

## **SLFarms CSA Week Thirteen 2021 Recipes**

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## **Dragon Tongue Beans Side**

Adapted from Food52 ([www.food52.com](http://www.food52.com))

Serves 6

If you want a flavor packed way to enjoy these beans, try this recipe. It's a perfect side dish!

### **Ingredients:**

1 pound dragon tongue beans or green beans  
8 ounces pancetta, chopped into small cubes  
1 Tbs butter  
2 shallots, minced  
4 garlic cloves, minced  
1 1/2 pounds crimini mushrooms, quartered  
Kosher salt  
Freshly ground black pepper  
2 Tbs flat-leaf parsley, chopped

### **Directions:**

Bring a medium sized pot of salted water to boil. Blanch beans for about 5 minutes. Drain immediately and run under cold water. Set aside.

In a large skillet, cook pancetta until slightly crispy over medium heat. Transfer to paper towel lined plate.

Turn heat to medium low and melt butter. Add shallots and cook until fragrant, about 1-2 minutes. Add in garlic and cook for 30 seconds. Next stir in mushrooms and a healthy dose of salt. Stirring occasionally, let mushrooms cook down and release their juices, about 8-10 minutes.

Add beans and pancetta to mushroom mixture. Cook for 1-2 minutes more. then sprinkle with black pepper and parsley.

## **Steamed Chive Green Beans**

Corinna's go-to, simple green bean side dish. The chives and parsley make this come alive!

### **Ingredients:**

1 lb. fresh green beans, trimmed  
1 T. chopped fresh chives  
1 T. chopped fresh parsley  
2 t. butter  
1/2 t. Dijon mustard  
1/4 t. salt  
1/8 t. pepper

### **Directions:**

Steam green beans, covered, 5 minutes until crisp-tender. Remove from steamer; Toss with remaining ingredients.

## Summer Bean Salad

Adapted from Food and Wine ([www.foodandwine.com](http://www.foodandwine.com))

Serves 4

This is a great way to use those dragon beans, but green beans can also be substituted!

### Ingredients:

Dressing:

1 head of garlic, top 1 inch cut off  
½ cup plus 1 Tbs oil  
2 tsp finely chopped peeled fresh ginger  
¼ cup seasoned rice vinegar  
½ tsp smooth peanut butter  
½ tsp gochugaru (Korean red pepper flakes) or Aleppo pepper  
¼ tsp sambal oelek  
1 tsp toasted sesame oil  
Kosher salt

Salad:

5 Tbs oil  
1 pound mixed young beans, such as yellow wax beans, green and purple string beans and dragon tongue beans, trimmed  
1 Tbs minced garlic  
¼ cup torn basil leaves, plus small whole leaves for garnish  
Kosher salt

### Directions:

Make the dressing.

Preheat the oven to 450°. Drizzle the top of the garlic head with 1 tablespoon of the canola oil and wrap tightly in foil. Roast until tender, 45 minutes to 1 hour. Let cool slightly, then squeeze out the garlic cloves and discard the skin.

In a blender, puree half of the garlic cloves (reserve the remaining cloves for another use) with the ginger, rice vinegar, peanut butter, gochugaru and sambal oelek. With the machine on, drizzle in the remaining 1/2 cup of canola oil and the sesame oil until incorporated. Season the vinaigrette with salt.

Make the salad.

In a large skillet, heat 2 tablespoons of the oil. Add half of the beans and cook over moderately high heat, stirring occasionally, until golden and crisp-tender, about 3 minutes. Transfer to a large bowl. Repeat with another 2 tablespoons of oil and the remaining beans.

Wipe out the skillet. Add the remaining 1 tablespoon of oil and the garlic and cook over moderate heat, stirring, until golden, about 2 minutes. Scrape the garlic oil over the beans. Add 1/2 cup of the vinaigrette and the torn basil and season with salt; toss to coat. Transfer to a platter and garnish with whole basil leaves. Serve warm.

## **Sautéed Brussel Sprout Greens**

Adapted from Primal Palate ([www.primalpalate.com](http://www.primalpalate.com))

Serves 2

Yes! Eat those greens! They are easy to sauté or add into another dish!

### **Ingredients:**

2-4 cups Brussel Sprout Greens

¼ cup green onion, chopped

5 springs fresh rosemary, minced

2 cloves garlic, minced

2 Tbs bacon grease (or fat of choice)

1 tsp salt and pepper, to taste

### **Directions:**

Wash greens and remove stems (including the primary vein bisecting the leaves).

Tear leaves into small pieces, chop green onion, mince garlic and rosemary.

Heat the bacon grease in a large soup pot or french oven over medium high heat.

Saute green onion and garlic for 2 minutes, then add the greens and rosemary. Saute for 10-15 minutes, stirring often - it will be finished when the garlic and onions soften and the greens are wilted.

