

## **SLFarms CSA Week Fifteen 2021 Recipes**

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## **Crispy Breakfast Hash with Bacon and Potatoes**

Adapted from Barefeet in the Kitchen ([www.barefeetinthekitchen.com](http://www.barefeetinthekitchen.com))

Total time ~ 30 minutes

Great way to get some veggies in the morning, **you could also finely chop some greens and add them in!**

### **Ingredients:**

5 strips of bacon sliced into ½ – 1 inch pieces

4 medium potatoes diced into tiny pieces, about ½ inch

1 medium onion, chopped

1 large bell pepper, chopped

4 ounces white mushrooms, sliced

1 ½ tsp salt

1 tsp black pepper, divided

Optional: Eggs cooked to your preference

### **Directions:**

In a large skillet, over medium high heat, cook the bacon and then drain on a paper towel. Drain the grease from the skillet, leaving just a teaspoon or two in the pan. Add the onion to the pan and cook for a few minutes, until it has softened.

Add the potatoes to the skillet, season with 1 teaspoon salt and 1/2 teaspoon pepper and then stir. Press into the bottom of the pan and let cook undisturbed for 5-6 minutes. Stir and repeat 2-3 times until the potatoes are soft and slightly crispy and the onions are browned and crisp on the edges.

Add the peppers to the skillet, stir and cook a minute or two, until the start to soften. Add the mushrooms, stir and season with the remaining salt and pepper to taste. Cook until the mushrooms are tender and then serve topped with a soft egg if desired. Enjoy!

## Simple Stuffed Delicata Squash

Adapted from Kim's Cravings ([www.kimscravings.com](http://www.kimscravings.com))

Total time 45 minutes

Serves 8

This is my favorite squash! It's a fall squash that is SO simple to prepare and cooks pretty quickly! You could also add other veggies to this!

### Ingredients:

4 large delicata squash ends cut off, sliced vertically and deseeded

1 lb. lean ground turkey or chicken

½ small onion diced

2 garlic cloves minced

1 14 ounce can diced tomatoes

1 tsp seasoning salt

2 handfuls fresh spinach (or green of choice)

### Directions:

Preheat oven to 400 degrees F.

Brown meat in a large skillet over med-high heat. After meat has been cooking for about 2-3 minutes, add onion and garlic.

Meanwhile, you may want to pop the squash in the microwave for about 1 minute to soften the squash up a bit.

Once meat is almost fully cooked, add tomatoes, seasoning salt and spinach. Stir to combine and continue to cook until spinach is wilted. This should only take a couple of minutes.

Use a slotted (this will help drain excess liquid) spoon to spoon the turkey mixture into the squash halves. Fill them as full as possible. You may have extra turkey mixture, which makes a very tasty salad topping.

Bake stuffed squash at 400 degrees F. for 20 to 30 minutes, until tops are browned and squash is soft.

Enjoy!

## Easy Roasted Delicata Squash

Adapted from Rachel Cooks ([www.rachelcooks.com](http://www.rachelcooks.com))

Serves 2

This is as easy as it gets with this squash- you can eat the skin!

### Ingredients:

1 delicata squash

1 tsp EVOO

¼ tsp salt (more or less to taste)

¼ tsp black pepper (more or less to taste)

### Directions:

Preheat oven to 425°F. Scrub the outside of the squash with a brush until very clean. Cut ends off to create two flat edges. Cut in half lengthwise and scoop out seeds.

Cut into 1/4- to 1/2-inch slices, keeping the size of the slices consistent. Rub, toss, or spray with olive oil so both sides of each slice are coated with oil. Sprinkle with salt and pepper and spread onto a parchment paper lined baking sheet in a single layer.

Place in preheated oven and roast for 20 minutes. Flip each slice over and roast for another 15 minutes or until golden brown and crispy on the outside and tender on the inside.

Enjoy immediately.

## Roasted Delicata Squash and Tomatoes

Adapted from The Real Food RDs ([www.therealfoodrds.com](http://www.therealfoodrds.com))

Total time 35 minutes

Serves 4

Sub in any type of tomatoes you still have lingering!

### Ingredients:

2 medium delicata squash, seeds removed and sliced into 1/4-inch thick 'moons'

1 cup grape or cherry tomatoes

1 ½ Tb ghee, melted or oil of choice

1 medium shallot, thinly sliced (may substitute 1/3 cup thinly sliced red onion)

Fresh thyme leaves (may substitute 1/4 tsp. dried thyme)

Salt & Pepper

### Directions:

Preheat oven to 400°F.

