

SLFarms Week Seven, 2022 Recipes

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20 Minute Skillet Sausage & Zucchini

Adapted from The Whole Cook (www.thewholecook.com)

Total time ~20 minutes

Serves 4

Love an easy skillet meal, could play around with different veggies in this one. I would even add some greens at the end!

Ingredients:

2 ½ Tbs EVOO

4 fully cooked sausages, sliced into circles 1/4 inch thick

2 medium zucchini, cubed

1 onion, cut into 3/4 inch pieces (close to same size as zucchini)

1 bell pepper, any color, cut into 3/4 inch pieces (close to same size as zucchini)

½ tsp salt

½ tsp dried oregano

½ tsp dried basil

¼ tsp garlic powder

¼ tsp onion powder

¼ tsp pepper

1 tsp garlic, minced

Directions:

Heat 1 tablespoon of olive oil in a large skillet over medium-high heat. Once the oil is hot, add sliced sausage. Sauté, flipping sausage frequently, for 1 to 2 minutes or until sausage slices have some browning. Remove from pan and set aside.

Reduce heat to medium. Add remaining 1 1/2 tablespoons of oil to skillet with the zucchini, onion, and bell pepper. Sprinkle with salt, oregano, basil, garlic powder, onion powder, and pepper. Stir. Let cook until the onion is translucent and peppers and zucchini are close to tender, about 5 to 10 minutes.

Add sausage back to the skillet along with minced garlic. Stir. Cover so everything heats through for 1 to 2 minutes.

Taste. Add extra salt if desired. Garnish with chopped fresh basil (optional).

Almond Flour Zucchini Bread

Adapted from Against All Grain (www.againstallgrain.com)

Makes 2 mini loaves

I make this every single year and it freezes so well! Minimal sugar!

Ingredients:

1- ½ cup blanched almond flour
2 tsp cinnamon
1 tsp baking soda
½ tsp salt
½ tsp nutmeg
3 eggs, beaten
¼ cup honey
1 ripe banana
1 cup shredded, unpeeled zucchini

Directions:

Preheat oven to 350 degrees Fahrenheit.

Combine the dry ingredients in a small bowl. Place the wet ingredients in the bowl of a stand mixer, then beat on medium for 1-2 minutes until frothy and fully combined. Add the zucchini and beat again just enough to incorporate.

Slowly add the dry ingredients with the mixer running, until all of the flour mixture has been incorporated.

Spoon the batter into 2 mini loaf pans. You can also use this batter to make muffins.

Bake for 30-35 minutes until the middle is set and a toothpick comes out clean.

Southwestern Black Bean Corn Salad

Adapted from Skinny Taste (www.skinneytaste.com)

Total time ~25 minutes

Serves 6

I make cold corn salad EVERY year. Its great as leftovers too. I don't cook the corn!

Ingredients:

15 ½ ounces black beans, rinsed and drained

9 ounces cooked corn, fresh

1 medium tomato, chopped

1/3 up red onion, chopped

1 scallion, chopped

1 ½ limes, juice of

1 Tbs EVOO

2 Tbs cilantro, fresh minced, or more to taste

salt

pepper

1 hass avocado, medium, diced

1 jalapeno, diced, optional

Directions:

In a large bowl, combine beans, corn, tomato, onion, scallion, cilantro, salt and pepper.

Squeeze fresh lime juice to taste and stir in olive oil.

Marinate in the refrigerator 30 minutes.

Add avocado just before serving.

Grilled Summer Squash with Lemon Scallion Dressing

Adapted from Country Living (www.countryliving.com)

Total time ~35 minutes

Serves 8

Grill those veggies and use those fresh herbs, this dressing is delicious!

Ingredients:

Oil for grill grates

3 small zucchini (about 1 pound), halved lengthwise

3 small yellow squash (about 1 pound), halved lengthwise

2 Tbs EVOO, divided

Kosher salt and freshly ground black pepper

½ tsp lemon zest, plus ½ a whole lemon

½ small jalapeño pepper, thinly sliced

½ tsp pure honey

2 scallions, thinly sliced

½ cup fresh basil, torn

Directions:

Set up grill for direct cooking and heat to medium-high. Once hot, clean and lightly oil grates with canola oil.

Brush zucchini and squash with 1 tablespoon olive oil. Season with salt and pepper.

Grill zucchini, squash, and lemon half, cut sides down, until charred and just tender, 3 to 4 minutes. Transfer to a cutting board; cut zucchini and squash into 2-inch pieces.

