

2018 Summer CSA Recipes

Week 6

Cauliflower and Tomato Bake

Ingredients

1 large head cauliflower, cut into florets
salt and pepper to taste
2 medium tomatoes, sliced
1/2 cup butter, melted
8 ounces Swiss cheese, shredded

Directions

Preheat oven to 350 degrees F (175 degrees C). Place cauliflower in a microwave-safe baking dish with just enough water to cover bottom of dish. Cook in the microwave on High for 5 minutes, or until slightly tender. Drain, and season with salt and pepper. Arrange tomato slices around the cauliflower. Drizzle cauliflower and tomatoes evenly with melted butter, and top with cheese. Bake 40 minutes in the preheated oven, until cheese is bubbly.

Roasted Cauliflower with breadcrumbs

1 head cauliflower, cut into 1/2 -1 inch florets
1/2 cup fresh bread crumbs
1/4 cup freshly grated Parmesan
1/4 cup olive oil
Salt and pepper to taste
Preheat oven to 400°. Toss florets with olive oil, bread crumbs and cheese. Spread in a single layer on jelly roll sheet lined with nonstick foil. Season with salt and pepper. Roast 30-40 minutes, until nicely browned.

Cauliflower Pizza Crust

Ingredients

1 head cauliflower, cored and separated into florets
1/2 cup water
1/2 teaspoon salt
2 ounces fresh goat cheese
1/2 ounce finely grated Parmigiano-Reggiano cheese
1 large egg
1 pinch cayenne pepper, or to taste

Directions

Preheat oven to 400 degrees F (200 degrees C).

Line a baking sheet with parchment paper.

Puree cauliflower in a food processor until finely ground.

Cook ground cauliflower, water, and salt together in a skillet over medium-high heat until fragrant and most of the water evaporates, 5 to 6 minutes. Cool completely. Transfer cauliflower to the center of a clean dish towel. Wrap and squeeze tightly to remove all excess moisture. You should have about 1 1/2 cups cauliflower pulp.

Stir cauliflower, goat cheese, Parmigiano-Reggiano cheese, egg, and cayenne pepper together in a bowl to form a soft dough. Gather dough into a ball and place in the center of the prepared baking sheet. Press dough into circle about 1/4-inch thick.

Bake in the preheated oven until golden brown and set, about 40 minutes. Cool and turn crust over before topping.

Fried Yellow Squash Slices

Ingredients

3/4 cup self-rising cornbread mix
salt and ground black pepper to taste
2 yellow squash, cut into 1/8-inch slices
1/4 cup olive oil, or more as needed

Directions

Place cornbread mix in a gallon-size resealable bag; season with salt and black pepper. Add squash, seal bag, and shake to coat evenly. Remove squash from bag and shake off any excess cornmeal.

Heat about 1/4 inch of olive oil in a large skillet over medium heat. Fry squash in the hot oil, working in batches, until center is cooked and edges are crisp, 2 to 3 minutes per side.

Remove with a slotted spoon and drain on a paper towel-lined plate.

Beef & Summer Squash Lasagna

Ingredients

salt and pepper to taste
1 tablespoon Italian seasoning
4 cups ricotta cheese
1 cup grated Romano cheese
2 1/2 cups spaghetti sauce
1 1/2 cups shredded mozzarella cheese
Galbani Fresh Mozzarella 16oz Log
2 medium summer squash, sliced
1 cup fresh basil leaves
Bring a large pot of water to a rapid boil. Boil lasagna noodles 6 to 8 minutes until al dente. Drain and rinse with cold water. Lay noodles flat and remove excess water with a paper towel. In a skillet, brown the ground beef over medium-high heat. Add onion, salt, pepper, and Italian seasoning. Cook until there is no remaining pink color in beef. Drain any liquids and set aside.
In a large bowl, mix together ricotta cheese, Romano cheese, 2 cups of the spaghetti sauce and the seasoned ground beef. Mix until well blended. Meanwhile, preheat oven to 375 degrees F (190 degrees C).
Add a thin layer of spaghetti sauce in the bottom of a 9x13 inch baking dish. Add a layer of noodles lengthwise and a few noodles in the opposite direction. Pour in a generous layer of ricotta mixture on top of noodles. Top ricotta layer with several basil leaves. Add another layer of noodles lengthwise. Spread on 1 cup of the mozzarella cheese. Line up the zucchini slices on top of the mozzarella cheese. Add another thin layer of ricotta cheese. Add the last layer of noodles lengthwise. Top the noodles with the remaining spaghetti sauce, several more basil leaves in an eye catching arrangement and top with the remaining 1/2 cup mozzarella cheese.
Bake in a preheated oven for 50 to 55 minutes. If Mozzarella cheese becomes too browned, loosely cover with a piece of foil.

Golden Beets and Farfalle

ingredients

1/3 cup pine nuts
4 tablespoons extra-virgin olive oil, divided
2 large onions, quartered lengthwise through root end, sliced crosswise (about 4 cups)
3 garlic cloves, minced
2 bunches 2-inch-diameter golden beets with fresh healthy greens; beets peeled, each cut into 8 wedges, greens cut into 1-inch-wide strips
12 ounces farfalle (bow-tie pasta)
1/3 cup grated Parmesan cheese plus additional for serving
preparation

Heat heavy large skillet over medium heat. Add pine nuts and stir until lightly toasted, about 3 minutes. Transfer to small bowl. Add 2 tablespoons oil and onions to same skillet and sauté until beginning to soften and turn golden, about 10 minutes. Reduce heat to medium-low and continue to sauté until onions are tender and browned, about 30 minutes longer. Add garlic and stir 2 minutes. Scatter beet greens over onions. Drizzle remaining 2 tablespoons oil over; cover and cook until beet greens are tender, about 5 minutes.

