

Shared Legacy Farms Recipes, Week One, 2022

Garlic Scape Hummus

Adapted from Abundant Harvest Kitchen (www.abundantharvestkitchen.com)

Total time ~10 minutes

Do this! It's an amazing dip for vegetables or crackers, it can also be used as a sandwich spread. You can also freeze hummus if you're using this as an exit strategy.

Ingredients:

- 5-7 garlic scapes, cut into large pieces (~1 inch)
- 2 cups cooked garbanzo beans, drained if using canned (can also substitute white cannellini beans)
- juice from one lemon
- ½ olive oil
- sea salt and pepper to taste

Directions:

Combine garlic scapes, beans and lemon juice in a food processor. Blend well.

Add olive oil and continue to blend. Add salt and pepper to taste.

Store in refrigerator for 1 week, or in the freezer for several months.

White Bean & Garlic Scape Dip

Adapted from Just a little bit of Bacon (www.justalittlebitofbacon.com)

Total Time ~10 minutes

Garlic scapes have quickly gained popularity in the CSA community. Try them out in a dip to use on top of your other veggies this week. Very similar to the hummus above!

Ingredients:

1 cup garlic scapes
2 15-ounce cans white cannellini beans, drained and rinsed
¼ cup EVOO
¼ cup water
¼ cup parsley, chopped
salt and pepper to taste

Directions:

Bring a large pot of water to a boil and set out a bowl of ice water. Add the garlic scapes to the pot and boil for 30 seconds. Drain and plunge the scapes into the ice water.

Roughly chop most of the scapes and finely chop a few for topping the dip.

Add the garlic scapes, white beans, olive oil, water, and parsley to a food processor (or blender) and process until smooth.

Add more water if it's too thick. Taste the dip and add salt and pepper to taste. Serve topped with some garlic scapes, chopped parsley, and a drizzle of extra virgin olive oil.

Garlic Scape Pesto

Adapted from A Dish of Daily Life (www.adishofdailylife.com)

Pesto is not just for pasta! Use it on other salads, roasted vegetables, sandwiches and more. You can freeze for use all year long! Throw some carrot tops in!

Ingredients:

2 cups basil, packed
1 cup garlic scapes, chopped
1 cup slivered almonds
 $\frac{3}{4}$ cup EVOO
juice from one lemon
1 cup Parmesan cheese
salt and pepper to taste

Directions:

Process garlic scapes in food processor.

After they are broken down, add in the slivered almond and basil and continue to process.

Add olive oil and lemon juice in a steady stream, as you continue to blend.

Add parmesan and pulse a couple times to process.

Season to taste with salt

Creamy Herb Dressing

Ingredients:

½ cup sour cream yogurt may be substituted, but the consistency of the dressing may change

¼ cup EVOO

¼ cup chopped fresh herb leaves such as: basil, parsley, dill, marjoram, or oregano

1 Tbs white wine vinegar

1 lemon juiced

1 garlic clove, chopped

½ green onion mainly the white part and some green, about 2-3 tablespoons Note: The green onions add a tangy bite. They may be left out of the recipe for a mild dressing.

Directions:

Add all the ingredients to the bowl of a food processor. Pulse the ingredients for 1 minute or until the dressing is creamy and the herbs are finely chopped.

Store in the fridge for up to 2 weeks.

Scallion Vinaigrette

Adapted from The Domesticated Wolf (www.thedomesticatedwolf.com)

Homemade dressings are the best! Especially when you have that great lettuce to pair them with!

Ingredients:

½ cup EVOO
½ cup apple cider vinegar
1 cup sliced scallions
2 Tbs grainy mustard (or any mustard of your choosing)
½ tsp kosher salt
¼ tsp freshly cracked black pepper
1 tsp honey
red pepper flakes to taste

Directions:

In a mason jar, combine all ingredients and shake very well to combine, or blend for a creamier texture

Refrigerate or use immediately, will last about 1 week

Spinach Turkey Meatballs

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

Total Time ~ 30 minutes

Serves 4

This would be a great source of protein to have with zoodles or pasta of your choice. You could freeze the meatballs once cooked, in a zip lock, to grab for a fast meal later on!

Ingredients:

- 1 bag spinach, blanched
- 1 egg, beaten
- 1 cup soft bread crumbs
- 2 Tbs grated onion, or diced finely
- 1 tsp seasoned salt
- 1 pound ground turkey

Directions:

To blanch spinach:

Bring water to a boil with salt, immerse spinach for 30 seconds or until bright green. Remove and place in strainer.

