

## Shared Legacy Farms CSA, Week Eight, 2022 Recipes

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## Zucchini Noodle Salad with Parsley Pistachio Pesto

Adapted from The Kitchn ([www.thekitchn.com](http://www.thekitchn.com))

Serves 4-6

Summer squash pilling up? Try making this amazing pesto to pair with it. You could also just make this pesto and freeze for later use.

### Ingredients:

4 medium zucchini (about 1 1/2 pounds)  
2 cups Italian parsley, roughly chopped  
2 cups arugula, roughly chopped  
1/3 cup shelled pistachios, plus more for garnish  
1 large clove garlic, smashed  
1/2 cup grated Parmesan, plus more for garnish  
2 Tbs sherry vinegar (see Recipe Notes)  
1 Tbs freshly squeezed lemon juice, plus more to taste  
1/2 cup EVOO  
Kosher salt and pepper, to taste

### Directions:

Spiralize the zucchini using a spiralizer, mandoline, or vegetable peeler. Pat the zucchini noodles very dry with paper towels or a kitchen towel and transfer to a large bowl.

Combine the parsley, arugula, pistachios, and garlic in the bowl of a food processor or blender and process until coarsely chopped. Add the Parmesan, vinegar, and lemon juice, and pulse until combined. With the machine running, slowly add the olive oil until the pesto is thick and smooth. Taste and add salt, pepper, and additional lemon juice as needed.

Add the pesto to the bowl with the zucchini noodles and toss until well combined. Taste and adjust seasoning as needed. Garnish with chopped pistachios and grated Parmesan. Serve immediately.

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## **Parsley Garlic Butter**

Adapted from Epicurious ([www.epicurious.com](http://www.epicurious.com))

Makes ~1/2 cup

Freezer Friendly

This is a repeat from this year, but just a reminder that herb butters are a great way to freeze those herbs!

### **Ingredients:**

1 stick (1/2 cup) unsalted butter, softened  
1/2 cup finely chopped fresh flat-leaf parsley  
2 Tbs minced shallot  
2 Tbs fresh lemon juice  
1/2 tsp minced garlic  
1 tsp salt  
1/4 tsp black pepper

### **Directions:**

Purée all ingredients in a food processor until smooth.

Store in an airtight container or freeze for several months.

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## Super Ramen with Kale and Barbecue Mushrooms

Adapted from Jamie Oliver ([www.jamieoliver.com](http://www.jamieoliver.com))

Total time 2 hours 10 minutes

Serves 4

This recipe may have a fair amount of ingredients, but it's not too tricky!

### Ingredients:

- 1 bulb garlic
- 1 large brown onion
- EVOO
- 1 large bunch of kale
- 2 Tbs dark miso paste
- 2 Tbs white miso paste
- 1 heaped tsp tahini
- 1 Tbs low-salt soy sauce
- 2 Tbs mirin , or to taste
- 1 Tbs sugar
- 1 Tbs white wine vinegar
- 1 fresh red chili
- 1 cup mixed mushrooms
- 4 Tbs teriyaki sauce
- 250 g brown-rice ramen noodles
- 4 Tbs sesame seeds

### Directions:

To make the broth, separate and peel the garlic cloves, then peel and roughly slice the onion.

Heat a splash of oil in a large pan over a medium heat, then slowly cook the whole garlic and sliced onion for 30 minutes, or until sweet and sticky – keep the lid on the pan for the first 20 minutes to keep in all the moisture, then remove for the final 10 minutes so they get a little color.

Add 2 liters of water to the pan. When it comes to the boil, turn the heat down to low and simmer for 20 minutes.

Preheat the oven to 250 F.

Remove any tough stalky bits from the kale leaves, then place a third of the leaves in a low-sided baking tray (this will ensure it crisps up). Toss it with a little drizzle of oil, then spread the leaves out so they're not overlapping. Roast for 30 minutes, or until crisp and still green.

Strain the broth through a sieve and, using a large metal spoon, squash the onion and garlic to release the flavor back into the pan.

In a small bowl, mix both miso pastes and the tahini with a little of the broth to loosen it all up. Stir this back into the main pan and season with soy sauce and mirin. Keep the broth warm until everything else is ready.

Blanch the remaining kale in your broth for 1 to 2 minutes. Remove with tongs and set half to one side – it is perfect as it is. The other half is going to become the pickle.

