

# **SLFarms CSA Recipes, Week 7**

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## ZUCCHINI AND TOMATO RAGU

From Pure Wow

<https://www.purewow.com/recipes/zucchini-and-tomato-ragu>

Serves 6

This simple dish from Tuscany: Simple Meals & Fabulous Feasts from Italy by Katie & Giancarlo Caldesi shines with fresh summer veggies. Eat it in a bowl for a quick lunch, serve it as a side dish with grilled meat or add a poached egg and call it breakfast. Best of all? It keeps well in the fridge for a couple of days.

### Ingredients:

6 tablespoons extra-virgin olive oil  
1 onion, peeled and roughly chopped  
2 garlic cloves, peeled and lightly crushed  
1 medium zucchini, sliced  
1 medium summer squash, sliced  
Kosher salt and freshly ground black pepper  
7 ounces ripe, flavorful tomatoes, chopped  
4 ounces mozzarella, roughly torn  
¼ cup parsley leaves, roughly chopped  
¼ cup basil leaves, torn

### Directions:

Heat the oil in a large non-stick skillet over medium heat. Add the onion and garlic and cook, stirring often, until the onion is translucent, 8 to 10 minutes.

Add the zucchini and summer squash; season with salt and pepper. Cook, stirring frequently, until the zucchini and summer squash turn golden, about 2 minutes.

Stir in the tomatoes and cook until they have just start to soften and the zucchini and summer squash are al dente, about 2 minutes. Serve topped with the mozzarella, parsley and basil.

## **CHOCOLATE ZUCCHINI BREAD**

From Two Peas and their Pod

<https://www.twopeasandtheirpod.com/chocolate-zucchini-bread/>

My girls always ask me to make zucchini bread and then I remember it is because this recipe is basically a super-moist chocolate cake!

PREP TIME 15 mins

COOK TIME 50 mins

TOTAL TIME 1 hr 5 mins

SERVINGS 12

### **Ingredients:**

1 cup all-purpose flour  
1/2 cup Dutch process cocoa or unsweetened cocoa  
1 teaspoon baking soda  
1/2 teaspoon sea salt  
2 large eggs, at room temperature  
1/4 cup unsalted butter melted and slightly cooled  
1/4 cup canola, vegetable oil, or melted coconut oil  
3/4 cup packed light brown sugar  
1 teaspoon pure vanilla extract  
1 1/2 cups packed shredded zucchini  
1 cup semisweet chocolate chips, divided

### **Instructions:**

Preheat your oven to 350°F. Grease a 9-by-5-inch loaf pan with nonstick cooking spray and set aside.

In a medium bowl, whisk together the flour, cocoa powder, baking soda, and sea salt. Set aside.

In a large bowl, add the eggs, melted butter, oil, vanilla extract, and brown sugar. Stir until smooth.

Stir the dry ingredients into the wet ingredients, don't overmix. Stir in the shredded zucchini until just combined. Stir in 3/4 cup of the chocolate chips.

Pour batter into prepared pan. Sprinkle the remaining 1/4 cup of chocolate chips over the top of the bread. Bake for 50-60 minutes, or until a toothpick inserted into the center of the bread comes out mostly clean, you might have some melted chocolate chips on the toothpick and that is fine. You just don't want a lot of gooey batter.

Remove the pan from the oven and set on a wire cooling rack. Let the bread cool in the pan for 15 minutes. Run a knife around the edges of the bread and carefully remove from the pan. Let the bread cool on the wire cooling rack until slightly warm. Cut into slices and serve.

## **BEET, GOAT CHEESE AND HONEY TARTS**

From Sweet Eats

<https://www.howsweeteats.com/2014/08/roasted-beet-goat-cheese-and-honey-drizzled-tarts/>

If you have multiple colors of beets, this makes for a stunning presentation - but it is equally as delicious with just one!

### **Ingredients:**

1 red beet  
1 golden beet  
2 tablespoons olive oil  
1 sheet puff pastry, thawed  
1 egg + 1 teaspoon water, beaten  
6 ounces goat cheese  
1/4 teaspoon salt  
1/4 teaspoon pepper  
3 tablespoons honey  
fresh basil leaves for garnish\*\*dill or mint work well, too!\*\*

### **Instructions:**

Preheat the oven to 425 degrees F. Slice the greens off the beets and scrub the outsides. Rub them down with olive oil then wrap tightly in aluminum foil. Roast for 1 hour, or until tender enough to slice. Unwrap the beets and let cool until they are comfortable to the touch. Once cool, rub the beets to remove the skin. It should peel right off!

Using a mandolin or sharp knife, slice the beets into 1/4-inch slices. I like to always start with the golden beet so the color remains and it doesn't turn red.

