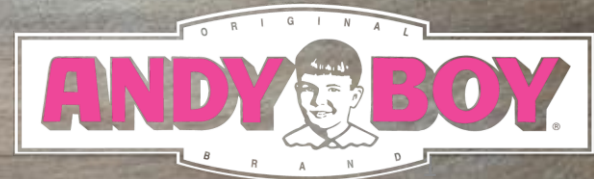


# Holiday Broccoli Rabe

**RECIPE GUIDE**



**D'ARRIGO**  
CALIFORNIA





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# D'Arrigo California History

Founding Brothers  
First Generation



**Andrea D'Arrigo**



**Stefano D'Arrigo**

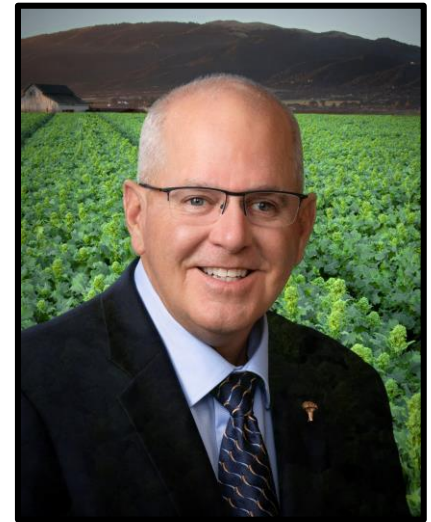
Then (1927) and Now (2020)  
Second Generation



**Andy "Andy Boy" D'Arrigo**



Pres./CEO, Chairman of the Board  
Third Generation



**John D'Arrigo**

From the day the company was founded in 1923 by Andrea and Stefano D'Arrigo, two immigrant brothers from Messina, Sicily, innovation has been its hallmark. At two and a half years of age, Andy was photographed in overalls and his face became the iconic brand image that was trademarked as the produce label "Andy Boy" for the family business.

With third generation D'Arrigo family members at the helm of our West Coast operations, you can be sure that the traditions of being good stewards of the land continue to be carried out by our dedicated family of almost 2,000 employees. Our goal is to continue our legacy as a sustainable grower, packer, shipper who nourishes consumers daily around the world with quality Andy Boy fruits and vegetables to encourage a healthy lifestyle.

# WHAT IS BROCCOLI RABE?

With tender leaves, crisp florets and stems, this veggie is not only extremely robust in flavor, but a powerful superfood. Grown year-round in California, broccoli rabe is a mustard green with a bold bite that is both delicious and nutritious. Although it's usually associated with Italian cooking, broccoli rabe is a versatile veggie that is featured in many other cuisines including Asian, Mexican and more!

## THE FACTS ABOUT BROCCOLI RABE

- Cruciferous vegetable
- Florets, leaves and stems are all edible
- Top specialty vegetable among leading chefs
- One of the most nutrient-dense foods on the planet
- Contrary to its name, it's not broccoli, it actually belongs to the turnip family
- Broccoli rabe goes by many names such as rapini, broccoli de rape, broccoletti, and broccoli raab
- Year-round supplies of conventional and organic broccoli rabe

## WANT TO GET SOCIAL?



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**Conventional**



**NUTRITIOUS AND DELICIOUS**



**Organic**



# Broccoli Rabe Cooking Techniques

## How to Blanch 1 Bunch of Broccoli Rabe

1. Fill a pot with enough water to cover broccoli rabe and bring to a rolling boil.
2. Trim and wash broccoli rabe.
3. Add kosher salt to boiling water. To keep broccoli rabe's characteristic mustardy kick, blanch broccoli rabe for no more than ten seconds; drain at once, plunge into ice water to arrest cooking and drain.

**COOK'S TIP:** For a mellower flavor and tender texture, cook broccoli rabe for 2-4 minutes, depending on your "kick" and "crunch" preference before sautéing, pureeing, roasting, or grilling.

## How to Sauté 1 Bunch of Broccoli Rabe

1. Fill a pot with enough water to cover the broccoli rabe and bring to a rolling boil.
2. Meanwhile, trim off the tips of stems and cut the stems into 2-inch pieces. Wash broccoli rabe in abundant cold water.
3. Add kosher salt to the boiling water, add broccoli rabe. Cook for 2 - 3 minutes. Drain; set a little of the cooking water aside.
4. In skillet, warm olive oil over medium-low heat. Add 6 garlic cloves, sliced. Sauté over medium heat until garlic softens and goldens (4 minutes).
5. Add broccoli rabe to skillet and toss. Cover and warm over low heat (3 minutes). If broccoli rabe appears a little dry, add reserved cooking water. Toss again with reserved garlic and serve hot.

