

SLFarms CSA Week Eighteen 2021 Recipes

Garlic Herb Chicken Sweet Potato Sheet Pan Meal
Roasted Squash with Sesame Seeds and Cumin
Garlic Roasted Potatoes and Carrots
Carrot, Radish and Ginger Salad
How to Roast a Squash (halved)
Savory Stuffed Honeynut Squash
Sausage & Apple Honeynut Squash
Curried Carrot Soup
Radish Hash Browns
Radish and Turnip Hash
Cabbage with White Beans, Turnip and Pecorino
Cabbage Apple Slaw with Honey Lime Dressing
Red Cabbage with Bacon and Apples
Asian Pear Crisp Coconut Ginger Recipe
Asian Pear Apple Pie

Garlic Herb Chicken Sweet Potato Sheet Pan Meal

Adapted from Café Delites (www.cafedelites.com)

Total time ~35 minutes

Serves 4

Sheet pan meals are the best! Sub in other veggies to use this as a great exit strategy!

Ingredients:

1 large sweet potato , peeled and diced into 1/2-inch wide pieces
¼ cup EVOO, divided
4 cloves garlic , crushed or finely chopped, divided
2 tsp dried oregano, divided
2 tsp basil, divided
2 tsp parsley, divided
Salt and freshly ground black pepper
21 ounces boneless skinless chicken breasts , diced into 1 1/4-inch pieces
1 large head of broccoli cut into florets (about 3 cups of florets)
1 red pepper, deseeded and cut into wedges
1 medium red onion, cut into wedges

Directions:

Preheat oven to 400°F.

Line a large, rimmed baking sheet / tray with parchment paper or aluminium foil. Arrange sweet potatoes on the tray; drizzle with 1 tablespoon of oil (or enough to evenly coat), 1 crushed garlic clove, 1/2 teaspoon each of oregano, basil and parsley. Toss well to coat completely. Season with salt and pepper and spread into an even layer.

Cover with foil and roast in hot oven for 20 minutes, while preparing the remaining vegetables.

The sweet potatoes will just begin to soften at this time (they will still be fairly hard on the inside, but soft on the outside).

Remove from the oven and arrange the chicken, broccoli, peppers, and onion around the sweet potatoes. Drizzle with remaining oil; add the garlic and herbs. Toss everything together to completely coat in the oil.

Season with extra salt and pepper to taste.

Return to the oven and bake for 15-20 minutes, turning chicken and other ingredients once while cooking, until the chicken is cooked through and no longer pink in the middle, and the other vegetables are cooked through. Serve immediately OR allow to cool to room temperature, divide into 4 containers and you have meals ready for the week!

Roasted Squash with Sesame Seeds and Cumin

Adapted from Martha Stewart (www.marthastewart.com)

Total time 45 minutes

Serves 6

Honeynut squash is one of my favorite roasted squashes, try it with some cumin for something different!

Ingredients:

3 Tbs sesame seeds

1 ½ tsp cumin seeds

2 small squashes (about 1 pound each), halved, seeded, and cut into 1-inch wedges

1 tsp ground coriander

Coarse salt and freshly ground pepper

3 Tbs EVOO

Directions:

Preheat oven to 400 degrees. Toast sesame seeds in a small skillet over medium-high, shaking pan frequently, until golden brown, 1 to 2 minutes.

Add cumin seeds and toast until fragrant, about 30 seconds more. Transfer seeds to a small bowl; let cool.

Toss squashes with coriander, 2 teaspoons salt, 1/4 teaspoon pepper, and oil on a rimmed baking sheet. Spread in a single layer; roast 15 minutes.

Add sesame mixture and toss to coat, then flip slices. Roast until squashes are tender and golden brown, about 15 minutes more; serve.

Garlic Roasted Potatoes and Carrots

Adapted from Center Cut Cook (www.centercutcook.com)

Prep time ~10 minutes, Cook time ~25 minutes

Serves 4

Easy roasting! Throw in some other veggies from your box this week! The onions, turnips and radishes can all be roasted.

Ingredients:

1 lb small red skin potatoes, whole

½ lb carrots, chopped

1 Tbs EVOO

½ tsp salt

½ tsp ground black pepper

1 clove garlic, minced

2 tsp fresh thyme, minced

Directions:

Heat oven to 400 degrees.