## **Broccoli Greens Dip**

Adapted from our Farmers Kitchen

This is one of Farmer Corinna's go to recipes for her broccoli greens, she swears by it! Just sub in those brussel sprout greens this week!

### **Ingredients:**

- 1 8 oz package fat free cream cheese
- 1 16 oz package fat free sour cream
- ½ cup grated parmesan cheese
- 2 Tbs Ranch seasoning
- 2 ½ cups finely chopped broccoli leaves (or brussel sprout greens)
- 1 green onion stalk, minced
- 2 cloves garlic

### **Directions:**

Mix cream cheese and sour cream in a small pot on low-med heat until well blended and smooth. Remove from heat and add ½ cup parmesan cheese and Ranch seasoning stirring until well blended. Finely chop your Broccoli leaves, the smaller the better.

Add the remaining ingredients to your cheese sauce, stir and serve, or refrigerate for an hour and serve chilled.

## **Broiled Top Blade Steak with Herb-Flecked Tomato Salad**

Adapted from Rachael Ray Mag ([www.rachaelraymag.com](http://www.rachaelraymag.com))

Serves 4

What a great main dish!

### **Ingredients:**

4 boneless top blade steaks (3/4-inch thick, about 6 oz. each), at room temperature and patted dry

1 Tbs plus 2 tsp EVOO

1 clove garlic, halved

Salt and pepper

1 pint cherry tomatoes, halved

1 Tbs chopped flat-leaf parsley

1 Tbs chopped fresh basil

1 Tbs finely chopped shallot

2 tsp fresh lemon juice

### **Directions:**

Position an oven rack 4 inches from the broiler; preheat the broiler. Heat a large ovenproof skillet (preferably cast-iron) in the oven for 10 minutes.

Rub the steaks with 2 tsp. EVOO and the cut sides of the garlic clove; season generously. Broil the steaks in the heated skillet, flipping halfway through, 5 to 7 minutes for medium-rare. Transfer to a cutting board and let rest for 5 minutes.

Meanwhile, in a medium bowl, toss the tomatoes with the remaining 1 tbsp. EVOO, the parsley, basil, shallot and lemon juice; season. Serve alongside the sliced steak.

## **Roasted Beet Hummus**

Adapted from Minimalist Baker ([www.minimalistbaker.com](http://www.minimalistbaker.com))

Total time ~10 minutes (once beets roasted)

Can freeze for 1-2 months

Love this way to enjoy beets, and it's great that it's freezer friendly!

### **Ingredients:**

1 small roasted beet

1 15-oz. can cooked chickpeas (mostly drained, 1 can yields ~1  $\frac{3}{4}$  cup)

1 large lemon (zested)

$\frac{1}{2}$  large lemon (juiced)

1 healthy pinch salt and black pepper

2 large cloves garlic (minced)

2 heaping Tbs tahini

$\frac{1}{4}$  cup EVOO

### **Directions:**

Roast your beet. Once your beet is cooled and peeled, quarter it and place it in your food processor. Blend until only small bits remain.

Add remaining ingredients except for olive oil and blend until smooth.

Drizzle in olive oil as the hummus is mixing.

Taste and adjust seasonings as needed, adding more salt, lemon juice, or olive oil if needed. If it's too thick, add a bit of water.

Will keep in the fridge for up to a week.

## **Chicken Fajita Freezer Meal**

Adapted from The Sweeter Side of Mommyhood ([www.thesweetersideofmommyhood.com](http://www.thesweetersideofmommyhood.com))

Serves 4

This say “per tray” with the idea that you would freeze the items combined in an aluminum foil baking tray. Freeze and then pull out at any time for a fast dinner. Can easily sub in those Italian Frying Peppers this week!

### **Ingredients:**

3 sliced bell peppers per tray  
1-2 large sliced onions per tray  
6 sliced raw chicken breasts per tray  
olive oil  
spices

### **Directions:**

Place the peppers, onions and chicken in the tray or freezer safe bag.

Use a combination of these seasonings: salt, pepper, oregano, garlic powder, crushed red pepper, onion powder, ground cumin and chili powder- just sprinkle liberally over each tray.

Drizzle with olive oil and mix up with your hands to give the chicken and veggies an even coat. Cover and freeze!

Bake from frozen at 375 for 1 hour OR front thawed at 350 for 45 mins. Serve with warm tortillas, cheese, salsa, guacamole, black beans and rice.



## Easy Tabbouleh

Adapted from The Taste ([www.taste.com](http://www.taste.com))

An easy way to use your parsley and some fresh mint!