Line a large rimmed baking sheet with parchment paper.

Add squash slices, shallots and tomatoes to baking sheet. Toss with melted ghee (and bacon fat, if using).

Arrange vegetables in a single layer. Sprinkle with salt and pepper. Lay a few thyme sprigs (or sprinkle with dried thyme) on top of the vegetables and bake in preheated oven for 22-25 minutes, stirring the vegetables halfway through baking time, until tender and lightly browned.

Remove from the oven and serve.

## Hearty Corn Chowder

Adapted from The Chunky Chef ([www.thechunkychef.com](http://www.thechunkychef.com))

Total time ~ 1 hour

Serves 6

Soup and more soup, use those potatoes in this one. Could also add some greens or peppers if you have them still! I made this last week and was not disappointed!

### Ingredients:

8 slices bacon, diced  
2 Tbs unsalted butter  
1 medium yellow onion, diced  
¼ cup all-purpose flour  
2 cloves garlic, minced  
5 cups water (chicken broth or vegetable broth may be substituted)  
8 ears yellow sweet corn (husks and silks removed)  
1 lb yukon gold or baby red potatoes, sliced into ½ inch pieces  
¼ tsp dried thyme  
¼ tsp smoked paprika  
salt and black pepper, to taste  
1 cup half and half or heavy cream  
handful of chopped fresh chives

### Directions:

Slice corn kernels off the cob and set aside. Take each ear of corn and hold it over a bowl. Use either the back of your knife or a spoon and scrape any remaining pulp and juice from the cobs.

Cook bacon pieces in large heavy bottomed pot (like a dutch oven) over MED heat. Cook about 5-8 minutes, or until bacon is crisp. Use a slotted spoon to remove to a paper towel lined plate and set aside.

Use a clean paper towel to absorb some of the bacon grease, reserving about 1 Tbs of grease in the pot. Add butter and melt over medium heat.

Add diced onions and cook about 5 minutes, until soft and translucent. Add garlic and flour and cook about 1 minute, stirring often.

While whisking, pour in water and increase heat to medium-high. Add in corn, potatoes, thyme, smoked paprika, and salt and pepper. Stir and bring to a low boil, then reduce heat to medium-low and simmer.

Simmer, stirring every so often, for 15-20 minutes, until potatoes are fork tender.

Use an immersion blender to blend about half the soup until smooth. Alternatively, remove about 3 cups of the soup to a blender and blend until smooth. Stir the blended soup back into the pot.

Add in half and half, reserved corn juice, and about half the chives. Stir in and heat through.

Serve sprinkled with remaining chives and cooked bacon pieces, if desired.

## Freezer Breakfast Burritos with Sausage, Eggs and Salsa

Adapted from Simply Recipes ([www.simplyrecipes.com](http://www.simplyrecipes.com))

Total time 45 minutes

Makes 8 burritos

This recipe is inspired by a CSA member's post in the group last year! I love the idea of breakfast burritos, change up the veggies in this if needed!

### Ingredients:

1 pound sweet pork sausage  
2 to 3 medium Yukon potatoes, diced (about 3 cups; no need to peel them)  
1 green pepper, diced  
1 medium yellow onion, diced  
8 ounces mild or sharp cheddar cheese, grated  
1 Tbs butter  
8 large eggs  
Salt and pepper  
1 cup salsa verde, or salsa of your choice  
8 large burrito-sized flour tortillas

### Directions:

**Cook the sausage:** In a large skillet over medium heat, cook the pork sausage. Break it up as it cooks until it's browned evenly. Transfer the cooked pork to a bowl.

**Cook the vegetables:** Add the potatoes to the skillet used to cook the pork and cook until they are tender and browned in spots, 8 to 10 minutes, stirring regularly. Any fat left over from the pork should be enough to cook the potatoes in, but if the skillet is very dry, add a drizzle of olive oil.

Add the diced peppers and onions and continue to cook until the veggies soften, another few minutes. Season with salt and pepper. Remove the skillet from heat.

**Scramble the eggs:** In a separate nonstick skillet over low heat, add the butter. Whisk together the eggs in a medium bowl. Once the butter has melted, add eggs and cook until scrambled and set, but not completely dry. Remove from heat and set aside. (You can do this at the same time the vegetables are cooking if you want to multitask!)

