

Pumpkin, Kale and White Bean Ragu – serves 6

For the Ragu:

- 2 ¼ cups cooked navy beans (cooking liquid reserved)
- 2 ¼ lbs. butternut squash peeled and seeded

For the Glaze:

- 1 ½ Tablespoons salted butter
- 4 ½ teaspoons maple syrup
- ¾ teaspoon cider vinegar
- ¾ teaspoon sea salt
- ¾ teaspoon fresh ground black pepper

For the Kale Mixture:

- 4 ½ teaspoons extra-virgin olive oil
- 3 leeks, light green & white parts, well-rinsed & thinly sliced
- 2 small cloves garlic, minced
- 1 ½ teaspoons fresh rosemary leaves
- 4 ½ cups washed and chopped kale leaves, ribs removed
- 3 tablespoons grated Parmigiano-Reggiano cheese
- 3 tablespoons roughly chopped dried cranberries
- 1 1/8 teaspoons cider vinegar
- Freshly ground black pepper

Directions:

1. Cook beans. Keep in cooking liquid until ready to use.
2. Preheat oven to 425 degrees.
3. Cut squash into 1/2 inch cubes.
4. Combine glaze ingredients in a saucepan over medium heat, stirring until butter melts.
5. Pour glaze over squash and toss to coat evenly.
6. Roast squash in the oven, turning once, until very tender and beginning to brown around the edges, about 30 minutes.
7. Warm olive oil over medium heat. Add leeks, garlic, rosemary and a pinch of salt. Cook, stirring occasionally, until leeks are very soft but not browned, about 15 minutes.
8. Add kale, beans and bean liquid. Simmer for about 10 minutes until kale is tender. Stir in roasted squash followed by Parmigiano-Reggiano cheese, cranberries, vinegar and ground pepper, to taste. Serve.

Chef Cesare Casella's Basic Bean Cooking Method

Ingredients:

- 1 pound dried beans
- 1 tablespoon sea salt
- 1 onion, quartered
- 1 carrot, cut in chunks
- 1 stalk celery, cut in 1-inch pieces
- ½ head garlic, smashed
- ½ bay leaf
- 1 ½ sprigs fresh rosemary
- 1 ½ sprigs fresh thyme
- 1 ½ sprigs fresh sage
- ½ teaspoon whole black peppercorns
- 5-inch piece kombu seaweed

Directions:

1. Sort through the beans for dirt and small stones. Wash and drain beans; place in a large bowl and pour in water (depth of water should be twice that of beans). Add the salt and soak overnight.
2. Drain beans and place in a large pot.
3. Tie up the vegetables, herbs and peppercorns in a piece of cheesecloth.
4. Put beans, cheesecloth bundle, kombu and 8 cups water in a large pot over medium heat and bring to a low boil.
5. Lower to a simmer and cook beans until they are tender but not falling apart. You may need to add more water as they cook. Skim foam off as it collects on the surface. Start checking beans for doneness after 1 hour.
6. Cool beans in cooking liquid to absorb more flavor, then remove herb bundle and seaweed.

DNA's Purple Rain Shake

- Yield: 3 cups
- Portion: 1 cup

Ingredients:

- 1 cup Greek yogurt
- 1 cup orange juice
- 1 cup frozen blueberries
- 1 banana
- ½ teaspoon lemon juice
- 1 teaspoon honey
- 3 tablespoons coconut oil, melted
- 1 scoop pea protein

Directions:

1. Place all ingredients in a blender. Blend until smooth.
2. Best if served immediately.

DNA's Sunshine Shake

- Yield: 5 cups
- Portion: 1 cup

Ingredients:

- 2 cups Greek yogurt
- 2 cups orange juice
- 2 bananas
- ¼ cup apple juice
- 2 teaspoons honey
- 5 tablespoons coconut oil, melted
- 2 scoops pea protein

Directions:

1. Place all ingredients into blender. Blend until smooth.
2. Best if served immediately.