### Ingredients:

¾ cup burghul (cracked wheat), rinsed  
3 cups fresh flat-leaf parsley leaves, chopped  
¾ fresh mint leaves, chopped  
3 medium tomatoes, finely chopped  
1 small white onion, finely chopped  
2 Tbs olive oil  
1/3 cup lemon juice

### Directions:

Place burghul in a bowl. Cover with boiling water. Stand for 20 minutes or until softened. Drain. Rinse under cold water.

Drain, pressing out water with a metal spoon.

Place burghul, parsley, mint, tomato and onion in a bowl. Stir to combine.

Place oil and lemon juice in a screw-top jar. Secure lid. Shake to combine. Drizzle over tabbouleh. Season with salt and pepper.

Toss to combine. Serve.

## **Classic Italian Gremolata**

Adapted from The Kitchn ([www.thekitchn.com](http://www.thekitchn.com))

Makes ~ ½ cup

Here's another one! Great way to use that garlic!

### **Ingredients:**

1 small bunch parsley, washed and dried, ~ 1 cup loosely packed

1 clove garlic, papery skin removed

2 lemons, washed and dried

### **Directions:**

Remove the leaves from the parsley — enough to make 1 cup when very loosely packed.

Chop the parsley with a chef's knife until it is nearly finely chopped. It should be less than 1/2 cup.

Using a microplane or fine-toothed grater, grate the garlic clove over the parsley.

Using the same grater (don't bother to wash it), grate just the zest from the two lemons on top of the garlic.

Continue to chop the parsley, mixing in the garlic and lemon as you go, until the parsley is chopped very fine.

Use the gremolata right away or store it in an airtight container in the refrigerator for up to one day.

## **Classic Fresh Salsa (Pico de Gallo)**

Adapted from our The Spruce Eats ([www.thespruceeats.com](http://www.thespruceeats.com))

Total time ~15 minutes

Makes 2 cups

Great way to use those romas this week!

### **Ingredients:**

3 Tbs onion, finely chopped

2 small garlic cloves, minced

3 large tomatoes, seeds removed and chopped

2 chile peppers (jalapeno or Serrano, chopped)

2-3 Tbs fresh cilantro, chopped

1 ½ Tbs lime juice, more to taste

Salt and pepper to taste

### **Directions:**

Gather the ingredients. Put the chopped onion and garlic in a strainer. Pour 2 cups of boiling water over them, discarding the water. Allow the chopped onion and garlic to fully cool and drain.

Combine drained onions and garlic with chopped tomatoes, peppers, cilantro and lime juice. Add salt and pepper to taste.

Refrigerate for at least 2 hours to blend the flavors. Will keep up to 3 days in the fridge.

## Stuffed Italian Frying Peppers

Adapted from A Family Feast ([www.afamilyfeast.com](http://www.afamilyfeast.com))

Total time ~45 minutes

Serves 6-8

Use these peppers just like you would other bell peppers! Stuffed is a great option!

### Ingredients:

8-10 Italian frying peppers such as Marconi or Cubanelle (about ½ pound)

2 T EVOO

8 ounces in weight of Italian bread, crusts removed and cut into cubes

3 cups Italian tomato sauce, divided (see here) or purchased

25 pitted oil cured black olives, chopped

1 T anchovy paste or 6 anchovy filets mashed fine

½ cup Romano cheese grated, plus more for serving

1 tsp fresh garlic, minced

½ cup fresh basil, chopped

3 T fresh Italian flat leaf parsley, chopped

½ tsp freshly ground black pepper

¼ cup olive oil for frying

### Directions:

Wash peppers, trim off tops and using a teaspoon, dig out seeds and ribs. Rinse and let dry.

In a cast iron skillet, over medium heat, place the two tablespoons of olive oil and once hot, place cubed bread into oil and toss and cook to brown, about 5-10 minutes. Remove toasted bread and any oil to a large bowl.

The skillet will be used later in this recipe. Pour one cup of tomato sauce over the cooked bread and squish it into the bread with your hands or use a heavy whip. The mixture should be completely mixed to a mushy finish.

Add olives, anchovy paste, Romano, garlic, basil, parsley and pepper. Stir to combine.

Divide filling between the peppers, pressing the stuffing in to the end. OK if a little hangs out.

Preheat oven to 350 degrees F. (Note: most Italian pepper recipes don't finish in the oven and are cooked entirely on the stove top. I think they get too dark doing it that way so I cook half on the stove to brown and finish in the oven to cook through.)

Using the same cast iron skillet as before, heat the ¼ cup of olive oil over medium heat.

Dry the outside of the peppers of any water so they don't splatter when cooking.

Once the oil is hot, cook the peppers in the hot oil in two batches. Turn and cook until each batch is browned, about 15 minutes each. You may still need a splatter screen.

Pour one cup of sauce into a casserole dish large enough to fit all of the peppers.

As each batch is cooked, transfer to the prepared casserole dish and once the dish is full, cover with the remaining cup of sauce.