## How to Puree 1 Bunch of Broccoli Rabe

1. Fill a pot with enough water to cover broccoli rabe and bring to a rolling boil.
2. Meanwhile, trim off the ends of broccoli rabe. Wash in abundant cold water.
3. Add kosher salt to boiling water and 3 tablespoons olive oil, followed by broccoli rabe. Return water to a boil and cook over high heat until broccoli rabe is tender, 7–9 minutes. Drain.
4. Transfer broccoli rabe to a food processor and pulse to puree until greens are smooth and creamy, about 30 seconds. If the puree is watery, drain out excess liquid. Serve hot or warm, drizzled with additional olive oil and salt to taste.



# Broccoli Rabe Cooking Techniques

## How to Roast Broccoli Rabe

1. Preheat your oven to 425°F.
2. Meanwhile, trim off very bottom of the stems of broccoli rabe.
3. Add broccoli rabe to a sheet tray and toss with olive oil and a hefty pinch of salt and pepper. Toss very well to combine.
4. Roast in oven for 15–20 minutes or until broccoli rabe is charred in parts and stems are tender.

## How to Steam 1 Bunch of Broccoli Rabe

1. Trim off the ends of broccoli rabe. Wash in abundant cold water.
2. Pour water into the bottom of a vegetable steamer to just below the bottom of steamer insert.
3. Put the prepared broccoli rabe in the insert, cover and bring it to a boil over high heat.
4. Cook over high heat for 3 minutes. Transfer it to a plate and let any residual cooking water drain out.

## How to Grill Broccoli Rabe

1. Blanch the broccoli rabe. Pat dry then coat with enough olive oil to cover every surface.
2. Arrange it carefully on the hot grill rack over medium heat.
3. Cover and cook until seared but not charred, 4-5 minutes; turn and brown on the reverse side for an additional 3-4 minutes.

**COOK'S TIP:** Because broccoli rabe is already coated with olive oil, no oil is required, but if you like, serve them with slices of fresh lemon.



# Breakfast

“

To eat is a necessity but to  
eat intelligently is an art.

-Francois de la Rouchefoucauld

”





# Eggs Benedict with Broccoli Rabe and Bacon

SERVES: 4 • PREP: 15 mins • COOK: 15 mins • TOTAL: 30 mins

Recipe by Andie Mitchell

 PRINT RECIPE

## INGREDIENTS

### Hollandaise Sauce:

3 large egg yolks  
2 Tbsp fresh lemon juice  
1/2 garlic clove

1/2 tsp paprika  
pinch of salt  
pinch of fresh ground black pepper  
4 Tbsp (1/2 stick) unsalted butter

### Benedict:

1/2 bunch broccoli rabe, tough ends trimmed  
4 slices bacon, chopped into 1/2" pieces  
Handful fresh basil leaves, roughly chopped

4 English muffins  
8 large eggs  
2 tsp white vinegar

## DIRECTIONS

1. In a blender, combine the egg yolks, lemon juice, garlic, paprika, salt, and pepper. Pulse until smooth.
2. Place the butter in a microwave-safe bowl and cover the bowl with a damp paper towel to prevent the butter from splattering. Microwave on high until completely melted and beginning to bubble, 1 minute.
3. With the blender running on its lowest speed, slowly add the hot melted butter, processing until smooth. The sauce will thicken as it cools. Pour into a serving dish and whisk well before serving.
4. Bring a large pot of water to a boil. Add broccoli rabe and cook until bright green and just tender, 2 minutes. Use a slotted spoon to remove broccoli rabe from the water and place in a colander.
5. Cover the pot of water and reduce the heat to medium-low to keep at a gentle simmer so that you can poach the eggs before serving.
6. In a large nonstick skillet over medium-high heat, add the bacon pieces in a single layer and cook until crisp. Transfer to a paper towel-lined plate and drain all but 1 tsp of the bacon drippings from the skillet.
7. Add the blanched broccoli rabe, tossing the pieces in the bacon drippings, and cook until the broccoli rabe begins to lightly brown and is fully tender, 3 to 4 minutes. Turn off the heat and return the bacon to the skillet. Stir in the basil.
8. Split the English muffins in half and toast them.
9. Remove the lid from the pot of water and adjust the heat so that the water is only gently bubbling. Add the vinegar. Crack one egg into a small bowl, lower the bowl in the pot so that it's close to the water, and carefully let the egg slip into the water. Cook until the egg white is fully opaque, 2 to 3 minutes. Remove the egg from the water and drain on a paper towel-lined plate. Repeat with the remaining eggs.
10. Place 2 English muffin halves on each of 4 plates (allowing for 1 full muffin per person). Divide the bacon and broccoli rabe among the muffins and top with a poached egg. Spoon 1 Tbsp of the hollandaise sauce over the top of each muffin.





