

## **SLFarms CSA Recipes Week Nine, 2022**

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## **Sausage Jambalaya with Celery and Bell Peppers**

Adapted from Fresh City Farms ([www.freshcityfarms.com](http://www.freshcityfarms.com))

Serves 2

This is pretty simple and doesn't take too long, you could also chop up some greens (kale) and hide them in here!

### **Ingredients:**

- 1 green bell pepper, chopped
- 2 stalks celery, chopped
- 2 cups cherry tomatoes, chopped
- 1 onion, chopped
- 1 clove garlic, minced
- 10-12 ounces mild beef sausage, cut into 1-inch pieces
- 2 Tbs EVOO
- salt and pepper to taste
- 1 Tbs Italian spice seasoning
- $\frac{3}{4}$  Cup white Arborio rice
- 3 cups water
- 2 Tbs tomato paste

### **Directions:**

Heat the olive oil in a large pot over medium-high heat. Stir in the onion, garlic, celery, and bell pepper.

Cook until the veggies are tender-crisp and fragrant, about 5-6 minutes. Season with salt and pepper to taste. Stir in the sausage pieces and Italian Spice Mix. Cook for another 2-3 minutes. Stir in the rice and let it 'toast' for a minute or two.

Add the grape tomatoes, 3 cups of water and the tomato paste to the pot. Give everything a stir. Increase the heat to high to bring to boil. Once boiling, reduce the heat to simmer and cook, covered, until the rice and sausage are cooked through and the mixture has thickened, about 15 minutes. Stir the mixture occasionally.

Remove the pot from heat and evenly divide the Jambalaya between two bowls or plates. Garnish with parsley to serve!

## **Eggplant Polpettes**

by CSA member Nike Mendenhall

*Polpettes are Italian bite size, round-shaped nuggets made of meat (polpetta di carne), ricotta (polpetta di ricotta), or different types of veggies. Nike shared: "My parents' neighbor was Italian and she taught me how to make these when I was a little girl. I always loved eggplant because of this recipe. I think it could be a great burger or a filling for other vegetables like a medium tomato or zucchini."*

### **Ingredients:**

1 medium eggplant (about 1 pound)  
3 Tbs. grated Parmesan, Romano or Asiago  
1 large clove garlic pressed  
¾ C breadcrumbs (can be panko) (Option: sub half ground nuts for breadcrumbs)  
1 large egg, beaten  
Optional: 2 Tbs fresh herbs (type determines cuisine), pesto  
Salt and pepper  
More breadcrumbs for coating Spray olive oil

### **Directions:**

Slice eggplant, sprinkle with salt on both sides and rest for 30 minutes. Blot moisture, spray lightly with oil and grill until tender and browned lightly. Cool.

Put eggplant slices in a food processor and pulse until finely chopped. Add cheese, garlic, bread crumbs, egg, and optional herbs/pesto. Transfer to a container, cover and chill at least 2 hours. Can be refrigerated overnight.

Spread breadcrumbs on a plate. Form eggplant mixture into walnut size balls, roll in breadcrumbs to coat evenly.

Bake in preheated 375 degree oven for 20 minutes until lightly brown. (Or fry in oil in a heavy skillet) Arrange on a platter with dipping sauce of your choice.

### **Variations:**

Italian: dip in marinara or thinned pesto

Greek: yogurt sauce with lemon and mint or garlic scape/lemon infused olive oil

Mexican: add oregano or cilantro, serve with a smooth salsa or avocado thinned with cream

Asian: soy/ginger/garlic dipping sauce

## Roasted Eggplant and Crispy Kale with Yogurt (and tomatoes)

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

Serves 4

Combine that eggplant with your kale and tomatoes from this week for a complete dish!

### Ingredients:

2 medium Italian eggplants (about 1 1/2 pounds total), quartered lengthwise, cut crosswise into 1-inch pieces

¼ cup oil

Kosher salt

1 tsp dried mango powder (amchoor; optional)

½ tsp ground cumin

6 Tuscan kale leaves, ribs and stems removed, leaves coarsely torn

1 medium Persian cucumber

1 cup plain whole-milk Greek yogurt

1 tsp fresh lemon juice

1 garlic clove, finely grated

2 cups cherry tomatoes, halved

Olive oil (for drizzling)

### Directions:

Preheat oven to 450°F. Toss eggplants with vegetable oil on a rimmed baking sheet; season with salt. Roast, tossing halfway through, until eggplants are charred in spots and tender, 20–25 minutes. Remove from oven, sprinkle with mango powder (if using) and cumin, and toss to coat.

