

5 Easy, Delicious, Clean Recipes from *The Clean Plates Cookbook!*

ROASTED TOMATO SOUP

Ann Gentry of Real Food Daily

GLAZED SPARE RIBS

Michael Anthony of Gramercy Tavern

BROCCOLI PASTA SALAD

Bill Telepan of Telepan

RAW CAULIFLOWER TABBOULEH

Lee Gross of M Café

CHOCOLATE AVOCADO PUDDING

Clean Plates Cookbook

CLEAN

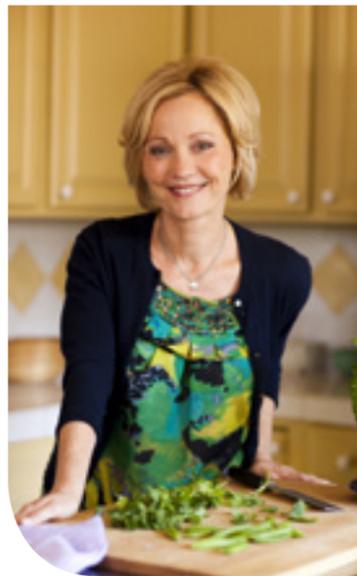


PLATES™



ROASTED TOMATO SOUP

Dedicated to raising the standard of vegetarian cooking in the United States, Ann Gentry founded Santa Monica's Real Food Daily—the only area restaurant serving a completely vegan menu using foods grown exclusively with organic farming methods. She's since opened



Chef Ann Gentry /
Real Food Daily

two more Southern California locations, cementing her reputation as L.A.'s most celebrated gourmet vegan chef. Curl up with Ann's comforting Roasted Tomato Soup from her book *Vegan Family Meals, Real Food for Everyone* (Andrews McMeel Publishing,

2011). The soup is best eaten the day it is made, but can be covered and refrigerated for up to one day. To rewarm, bring the soup to a simmer over medium heat, stirring occasionally and adding water to thin the soup to the desired consistency.

INGREDIENTS

- 4 pounds (1.8 kg) ripe tomatoes, quartered
- 1/4 cup (60 mL) balsamic vinegar
- 12 large garlic cloves, chopped
- 6 tablespoons (90 mL) organic extra-virgin olive oil, divided
- Fine sea salt to taste
- Freshly ground black pepper to taste
- 2 medium red onions, cut into 1/2-inch (1.25 cm) pieces
- 1/4 cup (10 g) chopped fresh basil
- 2 tablespoons finely chopped fresh flat-leaf parsley
- 4 1/2 teaspoons finely chopped fresh sage

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INSTRUCTIONS

Preheat the oven to 500°F/260°C. In a large bowl, combine the tomatoes, vinegar, garlic, 1/4 cup (60 mL) of the olive oil, and a generous sprinkle of salt and pepper. Transfer the mixture, along with any accumulated juices, to a large, rimmed baking sheet. Arrange the tomatoes in a single layer, skin side down, and roast until charred on the edges, about 40 minutes. Set aside to cool slightly, then slip the skins off the tomatoes.

In a large saucepan or small stockpot over medium heat, heat the remaining 2 tablespoons olive oil. Add the onions and cook, stirring often, until very soft, about 10 minutes. Add the basil, parsley, and sage and cook, stirring occasionally, for about 1 minute. Stir in the roasted tomatoes, along with any accumulated juices, and 5 cups (1.2 L) of water. Bring to a boil, lower the heat to a simmer, and cook gently to allow the flavors to blend, about 8 minutes. Add more salt and pepper to taste. Serve hot.

Vegetarian, Vegan, Gluten-free, Dairy-free

GLAZED SPARE RIBS

New York City's Gramercy Tavern has earned countless accolades and is considered one of the country's best restaurants. With a farm-to-table approach focusing on seasonal, sustainable ingredients and greenmarket produce, Michael's simple, straightforward



Chef Michael Anthony / Gramercy Tavern

cuisine inspires a connection between diners and their food. Bring his celebrated culinary style into your kitchen with this rustically elegant glazed pork entrée.