# Savory Broccoli Rabe Breakfast Pastries

**SERVES:** 6 • **PREP:** 30 mins • **COOK:** 15 mins • **TOTAL:** 45 mins

Recipe by The Girl on Bloor

 [PRINT RECIPE](#)

## INGREDIENTS

1 package store-bought puff pastry  
7 eggs; 6 for pastries, 1 for egg wash  
4 slices bacon  
1 cup grated cheddar cheese  
½ bunch broccoli rabe, ends trimmed

## DIRECTIONS

1. Preheat oven to 400 F. Line a baking sheet with parchment paper. Roll out the first layer of puff pastry and add to parchment.
2. Meanwhile, cook bacon over med-high heat. Whisk six of the seven eggs together in a large bowl and add to pan after bacon is done, cooking them as a scramble.
3. Remove from heat and start assembling pastries, dividing egg, bacon, broccoli rabe and cheddar cheese among pastries.
4. Roll out the second layer of puff pastry and, using a pizza cutter, slice pastry horizontally into 1-inch thick pieces. Add pieces overtop of egg mixture, pressing into bottom puff pastry to ensure pieces stick overtop. Repeat until each pastry has a weave overtop.
5. Whisk last remaining egg in a small bowl and brush each pastry with a bit of egg wash.
6. Bake pastries in the oven for 15-20 minutes until golden-brown. Remove from oven, let cool a couple minutes, then serve and enjoy!

## COOK'S NOTE:

If reheating after refrigerating, preheat oven to 375 F and bake for 10-12 minutes.







# Broccoli Rabe Tater Tots

**SERVES:** 30 Tots • **PREP:** 10 mins • **COOK:** 40 mins • **TOTAL:** 50 mins

Recipe by Heather Hands

 [PRINT RECIPE](#)

## INGREDIENTS

1 lb. (2 large) Russet potatoes, peeled	1/2 tsp paprika
1/2 cup water	1 tsp salt
pinch salt	1/2 tsp pepper
½ lb. broccoli rabe, trimmed	1 egg, beaten
1 Tbsp all purpose flour	1-2 cups vegetable oil for frying
1 tsp garlic powder	

## DIRECTIONS

1. Place the potatoes into a large pot filled with cold water. Bring the water to a boil. Once boiling, continue to cook the potatoes for 5 minutes. Remove from the water and place directly into an ice bath to cool.
2. In a large frying pan, bring 1/2 cup water, pinch of salt, and the broccoli rabe to a simmer. Cover, and simmer until broccoli rabe is tender. You may need to add a bit more water if it dissolves before the broccoli rabe is tender. Once the water has evaporated, remove the broccoli rabe from the pan and let cool. Once cool, chop finely.
3. Once the potatoes are cool enough to touch, grate them with a cheese grater.
4. Place the potatoes, broccoli rabe, flour, garlic powder, paprika, salt, pepper, and egg into a large bowl and combine.
5. Place enough oil in the frying pan to cover the tater tots. Heat the oil on medium heat.
6. Shape the potato/broccoli rabe mixture with your hands into small tater tot cylindrical shapes. Lay them onto a baking sheet while the oil heats.
7. Once the oil is hot, place 10 tater tots into the pan at a time. Do not overcrowd. Fry for 5-7 minutes, until golden brown and crispy. Remove from the pan and place onto a paper towel to drain any excess oil. Serve warm.



# Appetizers

No one is born a great cook,  
one learns by doing.