Meanwhile, heat a dry large skillet, preferably cast iron, over medium-high. Add kale, arranging to fit in a single even layer (work in batches if needed), and cook, turning occasionally, until charred in spots and crisp, about 4 minutes.

Grate cucumber on the medium holes of a box grater; squeeze out excess liquid with your hands and transfer to a medium bowl. Mix in yogurt, lemon juice, and garlic; season with salt.

Toss tomatoes with a good pinch of salt and a drizzle of olive oil in a medium bowl. Spoon yogurt mixture onto a platter and layer eggplants, kale, and tomatoes on top. Drizzle with more olive oil.

## **Avocado Salad with Bell Pepper and Tomatoes**

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

Total time ~10 minutes

Serves 1

THIS. This is our summer box. I know we have so many avocado lovers; this one is perfect!

### **Ingredients:**

1 tsp EVOO

Juice of ½ lime

1 small garlic clove, minced

Pinch of cayenne pepper

Coarse salt

1 firm, ripe avocado, halved and pitted

½ yellow bell pepper, ribs and seeds removed, diced

6 cherry tomatoes, halved

1 scallion, trimmed and thinly sliced

1 Tbs chopped fresh cilantro leaves, plus whole leaves for garnish

### **Directions:**

In a small bowl, whisk together olive oil, lime juice, garlic, and cayenne. Season with salt.

Scoop out flesh from avocado halves, reserving shells, and chop. Transfer to a bowl and add bell pepper, tomatoes, scallion, and chopped cilantro.

Drizzle with dressing and season with salt. Gently stir to combine. Spoon mixture into reserved shells. Garnish with whole cilantro leaves and serve immediately.

## Heirloom Tomato Confit

Adapted from Martha Stewart ([www.marthastewart.com](http://www.marthastewart.com))

Total time ~2 hours 20 minutes

Yields 2 ½ Quarts

Overwhelmed with tomatoes? Make this and FREEZE to enjoy all year!

### Ingredients:

12 ripe medium vine-ripened or heirloom tomatoes, washed and cored (about 3 ½ pounds)

3 basil sprigs

4 cloves garlic, thinly sliced lengthwise (~3 T)

Kosher salt

½ cup EVOO

### Directions:

Preheat oven to 350 degrees. Bring a large pot of water to a boil over medium-high. Prepare an ice bath.

Score a shallow X in the bottom of each tomato with a knife, then place in boiling water for about 10 seconds. With a slotted spoon, transfer tomatoes immediately to ice bath. When cool, remove and peel tomatoes by gripping the skin between your thumb and the flat part of a knife blade, starting at the scored X.

Combine tomatoes (cored-sides down), basil, and garlic in a shallow baking dish. Sprinkle generously with salt; drizzle with oil. Bake until tender, about 50 minutes. Let cool completely.

Transfer tomatoes with their juices to quart-size glass jars, leaving 1/2 inch of headspace. Freeze until ready to use, up to 1 year.

## Tomatoes with Crisp Fried Eggplant

Adapted from Martha Stewart ([www.marthastewart.com](http://www.marthastewart.com))

Total time ~1 hour

Serves 4

My favorite way to enjoy eggplant is along side tomatoes, this is something a little different to try with the same flavor profile.

### Ingredients:

All-purpose flour, for dredging

3 large eggs, well beaten

2 cups fresh breadcrumbs

4 Japanese eggplants (1 to 1 ¼ pounds total), cut on the bias into 1/2-inch-thick slices

12 ounces cherry tomatoes, preferably in a mix of colors

2 Tbs EVOO

1 cup fresh basil leaves, half of them torn

Coarse salt and freshly ground pepper

Oil, for frying

1 ball (about 7 ounces) burrata cheese

### Directions:

Place flour, eggs, and breadcrumbs in 3 separate wide, shallow bowls. Working with 1 eggplant slice at a time, dredge in flour, then dip in egg and then breadcrumbs. Transfer to a wire rack set in a rimmed baking sheet and refrigerate 30 minutes.

