

SLF Week Two 2022 Recipes

Veggie Cream Cheese

Simple Roasted Carrots & Radishes

Roasted Radishes with Brown Butter, Lemon and Radish Tops

Garlic Scape Compound Butter

Creamy Dill Sauce

Sauteed Broccoli Rabe

Baked Pasta with Sausage and Broccoli Rabe

Broccoli Rabe, Potato and Cheddar Frittata

Seared Scallions with Pached Eggs

Pickled Scallions

Roasted Carrots with Dill

Grilled Pork Tenderloin with Cherries

Cherry Vanilla Dark Chocolate Overnight Oats

Raspberry Rhubarb Margarita

Veggie Cream Cheese

Adapted from Shared Legacy Farms Facebook Group

Total time ~10 minutes

Originally posted by Susan in our group, this has become such a hit! There are so many options with your veggies and herbs. Basically all these ingredients are optional, make your own mix up!

Ingredients:

1 garlic scape, finely chopped

1 scallion, finely chopped

1 carrot, shredded

1 radish, shredded

Dill or any fresh herb of your choice, finely chopped

1 8 ounce package cream cheese

Directions:

Combine all ingredients and mix by hand or in the food processor. Store in the fridge for up to 5 days. Enjoy on a bagel, as a dip or on toast.

Simple Roasted Carrots & Radishes

Total Time ~ 40 minutes

Roasting is one of our favorite strategies, it's super easy and a great way to prepare most vegetables. Radishes have a much milder flavor when roasted; try combining them with carrots or potatoes for a great side dish!

Ingredients:

1 bunch radishes (greens removed, cut in halves)

3-4 carrots (cut up, about the same size as the radishes); you could also add some turnips into this mix

2-3 Tbs EVOO

salt and pepper

Directions:

Preheat the oven to 400 degrees.

Toss radishes and carrots in a bowl, add olive oil and stir so all vegetables are lightly coated.

Add salt and pepper, toss well. Place on sheet pan, making sure they are not too crowded.

Roast in oven for about 30 minutes or until tender. Enjoy!

Roasted Radishes with Brown Butter, Lemon and Radish Tops

Adapted from Epicurious (www.epicurious.com)

Total Time ~35 minutes

Serves 4

If your're nervous about radishes, roast them! This is a great recipe that also incorporates the GREENS!

Ingredients:

1-2 bunches radishes

1 ½ Tb EVOO

Coarse Salt

2 Tbs unsalted butter

1 tsp fresh lemon juice

Directions:

Preheat oven to 450 degrees.

Brush large heavy-duty rimmed baking sheet with olive oil.

Cut off all but 1/2 inch of green radish tops; reserve trimmed tops and rinse them well, checking for grit.

Coarsely chop radish tops and set aside. Cut radishes lengthwise in half and place in medium bowl. Add 1 1/2 tablespoons olive oil and toss thoroughly to coat.

Place radishes, cut side down, on prepared baking sheet; sprinkle lightly with coarse salt. Roast until radishes are crisp-tender, stirring occasionally, about 18 minutes.

Season to taste with more coarse kosher salt, if desired.

Melt butter in heavy small skillet over medium-high heat. Add pinch of coarse kosher salt to skillet and cook until butter browns, swirling skillet frequently to keep butter solids from burning, about 3 minutes.

Remove skillet from heat and stir in fresh lemon juice.

Transfer roasted radishes to warmed shallow serving bowl and drizzle brown butter over. Sprinkle with chopped radish tops and serve.

Garlic Scape Compound Butter

Adapted from Tyler Florence (www.foodnetwork.com)

Total Time ~10 minutes

Serves 4-6

Compound butter can also be frozen and used months from now! You could also use dill this week to make compound butter, alone or with the scapes.

Ingredients:

1 stick salted butter, softened

1-2 garlic scapes

zest, from ¼ of lemon

Directions:

Chop the garlic scapes into small pieces, about a quarter of an inch each. Add the pieces to the bowl of a food processor and chop until fine.

Add the butter (you may need to give it a rough chop in order for it to fit in the food processor) and the lemon zest to the garlic scapes.

Puree in the food processor until all ingredients are evenly combined

Storage:

For immediate use, place the compound butter in a jar or plastic container. Store in the fridge for up to a couple weeks.

For longer term storage, place the compound butter on a piece of wax paper, roll it into a log and twist the ends. See the image below. For additional protection, place the roll of butter into a plastic zipper bag. Store in the freezer for 2-3 months.

Creamy Dill Sauce

Adapted from A Cedar Spoon (www.acedarspoon.com)

Total Time ~10 minutes

This sauce or dressing stores in the fridge all week and is great as a dressing or dip for those other veggies!

Ingredients:

1 ¼ cup plain greek yogurt

½ cup mayonnaise

¼ cup finely chopped 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.

