

2018 Summer CSA Recipes

Week 5

CLASSIC CARROT SUMMER SALAD

INGREDIENTS

10 oz. Shredded Carrots (or julienne 1 or 2 Carrots)
1/2 Cup Raisins
1/2 Cup Fresh Pineapple, diced
1/2 Cup Apple, diced
1/4 Cup Grapes, diced
1/4 Cup Mayonnaise (give Spectrum a try)
1/4 Cup Full Fat Greek Yogurt
2 teaspoons Sugar
1/4 teaspoon Sea Salt

INSTRUCTIONS

Combine the carrots, raisins, pineapple, apple, grapes in a large bowl
Whisk the mayo, yogurt, sugar and salt together in a small bowl and pour over the vegetables.
Use a spatula or large spoon to gently mix until combined
Cover and refrigerate until ready to serve

Honey and Ginger Carrots

INGREDIENTS:

1 pound carrots, sliced
1/4 cup butter
2 1/2 tablespoons honey
1 pinch ground ginger
1 tablespoon lemon juice, or to taste

DIRECTIONS:

1. Bring a pot of water to a boil. Add carrots and cook until tender but still firm, about 5 minutes. Drain.
2. In a large skillet over low heat, melt butter with honey. Stir in ground ginger and lemon juice. Stir in carrots and simmer until heated through.

Carrot Patties

Ingredients

1 pound carrots, grated
1 clove garlic, minced
4 eggs
1/4 cup all-purpose flour
1/4 cup bread crumbs or matzo meal
1/2 teaspoon salt

1 pinch ground black pepper
2 tablespoons vegetable oil

Directions

In a medium size mixing bowl, combine the grated carrots, garlic, eggs, flour, bread crumbs, salt and black pepper; mix well.
Heat oil in a frying pan over medium-high heat. Make the mixture into patties, and fry until golden brown on each side.

Sautéed Spring Onion

Ingredients:

1 bunch spring onion
1 tsp garlic, minced
1 Tbs olive oil blend.
salt and white pepper, to taste

Directions:

Start a large pot of boiling salted water. Trim off any bad pieces of the onion, and cut down to about 5 inches long from the end of onion. Once water boiling, blanch onions till tender, about 45 secs or until soft. Remove from water and shock in a cold ice bath. Once chilled, cut in half lengthwise. Start a small sauté pan with oil in it. Add onion cut side down and start to sear. Once good color has developed, turn over and add garlic, also seasoning with salt and pepper. Sauté until garlic is browned slightly and remove onions from pan. Discard pan with hot oil. Serve onto dish.

Spring Onion Pie

Ingredients

10 thin spring onions
4 large eggs, lightly beaten
1 cup milk
3/4 cup all-purpose flour
1 teaspoon kosher salt
1/2 teaspoon baking powder
1/4 teaspoon freshly ground pepper
2 tablespoons butter
5 ounces Gruyere cheese, cubed

How to Make It

Preheat oven to 400°. Heat a 10-inch cast-iron skillet in oven. Trim roots from onions; discard roots. Chop half of onions. Whisk together eggs and milk. Sift together flour and next 3 ingredients. Gradually add flour mixture to egg mixture, whisking rapidly 20 to 30 seconds or just until blended and smooth. (There should be no lumps.) Stir in chopped onions. Let stand 5 minutes. Carefully remove hot skillet from oven. Add butter, and let stand until butter is melted. Place skillet over medium-high heat, and pour batter into skillet. Arrange cheese and remaining whole onions over top of batter, and cook 30 seconds to 1 minute or until edges begin to set. Transfer skillet to top oven rack, and bake at 400° for 22 to 25 minutes or until golden brown and puffy. (Outside edges should be crispy, and inside texture should resemble a custard popover. Pie will deflate quickly.) Serve immediately.

Grilled Spring Onions

Ingredients

2 bunches spring onions
Olive oil for brushing
Salt and pepper
2 ounces feta cheese
Lemon wedges

Directions

1. Heat a grill or grill pan to low heat. Trim off and discard just the inedible portion of the root of each onion, making sure to leave enough at the bottom to hold the onion together. Then trim off the dark green tops of the onions and reserve. Slice the bulb and light green portion of each onion in half lengthwise from root to tip.
2. Brush each onion half and the greens on all sides with olive oil and sprinkle with salt and pepper. Place the onion bulbs on the grill, cut-side down. Grill for about 5 minutes, depending on the size of the onion, until lightly charred on the underside and beginning to soften. Turn

and grill 2 to 5 minutes more, until the whole onion is softened and nicely charred. Remove the bulbs to a plate and place the dark greens on the grill. Cook for just a minute or so per side, watching carefully, until nicely charred but not burned. (Alternatively, you can reserve the greens to use raw in another dish.)