-Julia Child





# Cannellini Bean and Broccoli Rabe Toast

SERVES: 4 • PREP: 25 minutes • COOK: 15 minutes • TOTAL: 40 minutes

Recipe by Candice Walker

 PRINT RECIPE

## INGREDIENTS

- ½ bunch Andy Boy broccoli rabe
- 2-3 Tbsp avocado oil
- 1 can cannellini beans, drained and rinsed
- 3 cloves garlic, cut in half
- 5 sprigs fresh thyme, stemmed
- ¼ cup tahini
- 1 lemon, juiced
- 1-2 Tbsp water
- Salt and pepper
- 1 sourdough boule, sliced ¾" thick

## DIRECTIONS

1. Preheat to 400F.
2. Trim the ends of your broccoli rabe, drizzle with the avocado oil, season with salt and pepper, toss to coat. Roast for 15 minutes. Set a few florets and leaves aside for the garnish.
3. Add your cannellini beans, garlic, thyme, roasted rabe, tahini, and the juice of half a lemon to a blender or food processor. Add water 1 tbsp at a time if the mixture is too thick to process. Season with salt and pepper as necessary.
4. Toast your bread. Top with the bean and rabe spread, and garnish with the florets and leaves.







# Broccoli Rabe and Fennel Pull Apart Bread

**SERVES:** 4-6 • **PREP:** 15 mins • **COOK:** 10 mins • **TOTAL:** 25 mins

Recipe by The Girl on Bloor

 **PRINT RECIPE**

## INGREDIENTS

- 1 large loaf round crusty white bread (such as sourdough)
- ¼ cup butter, divided
- 4 cloves garlic, minced
- 2 Tbsp freshly chopped parsley (1 Tbsp dried)
- 1 cup shredded mozzarella cheese
- ½ bunch broccoli rabe
- ½ bulb fennel, thinly sliced
- ¼ cup pomegranate seeds

## DIRECTIONS

1. Preheat oven to 400 F. Cut top of bread into 1-inch cubes, being careful not to cut right through the bread.
2. Melt 2 Tbsp butter in microwave, then mix in garlic and parsley. Brush overtop of bread, then add cheese in between cubes, along with thin slices of extra butter.
3. Stuff in broccoli rabe florets and sliced fennel, then bake in the oven for 10 minutes until cheese is melted and bread is slightly browned.
4. Remove from oven and sprinkle with pomegranate seeds. Serve immediately and enjoy!



# Broccoli Rabe and Cheddar Mini Quiches

SERVES: 8 (makes 24) • PREP: 30 mins • COOK: 40 mins • TOTAL: 1 hr. 10 mins

Recipe by Heather Hands

 PRINT RECIPE

## INGREDIENTS

### Crust

1 1/2 cups all-purpose flour  
1/2 tsp kosher salt  
1/2 tsp fresh ground pepper

### Filling

3 cups broccoli rabe  
1/2 cup mushrooms, diced  
2 large eggs  
1 large egg yolk

1 Tbsp fresh grated Parmesan cheese  
1/2 cup (1 stick) cold unsalted butter, cubed  
3 Tbsp cold ice water  
1 cup skim, 1%, 2%, or whole milk  
1/2 tsp kosher salt  
1 cup aged cheddar, grated

## DIRECTIONS

1. In a large bowl combine the flour, salt, pepper, and Parmesan cheese.
2. Add the butter to the flour and work the mixture between your fingers, breaking down the pieces of butter until the flour and butter is nice and crumbly. No large pieces of butter should remain.
3. Slowly drizzle in a tbsp at a time of ice cold water, stirring with a wooden spoon as you go. With one hand, gently knead the dough in the bowl until it comes together. Flatten into a disc and wrap with Saran wrap. Place into the fridge for 30 minutes.
4. Preheat the oven to 375°F.
5. Bring a large pot of water to boil. Once boiling, add broccoli rabe and cook until tender, approximately 5 minutes. Drain broccoli rabe and place onto a few paper towels. Squeeze out remaining water, dice and set to the side.
6. In a small frying pan, fry mushrooms until soft. Set to the side.
7. In a medium bowl, whisk the eggs, yolk, milk, and salt. Pour mixture through a sieve into a pourable measuring cup.
8. Remove the dough from the fridge. Sprinkle the counter and rolling pin with flour. Roll the dough 2/8" thick. Cut out circles using a 3" round cookie cutter or the bottom of a glass. Using a 24 serving mini muffin pan, press the dough rounds into the cups.
9. Add a few pieces of cheese to the tart shells. Then layer the mushrooms and broccoli rabe to 3/4 full. Pour the egg mixture into the shells just about to the top. Sprinkle the remaining cheese on top. Place in the oven on the middle rack and bake for 30 minutes.
10. Remove from the oven and let cool. Pop out the mini quiches with a knife. Serve warm, or let cool completely and store in the fridge for a week or the freezer for 3 months. Reheat in the oven set at 350°F for 10 minutes to warm.





