

# Shared Legacy Farms CSA, Week 15 Recipes, 2022

By Kendra Davis

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## **Crispy Tokyo Bekana Salad**

Adapted from McDougals Farm ([mcdougalsfarm.com](http://mcdougalsfarm.com))

### **Ingredients:**

One head or bunch of Tokyo Bekana [this salad can also be made with Bok Choi or Napa cabbage, but Tokyo Bekana is tenderer]

Cilantro to taste

Green onions (scallions) to taste

2 tablespoons red wine vinegar

1 tablespoon rice vinegar

1 tablespoon soy sauce

1/2 teaspoon sesame oil

2 tablespoons canola oil

1 1/2 teaspoon agave syrup or honey

1 teaspoon canola or other mild oil

1 bag ramen noodles (use only the noodles, not the flavor packet)

1/3 cup slivered almonds

### **Directions:**

To prepare greens, cut the very end of the stems off the Tokyo Bekana stalks. Coarsely chop remaining leaves & stems into 1/2-inch pieces. Chop up the scallions and cilantro and add to the Tokyo Bekana (use as much or little scallion and cilantro as suits your taste).

Mix together all the dressing ingredients in a jar or bottle and shake well (shake again before using).

To prepare the “crunch”, lay the unopened bag of ramen noodles on the counter and break them up until they're fully crushed. Heat a skillet over medium-low heat and add 1 teaspoon canola oil. When hot, pour in the noodles (discarding flavor packet) and the almonds. Stirring occasionally, cook till the noodles are golden brown. Combine everything in salad bowl, toss, & enjoy!

## The Best Baby Kale Salad

Adapted from Running To the Kitchen ([runningtothekitchen.com](http://runningtothekitchen.com))

### Ingredients:

5 ounces baby kale greens  
1 apple, thinly sliced  
15 ounce can chickpeas, drained and rinsed  
2 tablespoons BBQ sauce  
1 tablespoon avocado oil

### FOR THE TAHINI DRESSING

2 tablespoons tahini  
zest of 1/2 a lemon  
1 tablespoon lemon juice  
1 tablespoon nutritional yeast  
1 clove garlic, minced  
pinch red pepper flakes  
salt and pepper to taste  
1/4 cup water

### Instructions:

Preheat oven to 400°F.

Pat chickpeas dry on a towel then place on a baking sheet (\*see note). Roast for 10 minutes then remove from oven, toss with avocado oil and BBQ sauce and return to oven for 12-15 minutes. Toss/stir the chickpeas once or twice while roasting so they don't stick to the baking sheet. Turn off heat, leave the chickpeas in the oven with the door slightly ajar for 10-15 minutes. They will crisp up as they cool in the oven.

Meanwhile, make the tahini dressing by combining all the dressing ingredients in a small bowl. Whisk until fully combined and smooth.

Place the baby kale greens in a large bowl. Pour the dressing over top and toss until all the greens are coated in the dressing.

Serve with the roasted chickpeas and apple slices on top.

## **Honey Ginger Asian Greens**

Adapted from Core Goods (core-goods.com)

### **Ingredients:**

4-6 cups chopped Asian greens

1/4 cup coconut aminos

2 tbsp raw honey

1 tsp arrowroot powder

1 tsp fresh minced or grated ginger

optional: red pepper flakes + sesame seeds

### **Directions:**

Add chopped greens to a pan with just a small dash or spray of avocado oil. Toss around to coat evenly in the small amount of oil and add salt to taste.

In a small dish, whisk together aminos, honey, arrowroot, and ginger until combined well.

Once greens start to sizzle and have been tossed around while cooking for a minute - pour in your sauce mixture. Toss around often and allow greens to cook a few minutes or to your desired tenderness.

Remove greens. You can use any excess sauce to pour over your greens and let them marinate in it OR use the extra sauce to pour over any protein you're having with your greens. Finish with red pepper flakes + sesame seeds if you wish!

## **Garlic Risotto**

Adapted from Lidia Bastianich (lidasitaly.com)

### **Ingredients:**

7 cups or more chicken stock  
Kosher salt to taste  
14 garlic cloves peeled and crushed  
1 cup white wine  
5 T olive oil  
2 small onions, chopped  
2 c arborio rice  
2 T unsalted butter  
½ c grated Grana Padano

### **Directions:**

Bring the chicken stock to a simmer in a medium saucepan, and season with salt. In a blender or food processor, purée the garlic and white wine.

Heat the olive oil in a large, shallow, straight-sided pot over medium heat. Once the oil is hot, add the onions, and cook until they are tender, about 5 minutes. Raise the heat to -medium-high. Add the rice all at once, and stir continuously until the grains are toasted but not colored, about 2 minutes. Add the -wine-garlic purée, and cook until the liquid is almost absorbed.