Sauteed Broccoli Rabe

Adapted from Love and Lemons (www.loveandlemons.com)

Total Time ~10 minutes

Serves 4-6

This is a simple way to use that broccoli rabe, sub in those garlic scapes for the garlic cloves!

Ingredients:

1 bunch broccoli rabe

1 Tbs EVOO, more for drizzling

2 garlic cloves, sliced

¼ tsp red pepper flakes

Sea salt and freshly ground black pepper

Lemon wedge, for squeezing

Directions:

Trim ½ inch off the ends of the broccoli rabe. Prepare a large pot of salted boiling water and a large bowl of ice water. Drop the broccoli rabe into the boiling water and blanch for 2 minutes. Remove and immerse in the ice water long enough to cool, about 15 seconds.

Drain and place on paper towels to dry.

Heat the oil in a large skillet over medium heat. Stir in the garlic and cook for 30 seconds, then stir in the red pepper flakes. Add the broccoli rabe and sauté, shaking the pan and gently tossing so that it cooks evenly, until tender, especially the stems, for 3 to 5 minutes.

Remove from the pan and drain off any excess liquid. Season with salt and pepper to taste, and serve as a side dish with a squeeze of lemon.

Baked Pasta with Sausage and Broccoli Rabe

Adapted from Bon Appetit (www.bonappetit.com)

Serves 6-8

This is a pretty standard pasta meal that would work well with almost any green!

Ingredients:

Kosher salt

12 ounces Fontina and/or cheddar cheese

1 garlic cloves

2 large sage sprigs

1 bunch broccoli rabe

¼ cup EVOO

1 pound sweet or hot Italian sausage

½ tsp red pepper flakes

2 cups half and half

1 pound ridged medium pasta shells, or large tube pasta, such as rigatoni

Directions:

Place racks in center and upper third of oven; preheat to 325°. Heat a large pot of water over high. Add several tablespoons of salt and bring to a boil (this is for your pasta).

Grate 12 oz. Fontina cheese on the large holds of a box grater (you should have about 4½ cups). Smash 6 garlic cloves, peel, and coarsely chop. Pick all sage leaves from stems and set aside about 10. Finely chop remaining leaves (you should have about 1 Tbs.). Trim tough dried ends from 1 bunch of broccoli rabe, then cut stems into 2" pieces. Leave leafy ends long.

Heat a deep, large, ovenproof skillet, preferably cast iron, over medium-high. Add ¼ cup oil and swirl to coat. Remove 1 lb. sausage from casings and add to skillet. Break into small pieces with a wooden spoon. Cook, undisturbed, until sausage is browned, about 4 minutes. Stir a couple of times and continue to cook, undisturbed again, until sausage is fully cooked through, about 3 minutes longer.

Add garlic, chopped sage, and ½ tsp. red pepper and cook, stirring, until garlic is golden, about 2 minutes. Stir in 2 cups half-and-half and simmer until sauce is thickened slightly, about 2 minutes. Reduce heat to low.

Gradually add about two-thirds of cheese, bit by bit, stirring constantly and letting cheese melt completely before adding more, until sauce is smooth and thick, about 3 minutes; season with salt and remove from heat.

Meanwhile, cook 1 lb. pasta shells in boiling salted water 2 minutes shy of package instructions (8–10 minutes depending on type). During the last 2 minutes, add all of broccoli rabe to pot with pasta. Drain in a colander and shake several times to remove excess water. Return pasta and broccoli rabe to empty pasta pot.

Add cheesy sausage mixture from skillet to pot with pasta. Stir until pasta and broccoli rabe are coated in sauce, then transfer everything back to skillet.

Cover skillet tightly with foil and bake on center rack until pasta is tender and sauce is bubbling, 30–40 minutes. Let rest a few minutes while you heat broiler.

Remove foil and top with remaining cheese. Toss sage leaves with remaining 1 Tbs. oil in a small bowl and arrange over pasta. Broil until cheese is browned and bubbling in spots, about 5 minutes (depending on strength of broiler).

Let pasta cool a minute or two before serving.

Broccoli Rabe, Potato and Cheddar Frittata

Adapted from The Feed Feed (www.tehfeedfeed.com)

Total time ~25 minutes

Serves 4

I love frittatas, make ahead for an easy breakfast to pull out on busy mornings! You could also use your spinach or radish greens for this!

Ingredients:

1 Tbs butter

1 Tbs EVOO

3 or 4 small cooked potatoes (roasted, boiled or steamed), sliced (about 1 cup)

3 scallions, thinly sliced

2 cups chopped broccoli rabe (washed, chopped)

4 extra-large eggs

1 Tbs milk or cream

1 Tbs chopped fresh tarragon

1/3 cup cubed cheddar (about 3 ounces)

3 or 4 cloves of peeled roasted garlic or garlic confit, broken up into smaller bits (optional)

kosher salt

freshly ground black pepper

chopped chives and/or parsley, for garnish

Directions:

Preheat broiler and adjust rack to about 4 inches from heat source (or preheat oven to 400F).