To make meatballs:

In a bowl, combine spinach, egg, bread crumbs, onion and seasoned salt. Add turkey and mix well.

Shape into 2-inch balls. Place meatballs on a greased rack in a shallow baking pan.

Bake, uncovered, at 400° for 20 minutes or until the meat is no longer pink. Drain on paper towels.

Garnish with tomato wedges if desired.

Easy Spinach Frittata

Adapted from Trisha Yearwood (www.foodnetwork.com)

Total Time ~35 minutes

Serves 4-6

If you're new to the CSA this year, you'll soon learn that our group loves a good frittata! It's a great way to use a variety of greens throughout the season. You could also add some garlic scapes to this, as well as your scallions.

Ingredients:

6-8 large eggs

½ cup milk

½ tsp salt

¼ tsp ground pepper

1 cup shredded swiss cheese (or cheese of your choice)

1 cup cherry tomatoes, halved

2 Tbs butter

1 small onion, diced

4 cups fresh spinach

Directions:

Preheat the oven to broil.

In a medium bowl, whisk together the eggs, milk, salt and pepper until smooth. Fold in the cheese and tomatoes and set aside.

In a 9-inch, oven-safe nonstick frying pan (cast iron works well) over medium heat, melt the butter.

Add the onion and saute until softened, about 5 minutes.

Add the spinach and cook until wilted, about 2 minutes. Pour the egg mixture over the spinach, and cook until almost set, 2 to 4 minutes.

Transfer the pan to the oven and broil until golden brown on top, 5 to 7 minutes.

Remove from the oven and turn out onto a serving plate.

Mashed Cauliflower & Spinach

Adapted from A Family Feast (www.afamilyfeast.com)

Prep- 10 minutes, Cook- 15 minutes

Serves 6-8

Mashed cauliflower has become a favorite in so many families, why not add some spinach! You could also add some scallions to this one!

Ingredients:

1 large head cauliflower, trimmed into florets

2 Tbs EVOO

1 cup sweet onion, diced

2 cups fresh spinach

½ tsp salt

¼ tsp ground pepper

1/8 tsp garlic powder

2 Tbs butter (or substitute of your choice)

Directions:

Bring a medium pot of salted water to a boil and add cauliflower. Cook just until tender, about ten minutes.

While cauliflower is cooking, heat a medium sauté pan over medium high heat and add olive oil.

Once hot, add onions and sauté for 4-5 minutes or until completely cooked. Add the spinach, toss and remove from heat.

Drain the cauliflower but retain about a cup of the cooking water.

Pulse the cauliflower in the food processor until rice size but not pureed.

Add the spinach mixture scraping the oil with it, salt, pepper, garlic powder and butter and pulse to combine.

Do not over mix. If mixture is too thick, spoon a little of the cauliflower water in.

Serve immediately.

Roasted Carrots with Carrot Top Pesto

-You can just make the pesto!

Adapted from Bon Appetit (www.bonappetit.com)

Total time ~40 minutes

Serves 4

Don't want to waste those tops? Make them into pesto and freeze for later use!

Ingredients:

3 pounds small carrots with tops

2 Tbs oil

Kosher salt, freshly ground pepper

1 garlic clove

3 Tbs macadamia nuts or pine nuts

½ cup (packed) fresh basil leaves

¼ cup finely grated Parmesan

½ cup EVOO

Directions:

Preheat oven to 400°. Trim carrot tops, leaving some stem attached. Measure out 2 cups carrot tops and set aside; reserve any remaining carrot tops for another use.

Toss carrots and oil on a rimmed baking sheet; season with salt and pepper. Roast, tossing occasionally, until carrots are golden brown and tender, 25–35 minutes. Let cool.

Pulse garlic and nuts in a food processor until a coarse paste forms. Add basil, Parmesan, and reserved carrot tops; process until a coarse purée forms. Add olive oil and pulse until combined; season with salt and pepper. Serve carrots with pesto.

DO AHEAD: Pesto can be made ahead. Press plastic wrap directly onto surface; chill. Carrots can be roasted 4 hours ahead. Let stand at room temperature.

Curried Carrot Soup

Adapted from Rachel Ray (www.foodnetwork.com)

Total time ~25 minutes

Serves 6

This recipe calls for 6 cups of broth- if you've got a veggie scrap bag consider making 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!