

# HUFFPOST TASTE

## Vegetables: Now They're Invading Desserts

By Anneli Rufus

You know those community cookbooks that used to pop up everywhere, packed with recipes contributed by people affiliated with various churches, clubs and schools and sold to raise funds for those churches, clubs and schools?

Flipping last year through one such book, which was published many years ago by a parents' group at my public high school, I was shocked to discover a cake recipe allegedly contributed by my mother. Shocked not because she never baked, but because it was for "Tomato-Juice Cake," which included you-know-what, and which to my knowledge Mom never made or even mentioned. Had she done so, I would have run screaming from our olive-colored kitchen, ashamed of and for her as kids are when their parents appear on telethons or wear miniskirts.

Why, of all the things she actually baked, did she affiliate her name with this nightmare in "Goodies From Our Galleys"? As she passed away three years ago I cannot ask her -- well, I can, but you know how it is.

But here's the thing. What seemed disgusting to me last year, seems disgusting to me now (I don't even like carrot cake or pumpkin pie) and would have seemed super-humongously-disgusting when "Goodies From Our Galleys" was new (I never read it, then) is now a thing. A trend. Actual chefs are making sweet desserts with "savory" vegetables.

I mean it. Mushrooms. Beets.

Kale muffins have been created by Executive Chef/co-owner Kathy Fang at San Francisco's Fang restaurant, in keeping with the kale wave that is currently sweeping the nation.