Meanwhile, halve tomatoes and toss with olive oil and torn basil. Season with salt and pepper.

Heat about 1/4 inch oil in a large skillet over medium-high heat until shimmering. Add enough eggplant slices to fill but not crowd skillet and fry, flipping once, until deep golden brown and crunchy, 1 to 2 minutes on each side. (Lower heat slightly, if necessary.)

Remove with a slotted spoon, drain on a clean wire rack set in a rimmed baking sheet, and season with salt. Discard used oil and repeat process with fresh oil and remaining eggplant.

Arrange eggplant and tomato mixture on a platter. Cut burrata in half, place next to tomatoes, and season with salt and pepper. Scatter remaining basil on top.

## Yellow Pepper and Corn Salad with Turmeric Dressing

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

Total time ~30 minutes

Serves 4

Peppers and corn! Loaded with that antioxidant packed turmeric! What healthy salad!

### Ingredients:

Turmeric salad dressing-

1 jalapeño, seeds removed, chopped

1 (4-inch) piece turmeric, peeled, chopped, or  $\frac{3}{4}$  tsp ground turmeric

1 (1-inch) piece ginger, peeled, chopped

1 garlic clove, crushed

1 cup coarsely chopped cilantro

$\frac{1}{4}$  cup EVOO

$\frac{1}{2}$  tsp finely grated lime zest

3 Tbs fresh lime juice

Kosher salt

Salad and assembly-

3 ears of corn, husked

2 yellow bell peppers

4 ounces Sun Gold or cherry tomatoes

2 endive, leaves separated, halved if large, or 1 large head of frisée, torn into bite-size pieces

2 cups dandelion greens or arugula

Kosher salt

### Directions:

Dressing:

Pulse jalapeño, turmeric, ginger, garlic, cilantro, oil, lime zest, and lime juice in a food processor until smooth with a few flecks of cilantro. Transfer to a small bowl; season with salt.

Salad assembly:

Prepare a grill for high heat. Grill corn, turning occasionally, until charred and cooked through, 6–8 minutes. Let cool; cut kernels off cobs and place in a large bowl. (Or, cut kernels from cobs and char in a dry cast-iron skillet over medium-high, 8–10 minutes.)

Heat broiler. Broil peppers on a rimmed baking sheet, turning occasionally, until blackened in spots and nearly cooked through, 12–18 minutes. Let cool; cut into 1" strips, retaining as much charred skin as possible; add to corn.

Broil tomatoes on same baking sheet, tossing once, until blackened in spots and starting to burst, about 5 minutes. Let cool. Add tomatoes, endive, and greens to corn; toss to combine. Drizzle dressing over and toss to coat; season with salt.



## Grilled Vegetable Stuffed Bell Peppers

Adapted from E Recipe Cards ([www.erecipecards.blogspot.com](http://www.erecipecards.blogspot.com))

Serves 6

Stuff those bell peppers with other veggies from your box and throw them on the grill! What a great idea!

### Ingredients:

6 bell peppers, sliced in half lengthwise, seeds and ribs removed

4 Tbs butter

1 large red onion, diced

1 yellow zucchini, diced

1 green zucchini, diced

2 cups fresh corn kernels, cut from cob

1 medium tomato, diced

1 large pinch sea salt

1 large pinch pepper

4 cloves garlic, crushed and minced

¼ cup basil, cut into ribbons

½ cup Italian seasoned bread crumbs

½ cup parmesan cheese

2 Tbs additional butter, melted

### Directions:

Prepare the peppers by slicing and removing seeds and ribs. Rub with olive oil.

To prepare the stuffing, in a large saute skillet, add the red onion and zucchini. Saute over medium high heat until onions begin to turn translucent.

Add the corn, tomatoes, salt, pepper and garlic and saute for an additional 2 minutes.

Add the basil, bread crumbs and parmesan cheese. Remove from heat and stir to mix.

Scoop about 1 cup of the stuffing into each of the pepper halves. Sprinkle additional bread crumbs over the top of each and drizzle with a bit of butter

Grill over indirect heat (Coals pushed to one side, peppers above the part without coals, or on a gas grill, the burner(s) under the peppers turned off and the burners further away turned to high.

