

## **SLFarms CSA Week Six 2022 Recipes**

Balsamic Glazed Grilled Sweet Onions  
Vegan Double Chocolate Muffins  
Beetroot and Feta Cheese Salad  
Quick Pickled Beets and Onions  
Spicy Peanut Cabbage and Chard Salad  
Slow Cooked Chard and Potatoes  
Grilled Cabbage Caesar Salad  
Summer Squash Lasagna  
Kohlrabi Fries  
Raw Beet and Cucumber Salad  
Stir Fried Napa Cabbage and Carrots  
Carrot and Garlic Soup  
Raw Garlic Dressing  
Grilled Balsamic Peaches  
Pickled Peach Salad  
Beet and Berry Smoothie

## **Balsamic Glazed Grilled Sweet Onions**

Adapted from Fine Cooking ([www.finecooking.com](http://www.finecooking.com))

Serves 2-4

Sweet, smoky and tangy! Lot's of flavor with this dish!

### **Ingredients:**

2 lb. sweet onions

EVOO for grilling

1 cup balsamic vinegar

1 Tbs chopped fresh thyme leaves

½ tsp crushed pink peppercorns (optional)

½ tsp kosher salt; more to taste

### **Directions:**

Peel and trim the onions. Cut them crosswise into 1/2-inch-thick slices. Insert a toothpick or poultry lacer horizontally halfway into each slice to hold the onion rings together.

Prepare a medium-low charcoal fire or heat a gas grill on medium low for 10 minutes. Brush the grill grate clean and wipe it with a paper towel dipped in oil. Brush both sides of the onion slices with olive oil and grill, covered, turning every 10 minutes, until very soft and well browned on the outside, 35 to 40 minutes total. (A little blackening is OK, but try not to char the onions.) Stack the onions on a large sheet of foil and wrap loosely. Set aside while you make the glaze.

Pour the balsamic vinegar into a small saucepan and add the thyme leaves, pink peppercorns (if using), and salt. Boil, uncovered, over medium-high heat until the vinegar has reduced to about 1/4 cup and has a syrupy texture, 8 to 10 minutes. Let cool briefly and season to taste with salt, if necessary.

Transfer the onions to a dish. Remove the toothpicks and any extremely charred layers, if necessary. If the balsamic glaze has thickened, reheat it gently until pourable. Pour the glaze over the onions and brush to distribute it evenly. Serve warm or at room temperature.

## Vegan Double Chocolate Muffins

Adapted from Minimalist Baker ([www.minimalistbaker.com](http://www.minimalistbaker.com))

Total Time 30 minutes

Makes 12 muffins

This recipe was a HOT one in our Facebook group the last few years! I'm sharing this again in case you haven't seen it! Multiple people have made these and have been successful in getting those picky eaters to eat those beets! I used regular eggs, milk and an all purpose GF flour and it turned out fantastic.

### Ingredients:

2 flax eggs (or regular eggs)

1 cup SLF beet puree (or sub butternut squash, applesauce, or another hearty fruit puree)

¼ cup maple syrup (sub honey if not vegan)

⅓ cup brown sugar

¼ tsp sea salt

1 ½ tsp baking soda

¼ cup melted coconut oil or vegan butter (such as Earth Balance)

¼ cup unsweetened almond milk (or regular milk if not vegan)

½ cup unsweetened cocoa powder

1 ⅓ cups whole-wheat pastry flour (or unbleached all-purpose, I used an all purpose GF flour)

⅓ cup dairy-free semisweet chocolate chips + more for topping

### Directions:

Roast, boil or steam beets prior to peeling. Peel and puree until smooth.

Preheat oven to 375 degrees and line 12 muffins with paper liners, or lightly grease.

Prepare flax eggs in a large mixing bowl and let rest for 5 minutes OR crack 2 eggs into large bowl.

Add beet puree, melted oil, maple syrup or agave, brown sugar, baking soda, salt and whisk for 45 seconds.

Stir in the milk and whisk once more.

Add cocoa powder and flours and stir with a spoon or spatula until just combined, being careful not to over-mix. If the batter appears too thick, add a touch more almond milk. But it should be quite thick and NOT pourable – rather, scoopable.

Lastly, stir in chocolate chips. Then divide batter evenly between muffin tins (should be enough for between 11-12) and sprinkle with a few more chocolate chips (optional but recommended).

Bake for 17-22 minutes or until a toothpick inserted into the center comes out clean. Let cool for a few minutes in the pan, remove from tins and let cool on a cooling rack.

Will keep covered for several days. Freezer for longer-term storage.

