2016 Summer CSA Recipes
Week 14

Spaghetti Squash with Parmesan
Ingredients
1 medium spaghetti squash
1/2 cup grated Parmesan cheese
1/2 stick butter
Salt and pepper
Directions
Preheat the oven to 350 degrees F. Use a paring knife to prick squash all over. Place in a baking dish and bake 1 hour or until soft. Cut squash in half. Scoop out and discard seeds. Using a fork, scrape flesh in strings into a serving bowl. Toss with Parmesan and butter and season to taste with salt and pepper.

Spaghetti Squash with Tomatoes
1 cooked spaghetti squash, halved, seeds removed
1 medium onion, chopped (1/2 cup)
1 green pepper, chopped (1/2 cup)
1 large garlic clove, chopped
2 tablespoons olive oil
4 tomatoes, chopped (4 cups)
1⁄4 teaspoon dried oregano
1⁄4 teaspoon dried basil
salt and pepper
2 tablespoons butter
1⁄4 cup grated parmesan cheese
DIRECTIONS

Cook squash til done using any method you prefer- bake, boil, steam, microwave.
When squash is nearly done, saute onion, green pepper and garlic in olive oil over medium heat until tender. (about 5 minutes).
Stir in tomatoes, salt and pepper, oregano and basil. Simmer together about 5 minutes more.
When squash is done, shred with fork, keeping it inside the shell. Toss with butter. Spoon mixture on top of shredded squash, top with parmesan.

Spaghetti Squash Frittata

Gluten-free/Paleo/Nut-free/Oil-free

Serves: 2/Prep time: 5 minutes/Cook time: 40 minutes

1 small spaghetti squash (you will need 2 cups shredded)
3 eggs
1 c kale, chopped
1/2 c mushrooms, sliced
1/4 c white onion, diced
1/2 tsp oregano
sea salt and fresh ground black pepper to taste
To prepare the spaghetti squash, preheat oven to 350F. Wash and slice the squash in half and place cut sides down onto a baking sheet. Roast about 25-30 minutes or until fork tender. When done, shred with a fork into a medium sized bowl and set aside.
Lightly spray or grease a small frying pan and add in chopped mushrooms and onion and sauté over medium heat for about 3-4 minutes. When onions are translucent and fragrant remove from pan and set aside.
Crack the eggs into the bowl with the squash and add the spices. Mix until combined.
Mix in the kale, mushrooms and onion and then pour the mixture into the same frying pan, cover and cook over medium heat for about 8 minutes or until eggs are cooked through.
Remove frittata from heat, slice and plate to serve.

Roasted Tomatillo Chicken Soup
INGREDIENTS
4 tomatillos, peeled and clean
1 jalapeno (optional)
1/2 cup cilantro, plus extra for garnish
1 tablespoon olive oil
1 leek, white parts only, halved lengthwise and sliced

1 clove garlic, minced
1/4 teaspoon kosher salt, to taste
4 cups chicken stock
1 teaspoon cumin
1 skinless boneless chicken breast
creme fraiche for serving

INSTRUCTIONS
Preheat the oven to 375°F. Roast the tomatillos (and jalapeno if desired) for about 30 minutes, flipping half way. The peppers will be done when browned and soft to the touch. Let it cool for a few minutes, then place in a food processor with the cilantro and puree. If using the jalapeno, remove and discard seeds before pureeing. Set aside.

Meanwhile, in a medium saucepan over medium heat, heat the olive oil and cook the leeks, until softened. Add the garlic and season lightly with salt. Add the chicken stock, cumin and chicken, and bring to a boil. Let it cook until the chicken is cooked through. Remove the chicken and shred. Set aside.

Working in batches, put half of the tomatillo puree and half of the soup into the food processor and process till smooth. Repeat for the second batch. Return to the soup pot, bring to a boil and simmer. Adjust seasoning as necessary and put the chicken back into the pot and heat through.

Serve hot with a dollop of creme fraiche, additional cilantro garnish, and some crusty warm bread.

Seared Scallops with Tomatillo Guacamole & Corn Salsa
12 large scallops
cumin
olive oil
salt

For the Tomatillo Guacamole:

1 avocado, halved and pitted
1/2 pound tomatillos, husked and coarsely chopped
1/2 lime, juiced
1 garlic clove, coarsely chopped
1 small shallot, coarsely chopped
1/2 1 jalapeño, seeded and coarsely chopped (to taste)
1/2 cup cilantro leaves, coarsely chopped
1/2 tsp cumin
salt to taste

For the corn salsa:

3 ears corn, shucked
1 cup cherry tomatoes, halved
1/4 cup cilantro leaves, coarsely chopped
1 tsp white vinegar
1/2 tsp cumin
salt to taste

Combine all ingredients for the guacamole in a food processor or blender and pulse until mixture is combined, but still fairly coarse. Set aside.

In the center of a large bowl, take one cob at a time, stand it upright and shave the kernels off with your knife. Be careful not to cut too deep, you don't want the coarse center of the cob to come off with the corn. Repeat with the remaining cobs until all have been shaved. Toss together with the remaining ingredients for the salsa, and set aside.

Tomatillo Bloody Mary Mix
Makes approximately 12-15 drinks

2½ lbs tomatillos, peeled and seeded
2½ garlic cloves, peeled
1½ English cucumbers, peeled and rough chopped
1½ jalapeños, trimmed and seeded
1 bunch of celery, trimmed and rough chopped
1 bunch of cilantro leaves
½ yellow onion, peeled and rough chopped
½ green bell pepper, trimmed, seeded, and rough chopped
1 cup filtered water

1 cup fresh lime juice
Kosher salt, to taste

Combine first 9 ingredients in a blender and process until smooth. Strain mixture through a metal mesh strainer to remove pulp and any lingering seeds; add lime juice and salt to taste. Serve chilled.