When the kale for pickling is cool enough to handle, squeeze out all the juice into the broth, and put the kale in a bowl. Scrunch roughly with the sugar, vinegar and a pinch of sea salt, then finely slice and toss through the red chili.

Thickly slice and dry-fry the mushrooms in a frying pan for about 10 minutes, or until they look a bit wrinkly and

have stopped releasing water.

Pour in the teriyaki and a splash of oil and keep them all moving around the pan for 6 to 8 minutes, or until they have soaked it all up and they are dark and shiny.

Cook the noodles in the broth, according to the packet instructions. Toast the sesame seeds in a dry frying pan.

Once everything is ready, divide the noodles and broth between four bowls, along with the mushrooms, pickled kale, blanched kale and crispy kale for the top.

Sprinkle over the toasted seeds, then serve with chilli sauce and toasted sesame oil for drizzling over.

## Chinese Eggplant with Spicy Garlic Sauce

Adapted from Steamy Kitchen ([www.steamykitchen.com](http://www.steamykitchen.com))

Total time ~20 minutes

Serves 4

Sneak some of those peppers in this one!

### Ingredients:

2 Tbs cooking oil, divided

3 eggplant small, cut into long strips

2 cloves garlic finely minced

1 red chile pepper finely minced

½ inch fresh ginger peeled and finely minced

1 green onion chopped

1 Tbs soy sauce

1 Tbs black vinegar Chinese black vinegar

½ tsp sugar

### Directions:

In a wok or saucepan over high heat, add 1 tablespoon of the cooking oil and swirl to coat wok. When wok is hot, add eggplant in a single layer.

Cook 2 minutes and flip over each piece so they cook evenly. Cook another 2-3 minutes, flipping occasionally. The egg plant should have changed in color, the skin wrinkled and the flesh soft.

Push eggplant aside in wok and add 1 tablespoon cooking oil. Add garlic, red chile peppers, ginger and green onion. Stir these aromatics until they become fragrant. Combine aromatics with eggplant and stir fry for one minute.

Add soy sauce, black vinegar and sugar and stir to combine all. Serve immediately.

## **Baked Orzo with Eggplant and Mozzarella**

Adapted from Smitten Kitchen ([www.smittenkitchen.com](http://www.smittenkitchen.com))

Serves 4

This was shared by Esther in the group a couple years ago, what a great way to use your box! I've made it the past couple years and it's a regular now this time of year.

### **Ingredients:**

1 large eggplant, cut into 3/4-inch dice  
Salt and black pepper  
¼ cup EVOO  
1 medium carrot, peeled and cut into 1/4-inch dice  
1 celery stalk, in a 1/4-inch dice  
1 medium onion, finely diced  
3 garlic cloves, minced  
8 ounces orzo, a rice-shaped pasta, rinsed  
1 tsp tomato paste  
1 ½ cups vegetable stock  
1 to 3 Tbs fresh oregano, chopped  
1 tsp grated lemon zest or more to taste, up to the zest of a whole lemon  
4 ounces mozzarella, firmer is better here, cut into 1/3-inch dice  
1 ½ ounces parmesan, grated  
3 medium tomatoes, diced

### **Directions:**

Sprinkle your eggplant generously with salt and let it drain in a colander for 30 minutes. I used this time to get the rest of my ingredients ready. After 30 minutes, rinse it well and pat it dry on towels.

Preheat your oven to 350°F. Heat a large frying pan over medium-high heat. Once hot, add the oil and once the oil is shimmering, add the eggplant. Fry for 8 minutes, stirring pieces occasionally. Using a slotted spoon or spatula, transfer them to paper towels to drain. Add celery and carrots to remaining oil and cook for 3 minutes before adding onion and garlic. Cook together for 5 more minutes on medium heat. Stir in the orzo and tomato paste and cook for two minutes more. Off the heat, add the oregano, mozzarella, parmesan, tomatoes, fried eggplant, lemon zest, 1 teaspoon table salt, many grinds of black pepper and the stock and mix well.

Transfer mixture to an 8×11-inch (about 2 quarts) ovenproof baking dish. Cover with foil and bake 20 minutes, then bake 20 minutes without the foil. (You can increase the ration of foil-on to foil-off time if you don't like a crunchy pasta lid.) Let rest for 5 minutes before serving.