## **Beetroot and Feta Cheese Salad**

Adapted from Scrambled Chefs ([www.scrambledchefs.com](http://www.scrambledchefs.com))

Prep time 10 minutes, cook time 45 minutes

Serves 6

Beets and feta are a go to combination; this salad is fairly easy and has the perfect combination of what sweet and salty should be!

### **Ingredients:**

4 medium beets

½- ¾ cup feta cheese

2 Tbs chopped parsley

Lemon Vinaigrette

For the Lemon Vinaigrette-

3 Tbs lemon juice

3 Tbs EVOO

2 garlic cloves- minced

½ tsp pepper

½ tsp salt (to taste)

### **Directions:**

For Salad-

Boil the beetroot on medium heat for 45 mins or until it can be easily pierced through with a knife.

The skin will easily peel off. After removing the skin of the beetroots, chop the beetroot into cubes and do the same with the feta cheese.

Roughly chop the parsley.

Combine beetroot, feta cheese, parsley with the lemon vinaigrette and serve.

For Lemon Vinaigrette-

Mix all ingredients together in a bowl and whisk slightly.

## **Quick Pickled Beets and Onions**

Adapted from The Spruce Eats ([www.thespruceeats.com](http://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 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.

## Spicy Peanut Cabbage and Chard Salad

Adapted from Honest Cooking ([www.honestcooking.com](http://www.honestcooking.com))

Serves 2

Great way to sneak some extra greens in! Packed with flavor.

### Ingredients:

1½ Tbs creamy peanut butter  
1 Tbs rice vinegar  
Juice from ½ lime  
2 tsp toasted sesame oil  
1 tsp tamari or soy sauce  
½ tsp hot sauce  
½ tsp grated ginger  
½ tsp finely chopped garlic  
3 Tbs water  
½ cup thinly sliced purple cabbage  
1 cup chopped Swiss chard greens  
¾ cup canned chickpeas  
½ cup chopped red bell pepper  
¼ cup shredded carrots  
2 tsp sesame seeds

### Directions:

In a bowl, whisk together the peanut butter, vinegar, lime juice, sesame oil, tamari, hot sauce, ginger, garlic, and water. Add the cabbage, kale, chickpeas, bell pepper, and carrots.

Toss to combine, then sprinkle sesame seeds on top.

## **Slow Cooked Swiss Chard and Potatoes**

Adapted from Fine Cooking ([www.finecooking.com](http://www.finecooking.com))

Prep time ~10 minutes, Cook time ~25 minutes

Serves 6

### **Ingredients:**

1 lb potatoes (about 3 medium), scrubbed and unpeeled

Kosher or sea salt

2 bunches Swiss or rainbow chard (about 1-1/2 lb.)

1/3 cup EVOO

3 large cloves garlic, lightly crushed

### **Directions:**

Put the potatoes in a 4- to 5-quart pot with enough water to cover by 2 inches. Salt the water generously, and bring to a boil over medium-high heat. Boil until the potatoes are fork tender, 12 to 15 minutes. Drain and let cool.

Peel the potatoes, and quarter or cut into 2-inch chunks, depending on size.

Trim the tough ends from the chard and discard. Cut the stems from the leaves, then cut the stems into 2-inch pieces. Stack the leaves a few at a time, and cut them crosswise into 2-inch-wide strips.

Heat the oil and garlic in a 7-quart Dutch oven or similar large pot set over medium-low heat. When the garlic starts to sizzle, press down on it with the back of a wooden spoon or silicone spatula until fragrant, taking care not to let it brown.

Add the chard stems and cook, stirring occasionally, until they begin to soften, 5 to 7 minutes. In two batches, add the leaves, adding more to the pot as the first batch begins to wilt. Cover and cook until wilted, about 4 minutes. Stir in the potatoes and sprinkle with 1 tsp. salt.

Cover, reduce the heat to low, and let the vegetables stew in the juices released from the greens, stirring occasionally, until the chard has turned dark and is tender, about 25 minutes. Season to taste with salt, and serve hot or warm.

## Grilled Cabbage Caesar Salad

Adapted from Saveur ([www.saveur.com](http://www.saveur.com))

Total time ~1 hour 40 minutes total

Serves 4-6

Fun play on a classic favorite!