**Assemble the burritos:** Once your fillings are cooled slightly (it's okay if they are still a bit warm, as long as they're not steaming), lay out a large flour tortilla on a clean surface.

Add about 1/8 of the pork sausage, 1/8 of the potato filling, 1/8 of the cheddar cheese, and 1/8 of the eggs. It's okay to eyeball the amounts, but you should have enough of each filling to make eight burritos. Top with about two tablespoons of salsa.

**Roll the burritos:** Fold the sides over the filling and then roll the tortilla into a tight burrito. Immediately roll the burrito in foil. Repeat with all burritos.

**Freeze the burritos:** Transfer the foil-wrapped burritos to a large, freezer-safe, resealable plastic bag and freeze. Burritos will store well in the freezer for up to three months.

**Reheat the burritos:** Unwrap burrito from foil and microwave on high for 4 to 5 minutes, turning once halfway through. At that point the burrito will be hot and you could eat it as is. Serve with extra salsa verde, if desired. As a bonus step, which I love: place the reheated burrito in a small nonstick skillet over medium heat and let the tortilla crisp up for 2 to 3 minutes per side. If you loathe any hint of sogginess in your burritos, this will eliminate the problem!

## **Tomato Mozzarella Arugula Naan Pizza**

Adapted from I'm bored- Let's Go ([www.imbored-lets-go.com](http://www.imbored-lets-go.com))

Total time ~15 minutes

Serves 4

Love this combination! Would also be great on the grill!

### **Ingredients:**

Naan bread - 1 piece per person

tomatoes, sliced - 3 slices per pizza (or use grape tomatoes, cut in half)

fresh mozzarella cheese, sliced - 3 slices per pizza

1 bag baby arugula

5 oz. container diced pancetta (or use regular bacon if you prefer)

Balsamic glaze to drizzle on top

### **Directions:**

Preheat oven to 425 degrees.

Cook pancetta (or bacon) in pan until crisp. Remove from pan and set aside and keep warm.

Brush both sides of naan bread with a little olive oil, then place on baking sheet. If you want a crispier pizza, place the naan on a pizza screen. Top each piece of naan with a couple tomatoes and slices of mozzarella cheese.

Bake about 10 minutes, until cheese is melted.

Top each pizza with a handful of arugula and sprinkle pancetta on top.

Drizzle with balsamic glaze\*

\*Balsamic glaze is reduced balsamic vinegar. You can purchase it at the grocery store.



## **Pickled Cherry Tomatoes**

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

Makes 1 pint

This was shared in the group and I was shocked! These will last up to 2 months in your fridge this way.

### **Ingredients:**

1 pint cherry tomatoes (about 8 ounces)  
1 clove garlic  
½ tsp whole black peppercorns  
1 cup apple cider vinegar  
1 cup water  
1 Tbs kosher salt or 2 teaspoons pickling salt  
1 Tbs granulated sugar (optional)

### **Directions:**

Prepare the tomatoes. Wash and dry the tomatoes. Use a skewer to poke a hole through each of the tomatoes.

Place the spices in the jar. Place the garlic and peppercorns in a wide-mouth pint jar.

Add the tomatoes. Pack the tomatoes into the jar.

Make the pickling brine. Place the vinegar, water, salt, and sugar (if using) in a small saucepan over high heat. Bring to a rolling boil, stirring to dissolve the salt and sugar. Pour the brine over the tomatoes, filling the jar to within 1/2 inch of the top. You might not use all the brine.

Remove air bubbles. Gently tap the jar against the counter a few times to remove all the air bubbles. Top off with more pickling brine if necessary.

Tighten the lid. Place the lid over the jar and screw on the ring until tight.

Cool and refrigerate. Let the jar cool to room temperature.

Store the pickles in the refrigerator. The pickles will improve with flavor as they age — try to wait at least 48 hours before cracking them open.

## **Pickled Radishes**

Adapted from Epicurious ([www.epicurious.com](http://www.epicurious.com))

Makes 6 servings

Try an easy pickle as a way to preserve some of those daikons, then add them to salads, burgers, sandwiches and more to pack even more flavor into your dish!

### **Ingredients:**

2-3 radishes, trimmed, unpeeled, quartered

10 garlic cloves

1 tsp whole black peppercorns

2 cups distilled white vinegar

1 tsp kosher salt

1 tsp sugar

### **Directions:**

Combine first 3 ingredients in a clean 1 quart glass jar. Add vinegar, salt, and sugar.