3. Plate the onions and sprinkle with a bit of additional salt, a drizzle of lemon juice, and some crumbled feta cheese.

Blueberry Squash Cake with Lemon

Buttercream Frosting

Ingredients

3 eggs, lightly beaten
1 cup vegetable oil
3 teaspoons vanilla extract
2 1/4 cups white sugar
2 cups finely shredded and drained summer squash
3 cups all-purpose flour
1 teaspoon salt
1 teaspoon baking powder
1/4 teaspoon baking soda
1 pint fresh blueberries (you can reserve a few for garnish if so desired)
Lemon Buttercream
1 cup butter, room temperature
3 1/2 cups confectioners' sugar
1 lemon, juice and zest of (about 2 tablespoons)
1 teaspoon vanilla extract
1/8 teaspoon salt

Instructions

Preheat oven to 350 degrees F. Prepare two 8-inch round cake pans.

Grate a large squash (or two small squash) and place in a clean dish towel. Squeeze until most of the liquid comes out. You will want to have 2 total cups of shredded squash after it has been drained. Set aside.

In a large bowl and using a hand mixer, beat together the eggs, oil, vanilla, and sugar. Fold in the squash.

Slowly add in the flour, salt, baking powder, and baking soda. Gently fold in the blueberries.

Divide batter evenly between prepared cake pans.

Bake 35-40 minutes in the preheated oven, or until a knife inserted in the center of a cake comes out clean. Cool 20 minutes in pans, then turn out onto wire racks to cool completely.

Lemon Buttercream

Combine butter, sugar and salt and beat till well combined.

Add lemon juice and vanilla and continue to beat for another 3 to 5 minutes or until creamy.

Fold in zest*.

*If you are piping this buttercream, I recommend leaving out the zest.

Mashed Summer Squash

Ingredients

4 summer squash

1 tablespoon minced onion

1 tablespoon butter

1/2 cup milk

salt and pepper to taste

Directions

Slice and steam or boil squash until tender.

Pour off any remaining water.

Mash the squash slightly. In a medium size pot place mashed squash, onion, butter, milk, salt and pepper. Mix well and heat over a medium flame. Serve warm.

Grilled Summer Squash with Lemon

Ingredients

3 whole summer squash (medium Sized)

1/4 cup Olive Oil

1 teaspoon Kosher Salt

1 teaspoon Black Pepper

1 whole Lemon, Zested

1 teaspoon Kosher Salt (additional)

Extra Olive Oil If Needed For Brushing

Preparation Instructions

Lop off the tops and bottoms of the zucchini and slice them into quarters, lengthwise. Place them all in a very large (or two regular sized) plastic zipper bag. Drizzle in olive oil, 1 teaspoon salt, pepper, 1 tablespoon lemon zest and the juice of two lemons.

Seal the bag(s) and toss them around a bit so that the zucchini is coated. Set aside for 15 to 20 minutes to marinate.

Prepare the indoor or outdoor grill to medium to medium-low heat. Grill the zucchini on all three sides until nice and tender, being careful not to burn them. Remove the zucchini to a plate as it gets done.

Pile up the rest of the lemon zest and sprinkle 1 tablespoon kosher salt on top. Use a knife to chop the salt and zest together until it becomes...well, lemon salt! Add more salt if it needs it. Sprinkle the lemon salt over the plate of grilled zucchini and serve

Tomato Sandwiches

Ingredients

1 cup good mayonnaise

10 to 15 basil leaves, chopped

1 teaspoon kosher salt

1/4 teaspoon freshly ground black pepper

1 teaspoon freshly squeezed lemon juice

1 tablespoon good olive oil

1 teaspoon minced garlic

2 slices country loaf bread

1 tomato, sliced

Directions

Whisk together the mayonnaise, basil, salt, pepper, lemon juice, olive oil and garlic. Spread the mayonnaise mixture on the top of 2 slices of bread. Place the sliced tomato on top of one bread slice. Place the remaining slice of bread, mayonnaise side down, on top of the tomato. Cut the sandwich in half and serve.