## **Skillet Corn Medley with Peppers**

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

Total time ~20 minutes

Serves 6

Such a great way to use that corn and sneak in even more veggies!

### **Ingredients:**

4 cups fresh\* or frozen corn kernels, thawed (about 6 ears of corn)

¼ cup butter

½ cup chopped green bell pepper

½ cup chopped red bell pepper

½ cup chopped onion

1 tsp kosher salt

¼ tsp ground black pepper

2 Tbs chopped fresh parsley

### **Directions:**

Gather the ingredients a large skillet melt butter. Add red and green bell pepper and onion; sauté for 3 to 4 minutes, or until the onion is translucent.

Add the fresh or frozen thawed corn kernels, salt, and ground black pepper.

Cook, stirring, for 3 minutes; stir in fresh chopped parsley. Serve and enjoy



## Zucchini Pizza Boats

Adapted from Well Plated ([www.wellplated.com](http://www.wellplated.com))

Total time ~ 40 minutes

Makes 8 boats

How did I forget about this meal loaded with zucchini!

### Ingredients:

4 medium zucchini

¼ tsp kosher salt

1 cup pizza sauce

1 ¼ cups shredded mozzarella cheese or cheese blend

1 tsp Italian seasoning

¼ – ½ tsp crushed red pepper flakes – *optional*

¼ cup mini pepperoni - *or mini turkey pepperoni or regular-size pepperoni, sliced into quarters*

2 Tbs freshly ground Parmesan

2 Tbs chopped fresh basil, thyme, or other fresh herbs

And any other veggies you want to add

### Directions:

Place a rack in the center of your oven. Preheat the oven to 375 degrees F. Lightly coat a rimmed baking sheet or 9x13-inch baking dish with nonstick spray.

Halve each zucchini lengthwise. With a small spoon or melon baller, gently scrape out the center zucchini flesh and pulp, leaving a border of about 1/3 inch on all sides. Arrange the zucchini shells on the baking sheet. Sprinkle the insides of the zucchini with salt.

Spoon the pizza sauce into each shell, dividing it evenly. You may need a little more or less, depending upon the size of your zucchini. Put a generous amount, but don't feel like you need to fill it all the way to the very top.

Sprinkle the mozzarella over the top, then evenly sprinkle with Italian seasoning and red pepper flakes (if using). Scatter on the pepperoni and any other desired toppings. Last, sprinkle with Parmesan.

Bake for 15 to 20 minutes, until the cheese is hot and bubbly and the zucchini is tender. If desired, switch the oven to broil and cook the zucchini for 2 to 3 additional minutes, until the cheese is lightly browned.

Remove from the oven and sprinkle with chopped fresh basil. Serve immediately.

## Roasted Chicken with Clementines and Arak (uses FENNEL)

Adapted from Yotam ([www.tastecooking.com](http://www.tastecooking.com))

Serves 4

Fennel can be overwhelming as a new vegetable, try this recommended recipe from a CSA member!

### Ingredients:

6 Tbs arak, ouzo, or Pernod  
4 Tbs EVOO  
3 Tbs freshly squeezed orange juice  
3 Tbs lemon juice  
2 Tbs mustard  
3 Tbs light brown sugar  
2 medium fennel bulbs  
1 Large chicken, divided into 8 pieces  
4 clementines, unpeeled, cut horizontally into ¼ inch slices  
1 Tbs thyme leaves  
2 tsp fenne; seeds, lightly crushed  
salt  
pepper  
chopped parsley to garnish

### Directions:

Put the first six ingredients in a large mixing bowl and add 2 1/2 teaspoons salt and 1 1/2 teaspoons black pepper. Whisk well and set aside.

Trim the fennel and cut each bulb in half lengthwise. Cut each half into 4 wedges. Add the fennel to the liquids, along with the chicken pieces, clementine slices, thyme, and fennel seeds.

Stir well with your hands, then leave to marinate in the fridge for a few hours or overnight (skipping the marinating stage is also fine, if you are pressed for time).

Preheat the oven to 475°F. Transfer the chicken and its marinade to a baking sheet large enough to accommodate everything comfortably in a single layer, roughly a 12-by-14-inch pan; the chicken skin should be facing up. Once the oven is hot enough, put the pan in the oven and roast for 35 to 45 minutes, until the chicken is colored and cooked through. Remove from the oven.

