

SLFarms CSA Week Ten 2021 Recipes

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Pasta with 15-minute Burst Cherry Tomato Sauce

Adapted from Epicurious (www.epicurious.com)

Total time ~20 minutes

Serves 4-6

Yes, you can make a quick pasta sauce with cherry tomatoes!

Ingredients:

1 pound pasta

Kosher salt

½ cup EVOO

2 large garlic cloves, finely chopped

3 pints cherry tomatoes

½ tsp freshly ground black pepper

Pinch of sugar

1 cup coarsely chopped fresh basil

Freshly grated Parmesan (for serving)

Directions:

Cook pasta in a large pot of boiling salted water, stirring occasionally, until al dente; drain and transfer to a large bowl.

Meanwhile, heat oil in a 12" skillet or wide heavy saucepan over medium-high. Add garlic, then tomatoes, pepper, sugar, and 1 tsp. salt. Cook, stirring occasionally, until tomatoes burst and release their juices to form a sauce, 6–8 minutes.

Toss pasta with tomato sauce and basil. Top with Parmesan.

Sausage Jambalaya with Celery and Bell Peppers

Adapted from Fresh City Farms (www.freshcityfarms.com)

Serves 2

This is pretty simple and doesn't take too long, you could also chop up some greens and hide them in here!

Ingredients:

- 1 green bell pepper, chopped
- 2 stalks celery, chopped
- 2 cups cherry tomatoes, chopped
- 1 onion, chopped
- 1 clove garlic, minced
- 10-12 ounces mild beef sausage, cut into 1-inch pieces
- 2 Tbs EVOO
- salt and pepper to taste
- 1 Tbs Italian spice seasoning
- ¾ Cup white Arborio rice
- 3 cups water
- 2 Tbs tomato paste

Directions:

Heat the olive oil in a large pot over medium-high heat. Stir in the onion, garlic, celery, and bell pepper.

Cook until the veggies are tender-crisp and fragrant, about 5-6 minutes. Season with salt and pepper to taste. Stir in the sausage pieces and Italian Spice Mix. Cook for another 2-3 minutes. Stir in the rice and let it 'toast' for a minute or two.

Add the grape tomatoes, 3 cups of water and the tomato paste to the pot. Give everything a stir. Increase the heat to high to bring to boil. Once boiling, reduce the heat to simmer and cook, covered, until the rice and sausage are cooked through and the mixture has thickened, about 15 minutes. Stir the mixture occasionally.

Remove the pot from heat and evenly divide the Jambalaya between two bowls or plates. Garnish with parsley to serve!

Grilled Parmesan, Garlic and Basil Corn on the Cob

Adapted from Culinary Ginger (www.culinaryginger.com)

Total Time 30-35 minutes

Serves 4

I'm loving the sweet corn! I haven't tried this recipe yet myself, but it was shared with me as someone's favorite way to eat sweet corn. I can't wait to try it!

Ingredients:

1 bulb garlic, very top cut off to expose cloves

1 tsp olive oil

4 ears of corn, husks pulled back or removed

3 Tbs plus 4 Tbs unsalted butter, softened

½ tsp sea salt

¼ tsp ground black pepper

¾ cup Parmesan cheese, grated

2 tsp fresh basil, finely chopped

Directions:

Preheat grill on high.

Drizzle the garlic bulb with oil and wrap in aluminum foil. Brush 3 tablespoons of butter all over corn cobs.

Add the garlic to the grill 15 minutes before the corn. Add the cobs to the grill and grill until each side gets a nice char, turning often and checking so they don't burn. About 15 to 20 minutes. Remove both the corn and the garlic.

Cover the corn with foil to keep warm while you make the butter. Open the foil to allow the garlic to cool so you can handle it.

To a bowl add the 4 tablespoons softened butter, the cooled garlic cloves, salt and pepper. Mash and mix well.

To a shallow bowl add the Parmesan cheese and basil, mix well. Spread the butter all over the corn cobs, then sprinkle on the Parmesan and basil.

Zuppa Toscana (Sausage, Bacon, Potato and Kale Soup)

Adapted from Salt and Lavender (www.saltandlavender.com)

Total time ~40 minutes

Serves 6

I made this for the first time 4 years ago and I don't think I've ever seen my husband eat soup so fast. It will forever be a seasonal staple for us; I usually only make it when we get kale and potatoes this time of year. I've never added the bacon and it still turns out perfect!