# Sides

Let food be thy medicine and  
medicine be thy food.

-Hippocrates





# Lemony Roasted Potatoes and Broccoli Rabe

SERVES: 4 sides • PREP: 15 mins • COOK: 30 mins • TOTAL: 45 mins

Recipe by Kate Taylor

 PRINT RECIPE

## INGREDIENTS

### ROASTED BROCCOLI RABE AND POTATOES

1 ½ Lbs. Yukon Gold potatoes, scrubbed  
3 Tbsp. extra-virgin olive oil, divided  
¾ Lb. broccoli rabe (about 1 bunch)

¼ Cup grated Parmesan  
Pinch of red pepper flakes  
Salt and freshly ground black pepper

### DRESSING

1 Tbsp fresh lemon juice (½ lemon, juiced)  
1 Tsp. Dijon mustard

## DIRECTIONS

1. Preheat oven to 425°F with racks in the middle of the oven and upper third of the oven. Slice the potatoes into ¾-inch pieces. On a large, rimmed baking sheet, toss the potatoes with 2 tablespoons olive oil and a sprinkle of salt and pepper. Bake for 30 minutes, turning halfway.
2. Meanwhile, prepare the broccoli rabe by rinsing it and spinning it dry in a salad spinner or patting it dry. Slice off the tough lower ends and any stems that are greater than 1/4-inch in diameter and discard those pieces. Roughly chop the remaining rabe into 2 to 3-inch pieces.
3. On a separate large baking sheet, combine the broccoli rabe with one tablespoon olive oil, 1/4 cup Parmesan, a pinch of red pepper flakes and a sprinkle of salt and pepper. Use your hands to rub the ingredients into the broccoli rabe, so it's lightly coated in oil. Arrange the broccoli rabe in a single layer. Once the potatoes have only 8 minutes baking time remaining, place the baking sheet on the upper rack in the oven.
4. Whisk together the dressing ingredients while you wait. Once the timer goes off, the broccoli rabe should be tender and turning crispy in places, and the potatoes should be golden and tender throughout. If not, leave one or both pans in the oven a couple more minutes.
5. Transfer the contents of both pans to a bowl and drizzle the dressing into the bowl. Toss to mix well, then season to taste with salt and pepper. Serve immediately.







# Garlicky Sautéed Broccoli Rabe and Kale

**SERVES:** 4-6 • **PREP:** 5 mins • **COOK:** 15 mins • **TOTAL:** 20 mins

Recipe by Trish Bozeman

 **PRINT RECIPE**

## INGREDIENTS

4 Tbsp olive oil, divided  
2 Tbsp minced shallot  
3-5 large garlic cloves, peeled and smashed  
½ bunch Andy Boy broccoli rabe, trimmed  
and roughly chopped

3 packed cups stemmed and chopped  
lacerato kale leaves  
¼ of a fresh lemon  
Salt and pepper

## DIRECTIONS

1. Heat 2 Tbsp of the oil in a cast iron skillet over medium heat to medium high heat. Add the shallot and sauté until fragrant, 1 minute. Add the garlic cloves and sauté, stirring constantly for 30 seconds.
2. Add the broccoli rabe and sauté, stirring often, 5 minutes, or until the rabe has softened a bit. Add the kale to the pan along with the remaining 2 Tbsp olive oil. The pan will be very crowded, but will cook down. Sauté, stirring often until the greens have completely wilted and softened to your liking, 5-10 minutes.
3. Squeeze the lemon juice onto the greens and season with salt and pepper to taste. Enjoy!