Place the thawed puff pastry on a baking sheet. Brush it with the beaten egg wash. Take 4 ounces of the goat cheese and spread it evenly over the pastry. Add the sliced beets on top – however you'd like. Season with the salt and pepper and crumble the remaining goat cheese on top.

Bake for 25 minutes or until the pastry is puffed and golden. Remove and drizzle the honey over top. Garnish with a few basil leaves. Serve immediately.

## **ROSEMARY ROASTED BEETS AND CARROTS**

From Just Beet It

<https://www.justbeetit.com/main-dishes/rosemary-roasted-beets-and-carrots>

### **Ingredients:**

4 medium beets  
4 large carrots  
1/4 C red wine vinegar (or apple cider vinegar for a fruity flavor)  
3 tbsp olive oil  
3/4 tsp salt  
1/4 tsp black pepper  
3-4 sprigs fresh rosemary  
Goat cheese

### **Directions:**

Preheat oven to 450 degrees F.

Scrub carrots, cut in half and into 2-inch lengths.

Peel beets if preferred (beet skins are edible). Cut beets in quarters or cubes. Toss beets and carrots with vinegar, oil, salt, and pepper in a bowl or on a rimmed baking sheet (TIP: rimmed sheets work best as liquid from oil and vinegar may run). Rosemary can be tossed with ingredients or sprinkled on top of veggies. Tossing the herb with the veggies will create more rosemary-infused flavor!

Roast vegetables about 35 minutes, tossing once, until vegetables are tender. Cooking time varies on vegetable mass.

Garnish vegetables with goat cheese, fresh rosemary sprigs, or Bragg's Nutritional Yeast.

## **SLOW ROASTED ONION DIP**

From: Bon Appetit

<https://www.bonappetit.com/recipe/slow-roasted-onion-dip>

### **Ingredients:**

1½ lb. mixed onions (such as sweet, yellow, and/or red)  
4 garlic cloves, unpeeled  
¼ cup extra-virgin olive oil  
Kosher salt  
1½ cups plain whole-milk Greek yogurt  
2 tsp. fresh lemon juice  
Freshly ground black pepper  
1 bunch radishes  
Potato chips and cayenne pepper (for serving)

### **Directions:**

Preheat oven to 400°. Peel and trim ends off 1½ lb. mixed onions. Cut in half lengthwise. Place halves cut side down on cutting board, then thinly slice.

Line a rimmed baking sheet with parchment paper. Toss onion and 4 garlic cloves with ¼ cup oil and 2 Tbsp. water until evenly coated. Season with salt and toss again until well coated. Mound onions and garlic in the center of the sheet pan rather than spreading them out; this allows them to steam and soften without browning too quickly. Bake, tossing and stirring onions every 10 minutes, until all onions are golden brown and softened, 40–50 minutes total (some onions will brown more than others but that's okay!). Let cool.

**\*\*Alternatively you can caramelize the onions on the stovetop in a heavy pan\*\***

Transfer onions and garlic to a cutting board and squeeze out garlic cloves from peel. Using the flat side of a chef's knife, smash garlic cloves to a paste. Transfer to a medium bowl.

Finely chop caramelized onions and transfer to the bowl with garlic.

Add 1½ cups yogurt and 2 tsp. lemon juice; season with salt and a lot of pepper. Stir to combine.

Cut 1 bunch of radishes in half and arrange on a platter. Sprinkle dip with cayenne pepper. Serve radishes and chips alongside.

## **CAROLINA SLAW**

Adapted from The Spruce Eats

<https://www.thespruceeats.com/carolina-slaw-3053928>

This is hands down the best slaw to top a pulled pork sandwich with!!

### **Ingredients:**

1 large head cabbage, finely shredded  
1 medium bell pepper, finely chopped  
1 medium sweet onion, finely chopped  
2 medium carrots, grated or julienned

### **For the Dressing:**

1 cup granulated sugar, or as desired  
1 teaspoon kosher salt  
2/3 cup vegetable oil, such as corn oil, grapeseed, safflower, peanut, or canola  
1 teaspoon dry mustard  
1 teaspoon celery seeds  
1/4 teaspoon ground black pepper  
1 cup vinegar, white or apple cider

### **Directions:**

In a large serving bowl, combine the shredded cabbage, chopped bell pepper, onions, and the grated or julienned carrots.

#### **Make the Dressing**

In a medium saucepan over medium heat, combine the sugar, salt, oil, dry mustard, celery seed, pepper, and vinegar. Bring to a boil.

Simmer, stirring frequently, until the sugar is dissolved.

