

2018 Summer CSA Recipes
Week 9

Corn Fritters

INGREDIENTS:

1 cup all-purpose flour
1 teaspoon baking powder
3 ears fresh corn, kernels cut from cob
2 eggs, separated
1/2 cup heavy whipping cream
salt and freshly ground pepper to taste
1 quart vegetable oil for frying, or as needed
2 tablespoons cane syrup, or as desired (optional)

DIRECTIONS:

1. Whisk flour and baking powder into a bowl and mix in corn kernels. Whisk egg yolks with cream in a small bowl and stir into the corn mixture; season with salt and black pepper. Beat egg whites with an electric mixer until fluffy and stiff peaks form in a separate bowl. Gently fold egg whites into the batter, retaining as much volume as possible.
2. Pour vegetable oil into a deep heavy skillet to a depth of 3 inches. Heat to 375 degrees F (190 degrees C).
3. Drop fritters into the hot oil, 2 to 3 tablespoons at a time, and cook until golden brown, 2 to 3 minutes per side. Drain fritters on paper towels and serve drizzled with cane syrup.

Corn 50 Ways!!!

Check out Food Network's Corn 50 ways Article!
Too much to repost!

http://www.foodnetwork.com/recipes/articles/50-fresh-corn-recipes.html?nl=FNW_072213_feature1headline&sni_mid=88183&sni_rid=88183.16804.919582&c32=

Grilled Chicken and corn salad with Avocado

Ingredients

4 tablespoons olive oil, plus more for the grill
1/4 cup fresh lemon juice
2 tablespoons chopped fresh rosemary

4 cloves garlic, finely chopped
kosher salt and black pepper
2 6-ounce boneless, skinless chicken breasts
3 ears corn, shucked
5 ounces baby spinach (about 6 cups)
1 avocado, cut into bite-size pieces
2 ounces Parmesan, shaved

Directions

Heat grill to medium-high. Once it is hot, clean the grill grate with a wire brush. Just before grilling, oil the grill grate.

Whisk together the lemon juice, rosemary, garlic, 3 tablespoons of the olive oil, 1/2 teaspoon salt, and 1/4 teaspoon pepper in a medium bowl. Transfer half the dressing to a small bowl; set aside. Add the chicken to the remaining dressing and turn to coat.

Rub the corn with the remaining tablespoon of oil and season with 1/4 teaspoon each salt and pepper.

Grill the corn and chicken, covered, turning occasionally, until the corn is tender and lightly charred, 4 to 6 minutes, and an instant-read thermometer inserted in each piece of chicken registers 165° F, 8 to 10 minutes.

Cut the kernels off the cobs and slice the chicken.

Toss the spinach, chicken, corn, and avocado with the reserved dressing and sprinkle with the Parmesan

Kale and Corn Salad

INGREDIENTS:

4 ears sweet corn, husked
2 bunches kale - stems removed and discarded, leaves torn into bite-size pieces
1 teaspoon salt, or more to taste
1 large red bell pepper, chopped
1/4 cup pineapple juice
1/4 cup olive oil
2 tablespoons salsa
2 teaspoons Cajun seasoning, or to taste
1 teaspoon garlic powder
1 teaspoon onion powder

salt, to taste

DIRECTIONS:

1. Bring a large pot of water to a boil. Add corn to boiling water and turn off heat. Let corn soak in hot water for 5 minutes. Remove the corn, reserving the cooking water in the pot. Set corn aside to cool before slicing kernels from the cobs into a mixing bowl.
2. Return the pot of water to a boil; add kale and 1 teaspoon salt. Boil kale until bright green and tender, about 5 minutes; drain and set kale aside to cool. Once cool enough to handle, squeeze as much liquid from the kale as you can. Separate leaves and add to bowl with corn kernels.
3. Stir red bell pepper, pineapple juice, olive oil, salsa, Cajun seasoning, garlic powder, and onion powder into the corn and kale.

Coconut and Lime Grilled Kale

Ingredients

- 2 (13.5 ounce) cans coconut milk
- 2 limes, juiced
- 2 teaspoons smoked paprika
- 1 teaspoon sea salt
- 1 teaspoon cayenne pepper
- 1/2 teaspoon red pepper flakes, or to taste
- 2 bunches kale, leaves separated, stems discarded

Directions

Heat coconut milk in a saucepan over low heat until lukewarm, about 5 minutes; pour into a large glass bowl. Stir lime juice, paprika, sea salt, cayenne pepper, and red pepper flakes into milk until marinade is smooth.

Place kale into marinade and press down to ensure all leaves are covered. Cover the bowl with plastic wrap and refrigerate for 4 hours. Preheat an outdoor grill for medium-high heat and lightly oil the grate. Remove kale from marinade and shake off excess. Discard remaining marinade.

Working in batches, grill kale leaves in a single layer until edges are slightly crispy and centers are soft, 45 to 60 seconds per side.

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 saute 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!

Fairy tale eggplant with Rosemary and Lemon

- 1 1/2 pounds fairy tale eggplant, halved lengthwise, stems intact
- Kosher salt, to taste
- Olive oil, to taste
- 2 cloves garlic, finely chopped
- 1 teaspoon chopped rosemary leaves
- Freshly ground black pepper
- 1 lemon wedge

1. Salt: Scatter a little salt on eggplant. Toss.

2. Toast: Measure 2 tablespoons olive oil into a small pan. Add garlic and heat over medium-low until garlic turns fragrant and tan, about 6 minutes. Pull pan off heat. Stir in rosemary. Set aside.

