

SLFarms CSA Week 11, 2022 Recipes

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Pickled Peach Salad

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Simple Almond Chicken, Chickpea and Eggplant Curry

Adapted from Half Baked Harvest (www.halfbakedharvest.com)

Total time ~30 minutes

Serves 4

I made this over the past week and it was SO good. Could also throw some kale in there or other veggies.

Ingredients:

Rice- 2 cups coconut milk (the lighter variety that comes in a carton, like Almond Breeze), unsweetened

1 cup jasmine or basmati rice

1 Tbs fresh ginger grated

2 Tbs fresh basil chopped

Curry-

2 Tbs EVOO

1 pound boneless skinless chicken, cut into bite size pieces (OMIT for vegan version)

¼ cup coconut oil

2 small or 1 large eggplant cut into cubes

8 ounces button mushrooms sliced

1 cup cherry tomatoes

2 tsp fresh ginger

2 cloves garlic minced or grated

1-3 Tbs Thai red curry paste

1 Tbs curry powder

1-2 dried chile de arbol crushed or 1 fresno pepper, seeded + diced (use 1 for less heat)

2 cups coconut milk (the lighter varieties in the carton), unsweetened

3 Tbs creamy almond butter

1 15 ounce can chickpeas rinsed + drained

½ cup fresh cilantro chopped

½ cup fresh basil chopped

fresh mint for serving

Directions:

Rice-

Add the coconut milk to a medium size pot. Bring to a low boil and then add the rice, salt, ginger and 1 tablespoon coconut oil if desired. Stir to combine and then place the lid on the pot and turn the heat down to the lowest setting possible. Allow the rice to cook ten minutes on low and then turn the heat off completely and let the rice sit on the stove covered for another 20 minutes (don't take any peeks inside!). After 20 minutes remove the lid fluff the rice with a fork. Note that rice can cook differently for everyone, this is just what works for me.

Curry-

Heat a large skillet over medium-high heat and add 1 tablespoon olive oil. Once hot, add the diced chicken and saute the chicken until browned all over and cooked through, about 5-10 minutes. Remove the chicken from the skillet and place on a plate.

Add a 2 tablespoons coconut oil to the skillet. Add the eggplant, saute 3-4 minutes and then toss in the mushrooms, tomatoes, ginger and garlic. Saute the veggies another 5 minutes or until they just begin to soften and the tomatoes burst. Add the chicken back to the skillet and toss everything together.

To the skillet add the curry powder, curry paste and chile de arbol or fresno pepper. Give everything another good toss. Cook 1 minute and then add the Almond Breeze and almond butter. Stir to combine, bring the mixture to a boil, cook 5 minutes or until the sauce thickens slightly. Remove from the heat and stir in the chickpeas, basil and cilantro.

Flourless Eggplant Pizza

Adapted from All Recipes (www.allrecipes.com)

Total time ~25 minutes

Kelly in our group shared this with me a few years ago! Can't wait to try it! Try topping with fresh basil when they are done cooking! Use a fresh tomato slice instead of sauce for a fresh spin on this recipe.

Ingredients:

½ large eggplant, sliced into thin rounds

½ cup grated Parmesan cheese

1 Tbs EVOO

1/3 cup tomato sauce

1/3 cup shredded Cheddar cheese

salt and ground black pepper to taste

Directions:

Preheat oven to 350 degrees F.

Arrange eggplant rounds on a baking sheet; lightly coat with olive oil.

Bake eggplant rounds in preheated oven until hot, about 5 minutes.

Flip the eggplant rounds; top with Parmesan cheese in an even layer to cover. Return eggplant to oven and bake until the cheese is melted, about 5 minutes.

Drop a dollop of tomato sauce into the center of each eggplant round; top with Cheddar cheese.

Bake until Cheddar cheese is bubbling, about 5 minutes more. Season with salt and pepper to serve.

Bell Pepper Egg in a Hole

Adapted from Martha Stewart (www.marthastewart.com)

Total time ~10 minutes

Serves 2

This one is simple and looks so pretty! Don't even need the salad!

Ingredients:

2 tsp EVOO

1 bell pepper, cut into four ½ inch thick rings

4 large eggs

coarse salt and ground pepper

2 tsp grated Parmesan

4 slices multigrain bread, toasted

8 cups mixed salad greens

Directions:

In a large cast-iron or nonstick skillet, heat 1 teaspoon oil over medium-high. Add bell pepper, then crack 1 egg into the middle of each pepper ring.

Season with salt and pepper and cook until egg whites are mostly set but yolks are still runny, 2 to 3 minutes. Gently flip and cook 1 minute more for over easy.

Sprinkle with Parmesan and place each egg on a slice of toast. Toss salad greens with 1 teaspoon oil and season with salt and pepper; serve alongside eggs.