Cover; shake until sugar and salt begin to dissolve.

Refrigerate for at least 3 days, shaking once a day.

Can be made 1 month ahead. (The flavor mellows the longer the mixture pickles.) Keep chilled.

## **Avocado Salad with Bell Pepper and Tomatoes**

Adapted from Epicurious ([www.epicurious.com](http://www.epicurious.com))

Total time ~10 minutes

Serves 1

THIS. This is our summer box. I know we have so many avocado lovers; this one is perfect!

### **Ingredients:**

1 tsp EVOO

Juice of ½ lime

1 small garlic clove, minced

Pinch of cayenne pepper

Coarse salt

1 firm, ripe avocado, halved and pitted

½ yellow bell pepper, ribs and seeds removed, diced

6 cherry tomatoes, halved

1 scallion, trimmed and thinly sliced

1 T chopped fresh cilantro leaves, plus whole leaves for garnish

### **Directions:**

In a small bowl, whisk together olive oil, lime juice, garlic, and cayenne. Season with salt.

Scoop out flesh from avocado halves, reserving shells, and chop. Transfer to a bowl and add bell pepper, tomatoes, scallion, and chopped cilantro.

Drizzle with dressing and season with salt. Gently stir to combine. Spoon mixture into reserved shells. Garnish with whole cilantro leaves and serve immediately.

## Corn Tomatillo Relish

Adapted from The Complete Savorist ([www.thecompletesavorist.com](http://www.thecompletesavorist.com))

Serves 8

Check out this exit strategy for corn!

### Ingredients:

Water, salt, pinch of sugar for boiling corn  
4 ears corn on the cob; kernels removed  
4-6 tomatillos (about 5-6 oz); finely chopped  
¼ cup red onion; finely diced  
2 jalapeños; diced  
3 cloves garlic; minced grated (1 ½ tsp)  
Tbs EVOO  
½ cup apple cider vinegar  
2 T fresh cilantro; chopped finely  
½ tsp black pepper; +/- to taste  
1 tsp Old Bay Seasoning  
1 ½ tsp fresh lime juice  
¼-1/2 tsp salt; +/- to taste

### Directions:

Remove husks and silks from the corn while bringing a large pot of water to boil.

Once the water is boiling, add some salt and a pinch of sugar then add the corn; boil for 3 minutes.

Remove the corn from boiling water and immediately place them in an ice water bath to stop cooking and cool them down.

Soak the tomatillos in a bowl of warm water for about 5 minutes to loosen the husks for easy removal.

Remove the husks from the tomatillos and clean the skins to remove the sticky residue.

Cut the kernels off the corn by inverting a small bowl into a larger one, allowing the kernels to fall into the bowl. Dice the tomatillos, add to the corn bowl. Dice the onion, add to the mixture.

Dice the jalapeños, to reduce the heat, remove seeds and veins, then add to the veggies.

Heat a medium-size sauce pan over medium high heat. Once the pan is hot, add the oil, swirl it around to fully coat the bottom of the pan.

Add the corn, tomatillos, onions, and jalapeños, stir well can sauté for about 3 minutes.

Reduce the heat to medium, add the vinegar, cilantro, black pepper, and Old Bay seasoning; bring it to a high simmer. Allow to simmer for 2-3 minutes then reduce heat to medium low for 15 minutes. At the 10 minute mark, taste for seasoning, add more salt as needed (1/4-1/2 teaspoon).

Resume the low simmer for the 5 remaining minutes. Taste again, adjust salt if needed. Remove from heat, stir in the fresh lime juice.

Allow to completely cool, then place in a sealable container and refrigerate for at least 2 hours, but the longer the better.

Use on every and anything; store in a sealed jar/container for up to two weeks.

## Grilled Tomatillo and Corn Salsa

Adapted from Bon Appetit ([www.bonappetit.com](http://www.bonappetit.com))

Total time ~25 minutes

Makes 6 cups

### Ingredients:

3 pounds of tomatillos, husks removed, rinsed clean

2 corn cobs, husks still on, OR 2 cups of cooked corn (Trader Joe's has frozen roasted corn which would work great)

¼ cup chopped fresh cilantro

2 cloves garlic, minced

1 jalapeño, minced (remove seeds for less heat)

3-4 Tbs lime juice

2 tsp salt

¼ tsp cayenne

1/8 tsp cumin

¼ tsp dried oregano

½ cup finely diced red onion

### Directions:

Grill the tomatillos: Prepare grill for direct, high heat. Place the tomatillos directly on the grill. Turn occasionally until charred in several places, and the color indicated the tomatillos are cooked and changes from vibrant green to olive green.

