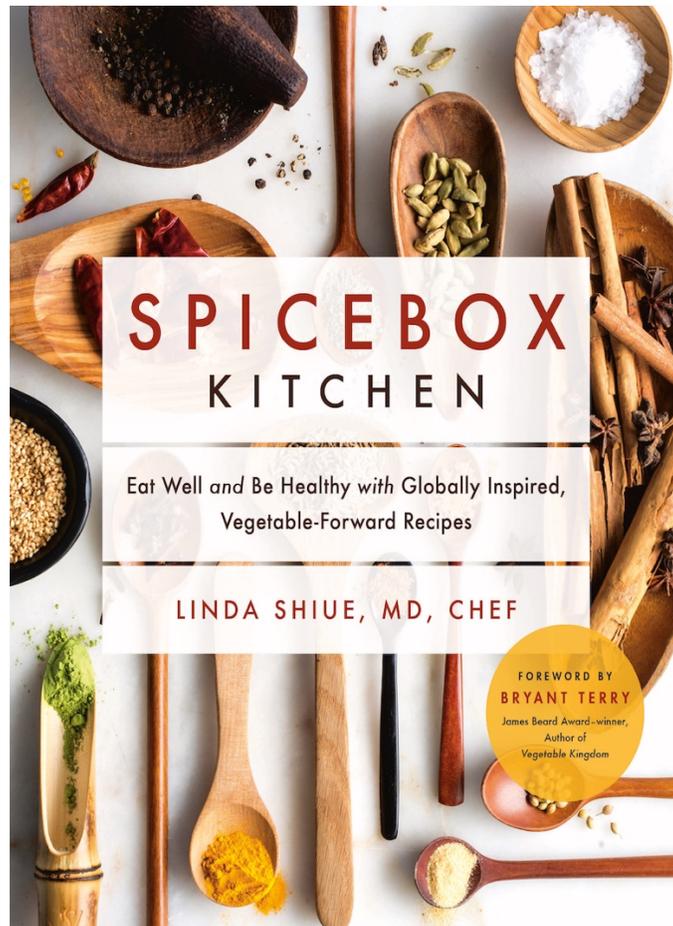


# Cooking in the Spicebox Kitchen with Linda Shiue, MD, Chef Soul Food Salon

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Recipes excerpted from [SPICEBOX KITCHEN: Eat Well and Be Healthy with Globally Inspired, Vegetable-Forward Recipes](#) by Linda Shiue, MD. Copyright © 2021. Available from Hachette Go, an imprint of Hachette Book Group, Inc.

## **SPICED GREEN SMOOTHIE WITH ARUGULA AND MANGO**

Makes 2 cups (1 large or 2 small smoothies)

### Ingredients

1 cup arugula, baby kale, or spinach  
1 cup frozen cubed mango  
1/2 very ripe banana, frozen preferred  
1 cup plain kefir  
1/4 teaspoon ground cardamom  
1/4 to 1/2 teaspoon ground ginger  
Honey or agave nectar (optional)

### Method

In a blender, blend together all ingredients, except sweetener, until smooth. Add sweetener, if desired.

Serve immediately or keep refrigerated until serving.

## **INDIAN SPICED KALE WITH COCONUT AND TURMERIC**

Serves 4

### Ingredients

1 tablespoon coconut oil  
1 onion, finely chopped  
1 (1-inch) piece fresh ginger, peeled and minced  
6 garlic cloves, peeled and minced  
1 teaspoon ground coriander  
1 teaspoon garam masala  
1/2 teaspoon ground cumin  
1/4 teaspoon ground turmeric  
6 cups packed coarsely chopped kale, stem included  
2 pinches of salt  
2 pinches of freshly ground black pepper  
Steamed rice or naan, for serving

### Method

Heat oil in a large sauté pan over medium heat.  
Add onion. Cook, stirring frequently, for about 8 minutes, or until onion becomes translucent. Add ginger and garlic and stir in.  
Add coriander, garam masala, cumin, and turmeric and stir well for several seconds.  
Add kale along with salt and pepper. Cook over medium heat for 5 minutes or so, or until its stems are softened but kale remains bright green. Add a tablespoon or two of water, if needed, to prevent sticking. I prefer this lightly cooked, but you can cook longer if you prefer a softer texture. Serve with rice or naan.

## **DUKKAH**

Makes 1 generous cup dukkah

### Ingredients

1/4 cup white sesame seeds

1/4 cup pistachios

1/4 cup roasted cashews

3 tablespoons ground coriander

1 tablespoon ground cumin

1/4 teaspoon salt, or to taste

1/2 teaspoon dried mint

### Method

Toast sesame seeds in a small, dry skillet over medium heat for 3 minutes, or until fragrant.

Toast shelled pistachios with cashews in a separate dry pan over medium heat for 3 to 5 minutes, or until lightly browned and fragrant.

Process pistachios and cashews in a spice grinder or small food processor until finely chopped, but not as fine as dust.

Transfer chopped nuts, toasted sesame seeds, coriander, cumin, salt, and mint to a bowl and stir until combined. After mixture has cooled, transfer to a sealed jar for up to 2 weeks at room temperature, or for 3 months refrigerated.

## **RICE COOKER JAMAICAN RICE AND PEAS**

Serves 8

### Ingredients

1 cup parboiled (converted) rice  
1 cup canned, full-fat coconut milk  
2 scallions, chopped  
2 garlic cloves, chopped  
2 tablespoons fresh thyme leaves  
1 1/4 cups canned no-salt-added red kidney beans, drained and rinsed  
1/2 Scotch bonnet or habanero pepper, seeded and diced  
3/4 teaspoon salt  
1/2 teaspoon freshly ground black pepper  
1/2 teaspoon ground allspice  
1 1/4 cups water

### Method

Place all ingredients in a 3-cup or larger rice cooker and stir well. Set to cook. Alternatively, if cooking on stovetop, place all ingredients in a medium-size pot with a lid or a small Dutch oven, stir well, bring to a boil over high heat, then lower heat to a simmer and cook, covered, until all liquid has been absorbed, 20 to 30 minutes.

After rice has finished cooking, stir again and allow to sit, covered, for another 5 to 10 minutes. Fluff with a fork before serving.