Marinated Roasted Peppers

Adapted from She Loves Biscotti (www.shelovesbiscotti.com)

Total time 1 hour 30 minutes

Serves 8

Love this marinated! A great way to store in your fridge all week!

Ingredients:

3 whole peppers

2 cloves garlic, minced

¼ cup flat-leaf parsley, minced

3 Tbs EVOO

salt and pepper to taste

Directions:

Preheat oven to 400 degrees.

Wash and dry your peppers and place them on their side on a rimmed baking sheet.

Roast in upper third of oven until skin is completely charred and the flesh is soft. Make sure you turn the peppers allowing all sides to get black and blistered. This can take 45-60 minutes.

While the peppers are roasting, combine the ingredients for the marinade.

Once the peppers are done, transfer to a heatproof bowl and cover with plastic wrap. Allow to cool for about 30 minutes.

When cool encourage to handle, remove the stems and charred skins. Cut peppers in half to remove the seeds and then cut into long strips. Do not rinse your peppers under running water.

Combine with marinade and gently toss together.

Allow to sit for a few hours for the flavors to mingle together. Can be served at room temperature. Can be stored in the fridge for about one week.

Italian Peppers and Onions

Adapted from Little Ferraro Kitchen (www.littleferrarokitchen.com)

Total time ~20 minutes

Serves 4

This is a simple combo this time of year!

Ingredients:

Several mini bell peppers or 2 large bell peppers, seeded and sliced

¼ red onion sliced thinly

4 garlic cloves skin removed

1 tsp fresh oregano roughly chopped

Pinch red pepper flakes

Salt and pepper to taste

Olive oil for drizzling

Small amount of basil

Directions:

Begin by heating a large non-stick skillet with olive oil and place the garlic cloves in. Allow the garlic to infuse the oil and begin to caramelize. This should take about 5 minutes.

Add the peppers, onions, oregano, red pepper and salt and pepper. Place on medium to medium-high heat and allow the vegetables to cook down. Try not to toss the vegetables around, but instead allow them to fry and change in color. This should take about 15 minutes.

Every so often, turn the vegetables and then let them fry on the other side.

When done, place vegetables in a serving plate and sprinkle with additional salt if necessary and fresh chopped basil.

Braised Tomatoes with Burrata

Adapted from The Modern Proper (www.themodernproper.com)

I love everything burrata, you could sub in fresh mozzarella if needed!

Ingredients:

2/3 cup EVOO

2 pints cherry tomatoes

½ tsp salt

4 large basil leaves, roughly torn

8 garlic cloves, thinly sliced

6-8 ounces buratta cheese

Directions:

Heat the olive oil in an oven-proof, non-stick skillet set over medium heat.

Add tomatoes, salt, basil and garlic and cover with a lid. Allow to braise for 20 minutes then remove lid and remove skillet from heat.

While still hot, set the skillet under an oven broiler. Broil just until tomatoes begin to char. About 5-8 minutes, watch them closely.

Arrange the burrata on a large plate. While still hot spoon the tomatoes over the burrata, season to taste and serve warm with crusty bread.

Skillet Dinner with Broccoli Leaves

Adapted from Mom to Mom Nutrition (www.momtomonnutrition.com)

Prep time ~ 20 minutes

Serves 6

Skillet meal means cooking in one pan, my kind of meal! Keep this in mind for kale as well!

Ingredients:

2 Tbs EVOO

4-5 kielbasa links, thinly sliced

½ red bell pepper, sliced

1 cup fresh green beans, chopped

1 – 14 ounce can diced tomatoes, drained

2 cups broccoli leaves, shredded

½ tsp garlic powder

½ tsp onion powder

¼ tsp black pepper

Rice or pasta for serving

Directions:

Add oil to large non-stick skillet at medium-high heat. Add sausage, bell pepper and green beans. Sauté until sausage is browned and vegetables are soft, about 10 minutes.

Add peppers, broccoli leaves, and spices. Sauté for an additional 5-7 minutes, until broccoli leaves are softened.

Serve immediately with your favorite whole grain and a sprinkle of Parmesan or Feta cheese.

Broccoli Greens in Bacon Grease

Adapted from Just a Pinch (www.justapinch.com)

Serves 2-4

If you're really not sure about those broccoli greens, just cook them in bacon grease...

Ingredients:

A "mess" of broccoli greens

½ medium onion, sliced

2 garlic cloves, crushed/minced

1 Tbs bacon grease

1 tsp steak seasoning

Directions:

In your cast iron skillet, caramelize the onion in the bacon grease. Meanwhile, stack and roll a handful of leaves, cut lengthwise once and then chop (1/2") crosswise.