Bake uncovered for about 15 minutes or until heated through.

Serve with additional grated Romano cheese.

## Apple Muffins

Adapted from Gimme Some Oven ([www.gimmesomeoven.com](http://www.gimmesomeoven.com))

Total time ~ 30 minutes

Makes 12 muffins

Freezer Friendly

Make these now and enjoy later! Freeze for up to 6 months and have all winter! Great way to prep for this school year.

### Ingredients:

3 cups old-fashioned oats\*

1 Tbs pumpkin pie spice

1 ½ tsp baking soda

¾ tsp fine sea salt

1 medium apple, finely diced

2 eggs

2/3 cup unsweetened almond milk, plain or vanilla

¾ cup unsweetened applesauce

½ cup maple syrup

3 Tbs melted coconut oil (*or any mild-flavored oil*)

1 tsp vanilla extract

optional: turbinado sugar for sprinkling

### Directions:

Preheat oven to 375°F. Line a 12-cup muffin pan with parchment or cupcake liners, or lightly grease with cooking spray. Set aside.

Puree oats in a blender or food processor until they reach a fine flour-like consistency. Add in the pumpkin pie spice, baking soda and sea salt, and pulse until the mixture is evenly combined. With the power turned off, add in the diced apple. Then use a spoon to toss until the apple is completely coated in the flour mixture. Set aside.

In a separate large mixing bowl, whisk together the eggs, milk, applesauce, maple syrup, coconut oil and vanilla extract until evenly combined. Fold the dry ingredients in with the wet ingredient mixture, and stir until the mixture is just combined. (Try to avoid over-mixing.)

Portion the batter evenly into the prepared baking cups. Then sprinkle a generous pinch of turbinado sugar on top of each muffin, if you would like.

Bake for 15-18 minutes, or until a toothpick inserted in the center of the muffins comes out clean. Remove from the oven and place the pan on a cooling rack for 5 minutes.

Serve warm. Or let the muffins cool to room temperature, then store in a sealed container for up to 3 days, or freeze for up to 3 months.

## **Apple Peanut Butter Overnight Oats**

Adapted from The Lemon Bowl ([www.lemonbowl.com](http://www.lemonbowl.com))

Overnight oats are one of my favorite ways to meal prep breakfast! Love this flavor combination; get the kids involved in prepping these!

### **Ingredients:**

- ¼ cup steel cut oats
- ½ cup milk fat free
- 1/3 cup plain yogurt low fat
- 1/2 tsp cinnamon
- 1 Tbs peanut butter
- ¼ banana sliced
- ½ apple cored and diced

### **Directions:**

In an almost-empty peanut butter jar or another resealable glass jar, combine all ingredients except banana and apples.

Seal jar and refrigerate overnight. Top with banana slices and diced apple in the morning.

## **Minty Watermelon Cucumber Salad**

Adapted from Taste of Home ([www.tasteofhome.com](http://www.tasteofhome.com))

Total time ~20 minutes

Love this way to enjoy both seasonal items! Some of us are swimming in mint in our gardens, this is another great use!

### **Ingredients:**

8 cups cubed seedless watermelon  
2 English cucumbers, halved lengthwise and sliced  
6 green onions, chopped  
¼ cup minced fresh mint  
¼ cup balsamic vinegar  
¼ cup EVOO  
½ tsp salt  
½ tsp pepper

### **Directions:**

In a large bowl, combine watermelon, cucumbers, green onions and mint. In a small bowl, whisk remaining ingredients.

Pour over salad and toss to coat. Serve immediately or refrigerate, covered, up to 2 hours before serving.

## **Apple Pear Puff Pancake**

Adapted from Taste of Home ([www.tasteofhome.com](http://www.tasteofhome.com))

Total time ~ 30 minutes

Serves 6

You guys inspired me with these pancakes a few years ago!

### **Ingredients:**

Pancakes:

3 Tbs butter

4 large eggs

1 cup 2% milk

1 cup all-purpose flour

1 Tbs sugar

1/8 tsp ground nutmeg

Topping:

3 tablespoons butter

3 medium apples, sliced

3 medium pears, sliced

3 Tbs sugar

Maple syrup, optional

### **Directions:**

Preheat oven to 425°. Place butter in a 10-in. ovenproof skillet; heat in oven until butter is melted, 2-3 minutes.

Tilt pan to coat evenly with butter.

Place eggs, milk, flour, sugar and nutmeg in a blender; cover and process until smooth. Pour into hot skillet.

Bake until puffed and browned. 17-20 minutes.

Meanwhile, for topping, heat butter in a large skillet over medium heat. Add apples, pears and sugar; cook until fruit is tender, stirring occasionally, 12-15 minutes.

Remove pancake from oven; fill with fruit mixture and serve immediately. If desired, serve with syrup.