Chiles Rellenos
Ingredients
6 fresh poblano peppers
1 (8 ounce) package queso asadero (white Mexican cheese), cut into 3/4-inch thick strips
2 eggs, separated
1 teaspoon baking powder
3/4 cup all-purpose flour
1 cup vegetable shortening for frying
Directions
Preheat the oven's broiler and set the oven rack at about 6 inches from the heat source. Line a baking sheet with aluminum foil. Place peppers onto the prepared baking sheet, and cook under the preheated broiler until the skin of the peppers has blackened and blistered, about 10 minutes. Turn the peppers often to blacken all sides. Place the blackened peppers into a bowl, and tightly seal with plastic wrap. Allow the peppers to steam as they cool, about 15 minutes.
Rinse cooled peppers under cold water to peel off the skins, and cut a slit along the long side of each pepper to remove the seeds and core. Rinse the peppers inside and out, and pat dry with paper towels. Stuff the peppers with strips of the cheese.
Whisk the egg yolks in a bowl with the baking powder. In a second metal bowl, beat the egg whites with an electric mixer until the whites form stiff peaks. Gently fold the beaten egg whites into the yolk mixture. Place flour into a shallow bowl.
Heat the vegetable shortening in a skillet over medium heat. Roll each stuffed pepper in flour, tap off excess flour, and dip the peppers into the egg mixture to coat both sides. Gently lay the coated peppers into the hot shortening. Fry peppers until lightly golden brown and the cheese has melted, about 5 minutes per side.

Sautéed Poblano Peppers with Corn

INGREDIENTS

2 tablespoons canola oil
1 to 2 poblano peppers, seeded and cut into 1-inch pieces
1 medium red onion, chopped
4 ears corn, removed from hush
2 cloves garlic, chopped
kosher salt and black pepper
2 tablespoons fresh lime juice
DIRECTIONS

Heat the oil in a large skillet over medium-high heat. Add the poblano(s) and onion and cook, stirring often, until the poblano(s) are blistered in spots, 4 to 6 minutes. Add the corn, garlic, 1 teaspoon salt, and ¼ teaspoon black pepper and cook, stirring often, until the corn is heated through, 2 to 3 minutes. Mix in the lime juice.

Penne with Corn, Roasted Poblanos, Avocado, and Tomato
Ingredients

2 poblano peppers
2 red bell peppers
2 ears shucked corn
2 tablespoons fresh lime juice
1 tablespoon extravirgin olive oil
1 teaspoon salt
1/2 teaspoon freshly ground black pepper
1/2 teaspoon ground cumin
1 garlic clove, minced
4 cups hot cooked penne (about 8 ounces uncooked pasta)
2 cups halved grape tomatoes
1 cup finely chopped onion
1/4 cup chopped fresh cilantro
1 chopped peeled avocado
3/4 cup (3 ounces) queso fresco
Preparation

Preheat broiler.

Cut poblano and bell peppers in half lengthwise; discard seeds and membranes. Place pepper halves, skin sides up, on a foil-lined baking sheet; flatten with hand. Add corn to baking sheet. Broil 18 minutes or until peppers are blackened and corn is lightly browned, turning corn occasionally. Place peppers in a zip-top plastic bag; seal. Let stand 10 minutes. Peel and coarsely chop. Cut kernels from ears of corn.

Combine juice, oil, salt, black pepper, cumin, and garlic in a large bowl; stir. Add peppers, corn, pasta, and remaining ingredients except cheese; toss. Top with cheese.

Roasted Garlic Cauliflower
Ingredients
2 tablespoons minced garlic
3 tablespoons olive oil
1 large head cauliflower, separated into florets

1/3 cup grated Parmesan cheese
salt and black pepper to taste
1 tablespoon chopped fresh parsley
Directions
Preheat the oven to 450 degrees F (220 degrees C). Grease a large casserole dish.
Place the olive oil and garlic in a large resealable bag. Add cauliflower, and shake to mix. Pour into the prepared casserole dish, and season with salt and pepper to taste.
Bake for 25 minutes, stirring halfway through. Top with Parmesan cheese and parsley, and broil for 3 to 5 minutes, until golden brown.

Cauliflower with Tomatoes
Directions
Toss 7 cups small cauliflower florets and 3 chopped plum tomatoes with 1/4 cup olive oil, 2 cloves minced garlic, 1 1/2 teaspoons cumin seeds, 1/4 teaspoon turmeric, a pinch of cayenne, 1/2 teaspoon salt, and pepper to taste on a baking sheet. Roast in a 450 degrees F oven, about 25 minutes. Sprinkle with lemon juice and chopped cilantro.

Simple Cauliflower Soup
Ingredients
2 tablespoons unsalted butter
1 onion, chopped
1 head cauliflower, broken into small florets
1 potato, peeled and diced

2 cups vegetable stock
2 cups milk
salt and pepper to taste
Directions
Melt the butter in a large pot over medium heat. Saute the onion in the butter for 5 minutes. Stir in the cauliflower and potato and saute for 5 more minutes.
Pour in the stock, bring to a boil, reduce heat to low and simmer for 20 minutes, or until all vegetables are tender. Add the milk, stirring well to blend. Season with salt and pepper to taste.