Ladle in about 2 cups of the stock, stir, and cook until the liquid is almost absorbed, about 5 minutes. Ladle in 2 more cups, and again simmer until the liquid is almost absorbed.

Continue cooking and adding stock in this manner until rice is al dente, about 15 to 20 minutes in all. Turn off the heat, beat in the butter, stir in the cheese, and serve.

## Rustic Potato Leek Soup

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

### Ingredients:

2 tablespoons olive oil (or butter)  
1 medium white onion, peeled and diced  
3 leeks, sliced into 1/2-inch half moons (white and light green parts only)  
1 rib celery, thinly sliced  
5 cloves garlic, minced  
1/2 cup dry white wine  
1 1/4 pounds potatoes, cut into bite-sized chunks  
6 cups vegetable stock  
4 sprigs fresh thyme  
2 bay leaves  
1/4 teaspoon cayenne (or less, if you prefer)  
fine sea salt and freshly-cracked black pepper  
optional toppings: homemade croutons, grated Parmesan, chopped fresh chives

### Instructions:

Sauté the veggies. Heat olive oil (or butter) in a large stockpot over medium-high heat. Add the onion and sauté for 5 minutes, stirring occasionally. Add the leeks, celery and garlic and sauté for 3 minutes, stirring frequently.

Add the potatoes and broth. Add the white wine and use a wooden spoon to lift off any browned bits that are stuck to the bottom of the stockpot. Add the potatoes, vegetable stock, thyme, bay leaves, cayenne and stir to combine.

Simmer. Continue cooking until the soup reaches a simmer. Then reduce heat to medium-low, cover and simmer for 10 to 15 minutes, until the potatoes are tender.

Season. Remove and discard the bay leaves and thyme stems. Give the soup a taste and season with however much salt and black pepper you think it needs.

Serve. Serve warm, garnished with whatever toppings sound good, and enjoy!

## **Baked Spaghetti Squash with Creamy Roasted Red Pepper Sauce**

Adapted from Two Peas & Their Pod ([twopeasandtheirpod.com](http://twopeasandtheirpod.com))

### **Ingredients:**

For the Spaghetti Squash:

1 medium spaghetti squash  
2 tablespoons extra-virgin olive oil  
Salt and pepper to taste

For the Creamy Roasted Red Pepper Sauce:

2 red bell peppers  
1 tablespoon olive oil  
1 small onion chopped  
2 cloves garlic minced  
1 15 oz. can diced tomatoes  
1/2 teaspoon dried oregano  
Dash of red pepper flakes  
1/2 cup packed fresh basil coarsely chopped  
Salt and freshly ground black pepper to taste  
1/4 cup plain Greek yogurt

### **Instructions:**

Preheat oven to 400 degrees F. Brush cut sides of squash with oil, and sprinkle with salt and pepper to taste. Place squash, cut sides down, on a rimmed baking sheet. Bake until tender, about 45 minutes.

While the squash is baking, make the creamy roasted red pepper sauce. Roast red peppers over gas flame, under the broiler, or on the grill. Roast for about 10 minutes, or until peppers are completely black. Place peppers in a paper bag to allow to sweat. Peel the charred skins from the peppers and remove the seeds. Chop the peppers and set aside.

In a large saucepan, heat the olive oil over medium heat. Add onion and sauté until softened, about 3 minutes. Stir in garlic and cook for 2 minutes. Add the red peppers and diced tomatoes. Add oregano, red pepper flakes, fresh basil, and season with salt and pepper. Simmer on stove for 10 minutes. Stir in the Greek yogurt. Purée the sauce in the pan, using an immersion blender. You can also transfer the sauce to a blender or food processor, but be careful. Make sure the sauce is not super hot so you don't get burnt. Puree until smooth, with some texture remaining.

When the squash is done baking, let it cool for a few minutes-until you can touch it. Scrape the squash with a fork to remove flesh in long strands. Place in a large bowl or on individual plates. Top spaghetti squash with the creamy roasted red pepper sauce and serve warm.

## Spaghetti Squash Cheddar Bites

Author: Lauren Sharifi, RD LDN

### Ingredients:

1 medium spaghetti squash  
2 tablespoons olive oil  
salt/pepper to taste  
6 ounces Cabot Extra Sharp Cheddar Cheese, shredded  
¼ cup onion, diced  
2 cloves of garlic, minced  
1 tablespoon Dijon mustard  
1 egg, slightly beaten  
olive oil spray  
¼ whole wheat bread crumbs  
½ teaspoon paprika

### Instructions:

Preheat oven to 425 degrees. Cut spaghetti squash in half lengthwise and remove seeds. Place on baking sheet cut side up. Drizzle with 1 tablespoon olive oil, and sprinkle with salt and pepper. Cook for 35-40 minutes or until tender.