Lift the chicken, fennel, and clementines from the pan and arrange on a serving plate; cover and keep warm. Pour the cooking liquid into a small saucepan, place over medium-high heat, bring to a boil, and then simmer until the sauce is reduced by one third, so you are left with about 1 cup.

Pour the hot sauce over the chicken, garnish with some parsley, and serve.

## **Roast Chicken Cacciatore with Red Wine Butter (uses FENNEL)**

Adapted from Food and Wine ([www.foodandwine.com](http://www.foodandwine.com))

Total time ~2 hours 45 minutes

Serves 4

Another FENNEL recommendation from a CSA member!

### **Ingredients:**

One 3 1/2-pound chicken

Kosher salt

5 thyme sprigs

1 cup red wine

2 Tbs tomato paste

2 Tbs unsalted butter, softened

4 basil sprigs, plus leaves for garnish

4 oregano sprigs

3 garlic cloves, crushed

1 small fennel bulb, cut into 3/4-inch wedges through the core

1 cup cherry tomatoes

3/4 cup pearl onions

8 jarred sweet Peppadew peppers, halved

6 baby bell peppers, halved lengthwise and seeded

1 Tbs EVOO

1/2 cup chicken stock

1/2 cup Castelvetrano olives, pitted and chopped

### **Directions:**

Season the chicken with 2 teaspoons of salt and stuff the thyme sprigs in the cavity. Transfer the chicken to a bowl, cover with plastic wrap and poke holes in the top; refrigerate overnight.

In a saucepan, boil the wine over moderately high heat until reduced to 2 tablespoons, 7 minutes. Off the heat, whisk in the tomato paste, butter and 1 teaspoon of salt. Let cool slightly.

Preheat the oven to 400°. Loosen the breast and thigh skin of the chicken and spread three-fourths of the red wine butter under the skin. Stuff the basil sprigs, oregano sprigs and garlic into the cavity and tie the legs with string. Rub the remaining butter over the chicken and let stand for 30 minutes.

Meanwhile, in a large, deep ovenproof skillet, toss the fennel, tomatoes, onions, both peppers and olive oil; season with salt. Set the chicken in the center of the vegetables. Pour in the stock. Roast for 1 hour and 10 minutes, until an instant-read thermometer inserted in the inner thigh registers 155°. Transfer to a carving board and let rest for 15 minutes.

Simmer the broth over moderately high heat until slightly reduced, 3 minutes. Stir in the olives and transfer to a platter. Carve the chicken and arrange on the platter. Garnish with basil leaves and serve.

## **Orange and Fennel Salad**

Adapted from The Food Network ([www.foodnetwork.com](http://www.foodnetwork.com))

Total time ~ 10 minutes

Serves 4

This is my go-to for fennel. It's easy, fresh and SO tasty.

### **Ingredients:**

1 large fennel bulb, trimmed and thinly sliced

2 medium oranges, peeled

1 Tbs EVOO

1 Tbs red wine vinegar

Salt and pepper

2 Tbs dried cranberries

### **Directions:**

Place the sliced fennel in a salad bowl. Slice oranges to divide flesh sections and add to bowl.

Drizzle with olive oil, red wine vinegar, and salt and pepper.

Toss, top with sweetened cranberries and serve.

## **Blistered Shishito Peppers**

Adapted from Cookie and Kate ([www.cookieandkate.com](http://www.cookieandkate.com))

Total time ~15minutes

Serves 4

Let's see how spicy these gems can get!

### **Ingredients:**

8 ounces (3 heaping cups) shishito peppers

2 teaspoons extra-virgin olive oil or avocado oil

Lemon wedge, optional

Salt, preferably flaky sea salt or kosher salt, to taste

### **Directions:**

Rinse and pat the peppers dry on a clean tea towel. Transfer the peppers to a medium bowl, drizzle in the oil, and toss until the peppers are evenly coated. Set aside.

Preheat a medium skillet over medium heat until it's hot enough that a drop of water sizzles and evaporates quickly on contact. Add the peppers and let them cook, stirring every minute or so (not too often), until they are tender with charred spots, about 8 to 12 minutes.