INGREDIENTS

- 1 3-pound (1.4 kg) rack organic pork spare ribs, at room temperature
- Fine sea salt
- Freshly ground black pepper
- 3 tablespoons organic extra-virgin olive oil
- 2 garlic cloves, minced
- 2 cups (475 mL) raw apple cider
- 1/4 cup (60 mL) unsulfured molasses
- 2 tablespoons raw apple cider vinegar
- 2 tablespoons red wine vinegar
- 1/2 jalapeño pepper, seeded and sliced thinly
- 1/2 star anise
- 1/2 teaspoon smoked paprika
- 1 teaspoon black sesame seeds, toasted
- 1 teaspoon white sesame seeds, toasted
- 1 teaspoon ground Aleppo pepper
- Fleur de sel or other coarse sea salt

Serves 2 to 3

INSTRUCTIONS

Preheat the oven to 250°F (120°C). Generously sprinkle the ribs with salt and pepper. In a small bowl, combine the olive oil and garlic, then rub the mixture over all sides of the ribs. Place the ribs in a shallow roasting pan and cook until tender but not falling apart, 2 to 3 hours.

Meanwhile, in a medium, nonreactive saucepan over medium heat, bring the apple cider to a boil. Cook until reduced to 1 1/3 cup (315 mL), 20 to 30 minutes.

In a small, nonreactive saucepan over medium heat, combine the molasses, cider vinegar, red wine vinegar, jalapeño, and star anise and bring to a simmer. Remove from heat and set aside for 5 minutes.

Strain the molasses mixture through a medium-mesh sieve, then slowly add it to the reduced cider, stirring constantly. Stir in the smoked paprika and set the glaze aside.

When the ribs are done, remove them from the oven and brush all sides with the glaze. Return the ribs to the oven and cook until the glaze is warm, about 15 minutes.

Meanwhile, in a small bowl, combine the sesame seeds and Aleppo pepper.

Cut the ribs into 2- to 3-rib sections, sprinkle with the sesame seed mixture and fleur de sel, and serve. Pass the remaining glaze at the table.

Gluten-free, Dairy-free

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BROCCOLI PASTA SALAD

After establishing himself in some of New York City's most high-profile kitchens and debuting his cookbook *Inspired by Ingredients*, chef Bill Telepan opened new American restaurant Telepan in 2005. Since then, the elegant Upper West Side eatery has been widely celebrated by diners and critics for its seasonal menu and use of fresh, local ingredients. In his simple and skillful preparations, Bill allows the natural flavors of food to emerge — as in his bright and tangy Broccoli Pasta Salad.



Chef Bill Telepan / Telepan

INGREDIENTS

- 1 tablespoon balsamic vinegar
- 1 tablespoon red wine vinegar
- 1/2 small garlic clove, mashed into a paste
- 6 tablespoons (90 mL) organic extra-virgin olive oil
- Fine sea salt to taste, plus more as needed
- 8 ounces (225 g) penne, fusilli, or farfalle pasta (brown rice, whole wheat, or your favorite variety)
- 8 ounces (225 g) broccoli, cut into large florets
- 1 cup (160 g) cooked, drained white beans
- 1/2 cup (75 g) sliced kalamata olives
- 1/2 medium red bell pepper, seeded and cut into 1/2-inch (1.25 cm) dice (optional)
- 1/4 cup (5 g) torn fresh basil leaves
- 1 1/2 teaspoons chopped fresh oregano (optional)

Serves 6 to 8

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INSTRUCTIONS

In a small bowl, whisk together the balsamic vinegar, red wine vinegar, and garlic. Whisk in the oil. Add salt to taste and set aside.

In a medium saucepan of lightly salted boiling water (3/4 teaspoon of fine sea salt per quart/950 mL), cook the pasta according to the package directions. When the pasta is about 2 minutes from being done, add the broccoli and cook until the pasta is al dente and the broccoli is tender. Drain the pasta

mixture and rinse with cold water until cool, 3 to 4 minutes. Drain again.

Transfer the pasta mixture to a large bowl and add the beans, olives, red pepper (if using), basil, oregano (if using), and dressing to taste. And salt to taste. Set aside for at least 30 minutes to let the flavors develop before serving.

