

**Eat!**  
don't throw away!



## Red Radish:

### Red Radish Leaves Pesto (hot)

Ingredients for 2 people: red radish leaves of approx. 10 red radishes, 5 tbsp. of oil (olive or sunflower seeds), 2 tbsp. of almonds,  $\frac{1}{4}$  tsp. of salt

Preparation:

1. Toast the almonds in a dry pan (medium heat, 2 minutes, stir regularly). Place the almonds into a blender.
  2. Cut off the leaves of the red radishes. Clean, chop and place them into the blender.
  3. Add oil and salt and blend until smooth.
- You can eat the pesto with dark bread, cooked pasta or as salad dressing.



### Red Radish Leaves Soup

Ingredients for 2 people: red radish leaves of approx. 10 red radishes, 1 medium-sized potato (floury), 400ml of vegetable stock, 1 garlic clove, 1 tbsp. of oil (olive or sunflower seeds), 2 tbsp. of cashew butter or precooked white beans,  $\frac{1}{4}$  tsp. of salt, 1 pinch of ground nutmeg

Preparation:

1. Cut off the leaves of the red radishes. Clean, chop and place them into the pot. Peel and cut the potato into small cubes.
2. Peel and chop the garlic clove and place it into the pot. Add oil and fry on medium heat for 2 minutes (stir regularly). Add the stock and potato cubes, cover with the lid, then cook the soup for 20 minutes until the potato cubes are tender. Stir every now and then.
3. Add cashew butter or white beans. Use a stick blender to blend the soup. Season with salt and nutmeg and serve the soup. You can eat the soup with dark bread.

## Carrots:

### Carrot Green Pesto

Ingredients for 2 people: 100g of the carrot green, 10 tbsp. of oil (olive or sunflower seeds), 3 tbsp. of sunflower seeds, 1 garlic clove,  $\frac{1}{4}$  tsp. of salt,  $\frac{1}{4}$  tsp. of ground pepper

Preparation:

1. Toast the sunflower seeds in a dry pan (medium heat, 2 minutes, stir regularly). Place the almonds into a blender.
  2. Cut off the green of the carrots. Clean, chop and place them into the blender.
  3. Peel the garlic clove. Add the garlic, oil, salt and pepper and blend until smooth.
- You can eat the pesto with dark bread, cooked pasta or as salad dressing.



## Kohlrabi:

### Fried Kohlrabi Leaves

Ingredients for 2 people: kohlrabi leaves of 4 or 5 kohlrabi, 1 stem of thyme (or  $\frac{1}{2}$  tsp. of dried thyme), 1 onion, 1 tbsp. of oil (olive or sunflower seeds),  $\frac{1}{4}$  tsp. of salt,  $\frac{1}{4}$  tsp. of pepper

Zubereitung:

1. Cut off the leaves of the kohlrabi. Clean and chop the leaves.
  2. Peel and chop the onion and place it into a pan. Add the oil and fry on medium heat for 2 minutes (stir regularly). Add the kohlrabi leaves, salt and pepper. Cook it for 20 minutes. Stir every now and then.
- The fried kohlrabi leaves taste great with cooked potatoes.

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## Cauliflower:

### Cauliflower Leaf Soup

Ingredients for 2 people: cauliflower leaves from 1 cauliflower, 2 medium-sized potatoes (floury), 400ml of vegetable stock, 1 onion, 1 tbsp. of oil (olive or sunflower seeds),  $\frac{1}{4}$  tsp. of salt, 1 pinch of ground nutmeg

Preparation:

1. Cut off the leaves of the cauliflower. Clean and chop them. Peel and cut the potatoes into small cubes.
2. Peel and chop the onion and place it into the pot. Add oil and fry on medium heat for 2 minutes (stir regularly). Add the cauliflower leaves, stock and potato cubes, cover with the lid, then cook the soup for 25 minutes until the potato cubes are tender. Stir every now and then.
3. Use a stick blender to blend the soup. Season with salt and nutmeg and serve the soup. You can eat the soup with dark bread.