Transfer the peppers to a serving plate. Spritz with a lemon wedge, if desired. Sprinkle with salt, to taste (don't skimp). Serve with a little bowl on the side for the pepper stems.

## **Blistered Shishito Peppers in the AIR FRYER**

Adapted from Skinny Taste ([www.skinnytaste.com](http://www.skinnytaste.com))

Total time ~10 minutes

Serves 4

Another way to crisp these peppers up!

### **Ingredients:**

8 ounces (3 heaping cups) shishito peppers

EVOO

¼ tsp kosher salt

1 lemon, cut into wedges

### **Directions:**

Spritz the shishito peppers all over with olive oil. Preheat the air fryer 400F 3 minutes.

Transfer to the air fryer and cook in one batch 400F 8 minutes, shaking the basket halfway until soft and slightly charred and blistered.

Sprinkle with salt and squeeze with lemon wedges, serve warm.

## **Pasta with 15-minute Burst Cherry Tomato Sauce**

Adapted from Epicurious ([www.epicurious.com](http://www.epicurious.com))

Total time ~20 minutes

Serves 4-6

Yes, you can make a quick pasta sauce with cherry tomatoes!

### **Ingredients:**

1 pound pasta

Kosher salt

½ cup EVOO

2 large garlic cloves, finely chopped

3 pints cherry tomatoes

½ tsp freshly ground black pepper

Pinch of sugar

1 cup coarsely chopped fresh basil

Freshly grated Parmesan (for serving)

### **Directions:**

Cook pasta in a large pot of boiling salted water, stirring occasionally, until al dente; drain and transfer to a large bowl.

Meanwhile, heat oil in a 12" skillet or wide heavy saucepan over medium-high. Add garlic, then tomatoes, pepper, sugar, and 1 tsp. salt. Cook, stirring occasionally, until tomatoes burst and release their juices to form a sauce, 6–8 minutes.

Toss pasta with tomato sauce and basil. Top with Parmesan.

## **Corn and Potato Chowder**

Adapted from Fashionable Foods ([www.fashionablefoods.com](http://www.fashionablefoods.com))

Total time ~30 minutes

Serves 4-6

I know it's summer...but every year we have some members that still love a good soup! The sweet corn we get is SO delicious in a chowder!

### **Ingredients:**

1 Tbs EVOO  
1 onion, chopped  
1 red bell pepper, chopped  
Kosher salt and black pepper  
3 cloves garlic, minced  
4 small- medium potatoes, peeled and diced  
2 Tbs gluten-free all-purpose flour, or regular if not gluten-free  
4 cups chicken stock  
3 carrots, shredded  
3 cups corn, fresh or frozen  
1 tsp fresh thyme  
1/8 tsp cayenne pepper  
1 cup half and half  
chopped italian parsley, for garnish

### **Directions:**

Heat the olive oil over medium-high heat; add in the onions and peppers, seasoning them with a pinch of salt and pepper. Cook until soft and then add in the garlic, cooking it all for 1 minute more.

Add in the potatoes, stir well and cook for 2-3 minutes. Sprinkle on the flour and mix into the veggies.

Pour in the chicken broth and bring to a boil; then lower the heat and simmer for 10 minutes, or until the potatoes are tender.

Add the shredded carrots and corn and simmer 4-5 minutes longer. Season the soup with the thyme, cayenne pepper, and more salt and pepper.

Stir in the half and half and mix well. Serve garnished with fresh parsley.



## **Garlic and Parsley New Potatoes**

Adapted from Genius Kitchen ([www.geniuskitchen.com](http://www.geniuskitchen.com))

Serves 4

Use your raw garlic if you still have it for an amazing side dish this week!

### **Ingredients:**

12 small red potatoes  
4 garlic cloves, minced  
2 Tbs fresh parsley, chopped  
3 tsp EVOO, divided  
salt and pepper

### **Directions:**

Scrub the potatoes well. Pare a 3/4" strip around the middle of each potato (this is just to give you a little contrast in color).

Place potatoes in a saucepan, cover with water and bring to a boil. Simmer covered for about 20 minutes or until tender.

Drain potatoes and place them in a bowl add two teaspoons of oil& toss.

In a non stick fry pan add the remaining oil over medium heat.

Add garlic, cook approximately 1 minute.

Add parsley, salt& pepper, mix well.