Tomato Zucchini Casserole

INGREDIENTS:

1 1/2 cups grated Cheddar cheese

1/3 cup grated Parmesan cheese

1/2 teaspoon dried oregano

1/2 teaspoon dried basil

2 cloves garlic, minced

salt and pepper to taste

2 medium zucchinis, thinly sliced

2 large tomatoes, thinly sliced

1/4 cup butter

2 tablespoons finely chopped onion

3/4 cup fine bread crumbs

DIRECTIONS:

1. Preheat oven to 375 degrees F (190 degrees C). Lightly butter a 9x9-inch pan.
2. In a large bowl, combine Cheddar, Parmesan, oregano, basil, and garlic. Season with salt and pepper, and set aside.
3. Arrange half of the zucchini slices in the pan. Sprinkle 1/4 of the cheese and herb mixture on top. Arrange half of the tomatoes, and top with another 1/4 of the cheese mixture. Repeat layers.
4. Melt butter in a skillet over medium heat. Stir in onions, and cook until soft and translucent. Stir in breadcrumbs; cook until they have absorbed the butter. Sprinkle on top of casserole.
5. Cover loosely with foil, and bake in a preheated oven for 25 minutes. Remove foil, and bake until the top is crusty and the vegetables are tender, about 20 minutes.

Garden Fresh Tomato Soup

INGREDIENTS:

4 cups chopped fresh tomatoes
1 slice onion
4 whole cloves
2 cups chicken broth
2 tablespoons butter
2 tablespoons all-purpose flour
1 teaspoon salt
2 teaspoons white sugar, or to taste

DIRECTIONS:

1. In a stockpot, over medium heat, combine the tomatoes, onion, cloves and chicken broth. Bring to a boil, and gently boil for about 20 minutes to blend all of the flavors. Remove from heat and run the mixture through a food mill into a large bowl, or pan. Discard any stuff left over in the food mill.
2. In the now empty stockpot, melt the butter over medium heat. Stir in the flour to make a roux, cooking until the roux is a medium brown. Gradually whisk in a bit of the tomato mixture, so that no lumps form, then stir in the rest. Season with sugar and salt, and adjust to taste.

Unstuffed Cabbage

Ingredients

1 pound ground beef
3/4 teaspoon garlic powder
1 teaspoon ground black pepper
1 (14.5 ounce) can low-sodium beef broth
1 (1 ounce) envelope dry onion soup mix
1/2 small onion, chopped
1 cup instant white rice
2 cups coarsely shredded green cabbage
1 1/2 cups crushed tomatoes

Directions

Crumble the ground beef into a skillet over medium-high heat. Add the onion, and season with garlic powder and pepper; cook and stir until the beef is evenly browned. Drain off the excess grease.

Pour the beef broth and onion soup mix into the skillet with the beef, and stir to blend. Bring to a boil, then add the rice, cabbage and crushed tomatoes. Stir together, then cover and simmer over low heat for 30 minutes, or until the rice is tender and the liquid is absorbed.

Texas Coleslaw

INGREDIENTS:

1 cup mayonnaise
1 tablespoon lime juice
1 tablespoon ground cumin
1 teaspoon cayenne pepper
1 teaspoon salt
1 teaspoon ground black pepper
1 medium head green cabbage, rinsed and very thinly sliced
1 large carrot, shredded
2 green onions, sliced
2 radishes, sliced

DIRECTIONS:

In a large bowl, whisk together the mayonnaise, lime juice, cumin, salt and pepper. Add the cabbage, carrot, green onions and radishes and stir until well-combined. Chill at least an hour before serving.

Cabbage and Tomato Tabbouleh

INGREDIENTS

1 cup bulgur (not quick-cooking)
½ medium head green cabbage, cut into 1"-thick wedges, then very thinly sliced crosswise (about 4 cups)
1 small sweet onion (such as Vidalia), finely chopped
4 cups assorted small tomatoes, halved, quartered if large
3 cups coarsely chopped fresh mint
¾ cup olive oil
¼ cup fresh lemon juice
1 teaspoon Aleppo pepper or ½ crushed red pepper flakes
Kosher salt

RECIPE PREPARATION

Place bulgur in a large bowl and add 1½ cups boiling water. Let soak until softened and water is absorbed, 40–45 minutes.

Toss bulgur, cabbage, onion, tomatoes, mint, oil, lemon juice, and Aleppo pepper in a large bowl to combine; season with salt.

DO AHEAD: Tabbouleh (without oil and lemon juice) can be made 4 hours ahead. Toss with oil and lemon juice just before serving.