# Broccoli Rabe Garlic Bread

**SERVES:** 8 • **PREP:** 25 mins • **COOK:** 5–10 mins • **TOTAL:** 35 mins

Recipe by Julia della Croce

 PRINT RECIPE

## INGREDIENTS

- 1 loaf good quality fresh ciabatta or baguette
- 1/4 cup extra-virgin olive oil
- 5 cloves garlic, finely minced
- 6 tablespoons unsalted butter at room temperature
- 1/4 cup broccoli rabe puree
- Freshly milled pepper, or hot red pepper flakes, to taste
- Fine sea salt to taste

## DIRECTIONS

1. Preheat an oven to 350°F.
2. In a small saucepan, warm the olive oil and garlic over low heat until the garlic is softened and aromatic, 4 minutes.
3. Beat the butter, broccoli rabe puree, garlic oil and salt until it is well blended.
4. Use a bread knife to slice the loaf in half lengthwise. Spread the broccoli rabe butter liberally on both sides of the cut surfaces. Reassemble the loaf and wrap it in aluminum foil. Bake until hot and aromatic, 10-15 minutes. Cut into 1-inch slices and serve hot or warm.





# Dinner

“  
Food brings people together  
on many different levels.  
It's the nourishment of the  
soul and body.

-Giada De Laurentiis

”





# Cheesy Broccoli Rabe Spaghetti Squash

SERVES: 4 • PREP: 10 minutes • COOK: 50 minutes • TOTAL: 1 hour

Recipe by The Girl on Bloor

## INGREDIENTS

- 2 medium-sized spaghetti squash
- 1 Tbsp olive oil
- ¼ tsp each salt & pepper
- 2 medium-sized chicken breasts, diced into 1" pieces
- 2 Tbsp butter, melted
- 4 cloves garlic, minced
- ¼ cup half & half cream
- zest of 1 lemon
- 1 cup fresh grated Parmesan cheese
- 1 bunch broccoli rabe, leaves and stems chopped with florets intact
- ½ cup fresh parsley, chopped

## DIRECTIONS

1. Preheat oven to 425 F.
2. Microwave spaghetti squash for 2-3 minutes to soften. Cut spaghetti squash in half and scoop out seeds. Drizzle with olive oil and season with salt and pepper. Bake for 20 minutes.
3. Remove squash from oven and scrape down sides with a fork. Add chicken to tops of each squash boat and bake 15 minutes.
4. Remove from oven and scrape out squash and cooked chicken into a large 9x11 casserole dish. Toss squash with butter, garlic, cream, lemon zest and parmesan cheese. Stir in broccoli rabe and bake for 15 minutes.
5. Remove from oven, garnish with extra parmesan cheese and fresh parsley and serve!

**Meatless option:** Leave out chicken and cook spaghetti squash for an extra 15 minutes before tossing in casserole dish with other ingredients.

 PRINT RECIPE







# Sweet Potato Gnocchi with Broccoli Rabe

**SERVES:** 4-6 • **PREP:** 40 mins • **COOK:** 20 mins • **TOTAL:** 1 hr.

Recipe by Lindsay Ostrom

[PRINT RECIPE](#)

## INGREDIENTS

### GNOCCHI

- 1 1-lb sweet potato
- 1 cup whole milk ricotta cheese
- 1/4 cup Parmesan cheese
- 1 1/2 tsp salt
- 1 1/4 cup flour (more for dusting)

### SAUCE AND OTHER INGREDIENTS

- 5 cups finely chopped broccoli rabe (stems, leaves, and florets)
- 8 Tbsp butter
- 1/4 cup heavy cream
- 2 cloves garlic
- 5-6 sage leaves
- 1 tsp sea salt
- 1/4 cup Parmesan cheese

## DIRECTIONS

1. Preheat to 350F.
2. Cut the pumpkin in half lengthwise. Scoop out the seeds with a spoon. Place cut side down on a baking sheet. Bake 30 minutes.
3. In the meantime, heat 2 tbsp olive oil in a sauté pan or shallow pot large enough to hold the cooked pasta and veggies over medium heat. Add the broccoli rabe, season with salt, and cook the broccoli rabe for 6-8 minutes until bright and tender. Remove and set aside.
4. Add the gnocchi to the boiling water and cook according to the directions on the package. Save 1 ½ cups of pasta water before draining.
5. Heat ½ cup of olive oil over medium heat in a large pot big enough to hold the cooked pasta and veggies. Add the garlic and cook until fragrant. Do not let the garlic burn or brown, but golden is OK. Add the red pepper flakes and turn the heat down to low.
6. Carefully add the 1 ½ cups of reserved pasta water to the olive oil. Season with 1 tsp of salt and simmer for 5 minutes, until the liquid is reduced by ⅓.
7. In the meantime, the pumpkin should be ready. Remove from the oven, peel, and cube.
8. Add the strained gnocchi to the olive oil sauce. Turn off the heat. Add the parmesan, parsley, and broccoli rabe. Mix well.
9. Add the roasted pumpkin. Gently toss to mix. Serve immediately.