Close the grill and grill for about 30 minutes until the peppers have softened. and slightly charring on the edges.

Serve HOT and ENJOY!

## **Ratatouille Baked Chicken**

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

Total time ~ 1 hour

Serves 4

What a great way to use this box! Thank you for Dianna for sharing in the group last summer!

### **Ingredients:**

2 tablespoons EVOO

8 bone-in chicken thighs, skin removed

Kosher salt and freshly ground black pepper

1 small yellow onion, roughly chopped

5 garlic cloves, minced

1 large eggplant, peeled and cut into 1-inch cubes

1 Tbs tomato paste

1 Tbs finely chopped fresh thyme

2 medium zucchini, cut into ½-inch dice

1 yellow bell pepper, cut into ½-inch squares

5 vine-ripened tomatoes, cut into ½-inch dice

1 cup fresh basil leaves, finely chopped

### **Directions:**

Preheat the oven to 400°F.

Set a large Dutch oven over medium-high heat. Add 1/2 tablespoon olive oil and heat to shimmering.

Pat the chicken dry with paper towels, season on all sides with salt and pepper, and set the chicken down in the pan. Cook, without moving, until nicely browned and the meat releases from the pan, about 5 minutes.

Flip and continue cooking until the other side begins to brown, about 3 minutes. Remove the chicken to a plate and set aside.

Reduce the heat to medium and add the remaining olive oil, onion, garlic, and a pinch of salt. Cook, stirring occasionally, until the vegetables begin to soften, about 3 minutes.

Add the eggplant and another pinch of salt and cook, stirring occasionally, until the eggplant begins to soften, about 5 minutes.

Add the tomato paste and thyme and cook, stirring constantly, for 1 minute.

Add the zucchini, bell pepper, tomatoes, another pinch of salt, and a twist of black pepper and cook, stirring occasionally, until all of the vegetables are tender, about 10 minutes.

Remove the pan from the heat. Partially submerge the chicken into the vegetables. Transfer the pot to the oven and cook, uncovered, until the thickest portion of the chicken reaches an internal temperature of 160°F, about 20 minutes.

Remove from the oven and let stand for 10 minutes. Stir in the basil and serve.

## **Celery Soup**

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

Serves 4

SLF celery is loaded with flavor, a soup is a great way to enjoy this gem! Bonus if you make your own broth with your veggie scraps!

### **Ingredients:**

1 head celery, stalks chopped, leaves reserved

1 large waxy potato, chopped

1 medium onion, chopped

½ cup (1 stick) unsalted butter

Kosher salt

3 cups low-sodium chicken broth

¼ cup fresh dill

½ cup heavy cream

Flaky sea salt (such as Maldon) and olive oil (for serving)

### **Directions:**

Combine celery, potato, onion, and butter in a medium saucepan over medium heat; season with kosher salt. Cook, stirring, until onion is tender, 8–10 minutes.

Add broth; simmer until potatoes are tender, 8–10 minutes. Purée in a blender with dill; strain. Stir in cream.

Serve soup topped with celery leaves, sea salt, and oil.

## **Celery Spiked Guacamole with Chiles**

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

Serves 8

Add some crunch and flavor to that guacamole for taco Tuesday!

### **Ingredients:**

4 avocados, chopped

1 celery stalk, finely chopped

2 serrano chiles, seeds removed if desired, finely chopped

2 cloves garlic finely grated

3 Tbs fresh lime juice

¼ small red onion, chopped, divided

½ cup chopped fresh cilantro, plus leaves for serving

Kosher salt

### **Directions:**

Mash avocados, celery, chiles, garlic, lime juice, ½ of onion, and ½ cup chopped cilantro in a medium bowl to desired consistency; season with salt.

Top guacamole with remaining onion and cilantro leaves.

## **Karen Ayers Famous CSA Freezer Marinara Sauce**

Adapted from our CSA Facebook Group

Our lovely Karen posted this a few years ago and since so many of you have posted that you're LOVING it. What a great way to enjoy all these veggies in the winter months, and its pretty EASY!

### **Ingredients:**

This is what Karen used, although she does mention you can "adapt" as needed. You could include squashes, more or less of things, etc.