In a large mixing bowl, combine the potatoes, baby carrots, olive oil, salt, pepper, garlic, and thyme. Stir to mix well.

Pour the potato-carrot mixture into an oven-safe large skillet (or can spread out on a rimmed baking sheet lined with tin foil).

Place the skillet into the oven and roast for 25-30 minutes, stirring occasionally.

The potatoes and carrots are done when they are tender when pierced with a fork.

Carrot, Radish and Ginger Salad

Adapted from Healthy Seasonal Recipes (www.healthyseasonalrecipes.com)

Total time ~ 15 minutes

Makes 5 cups

I love this flavor combination with the ginger! Make a day ahead to really let the flavors marry!

Ingredients:

2 Tbs unseasoned rice vinegar

1 Tbs reduced-sodium tamari or 2 teaspoons coconut aminos

2 tsp pure maple syrup, dark or amber

1 tsp finely grated ginger root, preferably grated with a rasp-style grater

¼ tsp granulated garlic

¼ tsp salt

1 Tbs EVOO

3 cups julienne cut or shredded carrots (about 5 large)

1 cup julienne cut watermelon radishes, or any variety radish including Daikon

½ cup flat leaf parsley leaves, cut into tiny ribbons or chiffonade

Directions:

Whisk vinegar, maple syrup, tamari (or coconut aminos), ginger, garlic and salt in a large bowl. Whisk in oil.

Add carrots, radish and parsley and toss to coat. Can store in the refrigerator for up to 5 days.

How to Roast a Squash (halved)

Super simple method to roast any winter squash! Remember once this is cooked you can scoop out the squash and freeze in a freezer bag!

Ingredients:

Olive oil, salt and pepper

1 Butternut squash (or winter squash of your choice)

Directions:

Preheat oven to 375 degrees F.

Using a large, sturdy knife, cut your butternut squash in half lengthwise.

Scoop out the seeds and stringy bits from each half and discard (or save for roasting).

Transfer the squash, cut-side up into a baking dish and brush with olive oil or melted butter, coating the entire surface of the squash.

Season with salt and pepper and brown sugar (if desired).

Roast in the oven for approximately 45 minutes, or until soft, and fork-tender.

Remove from oven and allow to cool. Scoop flesh from the skin and enjoy plain or in your favorite recipes.

Savory Stuffed Honeynut Squash

Adapted from Garlic and Zest (www.garlicandzest.com)

Total time 45 minutes

Serves 6

Use honeynut or butternut for this super delicious recipe! Sub in any green you still have, like collards, for the kale.

Ingredients:

For the squash:

3 honey nut squash

1 Tbs EVOO

1 pinch salt

For the Stuffing:

1 cup quinoa farro or a blend, cooked at room temperature

1 medium onion diced

2 cloves garlic minced

8 ounces mushrooms fresh, finely diced

1 tsp thyme fresh

½ tsp sage dried, crumbled

2 cups kale leaves only, tough stems removed, finely chopped

¼ cup vegetable broth

1 Tbs EVOO

½ tsp salt

½ tsp pepper

¼ tsp nutmeg freshly grated

¾ cup Parmigiano Reggiano freshly grated

For topping:

1 tsp butter

1 slice bread I used potato bread, but sourdough or plain white bread work fine to

Meanwhile in a medium skillet, heat the olive oil over medium heat and add the onions and garlic. Saute for 2-3 minutes then stir in the chopped mushrooms, thyme, sage and salt, cook until the mushrooms release their liquid, about 5 minutes. Stir in the chopped kale and vegetable broth, cover and reduce heat to a simmer for 3-4 minutes until kale softens. Stir in the pepper, nutmeg and the cooked grains. Add the parmigiano reggiano and stir until just combined.

Tear the bread into large pieces and transfer to a mini prep food processor. Add the butter and pulse several times until it forms bread crumbs.

When the squash is done, fill the cavities with the stuffing and sprinkle with breadcrumbs and bake for an additional 10 minutes. If the breadcrumbs need additional browning, turn on the broiler and cook just until the breadcrumbs start to brown, (about a minute or two).

Directions:

Preheat the oven to 400°. Line a baking sheet with parchment paper.