3. Brown: Pour fresh olive oil to a depth of ¼ inch into two heavy skillets. Heat over medium-hot. Add eggplant, flat-side down, in batches. Cook until flat side is deeply browned, about 1 minute. Turn and cook until eggplant is tender, 1 to 2 minutes more. Drain between two layers of paper towels.

4. Dress: Arrange eggplant, flat-side up on a platter. Season with pepper. Drizzle with garlic-rosemary olive oil. Squeeze on a few drops of lemon. Enjoy at room temperature.

Grilled Fairytale Eggplant with Garlic Yogurt

Sauce and Pomegranate

Ingredients

1 cup plain yogurt
1 large clove garlic, minced
1 tablespoon fresh squeezed lemon juice
1/8 teaspoon kosher salt, or to taste
1-2 tablespoons milk
1 pound fairytale eggplant (approximately)
1-2 tablespoons regular olive oil (or as needed)
pomegranate seeds

Instructions

In a small bowl, stir together the yogurt, minced garlic, lemon juice and salt. Use milk to thin the sauce to the desired consistency and set aside.

The garlic flavor will become more noticeable the longer it sits with the yogurt.

Slice the eggplant in half lengthwise and sprinkle liberally with salt (you can slice the stem off first but I think it looks prettier attached, like poached pears). Place in a colander over the sink.

Preheat a grill to medium-high for 10-15 minutes.

Rinse the salt from the eggplant and lightly pat dry. Place in a large bowl and toss with just enough olive oil to prevent the eggplant from sticking to the grill.

It is easiest to grill the eggplant in batches since they are small and don't take very long. Place 10-15 eggplant halves on the grill, flat side down. Cook for 2 minutes and then flip them carefully with tongs. Close the lid and cook for another 2 minutes. Remove from the grill, cover with foil to keep warm and repeat with the remaining eggplant.

Just before serving, drizzle the eggplant with the garlic yogurt sauce and sprinkle liberally with pomegranate seeds.

Cheesy zuchinni sticks

- 8 string cheese sticks or sliced mozzarella cheese
- 2 medium zucchini
- 1/2 cup Italian seasoned bread crumbs

- 1/2 cup Panko bread crumbs
 - 2 eggs
 - 1 Tbl water
 - Oil
1. Preheat oven to 400 degrees.
 2. With a vegetable peeler or mandolin, slice zucchini into thin ribbons.
 3. Wrap each cheese stick with zucchini ribbons and set aside.
 4. In a small bowl, beat egg and water together.
 5. In another bowl, mix Panko and breadcrumbs.
 6. Dip each zucchini wrapped cheese stick in egg mixture, then in bread crumb mixture.
 7. Place on a sprayed baking sheet; spray tops with oil.
 8. Bake 8-10 minutes - until golden and cheese begins to melt.
 9. Dip in your favorite marinara sauce

Summer Squash Lasagna

Ingredients

salt and pepper to taste

1 lb ground beef

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.

Farmer's Market Quesadilla's

Ingredients

1/2 cup chopped bell pepper
1/2 cup chopped zucchini
1/2 cup chopped yellow squash
1/2 cup chopped onion
1/2 cup chopped mushrooms
1 tablespoon olive oil
cooking spray
6 (9 inch) whole wheat tortillas
1 1/4 cups shredded reduced-fat sharp Cheddar cheese

Directions

In a large nonstick pan, cook pepper, zucchini, yellow squash, onion, and mushrooms in olive oil over medium to medium-high heat for about 7 minutes, or until just tender. Remove vegetables from pan.

Coat the same pan with cooking spray, and place one tortilla in pan. Sprinkle 1/4 cup of cheese evenly over tortilla, and layer 3/4 cup of the vegetable mixture over the cheese. Sprinkle another 1/8 cup of cheese on the vegetables, and top with a second tortilla. Cook until golden on both sides, for approximately 2 to 3 minutes per side. Remove quesadilla from pan, and repeat with remaining ingredients. Cut each

quesadilla into 8 triangles with a pizza cutter. Serve hot.

Baked Stuffed Peppers

INGREDIENTS

2 small bell peppers (5 to 6 ounces each), halved lengthwise through stem, seeds and ribs removed

1 heaping cup cherry tomatoes (about 6 ounces)

1 1/2 ounces feta cheese (preferably goat's milk), crumbled

1 teaspoon fresh thyme, coarsely chopped

8 basil leaves, torn into pieces

Freshly ground pepper

1 tablespoon extra-virgin olive oil

DIRECTIONS

STEP 1

Preheat oven to 400 degrees, with rack in top third. Place bell pepper halves, cut sides up, in a baking dish. Toss together tomatoes, feta, thyme, and basil in a medium bowl; season with black pepper. Fill each pepper with tomato and feta mixture, dividing evenly. Drizzle each with oil.

STEP 2

Bake stuffed peppers, covered with aluminum foil, until they begin to soften, about 30 minutes. Remove foil; continue to bake until tomatoes begin to burst and cheese turns light brown, 13 to 15 minutes more. Remove stuffed peppers from oven, and serve warm.