Grill the corn: If you are grilling the corn as well, place the corn cobs, still in their husks, directly on the grill. (If you are using fresh corn, there is no need to soak them in water.)

Grill until the husks are completely charred and blackened all around. (See [How to Grill Corn on the Cob.](#)) The flavor from the charred corn husks will cook into the corn as it grills.

Remove from grill. Let cool. Strip off the burnt husks and silks from the corn cobs. Use a sharp knife to cut away the corn kernels from the cobs.

Pulse tomatillos, cilantro, garlic, jalapeño, lime juice, salt, cayenne in food processor: Place the tomatillos, cilantro, garlic, jalapeño, lime juice, salt, cayenne, cumin and oregano in a food processor. Pulse until puréed, with a few remaining chunks of tomatillos.

Stir in the corn and minced red onion. Adjust seasonings, add more salt to taste.

## **Bell Pepper Salsa**

Adapted from Simply Recipes ([www.simplyrecipes.com](http://www.simplyrecipes.com))

Total time ~10 minutes

Doesn't get easier than this tomato free salsa. Serve with steak, carnitas or grilled chicken.

### **Ingredients:**

1 large bell pepper, stem and seeds removed, finely chopped

6 green onions, thinly sliced

3 garlic cloves, minced

2 Tbs chopped arugula, basil, or parsley

¼ tsp red chile flakes

2 Tbs sherry vinegar or apple cider vinegar

2 Tbs EVOO

Salt and freshly ground black pepper to taste

### **Directions:**

Combine all ingredients into a small bowl. Serve with protein or let marinate in fridge for 3 days for more flavor.

## Spicy Roasted Daikon Radish French Fries

Adapted from Cooking on the Weekends ([www.cookingontheweekends.com](http://www.cookingontheweekends.com))

Total Time ~ 40 minutes

Serves 4

This is a great way to introduce this new veggie into your life! Lots of flavor!

### Ingredients:

5 cups (about 1 3/4-pounds) Daikon radish, peeled & sliced

3½ Tbs oil

1½ tsp chili paste

1 tsp low sodium Tamari or soy sauce

½ tsp ginger pulp, freshly grated

½ tsp granulated sugar

½ tsp sea salt

### Directions:

Preheat the oven to 475°F, and adjust a rack to the center.

Cut the Daikon into sections approximately 3-inches long, then cut about ¼-inch slices off the side of each one, to make a base. Stand the sections on their bases, and cut them, vertically into slices about ¼-inch thick.

Stand these slices on top of each other, and then cut them into sticks about ¼-inch thick. Add all of the Daikon slices to a baking sheet and set aside.

In a small bowl, combine the oil, chili paste, Tamari or soy sauce, ginger, sugar and salt.

Drizzle this over the Daikon slices and then use your hands to toss them until they're all evenly coated and in a single layer.

Place the baking sheet in the preheated 475°F oven and roast until they are golden brown on all sides, about 30 minutes. (You should gently toss/flip them about halfway through the cooking time.)

Add a double layer of paper towels to another baking sheet, and when the fries are done, add them on top of the towels to drain and cool.

## **Creamy Dill Potato Salad**

Adapted from Spend with Pennies ([www.spendwithpennies.com](http://www.spendwithpennies.com))

Total Time ~ 40 minutes

Serves 6

Dill and potatoes sounds simple, but fresh dill really takes it to the next level. You could even add some bacon to this!

### **Ingredients:**

3 pounds potatoes, skinned

1 ½ cups celery, diced

3 Tbs green onion, sliced

¾ cup mayonnaise

½ cup sour cream

2 Tbs lemon juice

4 Tbs fresh dill, minced

1 Tbs Dijon mustard

### **Directions:**

Boil the potatoes until tender (approx. 15-20 minutes). Cool and cut into bite sized pieces.

In a large bowl, mix all ingredients except the potatoes. Combine cooled potatoes with dill mixture and refrigerate at least one hour.



## Shredded Daikon Salad

Adapted from Bon Appetite ([www.bonappetite.com](http://www.bonappetite.com))

Serves 6

Enjoy this veggie raw with this amazing dressing and some shared legacy garlic!