~6# mixed tomatoes

4 onions

3 carrots

2 peppers

2 whole heads of garlic (roasted in foil)

Lots of basil (Karen used ~60 leaves)

### **Directions:**

Heat oven to 400 degrees.

Roast all veggies with olive oil, salt and pepper at 400 for 60-70 minutes. If you're including summer squash you would want to add it towards the end.

Cool slightly and then puree in food processor in batches, adding lots of basil leaves and squeezing the roasted garlic into each batch.

Salt to taste. Karen mixed all the batches together and then salted, another great idea.

Freeze in Ziplocks or mason jars or ice cube trays. If you don't have a lot you can use this as a booster to other sauces.

## Apple Muffins

Adapted from Gimme Some Oven ([www.gimmesomeoven.com](http://www.gimmesomeoven.com))

Total time ~ 30 minutes

Makes 12 muffins

Freezer Friendly

Make these now and enjoy later! Freeze for up to 6 months and have all winter! Great way to prep for this school year.

### Ingredients:

3 cups old-fashioned oats\*

1 Tbs pumpkin pie spice

1 ½ tsp baking soda

¾ tsp fine sea salt

1 medium apple, finely diced

2 eggs

2/3 cup unsweetened almond milk, plain or vanilla

¾ cup unsweetened applesauce

½ cup maple syrup

3 Tbs melted coconut oil (*or any mild-flavored oil*)

1 tsp vanilla extract

optional: turbinado sugar for sprinkling

### Directions:

Preheat oven to 375°F. Line a 12-cup muffin pan with parchment or cupcake liners, or lightly grease with cooking spray. Set aside.

Puree oats in a blender or food processor until they reach a fine flour-like consistency. Add in the pumpkin pie spice, baking soda and sea salt, and pulse until the mixture is evenly combined. With the power turned off, add in the diced apple. Then use a spoon to toss until the apple is completely coated in the flour mixture. Set aside.

In a separate large mixing bowl, whisk together the eggs, milk, applesauce, maple syrup, coconut oil and vanilla extract until evenly combined. Fold the dry ingredients in with the wet ingredient mixture, and stir until the mixture is just combined. (Try to avoid over-mixing.)

Portion the batter evenly into the prepared baking cups. Then sprinkle a generous pinch of turbinado sugar on top of each muffin, if you would like.

Bake for 15-18 minutes, or until a toothpick inserted in the center of the muffins comes out clean. Remove from the oven and place the pan on a cooling rack for 5 minutes.

Serve warm. Or let the muffins cool to room temperature, then store in a sealed container for up to 3 days, or freeze for up to 3 months.

## **Minty Watermelon Cucumber Salad**

Adapted from Taste of Home ([www.tasteofhome.com](http://www.tasteofhome.com))

Total time ~20 minutes

Love this way to enjoy both seasonal items! Some of us are swimming in mint in our gardens, this is another great use!

### **Ingredients:**

8 cups cubed seedless watermelon  
2 English cucumbers, halved lengthwise and sliced  
6 green onions, chopped  
¼ cup minced fresh mint  
¼ cup balsamic vinegar  
¼ cup olive oil  
½ tsp salt  
½ tsp pepper

### **Directions:**

In a large bowl, combine watermelon, cucumbers, green onions and mint. In a small bowl, whisk remaining ingredients.

Pour over salad and toss to coat. Serve immediately or refrigerate, covered, up to 2 hours before serving.

## **Watermelon Caprese**

Adapted from Delish ([www.delish.com](http://www.delish.com))

Total time ~15 minutes

Serves 4

Love this way to enjoy watermelon, plus it uses some of that wonderful basil I know is sitting on your counter!

### **Ingredients:**

1 small watermelon, sliced

1 mozzarella ball, sliced

2 Tbs fresh basil, sliced

Flaky sea salt

Freshly ground black pepper

EVOO

Balsamic glaze

### **Directions:**

Slice watermelon into 1/2" thick squares, about 3"-x- 3". Slice mozzarella into 1/2" slices.

On a serving dish, alternate slices of mozzarella and watermelon. Sprinkle with basil, flaky sea salt and pepper.

Drizzle with olive oil and balsamic glaze and serve.