Ingredients:

1 (17.6 ounce) pack Italian sausages
5 strips of bacon (thick cut works best)
2 cups chicken broth (beef works too)
4 cups water
1 medium onion chopped
4 large red potatoes roughly cubed (leave skins on)
5 cloves garlic minced
1 dash Italian seasoning
1 cup heavy/whipping cream
1 small bunch of kale torn into bite-size pieces (remove stems)
Salt and pepper to taste

Directions:

Using kitchen shears (or a knife), cut the bacon into small pieces and put them into the pot. Cook the bacon for a few minutes over medium-high heat. I like to give the bacon a bit of a head start so it gets nice and crispy.

Take the sausages out of their casings. I lightly slice the sausages length-wise with a sharp knife to make a slit in the casings, and then it's really easy to get them out. I then use my fingers to break the meat into bite-size pieces and add them to the soup pot as I go.

While the sausages and bacon cook, I chop the onion and potatoes, making sure to stir the bacon and sausages occasionally.

When the sausages and bacon are nicely browned and crispy, add in your chicken stock and water.

Add onion, potatoes, garlic, and Italian seasoning.

Bring mixture to a boil and then reduce to medium-low heat to simmer.

Cook for 10-15 minutes or until potatoes and onions are tender.

Add kale, cream, and salt and pepper and cook for a further 5-10 minutes or until the kale is soft and wilted.

Corn, Tomato, Avocado Salad

Adapted from Feel Good Foodie (www.feelgoodfoodie.com)

Total time ~ 20 minutes

Serves 4

I know, I know...another corn salad. But you've got cherry tomatoes this week! Make some extra dressing and add some more veggies- chopped up kale, peppers, zucchini or cucumbers!

Ingredients:

- 1 cup romaine lettuce chopped (optional)
- 2 ears corn or about 1 ½ cups (corn removed from the cob)
- 1 pint cherry tomatoes halved
- 1 avocado diced into 1/2-inch pieces
- 2 Tbs red onion finely diced
- 2 Tbs EVOO
- 1 Tbs fresh lime juice
- 2 Tbs fresh cilantro chopped
- ¼ tsp salt
- ¼ tsp pepper

Directions:

Combine the corn, avocado, tomatoes and onion. In a large glass bowl, mix together the dressing ingredients in a glass bowl.

Pour over the salad and toss gently to mix. Great for several days in the refrigerator!

Stir Fried Kale with Tomatoes

Adapted from Food and Wine (www.foodandwine.com)

Total time ~ 15 minutes

Serves 4

A great fast side dish that can pair with most proteins!

Ingredients:

2 Tbs EVOO

½ medium onion, sliced

2 cloves garlic, minced or crushed

1 bunch kale, de-stemmed and chopped

1 cup cherry tomatoes, sliced in half

2 tsp soy sauce

½ tsp sesame seed oil

½ tsp dried thyme

Kosher or sea salt, to taste

Fresh cracked black pepper, to taste

Directions:

Heat a large skillet over medium-high heat. Add the oil and then stir in the onions. Cook for about 2 minutes or until the onions are soft.

Add the garlic and kale and stir occasionally cook until the kale is softened, 2 to 3 minutes.

Stir in the tomatoes, soy sauce, sesame seed oil and thyme. Cook until heated through

Season with salt and pepper and serve hot.

Beet and Onion Salad

Adapted from Whole Food Republic (www.wholefoodrepublic.com)

Total time ~30 minutes

Serves 4

Make this one ahead of time so it's chilled when you're ready to serve!

Ingredients:

2 lbs small beets

2 large onions, thinly sliced

2 garlic cloves, minced

salt and pepper, to taste

½ cup EVOO

½ cup red wine vinegar

Directions:

Trim stems from beets leaving 1/4 inch stem attached.

Place beets in pan with enough water to cover.

Boil, cover, reduce heat and simmer until tender about 25 minutes. Drain and cool. peel and slice in 1/4 inch slices.

Arrange beets on a platter, top with onions and sprinkle with garlic.

Sprinkle with salt and pepper. Mix vinegar and oil and pour over beets.

Refrigerate until well chilled, serve.

Grated Beet Salad

Adapted from Martha Stewart (www.marthastewart.com)

Serves 6

My obsession is grated raw beets! They taste SO different than a roasted beet and I'm loving the crunch!

Ingredients:

2 Tbs rice vinegar

Juice of 1/2 lime

Pinch of sugar

Coarse salt and freshly ground pepper

6 Tbs EVOO

1 pound red beets, peeled and grated

1/2 pound carrots, peeled and grated

1/2 cup thinly sliced basil leaves

2 tablespoons finely shredded fresh flat-leaf parsley

Directions:

In a large bowl, combine the vinegar, lime juice, sugar, and a large pinch each of salt, and pepper. Whisk to combine. Gradually whisk in oil.