### Ingredients:

For the cabbage:

2 small heads arrowhead cabbage

1 Tbs kosher salt

Freshly ground black pepper

1 cup EVOO

For the salad:

10 large garlic cloves, finely minced ( $\frac{1}{4}$  cup), divided

1 Tbs finely grated orange zest, plus  $\frac{1}{2}$  cup fresh orange juice

1 Tbs finely grated lemon zest, plus  $\frac{1}{3}$  cup fresh lemon juice

6 oil-cured anchovy fillets, finely minced (1 Tbs), or substitute anchovy paste

1 Tbs capers, finely minced

1 Tbs golden raisins, finely minced

$\frac{1}{2}$  cups plus 2 Tbs EVOO, divided

Kosher salt

Freshly ground black pepper

1 cup panko bread crumbs

2½ oz. aged pecorino cheese, finely grated (1 cup), plus more for topping

3 boquerones (marinated white anchovies), optional

### Directions:

Prepare the cabbage: Split each head of cabbage lengthwise into quarters, leaving the core in place in order to hold the leaves together during cooking. Place the quarters on a large rimmed baking sheet, cut-side up. Sprinkle with the salt, season with pepper to taste, and drizzle with oil; rub all over the cabbage, focusing on the cut sides so that the oil and seasonings seep in between the leaves. Set aside, uncovered, to marinate for 30–40 minutes.

Meanwhile, make the vinaigrette: In a medium bowl, add 1 tablespoon of the garlic, the orange and lemon zests and juices, anchovies, capers, and raisins; stir to combine. Slowly whisk in  $\frac{1}{2}$  cup of the oil; season with salt and pepper to taste. Set the vinaigrette aside.

In a large skillet over medium heat, add the remaining 2 tablespoons oil and 3 tablespoons garlic. Cook, stirring frequently, until the garlic just begins to turn golden, 1–1½ minutes. Add the panko and gently stir to combine. Turn the heat down to medium-low and continue cooking and stirring until the panko is evenly toasted and crispy, 5–7 minutes more. Season with salt and pepper to taste, then transfer the panko to a large heatproof bowl or baking sheet and set aside to cool to room temperature.

Cook the cabbage: Preheat a cast-iron grill pan or skillet over very high heat. Once the pan is hot, add the cabbage, cut-side down. Cook, turning occasionally, until the cabbage is charred all over, 10–12 minutes. Using tongs, transfer to a large heatproof bowl or container and cover tightly with plastic wrap or a lid. Set the cabbage aside to steam until the centers are tender when poked with a paring knife, 15–20 minutes.

Once the cabbage is tender and cool enough to handle but still warm, cut the quarters crosswise into 2-inch-wide chunks, then return to the bowl. Add the pecorino, vinaigrette, and half of the panko. Toss well to coat, then transfer the salad to a large platter or wide, shallow bowl. Top with the remaining panko, more pepper and pecorino, and the boquerones (if using). Serve warm or at room temperature.



## Summer Squash Lasagna

Adapted from Taste of the South ([www.tasteofthesouthmagazine.com](http://www.tasteofthesouthmagazine.com))

Total time ~15 minutes, plus time to set

Serves 6

Don't want all that pasta and trying to get in some veggies? Try adding in summer squash! This one still has some pasta, incase your family isn't ready for the full blown vegetable substitute, but you could use more squash and less pasta!

### Ingredients:

3 medium squash, cut lengthwise into 1/4-inch-thick slices

1/2 tsp sea salt

2 Tbs EVOO

1 pound ground turkey (or protein of choice)

1 cup diced yellow onion

2 (14.5-ounce) cans petite diced tomatoes, drained

2 Tbs Italian seasoning, divided

2 tsp garlic salt, divided

4 cups part-skim ricotta cheese

2 cups grated Parmesan cheese

1 (8-ounce) package no-boil lasagna noodles

2 cups shredded mozzarella cheese

### Directions:

Preheat oven to 350°. Spray a 2 1/2-quart shallow baking dish with nonstick cooking spray. Set aside.

Place squash in a single layer on paper towels. Sprinkle with salt, and let stand 15 minutes. Press with additional paper towels to remove excess moisture.

In a large nonstick skillet, heat olive oil over medium-high heat. Cook turkey and onion, stirring until turkey is browned and crumbly, 6 to 8 minutes. Set aside.

In a medium bowl, stir together tomatoes, 1 tablespoon Italian seasoning, and 1 teaspoon garlic salt. In a separate bowl, stir together ricotta, Parmesan, remaining 1 tablespoon Italian seasoning, and remaining 1 teaspoon garlic salt.

Spread 1/2 cup tomato mixture evenly in prepared dish. Top evenly with half of noodles. Cover evenly with one-third of squash. Gently spread half of ricotta mixture over squash; sprinkle with half of turkey mixture. Top with half of remaining tomato mixture. Starting with noodles, repeat layers once. Top with remaining one-third squash.