Heat butter and olive oil in a 9-inch, oven-safe cast-iron pan or nonstick skillet over medium heat. Add potatoes and cook until golden, about 3 minutes, flip and cook on other side for another minute. Add scallions and stir for a couple of minutes until they begin to caramelize.

Add broccoli rabe and cook until wilted, 3 or 4 minutes more. Season with a pinch of salt and a couple grinds of pepper.

Lightly beat eggs in a bowl. Whisk in milk or cream, tarragon, and a pinch of salt and black pepper.

Pour egg mixture into skillet and gently shake pan to distribute (I do not stir with a spoon as this can cause the eggs to stick to the pan). Cook for about a minute to set the bottom of the egg mixture. Scatter cheddar and roasted garlic (if using) over the top.

Transfer skillet to broiler and cook until the top of the frittata is bubbling and browned (this should take between 3 and 5 minutes depending on the intensity of the broiler - keep a close eye on the frittata so it doesn't burn). If using oven, bake for 8 to 10 minutes until cooked through and golden brown on top.

Remove skillet from broiler or oven and allow frittata to rest for a few minutes before serving. Garnish with chives and/or parsley.

Seared Scallions with Poached Eggs

Adapted from New Entry Sustainable Food Project (www.nesfp.org)

Yes, I want people eating eggs and fresh produce for breakfast! Leave that cereal at the store. This recipe originally called for microwaving your eggs, but I included some super simple poaching instructions below. I would recommend using them and not the microwave.

Ingredients:

2 bunches scallions
3 Tbs EVOO, divided
1 tsp fresh lemon juice
Kosher salt and freshly ground black pepper
2 large eggs

Directions:

Mince 1 whole scallion, transfer to a bowl, and whisk in 2 tablespoons oil and lemon juice. Season to taste with salt and pepper and set scallion sauce aside.

Put the remaining scallions on a plate. Drizzle with remaining oil and toss to coat. Season to taste with salt and pepper. Heat a large cast-iron grill pan or skillet over medium-high heat. Cook scallions, turning occasionally, until tender and slightly charred, about 5 minutes. Divide scallions between plates.

Pour ½ cup water into each of two 8-ounce microwave-safe coffee cups. Crack 1 egg into each cup, making sure it's completely submerged. Cover each with a saucer. Microwave 1 egg on high until white is set but yolk is runny, about 1 minute (cooking time will vary depending on microwave).

Uncover; using a slotted spoon, transfer egg to top of 1 serving of scallions. Dress with half of the scallion sauce. Repeat with remaining egg and sauce; serve.

How to poach an egg:

Crack your egg into a bowl or onto a saucer, this makes it easier to slide into the pan. If there is any very runny white surrounding the thicker white then tip this away.

Add a drop of vinegar (you can add this to the water in the pan if you prefer).

Bring a pan of water filled at least 5cm deep to a simmer. Don't add any salt as this may break up the egg white.

Stir the water to create a gentle whirlpool to help the egg white wrap around the yolk.

Slowly tip the egg into the center. Make sure the heat is low enough not to throw the egg around – there should only be small bubbles rising.

Cook for 3-4 minutes or until the white is set.

Lift the egg out with a slotted spoon and drain it on kitchen paper. Trim off any straggly bits of white. If you need to cook more than one poached egg, keep it at the right temperature in warm water, but make sure the water isn't hot enough to overcook the egg.

Pickled Scallions

Adapted from Bon Appetit (www.bonappetit.com)

Makes 1 pint

Great exit strategy for these gems! Can be made ahead!

Ingredients:

1 bunch scallions
2 tsp mustard seeds
1 tsp coriander seeds
½ tsp cumin seeds
1 cup white wine vinegar
½ cup sugar
1 Tbs kosher salt

Directions:

Trim both ends of scallions and cut in half crosswise. Pack into a 1-pint heatproof jar.

Toast mustard, coriander, and cumin seeds in a dry small saucepan over medium-low heat, tossing often, until fragrant, about 2 minutes. Add to jar.

Bring vinegar, sugar, and salt to a simmer in same saucepan over medium heat, stirring to dissolve sugar and salt. Pour brine over scallions and seal jar. Chill at least 1 day before using.

Roasted Carrots with Dill

Adapted from The Food Charlatan (www.thefoodcharlatan.com)

Serves 6

In my opinion, crack carrots are the best roasted! Amazing plain or add some dill like this recipe suggests for a fancier spin.

