

## Wilted Napa Cabbage with Asparagus, Beets and Pine Nuts

Servings: 10

### INGREDIENTS

- 10 mini beets (golden or red)
- 1 lb Cross Valley Farms® Napa Cabbage Blend
- 3 c verjus
- 5 oz rice bran oil
- 1 lb asparagus
- 1 lg fennel bulb
- ¾ c pine nuts, toasted
- salt and pepper
- ¼ c fennel fronds to garnish

### PREPARATION

Preheat oven to 400°F. Trim most of the stalk from the beets, leaving a little at the top of each beet for the look. Place beets in an ovenproof dish, cover with foil and bake about 45 minutes or until cooked through. Cool, peel and cut into quarters or halves.

In a large sauté pan over medium heat, heat the cabbage in a little rice bran oil, seasoning with salt and pepper until wilted.

Pour the verjus into a small saucepan and simmer over medium heat until reduced to about 3 tablespoons. Cool and whisk in oil; salt and pepper to taste. Reserve.

If using pencil asparagus, remove the woody ends.



If using regular asparagus, remove the woody ends and cut into either long angled slices or use a potato peeler to make “shavings.”

Use a mandolin to cut fennel vertically into paper thin slices.

To assemble: arrange the vegetables on serving plates. Scatter the pine nuts on top and drizzle with dressing. Garnish with fennel fronds and serve.