Bake, uncovered, 30 minutes. Top with mozzarella, and bake until cheese is golden brown, approximately 10 minutes more. Let stand 10 minutes before serving.

## **Kohlrabi Fries**

Adapted from Rachel Ray ([www.rachelray.com](http://www.rachelray.com))

Serves 2

If you're looking for easy you've found your kohlrabi recipe!

### **Ingredients:**

2 kohlrabi roots, stems and leaves removed

1 tsp EVOO

½ tsp ground cumin

½ tsp chili powder

### **Directions:**

Preheat oven to 425°F. Wash the kohlrabi, then use a sharp paring knife or good vegetable peeler to peel. Cut them into thin strips.

In a medium bowl, toss the kohlrabi fries with olive oil, chili powder and ground cumin, coating them evenly.

Spread the kohlrabi in a single layer on a baking sheet and bake for 25 minutes, flipping once, until they are soft and getting blistered and dark on the outside. Remove and eat warm.

## Raw Beet and Cucumber Salad

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

## Stir Fried Napa Cabbage and Carrots

Adapted from Pete's Greens ([www.petesgreens.com](http://www.petesgreens.com))

Total time ~10 minutes

You could add so many different vegetables to this simple dish!

### Ingredients:

Combine in small bowl:

2 ½ Tbs tamari

1 tsp toasted sesame oil

¼ tsp crushed red pepper

1 Tbs EVOO

2 garlic cloves, minced

1 Tbs fresh ginger, peeled and minced

2 cups shredded carrots

1 medium Napa Cabbage, thinly sliced

Minced parsley or cilantro

### Directions:

Heat a wok or large skillet over high heat. Add and stir fry the garlic and ginger for a few seconds taking care not to allow the garlic to brown.

Add the carrots and stir fry for 3 minutes. Add the cabbage and stir fry until tender, about 3 more minutes.

Add the tamari mixture and heat through, stirring to coat the vegetables.

Serve garnished with minced parsley or cilantro.

## **Carrot and Garlic Soup**

Adapted from City Line ([www.cityline.tv](http://www.cityline.tv))

Serves 4

I know it's hot but we have some soup lovers in this group! This one is LOADED with healthy ingredients!

### **Ingredients:**

2 heads garlic  
1 chopped onion  
½ tsp sea salt  
½ tsp fresh pepper  
5 cups vegetable stock  
3 cups chopped carrots  
1 peeled and chopped sweet potato  
1 cup water  
1 cup shredded fresh basil

### **Directions:**

Separate and peel garlic cloves. In large saucepan, heat oil over medium heat; fry garlic, onion, salt and pepper, stirring, until onion is softened, about 5 minutes.

Add stock, carrots, potato and water; bring to boil. Cover, reduce heat and simmer until vegetables are tender, about 20 minutes.

Using immersion blender or in batches in blender, purée soup until smooth. Add water to thin, if desired.

## **Raw Garlic Dressing**

Adapted Everyday Maven ([www.everydaymaven.com](http://www.everydaymaven.com))

Total time ~5 minutes

Makes ¼ cup dressing

I know homemade dressings are a favorite in this group!

### **Ingredients:**

1 Tbs grated Pecorino Romano cheese

2 large cloves garlic, crushed

½ tsp kosher salt

¼ tsp Italian seasoning

7 turns freshly ground black pepper

pinch crushed red pepper flakes

4 tsp apple cider vinegar

2 ½ Tbs EVOO

### **Directions:**

Combine all ingredients except olive oil in a small bowl. Using a small whisk or fork, mix until combined and continue whisking while you slowly pour in olive oil.

Refrigerate until ready to use. Serve over your favorite salad and Enjoy!

## **Grilled Balsamic Peaches**

Adapted from A Family Feast ([www.afamilyfeast.com](http://www.afamilyfeast.com))

Makes ~3 cups

Such a savory way to enjoy those peaches! Make sure your peaches are ripe and not “too ripe.” If they are too ripe they will get mushy!

### **Ingredients:**

1 cup balsamic vinegar

¼ cup molasses

1 Tbs freshly ground black pepper (you can add more or less based on your tastes but the pepper is really great against the other sweet flavors in this dish)

4 ripe peaches

2 Tbs oil

### **Directions:**

In a small sauce pan, bring vinegar to a boil and reduce to a simmer. Simmer until reduced by half (15-20 minutes). Remove from heat and add molasses and black pepper.