Squeeze juice from grilled lemon into a bowl. Add lemon zest, jalapeño, honey, and remaining tablespoon olive oil and whisk to combine. Season with salt and pepper. Add zucchini, squash, scallions, and basil and toss to combine.

Grilled Cabbage with Bacon

Adapted from Bon Appetit (www.bonappetit.com)

Total time ~20-25 minutes

Grilling veggies is a great exit strategy! Almost anything can be thrown on the grill!

Ingredients:

½ small shallot, chopped

1 Tbs red wine vinegar

2 tsp Dijon mustard

1 tsp honey

6 slices bacon, cooked, 1 tablespoon fat reserved

¼ cup EVOO, plus more

Kosher salt and freshly ground black pepper

1 head green cabbage, cut into quarters

Croutons (for serving)

Directions:

Whisk together shallot, vinegar, mustard, and honey; gradually whisk in bacon fat and ¼ cup oil. Crumble in bacon; season with salt and pepper and set aside.

Drizzle cabbage with oil; season with salt and pepper. Grill over medium heat, turning occasionally, until tender and lightly charred, 15–18 minutes.

Serve topped with vinaigrette and croutons.

Jalapeno Popper Creamed Corn

Adapted from Delish (www.delish.com)

Total time ~20 minutes

Serves 6

I've never made this before but someone passed this along as a great corn dish!

Ingredients:

½ oz (8-oz.) block cream cheese, softened

1/3 cup sour cream

¼ tsp chili powder

¼ tsp garlic powder

Kosher salt

Freshly ground black pepper

2 Tbs EVOO

8 ears corn, kernels removed

1 cup cooked bacon, crumbled, plus more for garnish

1 cup shredded cheddar

2 green onions, thinly sliced

2 jalapeños, seeds removed and minced, plus another jalapeño thinly sliced, for garnish

Directions:

In a large bowl, combine cream cheese with sour cream. Season with the chili powder, garlic powder, salt, and pepper.

In a large skillet over medium-high heat, heat oil. Add corn and cook, stirring occasionally, until the corn is golden and lightly seared, about 5 minutes.

Add corn to cream cheese mixture and let cool slightly. Add bacon, cheddar, green onions, and jalapeños and toss to coat. Garnish with sliced jalapeño and more bacon.

Quick Pickled Beets and Onions

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

Prep time ~10 minutes, Cook time ~30 minutes

Serves 4

This is a quick pickle recipe, no heat needed. It's a great way to make your veggies last a few weeks and enjoy them on sandwiches, on top of salads, tacos and other dishes.

Ingredients:

For the Beets:

16 baby beets (unpeeled, tops trimmed)

For the Marinade:

2 medium red onions (julienned)

2 Tbs sugar

1/3 cup white vinegar

2 tsp salt

2/3 cup water

Directions:

Prepare the Beets:

Bring a large pot of salted water to a rolling boil. Add beets, reduce heat, and simmer until tender, 12 to 15 minutes. Drain the well.

When cool enough to handle, slip off the skin. Place beets in a nonreactive bowl and set aside.

Make the Marinade:

In a small saucepan, combine onions, sugar, vinegar, salt, and 2/3 cup water. Bring this mixture to a boil over high heat.

Simmer 5 minutes and make sure that the sugar and salt are fully dissolved into the water.

Quick Pickle the Beets:

Pour the hot marinade over beets, and then allow the beets to cool to room temperature.

Cover the beets well and refrigerate for several hours or overnight before serving. If you prefer, divide the beet and onion mixture into individual jars for gifts.

Store refrigerated for up to two weeks.

Tomato, Cucumber and Red Onion Salad

Adapted from Genius Kitchen (www.geniuskitchen.com)

Total time 1 hour 30 minutes

Serves 6

Don't let the time scare you on this one, it's just best to let this one get to room temperature before serving.

Ingredients:

2 large cucumbers, halved lengthwise, seeded and sliced

1/3 cup red wine vinegar

1 Tbs white sugar

1 tsp salt

3 large tomatoes, seeded and coarsely chopped

2/3 cup coarsely chopped red onion

1/2 cup chopped fresh basil leaf

3 Tbs EVOO

Directions:

In a large bowl, toss together the cucumbers, vinegar, sugar and salt. Let stand at room temperature for an hour, stirring occasionally.

Add tomatoes, onion, Basil and oil to cucumbers and toss to blend. Season to taste with salt and pepper.

Raw Beet and Cucumber Salad

Adapted from Bon Appetit (www.bonappetit.com)

Serves 8

There's a lot of slicing involved, but this is a great way to use up some left over beets and a BUNCH of fresh herbs!

