

## Chives

Add to anything a light onion flavor would be good on. The flowers are edible. Chives have been commonly used in Europe since at least the Middle Ages, but archeological evidence suggests use extends back in time over 5,000 years and possibly into pre-history. Chives grow in the wild across Europe, Asia and the Americas, and have been widely cultivated in numerous forms. A member of the Allium family, it is closely related to onions, garlic and leeks. Chives, although commonly used simply as a garnish, are a powerhouse of beneficial nutrients. Extremely high in vitamins A and C, they are a great source of anti-oxidants. They also boast high levels of calcium, iron, zinc, magnesium, phosphorus, potassium, manganese, vitamin K and folate. Co-incidentally, many of these vitamins and minerals are particularly recommended to ease the symptoms of male menopause, or andropause, so be sure to sprinkle them liberally on everything from scrambled eggs to salads! Add them to anything a mild onion flavor would enhance. You can also put the chive flowers in a vase and just enjoy them on the table!



### Dressings:

#### Lemony Chive-Basil Vinaigrette

- 1/4 cup fresh squeezed lemon juice
- 2/3 cup extra-virgin olive oil
- 1/2 teaspoon EACH: salt and pepper
- 1-2 cloves freshly crushed garlic
- 1-2 tablespoons freshly minced chives

1-2 tablespoons freshly chopped basil

Whisk together all ingredients until well-blended. Store any extra in a tightly-lidded glass jar.

### **Fresh Chive Dressing**

¼ cup of fresh chives, chopped

4 cloves of roasted garlic

½ cup of apple cider vinegar

¾ cup of olive oil

Salt and pepper to taste

1. In a small bowl, mash the roasted garlic into a paste (or 2 cloves fresh garlic if you don't feel like roasting it). Mix in the vinegar with salt and pepper. Then, slowly whisk in the olive oil a little at a time until it is well combined.

2. Taste for seasoning and add the chives in.

3. For the freshest taste, make less than an hour before serving.

### **Chive Vinaigrette**

2 tablespoons extra-virgin olive oil

1 tablespoon apple cider vinegar

1/2 teaspoon Dijon mustard

1/4 teaspoon honey, maple syrup or sugar

1 tablespoon water

1 tablespoon snipped fresh chives

Salt & freshly ground pepper, to taste

Blend in a food processor or shake in a mason jar.

## **More Chive Recipes:**

### **Garlic and Chive Bread**

460 Ciabatta Bread

Butter

Crushed Garlic

Chives, finely chopped

Lifeline Montzerella Cheese

Melt butter. Add garlic. Brush bread with melted garlic butter, top with sliced cheese. Broil until cheese is melted. Sprinkle with chives!

### **Sorrel Rice Noodles (Workshare Lunch!)**

Rice Noodles

Sesame Oil

Toasted Sesame Seeds

Rice Wine Vinegar

Sorrel

Chives

Tempeh

Soy Sauce

Red Pepper Flakes

Cook noodles as directed on package and strain.



Fry tempeh in sesame oil. Splash with a bit of soy sauce, rice wine vinegar and a sprinkle of red pepper flakes. Let tempeh absorb flavors. Add finely chopped up chives just before removing from skillet. Chop sorrel and combine with noodles and tempeh while they are still hot. This will be enough heat to wilt the greens. Sprinkle with sesame seeds. Add a bit more sesame oil and rice wine vinegar if noodles are sticking together.



### Sorrel Butter Pasta **(Workshare Lunch!)**

This almost does not count as cooking it is so easy.

Pasta of choice

Sorrel

Butter

Chives

Chop sorrel and put in a serving bowl. Cook your favorite pasta. As the pasta is cooking, gently melt butter and add minced chives. Strain pasta and immediately add to the sorrel. Add butter/chive mixture. Toss. The heat from the noodles will be enough to wilt the sorrel. Serve with grated Mozzarella!