Cut the squash in half, vertically and scoop out the seeds. Drizzle the cut side with olive oil and rub it into the flesh. Sprinkle with salt and place the squash cut-side-down onto the baking sheet. Roast for 20 minutes.

Sausage & Apple Honeynut Squash

Adapted from Garden in the Kitchen (www.gardeninthekitchen.com)

Total time 30 minutes

This recipe screams fall! A great Thanksgiving dish if you can save that honeynut!

Ingredients:

3 whole honeynut squash, halved
2 Tbs EVOO
1 pinch sea salt and pepper
4 Andouille sausages
1 whole honeycrisp apple, cubed
1 cup celery, chopped
½ cup dried cranberries
1 tsp each oregano, sage, garlic herb
2 sprigs fresh rosemary

Directions:

Pre-heat oven to 400F degrees.

Wash the skin of honeynut squash and towel dry. Cut in half the lengthwise. Remove the seeds and clean the cavity well. Brush the squash with olive oil and season with salt and pepper to taste. Garnish with fresh rosemary. Bake for 30 minutes uncovered.

Meanwhile, heat oil in cast iron. Add sausage, apple, celery and sauté on medium heat for 15 minutes or until apple is soft and sausage start to turn golden brown. Add dried cranberries and season with salt, pepper, oregano, sage and garlic herb.

Remove honeynut squash from oven. Fill the cavity with sausage apple mix. Top with fresh rosemary and serve.

Curried Carrot Soup

Adapted from Rachel Ray (www.foodnetwork.com)

Total time ~25 minutes

Serves 6

This recipe calls for 6 cups of broth- it's time to use that veggie scrap bag up and make some of your own!

Ingredients:

1 Tbs EVOO, 1 turn of the pan

2 Tbs butter

1 medium onion, chopped

1 ½ pounds carrots

6 cups chicken stock, or veggie broth

1 Tbs mild curry paste or 1 ½ Tbs curry powder

¼ to ½ tsp ground cayenne pepper

Coarse salt

1 cup sour cream

Plastic condiment bottle or medium plastic food storage bag

6 blades fresh chives, cut into 1-inch pieces

Directions:

Preheat medium pot over medium high heat. Add olive oil, butter, onions and carrots and saute 5 minutes. Add 4 cups chicken stock, curry and cayenne, and about 1 teaspoon salt to the pot. Bring to a boil, cover and cook until carrots are very tender, about 15 minutes.

Place pot on a trivet next to food processor. Process soup in 2 or 3 small batches until soup is smooth and carrots are fully pureed. Transfer processed soup into a large bowl as you work to make room for more soup in the food processor.

Return completed soup to the soup pot and place back over low heat. If the soup is too thick, add remaining stock, up to 2 cups, to achieve desired consistency. Adjust seasonings. Place sour cream in a plastic condiment squeeze bottle or into a medium food storage bag. Cut a very small hole in the corner of the bag with scissors.

Ladle soup into bowls and squirt a swirl of sour cream around the bowl from the center out to the rim. Drag a toothpick from the center of the bowls out to the edges, forming a spider web design on soup.

Pile a few pieces of cut chives at the center of each bowl and serve!

Radish Hash Browns

Adapted from Low Carb Yum (www.lowcarb yum.com)

Total time ~20 minutes

Serves 4

Try this different spin on hash browns! Add in some onions!

Ingredients:

1 pound radishes, shredded

4 eggs

1/3 cup parmesan cheese shredded

1/2 tsp garlic powder

1/2 tsp onion powder

1/2 tsp salt

Directions:

Combine all ingredients.

Spread out into preheated skillet coated with oil.

Cook until browned on both sides.

Radish and Turnip Hash

Adapted from The Kitchn (www.thekitchn.com)

Serves 2-3

I love getting veggies in with eggs in the morning!

Ingredients:

2-3 small turnips, trimmed, peeled, and cut into 3/4-inch cubes (about 1 ½ cups cubed)

4-5 small radishes, scrubbed and trimmed, and cut into 3/4-inch cubes (about 1 ½ cups cubed)

Coarse sea salt

Freshly ground pepper

2 Tbs oil

1-2 garlic cloves, diced

2 Tbs butter

4 Eggs

1 Tbs fresh parsley, minced

Directions:

Fill a large saucepan with water and bring to a boil. Add 2 teaspoons sea salt. Boil turnip cubes just until tender, 3 to 4 minutes; remove to a bowl with a slotted spoon, pour off any excess water, and set aside.

