

**BROCCOLI-CARROT-SWISS
CASSEROLE ‡**

This is another excellent way to eat veggies that you are not particularly fond of when prepared by themselves. It makes a splendid side dish for roasted leg of lamb or Chicken-Ham Russian¹.

½ cup white onion, grated
1 medium carrot, grated
1 cup chopped or grated broccoli caps
½ cup Swiss cheese², grated
¼ Parmesan cheese, grated
¼ cup dry white wine
¼ cup X (or one real egg)
½ tsp "salt"
¼ tsp freshly ground black pepper
1 tsp Maggi[®] sauce (or 1 oz soy sauce)
6 cloves garlic, grated

Mix all ingredients together in a bowl of sufficient size and then transfer the mixture into a greased or non-stick covered microwavable dish. Nuke³ for 10 minutes at half power, then another 10 minutes at one-third power. Let rest for 10 minutes before serving.

KALE (SEE GREENS) **

None of my cookbooks has a section devoted to kale. They all just say "kale (see greens)." I can find plenty of kale recipes on the internet, but most seem to call for sautéing in copious amounts of oil. *Phooey!*, I said. It's not rocket science (and I should know). How hard can it be to make kale a fine, low calorie side dish? So here's my take on a simple preparation that is not your regular "greens" recipe. It goes particularly well with lamb.

**1 bunch kale, ribs removed and diced,
leaves sliced**

2 tbsp Teriyaki sauce
2 tbsp balsamic vinegar
¼ cup onion, sliced thin
¼ cup water
1 tbsp butter substitute powder
2 tbsp bacon bits

Cut the center ribs from the kale and dice. Then, add these to a sauce pan.

Pile the remaining leaves, roll up, and slice in a *chiffonade* manner. Add to the sauce pan.

Add all the other ingredients and mix well. Bring up the heat and braise for 15 minutes. Serve.

Serves 2-4, depending on appetite.

¹Chicken-Ham Russian, page 124.

²Do NOT use Monterey Jack here!

³Nuked Cheesauce, page 264.