Meanwhile, cook beets in large pot of boiling salted water until tender, about 10 minutes. Using slotted spoon, transfer beets to medium bowl. Return water to boil. Add pasta to beet cooking liquid and cook until tender but still firm to bite, stirring occasionally. Drain, reserving 1 cup pasta cooking liquid. Return pasta to pot.

Stir onion-greens mixture and beets into pasta. Add pasta cooking liquid by 1/4 cupfuls to moisten. Season with salt and coarsely ground black pepper. Stir in 1/3 cup Parmesan cheese. Divide pasta among shallow bowls. Sprinkle with pine nuts. Serve, passing additional cheese.

Roasted Beets and Feta Cheese

INGREDIENTS:

4 beets, trimmed, leaving 1 inch of stems attached

1/4 cup minced shallot

2 tablespoons minced fresh parsley

2 tablespoons extra-virgin olive oil

1 tablespoon balsamic vinegar

1 tablespoon red wine vinegar

salt and pepper to taste

1/4 cup crumbled feta cheese

DIRECTIONS:

1. Preheat oven to 400 degrees F. Wrap each beet individually in aluminum foil, and place onto a baking sheet.
2. Bake beets in preheated oven until easily pierced with a fork, 45 minutes to 1 hour. Once done, remove from oven, and allow to cool until you can handle them. Peel beets, and cut into 1/4 inch slices.
3. While the beets are roasting, whisk together shallot, parsley, olive oil, balsamic vinegar, and red wine vinegar in a bowl until blended; season to taste with salt and pepper, and set aside.
4. To assemble the dish, place the warm, sliced beets onto a serving dish, pour vinaigrette over the beets, and sprinkle with feta cheese before serving.

Easy Refrigerator Pickles

INGREDIENTS:

1 cup distilled white vinegar

1 tablespoon salt

2 cups white sugar

6 cups sliced cucumbers

1 cup sliced onions

1 cup sliced green bell peppers

DIRECTIONS:

1. In a medium saucepan over medium heat, bring vinegar, salt and sugar to a boil. Boil until the sugar has dissolved, about 10 minutes.
2. Place the cucumbers, onions and green bell peppers in a large bowl. Pour the vinegar mixture over the vegetables. Transfer to sterile containers and store in the refrigerator.

Crisp Cucumber Salsa:

2 cups finely chopped seeded peeled cucumber

1/2 cup finely chopped seeded tomato

1/4 cup chopped red onion

2 Tbsp minced fresh parsley

1 jalepeno pepper, seeded and chopped

4-1/2 tsp minced fresh cilantro

1 garlic clove, minced or pressed

1/4 c reduced-fat sour cream (I would Use Greek yogurt instead of sour cream)

1-1/2 tsp lemon juice

1-1/2 tsp lime juice

1/4 tsp ground cumin

1/4 tsp seasoned salt

Tortilla chips

In a small bowl, combine the first seven ingredients. In another bowl, combine the sour cream, lemon juice, lime juice, cumin and seasoned salt. Pour over cucumber mixture and toss gently to coat. Serve immediately with chips.

Fennel and Beet Salad

4 beets, peeled and cut into

1/2-inch wedges

2 thyme sprigs

2 tablespoons water

2 tablespoons extra-virgin olive oil

Salt and freshly ground pepper

1 fennel bulb with fronds

—bulb cut into 1/2-inch wedges, 1 tablespoon chopped fronds

1 teaspoon sherry vinegar

1. Preheat the oven to 400°. In a medium baking dish, toss the beets with the thyme, the water and 1 tablespoon of the olive oil. Season with salt and pepper. Cover with foil and cook for about 40 minutes, or until tender. Let cool slightly. Discard the thyme.

2. In a small baking dish, drizzle the fennel wedges with the remaining 1 tablespoon of olive oil and season with salt and pepper. Cover with foil and bake for 15 minutes. Uncover and bake for 15 minutes longer, or until tender and lightly browned.

3. Pour the beet juices into a bowl and whisk in the vinegar. Add the beets, fennel wedges and fronds and season with salt and pepper. Serve warm or at room temperature.

Baked Fennel with Parmesan

INGREDIENTS:

2 fennel bulbs
1 tablespoon butter
3/4 cup half-and-half cream
3/4 cup creme fraiche
1/4 cup grated Parmesan cheese

DIRECTIONS:

1. Preheat the oven to 400 degrees F (200 degrees C). Cut the base off of the fennel bulbs, and cut a cone shape into the base to remove the core. You can see the core because it is whiter than the surrounding green. This is optional, but helps the fennel cook faster. Slice the fennel vertically (upright) into 1/4 inch thick slices.
2. Melt the butter in a large skillet over medium heat. Add the fennel, and fry for about 5 minutes. Stir in the half-and-half and creme fraiche until well blended. Transfer to a shallow baking dish. Sprinkle Parmesan cheese over the top.
3. Bake for 30 minutes in the preheated oven, or until the top is golden brown and the fennel is tender enough to pierce with a fork.