Vegetarian, Vegan, Dairy-free

RAW CAULIFLOWER TABBOULEH

Since opening in 2005, M Café has successfully introduced contemporary macrobiotic cuisine to mainstream Los Angeles dining. Featuring a balanced, nutritious, and creative menu, M Café focuses on whole natural foods—without using any refined sugars, eggs, dairy, red meat, or poultry. To reap all the healthy benefits of macro cooking at home, try the café’s simple twist on tabbouleh.



Chef Lee Gross / M Café

INGREDIENTS

- 2 to 3 lemons, as needed
- 2 pounds (905 g) cauliflower, cored and cut into large bite-size pieces
- 1 large cucumber, halved lengthwise, seeded, and cut into 1/4 inch (0.65 cm)
- 1 large tomato, cut into 1/4 inch (0.65 cm) cubes
- 3/4 cup (40 g) chopped fresh flat-leaf parsley
- 1/2 cup (20 g) chopped fresh dill
- 1 tablespoon chopped fresh mint leaves
- 2 tablespoons organic extra-virgin olive oil
- Fine sea salt to taste

Serves 6 to 8

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INSTRUCTIONS

Zest one of the lemons. Juice the zested lemon along with enough remaining lemons to yield 1/3 cup/80 mL of lemon juice. Set the zest and juice aside.

Place the cauliflower in the bowl of a food processor and process to finely chop into small, grainlike pieces, scraping down the bowl as necessary.

Cover a work surface with a clean, dry tea or kitchen towel and turn out the cauliflower onto the towel. Twist the cauliflower in the towel to extract any moisture. Transfer the squeezed cauliflower to a large mixing bowl and add the lemon zest, lemon juice, cucumber, tomato, parsley, dill, mint, and olive oil. Add salt to taste. Serve immediately at room temperature or chilled.

Vegetarian, Vegan, Gluten-free, Dairy-free



CHOCOLATE AVOCADO PUDDING

Although it might be unusual to include a typically savory ingredient--avocado--in a sweet setting, here it totally works. Not only does the subtle avocado flavor nicely complement the pudding's chocolate intensity, but it makes for a wonderfully creamy texture without eggs or dairy. The net result is a dessert that's dairy free, vegan, and raw plus healthy and delicious. You're welcome.

INGREDIENTS

2 medium, ripe avocados, quartered, peeled, and pitted
 3/4 cup unsweetened raw cocoa powder
 1/2 cup unsweetened nut milk or more as needed
 6 tablespoons raw agave nectar
 1/4 teaspoon pure vanilla extract
 Fine sea salt to taste

Serves 4

INSTRUCTIONS

In the bowl of a food processor or the jar of a blender, combine the avocados, cacao powder, nut milk, agave and vanilla and process until smooth, scraping down the bowl or jar as necessary. Add more nut milk as needed to reach the desired consistency. Add salt to taste.

Transfer the pudding to serving bowls and serve immediately or chill before serving.

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ABOUT THE AUTHORS OF THE CLEAN PLATES COOKBOOK



Jared Koch, founder of Clean Plates, is a nutritional consultant and sustainable eating expert. Koch and Clean Plates have been featured on Access Hollywood Live, NBC Today New York, Good Day NY, CBS Los Angeles, Martha Stewart and Good Morning America Health. Koch has spoken on sustainability, wellness and healthy eating at Google, MTV, Sony, Merrill Lynch, Bank of America, Wellpoint, Time Warner and Whole Foods, among others. He lives in New York City.



Jill Silverman Hough is a cookbook author, food and wine writer and culinary instructor. Her cookbooks include *100 Perfect Pairings: Small Plates to Enjoy with Wines You Love* and *100 Perfect Pairings: Main Dishes to Enjoy with Wines You Love*. Her work has appeared in major food magazines including *Clean Eating*, where she maintains a column. Jill developed recipes for *Skinny Bitch in the Kitch*, a *New York Times* best-seller, and is a regular and popular presenter at cooking schools across the country. She lives in Napa, California.



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This book spells out exactly what "clean eating" means and why it matters. Make no mistake, it is not a diet book – it doesn't promote a superfood or the latest scientific breakthrough – it is, however, a guide that provides clarity on the topics of nutrition and eating what works best for your body, while providing recipes and practical resources like sample menus.

Tips and inspiration appear throughout the book, along with contributions from "healthy" chefs like those featured in this eBooklet. Recipes cover beverages, breakfasts, snacks, entrees, sides and desserts.

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