Next, boil radishes briefly, 30 to 60 seconds; remove to a bowl with a slotted spoon, pour off any excess water, and set aside.

Set a large cast iron skillet over medium-high heat. Add grapeseed oil and when hot, add turnips and radishes, and a pinch each sea salt and pepper. Turning vegetables only once or twice, cook 8 minutes or until golden-brown.

Turn heat to medium and fold in green garlic, cooking for about a minute. Push vegetables to the sides, melt butter in the center of pan, and add the eggs, salting each individually.

For over-easy eggs, cook uncovered 4 to 6 minutes; for over-medium eggs, cover pan for 3 minutes, then uncover and continue cooking just until whites are set, 2 to 3 minutes longer.

Finish with minced parsley and sea salt and pepper to taste. Serve immediately.

Cabbage with White Beans, Turnip and Pecorino

Adapted from My Recipes (www.myrecipes.com)

Total Time ~ 45 minutes

Serves 4

Great way to add some more flavor to that cabbage! Sub in parmesan if you have that.

Ingredients:

1 Tbs EVOO

1 cup cubed, peel turnips

1 Tbs fresh thyme, chopped

¼ cup shallots, thinly sliced

½ tsp salt, divided

1 15-ounce can white beans, rinsed and drained

4 cups thinly sliced green cabbage

¼ cup water

1 Tbs champagne vinegar

½ tsp freshly ground pepper

½ cup pecorino Romano cheese, shaved

Directions:

Heat a large nonstick skillet over medium-high heat. Add oil to pan; swirl to coat. Add turnip, thyme, shallots, and 1/8 teaspoon salt; sauté 2 minutes.

Reduce heat to medium-low; cover and cook 6 minutes or until turnips are slightly tender, stirring occasionally. Increase heat to medium-high.

Add beans; cook 2 minutes, stirring occasionally. Add remaining 1/4 teaspoon salt, cabbage, 1/4 cup water, vinegar, and pepper; cook 1 minute or until cabbage is slightly wilted, stirring occasionally.

Top evenly with cheese.

Cabbage Apple Slaw with Honey Lime Dressing

Adapted from The Kitchn (www.thekitchn.com)

Serves 8

Make this ahead for a go to side this week!

Ingredients:

½ small red cabbage (about 1 pound), cored, quartered, and thinly shredded
2 tsp kosher salt
1 small Granny Smith apple, cored, quartered and cut into matchsticks (about 1 cup)
1 bunch scallions (white and tender green parts), chopped (about 1/2 cup)
½ cup mayonnaise
¼ cup honey
3 Tbs whole-grain Dijon mustard
Freshly grated zest of 1 medium lime
Juice of 1 medium lime
1 tsp poppy seeds
Freshly ground black pepper
½ cup pecan pieces, toasted if desired

Directions:

Toss together the cabbage and salt in a colander. Place over a large bowl to collect the liquid and let stand for 1 hour at room temperature. Discard the accumulated liquid, wipe out the bowl, and transfer the cabbage into it.

Core and cut the apple into matchsticks and add to the cabbage. Chop the scallions into small pieces and add to the cabbage. Toss to combine.

Place the mayonnaise, honey, mustard, lime zest, lime juice, and poppy seeds in a small bowl and whisk to combine. Pour over the cabbage mixture and toss thoroughly. Taste and season with pepper as needed.

Serve immediately or cover and refrigerate. Stir in the pecans just before serving.

Red Cabbage with Bacon and Apples

Adapted from The Spruce Eats (www.thespruceeats.com)

Total Time ~ 45 minutes

Serves 6

In honor of Brian Hammer, add bacon to the veggies.

Ingredients:

2 Tbs EVOO

1 large red onion, chopped

1 clove garlic, minced

2 pounds red cabbage, shredded

3 Tbs cider vinegar

2 tsp granulated sugar

1/8 ground black pepper

2 large Granny Smith apples, peeled, cored and chopped

3 to 4 slices cooked bacon, diced

1/2 cup red wine (such as pinot noir or a cabernet)

1/2 cup beef stock, unsalted

Optional: caraway seeds, chopped

Salt, to taste

Directions:

Gather the ingredients. In a large saucepan or Dutch oven, heat oil over medium heat. Add onions and sauté until softened, about three minutes.