Remove from the heat and cool slightly, then pour over the vegetables and toss well.

Cover and refrigerate the coleslaw until thoroughly chilled, at least 1 hour, but better if overnight.

Serve and enjoy.

## **HUNGARIAN CABBAGE AND NOODLES**

Family recipe adapted from Trinity Lutheran Church cookbook

### **Ingredients:**

½ lb bacon  
2T sugar  
1t salt  
1/2t black pepper  
Medium onion, chopped  
Head of cabbage, coarsely chopped  
12 oz cooked noodles  
1 pt sour cream  
Paprika

### **Directions:**

Saute bacon in a large frying pan. Remove to a paper towel lined plate and set aside.

Stir sugar, salt and pepper into bacon drippings. Add chopped onion and saute 1 min. Add chopped cabbage and cook until tender, stirring occasionally. (If you cover the pan, it will cook faster)

Add cooked noodles and crumbled bacon to the pan, stir until incorporated. Adjust seasoning to taste.

Spoon mixture into large casserole dish, cover, and bake at 325° for 45 minutes. Spread sour cream over top of casserole, sprinkle with paprika and return to oven uncovered for 5 more minutes.

When serving, make sure to get some sour cream with your noodles!



## **ONION VINAIGRETTE SALAD**

From Taste of Home

<https://www.tasteofhome.com/recipes/onion-vinaigrette-salad/>

### **Ingredients:**

1 cup sugar

1 cup vinegar

1/2 cup vegetable oil

1/2 cup chopped onion

1-1/2 teaspoons salt

1/4 teaspoon paprika

1/4 teaspoon ground mustard

Dash pepper

Torn salad greens

Cherry tomatoes, sliced cucumber and grated carrots or vegetables of your choice

### **Directions:**

In a jar with a tight-fitting lid, combine the first eight ingredients; shake well. In a salad bowl, combine greens and vegetables. Drizzle with dressing and toss to coat. Store any leftover dressing in the refrigerator.

## **APPLE CIDER VINEGAR DRESSING**

From Love & Lemons

<https://www.loveandlemons.com/apple-cider-vinegar-dressing/>

Prep Time: 5 mins

Total Time: 5 mins

Serves 6 to 8

This homemade apple cider vinaigrette is SO much better than any store bought dressing! Made with 7 simple ingredients, it's tangy, healthy, and easy to make. It makes a LOT of dressing!

### **Ingredients:**

¼ cup apple cider vinegar  
1 teaspoon maple syrup, or honey  
1 garlic clove, grated  
¼ teaspoon Dijon mustard  
¼ teaspoon sea salt  
Freshly ground black pepper  
¼ cup extra-virgin olive oil

### **Instructions:**

In a small bowl, whisk together the apple cider vinegar, maple syrup, garlic, mustard, salt, and several grinds of pepper.

Drizzle in the olive oil while whisking and continue to whisk until the dressing is emulsified. Alternatively, combine everything in a jar with a tight-fitting lid and shake to combine.

## **PEACH SALSA**

From The Spruce Eats

<https://www.thespruceeats.com/basic-peach-salsa-3058957>

This is great with tortilla chips or as an accompaniment to grilled or blackened fish.

### **Ingredients:**

1 shallot (minced)  
3 large ripe yellow or white peaches  
2 large ripe plum tomatoes  
1 lime (zested and juiced)  
1 teaspoon hot chili flakes  
1 tablespoon fresh cilantro leaves (roughly chopped)  
Salt and pepper (to taste)

### **Directions:**

Holding the peaches over a mixing bowl, peel with a sharp kitchen knife, allowing any juice to drip into the bowl. Halve each peach, remove the stone, and chop into small pieces. You will need two cups of chopped fruit. Scrape up any juices from the chopping board and add to the bowl with the rest. Place the peaches into a fine sieve and leave over the mixing bowl to allow any further juice to drip through.

Cut the tomatoes in two. Spoon out the seeds and the pithy-like central core. Place the seeds and pith into the mixing bowl with the peach juice. Chop the tomato roughly into the same size pieces as the peaches. Add to the sieve with the peaches. Leave them to drip for 5 minutes.

Tip the peaches and tomatoes into a new serving bowl. Drain the shallot and spread onto a sheet of paper towel and dab lightly to dry. Add to the serving bowl with the lime zest and stir.

Strain the juice through a fine sieve then add lime juice a little at a time and stir. Taste and add more lime juice to taste.

Spoon a little of the dressing over the salsa and stir. Do not drown the fruits; the juice is to add even more flavor without watering it down. Add the chili flakes and cilantro and season to taste. Stir and serve immediately.