Kale with Tomatoes and Garlic

Ingredients

1 bunch Kale, stems removed, washed (but not totally dried), coarsely chopped
1 large tomato, chopped
olive oil
a few cloves of garlic, chopped up
salt
pepper

Directions

Turn stovetop to medium. In a wide, deep pan, pour in olive oil to coat, add in garlic and tomatoes. Heap kale on top, add salt and pepper. Continuously flip the Kale as the bottom begins to wilt, allowing the tomato juices to sauté it until completely wilted. Cook for another minute until kale is dark emerald green (but firm) and tomatoes are soft.

This dish is great served cold too!

Spaghetti Aglio-e-olio with Kale

INGREDIENTS

Kosher salt
1 bunch kale
5 garlic cloves
¼ cup olive oil, plus more for drizzling
Freshly ground black pepper
12 ounces spaghetti, thick spaghetti, bucatini, or other long strand pasta
Parmesan and crushed red pepper flakes (for serving)
Flaky sea salt

RECIPE PREPARATION

Bring a large pot of salted water to a boil. Meanwhile, strip kale leaves from ribs and stems, then tear leaves crosswise into 2"-3" pieces. Cook kale in boiling water until bright green and slightly softened, about 2 minutes. Using tongs, transfer kale to a colander and rinse under cold water, tossing; squeeze out excess liquid from leaves. Keep water at a boil (you'll use it for the pasta).

Whack garlic with the side of a chef's knife to crush; peel off skins. Heat ¼ cup oil in a large heavy pot over medium. Cook garlic, stirring occasionally, until sizzling, about 3 minutes. Season very generously with black pepper and cook, smashing with a wooden spoon, until cloves break into rough pieces, soften, and look golden. Add kale to pot and cook, stirring often, until darkened in color and very tender, about 8 minutes (garlic will break into even smaller pieces). Season with kosher salt and pepper.

Meanwhile, cook pasta, stirring occasionally, until very al dente (2–3 minutes less than package directions).

Using tongs, add pasta to kale; splash in about 1 cup pasta cooking liquid. Cook, tossing and adding more pasta cooking liquid as needed, until sauce lightly coats pasta, about 2 minutes.

Serve pasta topped with Parmesan, red pepper flakes, sea salt, and more black pepper.

Gluten Free Chicken Meatballs with Braised

Lemon and Kale

INGREDIENTS

2 tablespoons olive oil, divided
2 medium shallots, minced, divided
1 scallion, minced (all parts), plus thinly sliced green tops for garnish
2 cloves garlic, minced
1/4 teaspoon crushed red pepper flakes
1 pound ground chicken meat
1 teaspoon kosher salt and freshly ground black pepper, plus more
1 lemon, very thinly sliced and seeds removed
2 cups low salt chicken broth
1 large bunch kale, destemmed

RECIPE PREPARATION

Heat 1 Tbsp. olive oil in a large heavy pot over medium heat. Add shallot, scallion, garlic, and red pepper flakes. Cook, stirring constantly until softened and fragrant, about 6 minutes.

Add 1/3 of ground chicken and cook just until cooked through, breaking up any clumps. Transfer to a medium bowl and let cool slightly. Add remaining chicken meat, salt, and several grindings of black pepper. Mix just to combine. Wipe out pot and add remaining Tbsp. oil. Heat over medium-high heat until hot but not smoking. Form meat mixture into 8 meatballs each about 2–2 1/2-inch in diameter and add to pot (mixture will be soft). Cook until light golden brown on all sides, 6–8 minutes total. Remove meatballs to a plate; set aside.

Add remaining shallot and lemon slices and cook until lemon slices are tender and starting to turn light golden brown, about 2 minutes. Add chicken broth and return meatballs to pot.

Bring to simmer, lower heat and cover. Cook meatballs until cooked through, 8–10 minutes. Add kale to pot, and cook until tender and bright green, 4–5 minutes. Season with salt and pepper and remove from heat. Divide kale and sauce among 4 shallow bowls, topping with meatballs and lemon slices. Garnish with sliced scallion tops and serve.

Kale Ceasar Salad

Ingredients

1/4 cup mayonnaise
1/4 cup finely grated Parmesan (1 ounce)
2 tablespoons fresh lemon juice
2 tablespoons olive oil
1 teaspoon Dijon mustard
1 teaspoon Worcestershire sauce
kosher salt and black pepper
1/2 bunch kale, thick stems removed and leaves thinly sliced (about 5 cups)
2 hard-cooked eggs, chopped
1/4 small red onion, thinly sliced

How to Make It

Step 1

In a large bowl, whisk together the mayonnaise, Parmesan, lemon juice, oil, mustard, Worcestershire, $\frac{3}{4}$ teaspoon salt, and $\frac{1}{4}$ teaspoon pepper. Add the kale, eggs, and onion and toss to combine.