Add the garlic and cabbage, the vinegar, sugar, pepper, chopped apples, bacon, wine, and beef broth.

Bring to a simmer, reduce heat, and cover. Continue cooking for 30 to 45 minutes until cabbage is tender.

Taste and add caraway seeds and salt, as desired. Serve and enjoy!

Asian Pear Crisp Coconut Ginger Recipe

Adapted from Pamela Salzman (www.pamelasalzman.com)

Serves 6-8

These pears are AMAZING with ginger!

Ingredients:

4 Asian pears (about 2 ½ lbs), quartered, cored and sliced crosswise ¼ -inch (peeling is optional)

Juice of half an orange

1 Tbs pure maple syrup

2 tsp arrowroot powder or ½ Tbs of a flour of your choice

Topping:

8 Tbs cold unsalted butter, cut up into 1-inch pieces or unrefined coconut oil

6 Tbs coconut palm sugar, brown sugar, or cane sugar or a combo

1 cup old fashioned rolled oats

⅓ cup sliced almonds

⅓ cup unsweetened flaked coconut

6 Tbs blanched almond flour or almond meal

½ tsp sea salt

3 Tbs diced candied ginger or ¼ teaspoon ground ginger

Directions:

Preheat oven to 350 degrees.

Toss the pears with orange juice, maple syrup and arrowroot (or flour) and transfer to an 8x8 baking dish. In a bowl of a mixer fitted with the paddle attachment, combine all of the topping ingredients and blend until the mixture resembles small peas. This can also be done by hand with a pastry blender. Squeeze with your hands to create small clumps.

Arrange topping over fruit to cover. Place baking dish on a cookie sheet and bake for 50-60 minutes or until bubbly and topping is golden brown.

Serve warm or at room temperature with vanilla ice cream, if you like. To make crisp in a 13 x 9 –inch baking dish, double all ingredients and bake for at least 1 hour. If the topping starts to get too dark before the fruit softens, cover loosely with a piece of foil.

Asian Pear Apple Pie

Adapted from A Cozy Kitchen (www.acozykitchen.com)

Total Time 2 hours 30 minutes

Fall time means pie time right?

Ingredients:

2 to 3 peeled firm Asian pears cut into ½ inch slices

2 to 3 small apples, Pink Lady, Gala, Honeycrisp or Golden Delicious are all good!, cut into ½ -inch slices

3 Tbs all-purpose flour

½ cup light or dark brown sugar

½ cup creme fraiche or sour cream

1 tsp freshly grated ginger

Juice from ½ lemon

Pinch of salt

2 homemade or store-bought pie crusts

1 large egg beaten, for egg wash

1 to 2 tsp turbinado sugar as topping

Directions:

To a medium bowl, mix together the sliced pears, apples, brown sugar, creme fraiche or sour cream, flour, ginger, lemon juice and salt. Set aside.

Lightly flour your work surface and rolling pin. Roll out the first pie crust, rotating and flouring it every so often so it doesn't stick to the surface, to a 13-inch circle. Roll the dough over the rolling pin and place it over a 9-inch pie dish.

Transfer to the fridge while you roll out the second pie crust. Roll out the second disk of dough and create a topping however you like. Do a normal lattice, an intricate lattice, make braids. The possibilities are endless, just remember that the freezer is your friend. If your pie dough ever becomes too soft to manage, be sure to put it on a cutting board and stick it in the freezer for 5 to 10 minutes. It'll instantly become easier to work with.

Remove the pie dish from the fridge and pour in the filling, including all the juices that the pears and apples have released—this is the good stuff! Place the pie crust on the top however you like and seal it up! Transfer the whole pie to the freezer for about 20 minutes (this will firm it up and eliminate the possibility of shrinking like crazy).

Meanwhile, preheat the oven to 400 degrees F. Place the pie on a baking sheet and brush it with egg wash and sprinkle the top with turbinado sugar. Transfer to the oven and bake for 30 minutes or until the pie is lightly golden brown. Turn the heat down to 350 degrees and bake for an additional 30 minutes

Allow the pie to cool for at least 30 minutes, if you're impatient. If you want sliceable slices that stay in tact, allow the pie to cool for 2 to 3 hours.