## **PLUM BRIOCHE PUDDING**

Adapted from La Tartine Gourmande

<https://www.latartinegourmande.com/2007/09/24/plum-brioche-pudding/>

### **Ingredients:**

6 slices of brioche, one or two days stale  
5 medium-sized black plums  
2.5 Tbsp blond organic cane sugar  
Pinch of cinnamon  
3 eggs  
1/2 cup (minus 1 Tbsp) blond organic cane sugar  
1 vanilla bean, seeds removed  
1.5 cups whole milk  
Butter

### **Directions:**

To prepare the plums, start by washing them. Remove the pits and slice them. Place them in a bowl.

Sprinkle with 2.5 Tbsp sugar and a pinch of cinnamon. Place them on the side for 1 hour.

After this time, place them in a pot and cook them for 10 min on medium heat.

To prepare the custard, beat the eggs with the sugar.

Add the vanilla seeds and add the milk. Mix well.

Dice the brioche slices.

Butter four one-cup individual ramekins or one large dish, and arrange loosely half of the diced brioche.

Layer with the cooked plums and pour half of the custard.

Add the rest of the brioche and pour the rest of the custard.

Let rest for 30 min.

Preheat the oven at 350°F

Add a few pieces of butter on top of the pudding.

Cook the puddings for 25 min. Large dish may take longer.

## PEACH BLACKBERRY CRISP

Adapted from Food and Wine

<https://www.foodandwine.com/recipes/peach-and-blackberry-crisp>

### Ingredients:

2 pounds firm, ripe peaches—halved, pitted and cut into 1/2-inch wedges  
2 cups fresh blackberries  
1/2 cup granulated sugar  
2 teaspoons fresh lemon juice  
1 cup quick-cooking oats  
3/4 cup all-purpose flour  
3/4 cup light brown sugar  
1/2 teaspoon kosher salt  
1/2 teaspoon ground cinnamon  
1/4 teaspoon ground cardamom  
1/8 teaspoon freshly grated nutmeg  
1 stick plus 1 tablespoon cold unsalted butter, cubed

### Directions:

Preheat the oven to 375°. In a large bowl, gently toss the peaches and blackberries with the granulated sugar and lemon juice. Transfer the fruit to an 8-by-11-inch baking dish.

In a medium bowl, toss the oats with the flour, brown sugar, salt, cinnamon, cardamom and nutmeg. Using your fingertips, mix in the butter until the topping is crumbly. Sprinkle the topping over the fruit and bake for 1 hour, or until the top is golden brown and the fruit is bubbling.

Let the crisp cool for at least 30 minutes before serving.

## **GOLDEN BEET, ORANGE, MEZCAL, AND JALAPEÑO BEETA-RITA**

Adapted from Just Beet It

(serves 1-2)

### **Ingredients:**

4 oz fresh golden beet juice  
4 oz fresh orange juice  
2 oz fresh lime juice (save a lime slice for jar rim)  
2 oz mezcal  
1.5 oz orange liqueur  
1 jalapeño, muddled (add more for extra heat)  
ice for shaker and mason jar  
salt or sugar for rim

### **Directions:**

With a lime wedge, rub mason jar around the rim. Rim with salt or salt/sugar combo. In a shaker, combine beet juice, orange juice (we juiced both beets and oranges in a juicer), lime juice, muddled jalapeño slices, mezcal, orange liqueur and ice cubes. Shake! Strain into mason jar (or margarita glass) over fresh ice or serve straight up. Garnish with a lime wedge. Add extra jalapeño slices in glass for added heat.

## **COLD BREW PLUM ICED TEA**

By Rick Martinez

<https://www.bonappetit.com/recipe/cold-brew-plum-iced-tea>

Slightly bruised or wrinkled stone fruit is ideal for making the infused syrup; peaches and nectarines work too.

### **Ingredients:**

8 black tea bags  
3 large sprigs lemon verbena or mint, plus more for serving  
1 cup sugar  
4 large red plums, cut into thin wedges  
2 tablespoons fresh lemon juice

### **Directions:**

Combine tea bags, 3 lemon verbena sprigs, and 8 cups cold water in a large pitcher. Cover and chill at least 8 hours and up to 12 hours.

Meanwhile, bring sugar and 1 cup water to a boil in a medium saucepan. Add plums and reduce heat; simmer 10 minutes. Remove from heat and let steep 30 minutes.

Strain plum syrup into a small bowl; stir in lemon juice. Cover and chill until cold, at least 30 minutes.

Remove tea bags and lemon verbena sprigs from tea and stir in  $\frac{3}{4}$  cup plum syrup and 4 cups ice. Serve in ice-filled glasses garnished with more lemon verbena.