While spaghetti squash is baking. In a medium saute pan on medium heat add 1 tablespoon olive oil and saute onions for 3 minutes or until translucent. Add garlic and cook for another 30 seconds or until fragrant. Set aside.

In a small bowl mix together Dijon mustard and egg.

Once spaghetti squash is cooked remove from oven and turn oven heat down to 375 degrees. Let squash cool for 10 minutes then shred with a fork, then add shredded squash to colander to drain any water then pat dry with paper towel. (This is key to prevent the squash from being too soggy!)

In a large bowl mix together squash, with egg mixture, then add in onions and cheese and mix to combine.

Spray muffin tin with olive oil spray. Add equal amounts of squash mixture to each muffin tin.

Sprinkle with breadcrumbs and paprika.

Bake mixture for 20 minutes. Then place muffin tin on top rack and broil for 2-3 minutes.



## **Roasted Kohlrabi with Lemon Shallot Vinaigrette**

Adapted from Running to the Kitchen ([runningtothekitchen.com](http://runningtothekitchen.com))

### **Ingredients:**

2-3 large kohlrabi, nubs sliced off and cut into rounds  
2 tablespoons extra virgin olive oil, divided  
1 tablespoon fresh lemon juice  
1/2 tablespoon minced shallots  
salt and pepper to taste  
1 ounce goat cheese, crumbled  
1-2 sprigs fresh tarragon, leaves removed and roughly chopped  
1 tablespoon toasted sunflower seeds (\*see note)

### **Instructions:**

Preheat oven to 400°F and either lightly grease baking sheet or line with parchment paper. Meanwhile, place a large skillet over medium-high heat on the stove top with 1 tablespoon of the olive oil.

Once hot, add the sliced kohlrabi rounds to the skillet (you may have to work in batches to fit them all) and cook until golden brown on the bottom. Flip and repeat on the other side. This will take about 4-5 minutes per side.

Transfer the browned kohlrabi to the prepared baking sheet and roast in the oven until tender, about 10-12 minutes.

While kohlrabi roasts, make the vinaigrette by whisking together the remaining tablespoon of olive oil, lemon juice, minced shallots, salt and pepper in a small bowl.

Place the roasted kohlrabi on a serving dish or platter and pour the vinaigrette over top. Finish with the crumbled goat cheese, fresh tarragon and toasted sunflower seeds before serving

### **NOTES**

\*To toast the sunflower seeds, simply add them to a small skillet over medium-low heat. Shaking the pan frequently, cook until the seeds just start to turn golden brown around the edges. Remove from heat immediately and let cool.

## Potato and Leek Gratin

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

### Ingredients:

2 leeks  
3 tablespoons unsalted butter, divided  
3 pounds potatoes  
Sea salt, to taste  
Freshly ground black pepper, to taste  
6 ounces Gruyère cheese, or Swiss cheese, grated

### Instructions:

Preheat an oven to 375 F. Clean and chop the leeks: Cut off the root ends and dark green leaves, slice the white and light green part in half lengthwise, chop, put in a colander, and rinse clean with cool water. Rinse thoroughly, since grit and dirt tend to hide between the layers of leeks and a gritty gratin is no fun.

In a medium frying pan over medium heat, melt 2 tablespoons of the butter. Add the leeks and cook, stirring frequently, until wilted and a bit softened (about 3 minutes). Set the leeks aside.

Rub a 2-quart baking dish or gratin pan with the remaining butter. Set the prepared pan aside.

Peel the potatoes and cut them into 1/4-inch slices (even is more important than thin—if you have a kitchen mandoline, this is a good time to use it, but a sharp knife and a steady hand can also do the job). Cover the bottom of the dish with 1/4 of the potato slices and sprinkle with salt and pepper. Spread 1/2 of the cooked leeks on the potatoes. Layer another 1/4 of the potatoes. Sprinkle with 1/2 of the cheese. Repeat the potato, leek, potato, cheese layers, sprinkling with salt and pepper at each potato layer that doesn't get topped with cheese.

Cover the dish and bake 20 minutes. Uncover the dish and continue baking until the potatoes are tender when pierced with a fork and the whole thing is a lovely bubbling brown on top, about 25 more minutes (depending on how fresh the potatoes are, cooking time may take as long as 90 minutes—cover the dish if the potatoes and cheese become too brown). Serve hot.

## **Poblano Cream Sauce**

Adapted from Pepper Scale (pepperscale.com)

Want a cream sauce with an ever-so-mild heat for that poultry or fish dish? This poblano cream sauce recipe hits just the right notes.