### Ingredients:

1 large daikon (about 1 lb.), peeled, thinly sliced into 3"-long matchsticks

$\frac{3}{4}$  tsp kosher salt, divided

1 red finger or Fresno chile, seeds removed, finely chopped

2 garlic cloves, finely chopped

2 Tbs toasted sesame oil

2 Tbs unseasoned rice vinegar

1 Tbs granulated sugar

$\frac{1}{2}$ –1 tsp store-bought or homemade chile crisp (optional)

Toasted white and/or black sesame seeds (for serving)

### Directions:

Toss daikon and  $\frac{1}{2}$  tsp salt in a medium bowl; let sit 30 minutes.

Transfer to a dish towel and squeeze out excess moisture. Meanwhile, whisk chile, garlic, oil, vinegar, sugar, and remaining  $\frac{1}{4}$  tsp. Salt in a large bowl and let sit 30 minutes.

Add daikon to bowl and massage dressing into daikon. Let sit at least 30 minutes and up to 6 hours (cover and chill if holding longer than 1 hour).

To serve, stir in desired amount of chile crisp if using and top with sesame seeds.

## **Creamy Dill Sauce/Dressing**

Adapted from A Cedar Spoon ([www.acedarspoon.com](http://www.acedarspoon.com))

Makes 1  $\frac{3}{4}$  cups

Use this as a dip, sauce or dressing! Such a tasty thing to have on hand!

### **Ingredients:**

1  $\frac{1}{4}$  cup Plain Greek yogurt

$\frac{1}{2}$  cup mayonnaise

$\frac{1}{4}$  cup finely chopped fresh dill

1 Tbs lemon juice

Salt and pepper to taste

### **Directions:**

Put all ingredients in a blender or a bowl and combine until creamy and everything is combined.

Use for salads or as a dip for crisp vegetables.

Store in an airtight container in the refrigerator.

## **Balsamic Watermelon Chicken Salad**

Adapted from A Pinch of Yum ([www.apinchofyum.com](http://www.apinchofyum.com))

Total Time ~ 40 minutes

Serves 4

Use this as a dip, sauce or dressing! Such a tasty thing to have on hand!

### **Ingredients:**

1 cup balsamic vinegar  
1 Lb. boneless skinless chicken breasts  
3 tsp all purpose seasoning  
1 Tbs EVOO  
4 cups baby spinach or greens of choice  
2 cups cubed watermelon  
½ cup blue cheese crumbles  
¼ cup sliced or crushed almonds

### **Directions:**

Pour the balsamic vinegar into a small saucepan and bring to a boil. Reduce heat and simmer for 15-20 minutes until the vinegar is reduced and starting to become syrupy.

Meanwhile, turn a grill or nonstick skillet to high heat. Sprinkle the chicken with the seasoning on both sides and drizzle with the olive oil. Transfer to the hot grill and cook until no longer pink and nicely browned on the outside. Let rest for 5 minutes; cut into small cubes.

Layer the greens with the chicken, watermelon, blue cheese, almonds, and drizzle with the balsamic reduction to taste. Top with more oil if desired.

## Honeycrisp Apple Blondies

Adapted from Dorothy Lane Market ([www.dorothylane.com](http://www.dorothylane.com))

Serves 4-6

Can use any baking/cooking apple in this one! Such a great fall dessert.

### Ingredients:

1 cup flour, more as needed  
¼ tsp baking soda  
¼ tsp kosher salt  
2 oz butter (1/2 stick), softened  
1 cup granulated sugar  
1 tsp vanilla extract  
1 tsp ground cinnamon  
¼ tsp freshly grated nutmeg  
1 large egg  
2 cups diced Honeycrisp apples (about 2 apples)  
½ cup toasted pecans, chopped (optional)

### Directions:

Heat oven to 350°F. In a large bowl, whisk together flour, baking soda, and salt.

In a mixer bowl fitted with the paddle attachment, cream butter, sugar, vanilla, cinnamon, and nutmeg. Add the egg and mix until smooth.

With the mixer on low, beat in dry ingredients until smooth (at this point the batter will be quite thick). Fold in the apples and nuts by hand.

Spread batter evenly into a greased and floured 9-inch fluted tart or quiche pan with 1-inch sides. (Alternatively, you can use a 9-inch cake pan with 1-inch sides.) Bake until cake is golden brown, and a toothpick inserted in the center of the cake comes out clean, 40 to 45 minutes. Let cool 10 minutes before serving.