Add beets, carrots, basil, and parsley. Toss to combine. Taste and adjust for seasoning.

Roasted Beet and Grilled Corn Salad

Adapted from Culinary Ginger (www.culinaryginger.com)

Serves 6

This recipe uses both gold and red beets, but just use what you have!

Ingredients:

6 medium red beets

6 medium gold/yellow beets

Olive oil

Dried basil

Salt and pepper

2 large corn on the cob

Melted butter, unsalted

Fresh basil, chopped

Juice of 2 lemons

½ cup olive oil

1 tsp agave nectar

Pinch of salt and freshly ground black pepper

Chopped basil

Directions:

Preheat oven to 400°F. Preheat barbecue on high.

Cut the tops and bottoms off the yellow beets and peel, repeat with the red beets. Cut into chunks all the same size. Arrange on a baking sheet (keeping the red away from the yellow).

Drizzle with olive oil and sprinkle with dried basil, salt and pepper, toss to coat. Roast in on the center shelf of the oven for 35-40 minutes. To a mixing bowl, add the lemon juice, agave nectar salt and pepper.

Whisk while drizzling in the olive oil. Set aside.

Peel the ears of corn and remove the husks. Brush the corn with melted butter and grill, turning every few minutes until roasted.

Allow the corn to cool and cut the kernels from the cob. When the beets are done, allow to cool.

To a large bowl, add the beets, corn and drizzle with the vinaigrette. Garnish with the chopped basil.

Iced Melon Moroccan Mint Tea

Adapted from Taste of Home (www.tasteofhome.com)

Total time ~ 20 minutes

Makes 5 servings

I love this idea! Try making without the sugar and just sweeten if you have to!

Ingredients:

2 cups water

12 fresh mint leaves

4 individual green tea bags

1/3 cup sugar (optional)

2- 1/2 cups diced honeydew melon

1- 1/2 cups ice cubes

Additional ice if needed

Directions:

In a large saucepan, bring water to a boil. Remove from the heat; add mint and tea bags. Cover and steep for 3-5 minutes. Discard mint and tea bags. Stir in the sugar.

In a blender, process honeydew until blended. Add 1-1/2 cups ice and tea; process until blended. Serve over additional ice.

Cantaloupe and Black Pepper Granita

Adapted from Bon Appetit (www.bonappetit.com)

Serves 8

Sub in any melon you're getting this week! Such a cocktail loving group!

Ingredients:

2 pounds cantaloupe, rind and seeds removed, coarsely chopped

½ cup sugar

¼ cup Muscat de Beaumes de Venise or other sweet dessert wine

¼ tsp freshly ground black pepper, plus coarsely ground for serving

Directions:

Purée cantaloupe, sugar, Muscat, and ¼ tsp pepper in a blender until smooth. Transfer to a shallow baking dish and freeze mixture until edges begin to set, about 30 minutes.

Using a fork, scrape mixture to break up frozen portions. Freeze, scraping and breaking up every 20–30 minutes, until mixture resembles fluffy shaved ice, 2–4 hours. Serve granita topped with coarsely ground pepper.

Make ahead: Granita can be made 3 days ahead. Cover with plastic wrap and keep frozen. Scrape before serving.

Blackberry Basil Margarita

Adapted from Whisk Whiskers (www.whiskwhiskers.com)

Total time ~ 10 minutes

Ingredients:

4-5 blackberries plus more for serving

½ ounce simple syrup

3-4 large basil leaves thinly sliced

Juice from ½ lime plus additional lime wedges for serving

2 ounces white tequila

Ice

Basil sugar rim:

¼ cup granulated white sugar

Leaves from 1 sprig basil

Directions:

Make basil sugar for the glass rim by combining ¼ cup sugar and leaves from 1 basil sprig in a food processor. Pulse until the basil leaves are fully incorporated, and you can no longer see whole pieces of leaf in the sugar.

Pour basil sugar onto a plate. Wet the edges of a small glass with water, and roll the cup onto the basil sugar to form the sugar rim. Fill glass with ice.

In a cup or drink shaker, combine blackberries, simple syrup, sliced basil leaves, and juice from ½ lime. Macerate with a cocktail muddler or a wooden spoon. Add about a cup to a cup and a half of ice (depending on the size of your cup or cocktail shaker). Add tequila, and shake vigorously for 10-15 seconds.

Pour through a strainer into the prepared glass. Serve with lime wedges and fresh blackberries.