# Creamy Mac and Cheese with Broccoli Rabe

SERVES: 8 • PREP: 5 mins • COOK: 35 mins • TOTAL: 40 mins

Recipe by Heather Hands

 PRINT RECIPE

## INGREDIENTS

1/2 bunch fresh broccoli rabe	3 cups 2% milk
1 lb. dry pasta	1 tsp salt
4 Tbsp unsalted butter	1/2 tsp pepper
3 cloves garlic, minced	5 cups aged cheddar, grated
1/4 cup all-purpose flour	1/2 cup freshly grated Parmesan cheese

## DIRECTIONS

1. Preheat the oven to 375°F.
2. Bring a pot of water to boil. Add the broccoli rabe and cook until tender, approximately 5 minutes.
3. Remove the broccoli rabe from the water. Once cool enough to touch, chop into bite-sized pieces. Set to the side.
4. Fill the large pot with water and return to a boil. Once boiling, add the pasta and cook until al dente.
5. While you are waiting for the water to boil, add the butter to a medium saucepan on medium heat. Once sizzling, add the garlic and cook for one minute. Next, add the flour and stir with a wooden spoon. Slowly drizzle in the milk and whisk until combined. Bring the mixture to a simmer and cook until thick, approximately 10 minutes. Stir in the salt and pepper. Once thick and creamy, stir in the grated cheddar cheese.
6. Add the pasta noodles to a 12 x 8" rectangular baking dish, then add the broccoli rabe and combine. Pour the cheese sauce over the noodles and stir. Finally, sprinkle the Parmesan cheese on top.
7. Place the dish in the oven on the middle rack and bake for 30 minutes. Serve warm.





# Vegetarian

“

Cooking is one of the greatest gifts you can give to those you love.

-Ina Garten

”







# Broccoli Rabe and Farro Stuffed Mushrooms

**SERVES:** 6 • **PREP:** 10 mins • **COOK:** 20 mins • **TOTAL:** 30 mins

Recipe by Keri Glassman

 **PRINT RECIPE**

## INGREDIENTS

12 large white mushrooms, cleaned, stems removed and saved  
1/2 cup broccoli rabe  
1 Tbsp cold pressed olive oil  
1/2 medium yellow onion, minced  
2 cloves garlic, minced

1/2 cup cherry tomatoes, minced  
1/2 cup farro, cooked and cooled  
2 Tbsp flat leafed parsley, chopped  
1/4 tsp salt  
1/4 tsp pepper  
2 Tbsp nutritional yeast, split

## DIRECTIONS

1. Preheat the oven to 325°F. Place the mushroom caps open side up on a sheet pan and bake for 10 minutes.
2. Mince the mushroom stems, set to side.
3. Trim lower stems off of broccoli rabe, finely chop the leafy greens, set to side.
4. After mushroom caps have been cooked, pour off any liquid that has accumulated in caps.
5. Heat 1 Tbsp of olive oil in a medium skillet over high heat.
6. Add onion and garlic to skillet and cook until aromatic, about 2 minutes. Add mushroom stems and broccoli rabe and sauté until the greens are wilted, about 4 minutes.
7. Add the tomatoes and farro. Cook for 2 minutes.
8. Turn off the heat, mix in parsley, salt, pepper, and 1 Tbsp of nutritional yeast. Stir until well incorporated.
9. Preheat the broiler. Divide the broccoli rabe mixture evenly among the mushroom caps. Sprinkle each with remaining nutritional yeast. Cook until lightly golden, about 4 minutes. Serve immediately.



