet, heat oil until hot but not smoking.
2. Add carrots, stir to coat with oil, and stir.
3. Reduce heat to moderate.
4. Cover and braise for 20 minutes, stir regularly.
5. Add the garlic, season with salt, and stir.
6. Reduce heat to low and continue to cook until carrots are almost caramelized and garlic is soft and tender, about 15 minutes more.
7. Sprinkle with olives, stir and taste for seasoning.
8. Serve hot or at room temperature.

## Roasted Cauliflower

*Blasting cauliflower florets in a hot oven concentrates their natural sweetness, turning them into something akin to vegetable candy. Stick in the oven and then go get in the hammock with the dog.*

1 medium head cauliflower cut into 1 1/2-inch-wide florets (8 cups)

2 tablespoons extra-virgin olive oil

1/4 teaspoon salt

1. Put oven rack in middle position and preheat oven to 450°F.
2. Toss cauliflower with oil and salt in a large bowl.
3. Spread in 1 layer in a large shallow baking pan (1 inch deep) and roast, stirring and turning over occasionally, until tender and golden brown, 25 to 35 minutes. Really let it cook down.  
Make a LOT!

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