Remove the onion to the side, dump all of your leaves into the skillet, stir until they begin to wilt, reduce heat, add 1/2-3/4 C of water and cover. Stir every two to three minutes.

When they are tender enough for your liking, add the garlic, onion and steak seasoning from heat. Enjoy.

Sweet Broccoli Leaf Smoothie

Adapted from Garden Mentors (www.gardenmentors.com)

Total time ~10 minutes

Serves 1-2

Loads of nutrients in this smoothie! Several servings of fruits and veggies! You do need a high powdered blender for this one! Feel free to sub in or out some fruit.

Ingredients:

3 Large broccoli leaves, mid-rib removed

1 Peach, pitted

4-6 Strawberries, hulled

½ banana

3-4 ice cubes

½ cup water (or more ice cubes if you like a really frosty smoothie)

1 Tbs hemp seeds

1 Tbs almond butter or peanut butter

¼ lime, peeled

1" chunk peeled, fresh ginger

Directions:

Add ingredients to high powered blender. Start on low speed and work up to high speed, mashing things down as needed.

Let run about 1-2 minutes to fully liquefy everything. (If your mixture is thicker than you prefer, add a bit more water to thin.)

Mediterranean Couscous Salad

Adapted from The Modern Proper (www.themodernproper.com)

Total time ~30minutes

Serves 6

Grain salads this time of year with ALL the veggies are the best! Pair with some protein and we will be all set!

Ingredients:

2 cups dried pearl couscous, prepared according to package instructions

4 ounces feta

½ cup olives

1 english cucumber, chopped

1 cup cherry tomatoes, halved

½ small onion, thinly sliced

¼ cup fresh parsley, minced

Dressing:

¼ cup EVOO

¼ cup red wine vinegar

1 Tbs fresh oregano

1 lemon, zest and juice

3 garlic cloves, minced

¼ tsp pepper

½ tsp salt

Directions:

In a small bowl whisk all ingredients for the salad dressing until fully emulsified. Store in an airtight container in the fridge for up to a week.

Cook the couscous according the package. Before using the couscous, allow it to cool completely.

Rinse the couscous in warm water to separate and toss in a large bowl with all of the other ingredients.

Drizzle with the dressing and toss to combine.

Tomato-Yogurt Dip with Baked Pita Chips

Adapted from Rachel Ray (www.rachelray.com)

Serves 4

So easy and a different way to enjoy those little gems.

Ingredients:

½ cup EVOO

2 cloves garlic, grated

¾ tsp crushed red pepper

3 pita breads, cut into eighths

1 cup cherry tomatoes, halved

¼ cup chopped fresh basil

1 cup Greek yogurt

Directions:

In bowl, whisk first 3 ingredients. On baking sheet, brush pitas with some of the oil mixture; season. Bake at 500 degrees until crispy, 5 minutes.

Meanwhile, toss tomatoes and basil with remaining oil mixture; season. Spoon over yogurt. Serve and enjoy!

Pickled Peach Salad

Adapted from Southern Living (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.

Canary Melon Salad with Halloumi

Adapted from the Devil Wears Salad (www.thedevilwearssalad.com/)

Total time ~ 30 minutes

Makes 4 servings

Ingredients:

7 oz. halloumi cheese

1 tbsp olive oil

2 cup arugula

4 oz. prosciutto

½ fennel, shaved

½ canary melon

Salad Dressing

3 tbsp olive oil

2 tbsp orange juice

1 tbsp lemon juice

1 tsp seeded mustard

salt, to taste

pepper, to taste

Directions:

Cut the halloumi into thick slices and brush lightly with olive oil.

Over medium-high heat, place the halloumi on a large fry pan or griddle pan to grill.

Grill for 1-2 minutes or until golden brown and then flip over to fry the other side.

Wash and rinse arugula.

Remove prosciutto slices from packaging and pull apart to make smaller bite pieces.

Trim the top of the fennel, removing stalks and fronds. Cut fennel in half.

Then place the cut side down on mandoline and shave fennel.

Place shaved fennel into a bowl of cold water with a squeeze of lemon to reduce oxidation.

Cut canary melon in half lengthwise. Scoop out and discard seeds.

Remove melon skin and cut into thin slices. Set aside for assembly.

Salad Dressing:

Place all ingredients, olive oil, orange juice, lemon juice and seeded mustard in a mason jar and shake well.

Season with salt and pepper as required.

Assembly:

In a mixing bowl, place arugula and shaved fennel together.

Add ½ of orange seeded mustard dressing and mix well.

Arrange arugula and fennel onto a large platter.

Take pieces of prosciutto, loosely roll up and place them as scattered piles throughout the salad.

Add grilled halloumi on top of the arugula.

Scatter sliced canary melon in between grilled halloumi.

To serve, drizzle the remainder of salad dressing on top of salad.