Ingredients:

12 carrots, tops removed

3 Tbs EVOO

1 ¼ tsp kosher salt

½ tsp freshly ground black pepper

2 Tbs minced fresh dill OR 2 tsp dried dill

Directions:

Preheat the oven to 400 degrees F. Give the carrots a good scrub. If the carrots are thick, cut them in half lengthwise; if not, leave whole. Slice the carrots diagonally into 1 1/2-inch-thick slices, or however big you want them, really. (The carrots will shrink while cooking so big slices are fine. You will just have to up your roasting time.)

Toss them in a bowl with the olive oil, salt, pepper, and dried dill, if you don't have fresh.

Transfer to a baking sheet (line with parchment for easy cleanup) and spread out in a single layer. Roast in the oven for 20-30 minutes, until they are brown and fork-tender.

The roasting time depends on how big your carrots are. If you are using fresh dill, toss the carrots with the minced dill after they are roasted, season to taste, and serve.

Grilled Pork Tenderloin with Cherries

Adapted from Eating Well (www.eatingwell.com)

Total Time ~ 40 minutes

Serves 4

Use your fruit for something a little more savory, spice up that grilled protein.

Ingredients:

1 pound pork tenderloin, trimmed
2 Tbs EVOO divided
2 tsp chopped fresh thyme, divided
½ tsp chipotle chile powder
¾ tsp salt, divided
¼ cup chopped shallots
2 cups cherries, pitted and halved
2 Tbs dry red wine
2 Tbs chopped fresh basil, plus more for garnish

Directions:

Preheat grill to medium-high.

Brush pork with 1 tablespoon oil and sprinkle with 1 teaspoon thyme, chile powder and ½ teaspoon salt. Grill, flipping occasionally, until an instant-read thermometer inserted in the thickest part registers 145 degrees F, 14 to 20 minutes. Transfer the pork to a cutting board and let rest for 5 minutes.

Meanwhile, heat the remaining 1 tablespoon oil in a medium skillet over medium heat. Add shallots and the remaining 1 teaspoon thyme and cook, stirring occasionally, until softened, about 2 minutes.

Add cherries and cook, stirring occasionally, until the cherries are softened, 3 to 6 minutes. Stir in wine and increase the heat to high; cook for 1 minute. Remove pan from heat and stir in basil and the remaining ¼ teaspoon salt.

Slice the pork and stir any juices into the cherries. Serve the pork with the cherries. Garnish with more basil, if desired.

Cherry Vanilla Dark Chocolate Overnight Oats

Adapted from Recipe Runner (www.reciperunner.com)

Makes 2 servings

Love these for a quick meal or breakfast on the go! Make several and have breakfast ready to go all week! I always just use the chia seeds, so don't worry if you don't have the flax seeds!

Ingredients:

½ cup plain Greek yogurt
2/3 cup unsweetened almond milk or milk of choice
2 Tbs maple syrup
1 tsp vanilla extract
1 Tbs chia seeds
1 Tbs flax meal
½ cup rolled oats
Pinch of salt
½ cup pitted, chopped cherries
1 Tbs chopped dark chocolate

Directions:

Whisk together the Greek yogurt, milk, maple syrup and vanilla in a bowl.

Add in the remaining ingredients and stir together until combined.

Divide the mixture evenly into two jars and cover with lids.

Refrigerate overnight. Oats are good for several days.

Raspberry Rhubarb Margarita

Adapted from The Manual (www.themanual.com)

Love this new way to use this tangy gem! Sub in ANY berry!

Ingredients:

2 ounces tequila blanco
2 ounces fresh lime juice
2 ounces raspberry rhubarb syrup*
2-3 jalapeno slices
Fresh raspberries, limes, jalapeno for garnish

Directions:

Raspberry Rhubarb Syrup:

Add 1/2 cup chopped rhubarb, 3/4 cup raspberries, 1 cup water, 1/2 cup sugar, and the juice of 1/2 a lemon to a small saucepot and cook over medium-high heat until the mixture comes to a low boil.

Reduce heat to low and simmer for 10 minutes, or until the rhubarb is soft.

Remove from heat and allow to cool. Once cooled, mash the rhubarb and raspberries with the back of a fork or a wooden spoon.

Strain mixture through a fine-mesh sieve, extracting as much liquid as possible. Pour the liquid into a jar or sealed container and place in the refrigerator to cool.

To make the cocktail:

Place a thin layer of flake salt on a small plate. Rim glass with lime juice and dip each glass into the salt. Set aside.

Fill a cocktail shaker with ice and 2-3 jalapeño slices. Add the tequila, lime juice, and raspberry rhubarb syrup to the cocktail shaker and shake vigorously for 15 seconds.

Fill prepared glass with ice and, using a cocktail strainer, pour the mixture over the ice. Garnish with fresh limes, fresh raspberries, and jalapeño slices, if desired.