### **Ingredients:**

3 poblano peppers  
3 teaspoons oil  
3 cloves garlic diced  
1 onion chopped  
1/2 cup milk  
1/4 cup butter  
1 tablespoon flour  
1 cup Mexican Crema  
Pinch salt and pepper to taste

### **Instructions:**

Char and prep the poblano chilies

Set the oven to 400 degrees Fahrenheit.

Place the poblano peppers on a parchment-lined baking pan. Bake the chilies for 20 to 30 minutes, flipping the chilies half-way to allow charring on all sides.

Remove the poblanos from the oven and place them in a Ziploc bag (sealed) for 10 minutes. This will help loosen up the skin.

Remove the poblano peppers from the Ziploc and peel off the skins and stem. Halve the poblanos lengthwise and remove the seeds.

### **Making the cream sauce:**

Heat a saucepan over medium heat and add the oil.

Saute the garlic and onion until the onion is slightly translucent

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Place the poblanos, garlic, onions, and milk into a blender. Puree the mix until smooth.

Clean the oil from the saucepan, then melt the butter over medium heat. Once melted, add the flour and stir until combined.

Lower the heat to medium-low and add the poblano mix from the blender. Stir to fully combine with the butter and flour.

Add the crema and stir to completely combine. Allow the sauce to thicken for 5 minutes (or until it reaches your desired consistency.)

Remove from the sauce from the heat and allow it to cool. Serve.

## **Sneaky Kohlrabi & Cheese Fettuccine**

Adapted from Art of Natural Living ([artofnaturalliving.com](http://artofnaturalliving.com))

Did you know that grated kohlrabi looks EXACTLY like cheese mixed with warm fettuccini! This pasta dish is creamy and cheesy with (shh) a serving of veggies

### **Ingredients:**

4 ounces fettuccini  
2 Tablespoon butter (see note)  
1-2 large garlic clove, minced  
1/2 large kohlrabi, peeled and grated  
1/2 cup grated gouda  
salt, pepper to taste

### **Instructions:**

Cook pasta in boiling water until al dente, about 10 minutes.

While pasta is cooking, saute minced garlic in butter for a couple minutes. Do not let brown. Add grated kohlrabi and simmer while pasta finishes.

When pasta is cooked, drain it, then toss with kohlrabi mixture, stirring to break up clumps (the kohlrabi even clumps like grated cheese).

Add cheese and stir again to distribute well. Adjust salt and pepper to taste.

### **Notes**

The recipe can easily be doubled or tripled.

You can use olive oil instead of butter if you prefer.

Another flavorful, good melting cheese may be substituted for the gouda (I used asiago the last time).

## **Apple Sangria**

Adapted from Damn Delicious (damndelicious.net)

### **Ingredients:**

- 1 (750 mL) bottle white wine
- 1 cup apple cider
- 1 Fuji apple, sliced
- 1 Granny Smith apple, sliced
- 1 pear, sliced
- 1 cup fresh cranberries
- 1 (750 mL) bottle sparkling white wine
- 8 sprigs rosemary

### **Directions:**

In a large pitcher, whisk together white wine, apple cider, apples, pear and cranberries. Let chill in refrigerator for at least 1 hour. Serve over ice with sparkling white wine, garnished with rosemary, if desired.

## **Cider Wassail**

Adapted from Taste of Home

### **Ingredients:**

2 quarts apple cider  
1-1/2 cups orange juice  
3/4 cup pineapple juice  
1 tablespoon brown sugar  
1/2 teaspoon lemon juice  
2 cinnamon sticks (3 inches)  
Dash ground cinnamon  
Dash ground cloves

### **Directions:**

In a large saucepan, combine all of the ingredients. Bring to a boil. Reduce heat; cover and simmer for 20-30 minutes. Discard cinnamon sticks. Serve hot in mugs.

## **Red Wine Poached Pears**

Adapted from Lidia Bastianich (lidasitaly.com)

### **Ingredients:**

4 medium sized ripe Bosc pears  
1 orange  
3 C red wine  
1 C sugar  
1 cinnamon stick  
1 t whole allspice berries  
2 whole cloves

### **Directions:**

Peel the pears; then halve and core them. Put the pear halves in a large saucepan. Remove the peel (without the pith) from the orange, and add it to the pot. Juice the orange into the pot. Add the red wine, sugar, cinnamon stick, allspice, cloves, and enough water to cover the pears, 2 to 3 cups.

Bring the liquid to a simmer. Simmer very gently until the pears are tender all the way through, about 15 minutes. Let them cool in the syrup for about 30 minutes; then remove them to a serving dish. Simmer the remaining liquid to reduce it to about 2 cups syrup, about 15 minutes. Strain the syrup over the pears, and let cool slightly.

Serve the pears drizzled with the warm syrup.