Ingredients:

4 small Chioggia (candy-stripe) and/or yellow beets, peeled, halved, very thinly sliced
½ English hothouse cucumber, some peel removed in thin alternating strips, halved lengthwise, thinly sliced
2 Persian or kirby cucumbers, some peel removed in thin alternating strips, thinly sliced
6 scallions, white and pale-green parts only, sliced into 2-inch-long thin strips
2 Fresno chiles, very thinly sliced
1 Hungarian wax chile, very thinly sliced
Zest of 1 lemon, removed in wide strips, very thinly sliced
5 ounces ricotta salata (salted dry ricotta), crumbled
2 cups torn mixed tender herbs (such as basil, mint, parsley, cilantro, and/or fennel fronds)
¼ cup (or more) Sauvignon Blanc vinegar, preferably late harvest
½ tsp sugar
2 tsp poppy seeds, plus more
Kosher salt, freshly ground pepper
Olive oil (for drizzling)

Directions:

Toss beets, both cucumbers, scallions, both chiles, lemon zest, ricotta salata, and herbs in a large bowl to combine.

Add vinegar, sugar, and 2 tsp. poppy seeds, season with salt and pepper, and drizzle with oil. Toss salad gently to coat. Taste and drizzle with more vinegar if needed.

Transfer salad to a platter, lightly drizzle with more oil, and sprinkle with more poppy seeds.

Savory Cabbage Pancakes

Adapted from Budget Bytes (www.budgetbytes.com)

Total time ~40 minutes

Serves 6

Savory veggie pancakes are a great way to get in veggies each week! You can add a variety of things to them.

Ingredients:

Pancakes-

2 extra large eggs

½ cup water

1 ½ Tbs soy sauce

1 Tbs toasted sesame oil

¾ to 1 cup all-purpose flour

4-5 cups shredded green cabbage

1 carrot

3 green onions

2 Tbs oil for frying

Toppings-

¼ cup mayonnaise

2 Tbs [sriracha](#)

½ Tbs sesame seeds

2 green onions

Directions:

Remove any wilted leaves from the outside of the cabbage. Cut the cabbage into quarters and remove the core. Thinly slice or shred half of the cabbage, or until you have 4-5 cups shredded cabbage. Peel the carrot and shred it using a large-holed cheese grater. Slice the green onions.

In a large bowl, whisk together the eggs, water, soy sauce, and sesame oil until smooth. Begin whisking in the flour, ¼ cup at a time, until it forms a thick, smooth batter (about ¾ to 1 cup total flour).

Add the cabbage, carrots, and green onion to the batter and stir until the vegetables are mixed and everything is evenly coated in batter.

Heat ½ Tbs oil in a non-stick or cast iron skillet over medium heat. Once hot, add ¾ cup of the vegetable and batter mixture. Press it down into the hot skillet to form a circle, about 6 inches in diameter and 1/2 inch thick. Place a cover on the skillet to hold in the steam, which will help the cabbage soften as it cooks. Cook the pancake until golden brown on the bottom (3-5 minutes), then flip and cook until golden brown on the second side. Pile the cooked pancakes on a plate and cover with foil to keep warm until ready to eat. Add more oil to the skillet as needed as you cook the pancakes.

To prepare the sriracha mayo, mix together ¼ cup mayonnaise and 2 Tbs sriracha in a small bowl. Drizzle the sriracha mayo over the pancakes just before serving, followed with a sprinkle of sesame seeds and sliced green onion.

Honey Lime Tilapia and Corn Foil Pack

Adapted from Delish (www.delish.com)

Total time ~30 minutes

Serves 4

I know this recipe calls for tilapia, but any white fish would work. Foil packs are a great way to avoid extra dishes in the summer!

Ingredients:

4 fillets tilapia

2 Tbs honey

4 limes, thinly sliced

2 ears corn, shucked

2 Tbs fresh cilantro leaves

¼ cup EVOO

kosher salt

Freshly ground black pepper

Directions:

Heat grill to high. Cut 4 sheets of foil about 12" long.

Top each piece of foil with a piece of tilapia. Brush tilapia with honey and top with lime, corn and cilantro. Drizzle with olive oil and season with salt and pepper.

Grill until tilapia is cooked through and corn tender, about 15 minutes.

Grilled Jalapeno-Lime Corn on the Cob

Adapted from My Recipes (www.myrecipes.com)

Total time ~30 minutes

Serves 8

Who loves some “loaded” corn on the cob? I love a different spin on our usual favorites.