Cut the peaches following the natural line that circles the fruit. Cut all the way down to the pit and just run the knife right around keeping the blade against the pit. Gently grab each half and twist in opposite directions. Then pop the stone out with a paring knife or a spoon.

Heat the grill to medium. Keep glaze warm so it does not harden up.

Brush each cut side with oil and place cut down on the grill. Grill for about 2 minutes and flip. Brush the cooked tops with the glaze and cook for about two more minutes. Remove to a platter and brush on more of the glaze.

Serve with extra glaze on the side.

## **Pickled Peach Salad**

Adapted from Southern Living ([www.southernliving.com](http://www.southernliving.com))

Total time ~4 hours

Makes 4 servings

I've heard great things about this "retro" salad, especially how pretty it looks on your table!

### **Ingredients:**

½ cup sugar

½ cup light corn syrup

2 Tbs cider vinegar

1 cup water

2 whole cloves

1 ½ envelopes (1 Tbs) unflavored gelatin

½ cup cold water

2 cups sliced peaches, drained

### **Directions:**

In a saucepan bring sugar, corn syrup, vinegar, 1 cup water, and cloves to a boil over high heat, then lower heat and simmer 20 minutes.

Dissolve gelatin in 1/2 cup cold water. Remove cloves from syrup mixture and add gelatin; stir until dissolved. Add peaches.

Spoon into lightly greased (with cooking spray) 4-ounce molds, dividing fruit evenly. Refrigerate until set, 4 hours.

Unmold and serve on lettuce leaf.



## **Beet and Berry Smoothie**

Adapted from Blissful Basil ([www.blissfulbasil.com](http://www.blissfulbasil.com))

Total time ~15 minutes

Serves 2

Beets can pack some nutrition and sweetness into any smoothie! Make sure you have a decent blender/food processor before attempting to blend raw beets! If you don't have a high powdered blender you can try grated them before blending. Sub in the blackberries!

### **Ingredients:**

1 cup plant milk of choice or water\*

1 frozen banana

1 small beet, washed, peeled, and cut into sixths\*\*

1 cup fresh or frozen strawberries

1 cup fresh or frozen blueberries

Optional add-in: 1 Tbs hemp seeds

### **Directions:**

Add all ingredients to a blender, and blend for 2-3 minutes or until smooth. This one can be a bit tricky to get moving in your blender, especially if you're using all frozen fruit. If you have a "pulse mode" on your blender, I recommend using that to get it started. Then, blend consistently until smooth.

## **Lodi Applesauce**

Lodi apples are a soft, tart apple – the first one to appear in the summer. They are not good for eating out of hand, but instead are used for applesauce or baking applications. They should be stored in the fridge or they will split, and be used within 2 weeks.

### **Ingredients:**

Lodi apples  
sugar  
cinnamon

### **Directions:**

Wash the apples. Cut the apples in half or fourth. There is no need to peel, seed, or core them.

Put the apples in a large pot of boiling water. Boil just until the skin begins to change color and they are getting soft. You don't want to boil too long or they may start to come apart in the pan.

Drain the water from the apples and put them into a food mill in small sections. Turn food mill to make applesauce and remove skins and seeds.

Add sugar and cinnamon to applesauce for taste. You can also add red hot candies. These will dissolve in the applesauce and give it a nice pink flavor and cinnamon taste.

## Lodi Apple Crisp

<https://sugarsunshineandflowers.com/>

Cook Time: 35 minutes

Serves 6

### Ingredients:

10 apples, a mix of Lodi and/or other baking apple

2 teaspoons cinnamon or cinnamon and sugar mixture, optional

### Crumb Topping: (enough for 2 pie plates)

1/2 cup sugar

3/4 cup flour

1/3 cup cold butter, cut into 1/4-inch squares

sparkling sugar, optional

### Directions:

Preheat oven to 375 degrees.

Clean, core, peel and thinly slice the apples. Place in 8-inch pie plate or 8-9 inch square pan. Sprinkle with cinnamon, if desired.

Crumb Topping: In a small bowl, mix the sugar and flour. Add the butter, and using a pastry blender (or your fingers), cut in the butter until butter is the size of small peas.

Sprinkle the crumb topping over the apples and cinnamon, adding as much as you like. *FYI: The crumb topping recipe is enough for crisps made in 2 pie plates or a 9 x 13 pan.*

Sprinkle with decorating or turbinado sugar, if desired.

Bake at 375 degrees for 35 minutes, or until the apples are tender. You can check tenderness by sticking a fork into the apples. If you want the crisp to be more brown on top, broil it for a few minutes.

Serve warm – extra delicious with scoop of ice cream.