Add potatoes, reduce heat to low and cook stirring constantly for 1 or 2 minutes. Serve.

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## **Iced Cantaloupe Soup with Jalapeno and Basil**

Adapted from Splendid Table ([www.splendidtable.com](http://www.splendidtable.com))

Total time ~ 10 minutes

Serves 4

Keep cool with this summer-chilled soup with a kick. Make sure you make the soup a day ahead.

### **Ingredients:**

Make this a day ahead and keep chilled:

1, 2 ½ pound sweet ripe cantaloupe/melon

2 cups ice cups

Generous pinch of salt

4 or 5 grinds of black pepper

2 Tbs sugar

Juice from 2 large limes (~1/2 cup)

Grated zest of ½ large lime

To finish, when serving:

1-2 jalapenos, seeded and diced

10-12 fresh basil leaves, coarse chopped

½ medium red onion, cut into 1/8 inched diced pieces

### **Directions:**

Cut the melon into quarters. Scoop out its seeds and trim away the rind. Slice it into chunks and put them into a food processor. Add the ice, salt, pepper, sugar, and the lime juice, and puree. Stir in the grated zest.

Place the chiles, basil, and onion in small serving bowls. Transfer the puree into individual soup bowls or into a pitcher for chilling. To serve, pour the soup into bowls and pass the condiments. The basil and chile are the essential finishes for the soup while the onion is an attractive option.

## **Cantaloupe Peach Salad with Mozzarella**

Adapted from Garden in the Kitchen ([www.gardeninthekitchen.com](http://www.gardeninthekitchen.com))

Total time ~ 20 minutes

Serves 6

I hope you have some basil left from last week because this looks like a show stopper!

### **Ingredients:**

½ cantaloupe, cubed

2 peaches, sliced

1 cucumber, quartered

1 cup cherry tomatoes, halved

fresh mozzarella cheese

fresh basil and mint

pine nuts (optional)

### **Dressing:**

1 Tbs EVOO

1 Tbs balsamic vinegar

sea salt and and pepper to taste

### **Directions:**

Add all the fruit salad ingredients to a large bowl, and mix to combine. Transfer to a serving platter.

In a small bowl whisk the dressing ingredients. Pour dressing onto cantaloupe salad. Serve.

## Spicy Honey Glazed Pork Chops with Peach Pico De Gallo

Adapted from Epicurious ([www.epicurious.com](http://www.epicurious.com))

Total time ~ 45 minutes

Serves 4

You could use nectarines or peaches in this one!

### Ingredients:

4 (1½"-thick) bone-in pork chops (about 4 lb total)

3 tsp salt, divided, plus more

1 Tbs crushed red pepper flakes

½ tsp garlic powder

½ tsp onion powder

½ tsp smoked paprika

1 tsp cumin seeds, divided

½ cup honey

2 ripe peaches or nectarines, cut into 1" pieces

½ small red onion, finely chopped

1 jalapeño, finely chopped

Juice of 2 limes

¼ cup chopped cilantro

Vegetable oil (for grill)

### Directions:

Trim excess fat from pork chops. Pat dry and season both sides with salt. Set aside.

Mix red pepper flakes, garlic powder, onion powder, paprika, ½ tsp cumin seeds, and ½ tsp salt in a small bowl to combine. Heat honey in a small saucepan over medium just until warm. Remove pan from heat and stir in spice mixture. Set spiced honey aside.

Toss peaches, red onion, jalapeño, lime juice, cilantro, remaining ½ tsp cumin seeds, and 1 tsp salt in a medium bowl to combine. Chill peach pico de gallo until ready to serve.

Prepare a grill for 2-zone heat (for a charcoal grill, bank two thirds of coals on one side of grill and scatter remaining coals on other side; for a gas grill, set one burner to high heat and remaining burners to medium-low); oil grate. Grill reserved chops on hotter side of grill, moving to cooler side as needed to control flare-ups, until lightly charred on both sides, about 3 minutes per side. Move pork chops to cooler side of grill, cover, and grill, turning often and basting with reserved spiced honey, until an instant-read thermometer inserted into the thickest part of pork chops registers 145°, about 5 minutes longer. Transfer pork chops to a platter and let rest 10 minutes.

Spoon peach pico de gallo over pork chops just before serving.