Ingredients:

8 ears fresh corn, husks removed

Vegetable cooking spray

Salt and freshly ground pepper

½ cup butter, softened

1 jalapeño pepper, seeded and minced

1 small garlic clove, pressed

1 Tbs lime zest

1 Tbs fresh lime juice

2 tsp chopped fresh cilantro

Garnish: lime zest

Directions:

Preheat grill to 350° to 400° (medium-high) heat. Coat corn lightly with cooking spray. Sprinkle with desired amount of salt and pepper.

Grill corn, covered with grill lid, 15 minutes or until golden brown, turning occasionally.

Meanwhile, stir together butter and next 5 ingredients. Remove corn from grill, and cut into thirds.

Serve corn with butter mixture. Garnish, if desired.

Basil Vinaigrette

Adapted from Two Peas & Their Pod (www.twopeasandtheirpod.com)

Total time ~ 10 minutes

Enjoy that lettuce with some home made dressing!

Ingredients:

2 cups packed basil leaves

1 clove garlic minced

2 Tbs minced shallot

2 tsp fresh lemon juice

2 Tbs white balsamic vinegar or red wine vinegar

1 tsp salt

½ cup EVOO

Freshly ground black pepper to taste

Directions:

Place the basil, garlic, shallot, lemon juice, vinegar, salt, olive oil, and pepper in a blender or food processor.

Blend until smooth. Taste and season with additional salt and pepper, if necessary.

Serve!

Note-vinaigrette will keep in a jar or container in the fridge for up to 5 days.

Peach Crostata

Adapted from Fifteen Spatulas (www.fifteenspatulas.com)

Total time ~55 minutes

Serves 8

Ingredients:

2 lbs fresh peaches

¼ cup brown sugar

¼ tsp ground cinnamon

2 Tbs spiced rum

1 tsp vanilla extract

1 Tbs lemon juice

2 Tbs flour

1 standard pie crust

1 Tbs heavy cream

2 Tbs turbinado sugar

Directions:

Preheat the oven to 400 degrees F.

Cut the peaches into quarters, then cut the quarters into quarters, for a total of 16 slices per peach.

Toss the peaches in a big mixing bowl with the brown sugar, cinnamon, spiced rum, vanilla extract, lemon juice, and flour. Set this mixture aside.

Roll the pie crust out into a big circle, about 12 inches in diameter. Don't worry if it's not a perfect circle.

Transfer the pie crust onto a rimmed baking sheet.

Dump the peaches, along with any of the liquid in the bowl, onto the center of the rolled out pie crust, leaving a 2 inch rim on all sides of the peaches.

Distribute the peaches as necessary to form into a relatively flat layer (it's okay to have the peaches piled up on top of each other).

Fold the sides of the pie crust up and over the peaches, then brush the crust with heavy cream.

Sprinkle turbinado sugar all over the heavy cream brushed pie crust. Bake the crostata for about 40 minutes until the edges are golden brown and the peaches are bubbling.

Serve warm with a big scoop of ice cream, if desired. Enjoy!

Cantaloupe and Black Pepper Granita

Adapted from Bon Appetit (www.bonappetit.com)

Serves 8

Sub in any melon you're getting this week! Such a cocktail loving group!

Ingredients:

2 pounds cantaloupe, rind and seeds removed, coarsely chopped

½ cup sugar

¼ cup Muscat de Beaumes de Venise or other sweet dessert wine

¼ tsp freshly ground black pepper, plus coarsely ground for serving

Directions:

Purée cantaloupe, sugar, Muscat, and ¼ tsp pepper in a blender until smooth. Transfer to a shallow baking dish and freeze mixture until edges begin to set, about 30 minutes.

Using a fork, scrape mixture to break up frozen portions. Freeze, scraping and breaking up every 20–30 minutes, until mixture resembles fluffy shaved ice, 2–4 hours. Serve granita topped with coarsely ground pepper.

Make ahead: Granita can be made 3 days ahead. Cover with plastic wrap and keep frozen. Scrape before serving.

Iced Melon Moroccan Mint Tea

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

Total time ~ 20 minutes

Makes 5 servings

I love this idea! Try making without the sugar and just sweeten if you have to!

Ingredients:

2 cups water

12 fresh mint leaves

4 individual green tea bags

1/3 cup sugar (optional)

2- 1/2 cups diced melon

1- 1/2 cups ice cubes

Additional ice if needed

Directions:

In a large saucepan, bring water to a boil. Remove from the heat; add mint and tea bags. Cover and steep for 3-5 minutes. Discard mint and tea bags. Stir in the sugar.

In a blender, process honeydew until blended. Add 1-1/2 cups ice and tea; process until blended. Serve over additional ice.