# Cauliflower Steaks with Chimichurri and Broccoli Rabe

**SERVES:** 4 • **PREP:** 10 mins • **COOK:** 20 mins • **TOTAL:** 30 mins

Recipe by Kitchen Confidante

 [PRINT RECIPE](#)

## INGREDIENTS

### For the Chimichurri Sauce

3 large garlic cloves  
3 cups cilantro leaves  
1/3 cup extra-virgin olive oil  
1/4 cup white balsamic vinegar  
1 teaspoon kosher salt  
1/8 teaspoon cayenne pepper  
2 tablespoons finely diced red onion

### For the Cauliflower Steaks

2 small heads of cauliflower  
2 tablespoons extra-virgin olive oil, divided  
Kosher salt  
Freshly ground black pepper  
1 teaspoon smoked paprika  
Lemon wedges, for serving  
Broccoli rabe, blanched, for serving (optional)

## DIRECTIONS

1. Using a food processor, finely chop the garlic. Add cilantro, olive oil, vinegar, salt, and cayenne pepper, and pulse until the cilantro is finely chopped. Transfer to a small glass bowl, stir in the red onion, and set aside. This can be made the day before.
2. Preheat the oven to 350°F with a rack placed in the center of the oven.
3. Remove the tough leaves from the base of the cauliflower and discard; you can leave the tender leaves in place. Trim the stem to create a stable base for the cauliflower. Turn the cauliflower on the flat base, floret side up. Slice the cauliflower in half, straight through the stem, then working from the center cut, slice a 1 1/2- inch thick steak from each half. Reserve the extra trimmed florets for another recipe. Repeat with other cauliflower head.
4. Brush the steaks on each side with olive oil, and season with salt, pepper and paprika.
5. Preheat a large skillet over medium-high heat. Add a tablespoon of olive oil to the pan, and add the cauliflower steaks. Cook for about 4 minutes, or until the steaks are turning a golden brown. Flip the cauliflower and transfer the skillet to the oven and roast for about 12-15 minutes, or until the stems are tender when you insert a sharp paring knife.
6. To serve, place a bed of broccoli rabe on each plate, top with cauliflower steak, and drizzle with chimichurri sauce and a touch more olive oil. Serve with a lemon wedge and additional chimichurri.







# Braised Broccoli Rabe with Chickpeas and Tahini

SERVES: 6 • PREP: 8 mins • COOK: 12 mins • TOTAL: 20 mins

Recipe by Faith Gorsky

 PRINT RECIPE

## INGREDIENTS

### TAHINI SAUCE

2 Tbsp tahini  
2 Tbsp plain, unsweetened yogurt  
1 Tbsp water  
1 1/2 tsp fresh lemon juice  
1/2 tsp honey  
1/8 tsp salt  
1 small clove garlic, crushed

### BRAISED BROCCOLI RABE WITH CHICKPEAS AND ZA'ATAR

1 bunch Broccoli Rabe, rinsed  
3 Tbsp extra-virgin olive oil  
4 cloves garlic, thinly sliced  
1/2 cup (120 ml) low-sodium vegetable, chicken, or beef stock  
1/4 tsp salt  
1/4 tsp black pepper  
1 (15.5 oz) can no-salt-added chickpeas, rinsed and drained  
2 1/2 tsp za'atar spice mix, divided

## DIRECTIONS

1. For the tahini drizzle, whisk together all ingredients until smooth; cover and refrigerate until serving.
2. For the broccoli rabe, trim off the tough bottom part of the broccoli rabe stems, and then chop the broccoli rabe into 2-3" pieces.
3. Heat a large skillet over medium-high heat; add the oil, broccoli rabe, garlic, stock, salt, and pepper. Cover the skillet but keep the lid ajar and cook until the broccoli rabe is nearly tender, about 8 minutes, stirring occasionally.
4. Add the chickpeas, uncover the skillet, and cook until the liquid is evaporated, about 3 to 5 minutes, stirring frequently.
5. Turn off the heat and stir in 2 tsp za'atar.
6. Transfer the broccoli rabe mixture to a serving dish. Drizzle the tahini sauce on top and sprinkle on the remaining 1/2 tsp za'atar. Serve immediately.

### COOK'S NOTE:

To keep this dish Gluten-Free: Be sure to check the label of the vegetable, chicken, or beef stock you're using because not all brands are gluten-free.





From our D'Arrigo family to yours,  
we wish you healthy eating  
and happy holidays!!!

