

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

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## Quick Collard Greens

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

Total time ~ 15 minutes

Serves 2

Really easy way to enjoy these greens, make sure to squeeze the lemon on when serving!

### Ingredients:

1 large bunch (about 10 ounces) collard greens

1 ½ Tbs EVOO

¼ tsp fine sea salt

2 medium cloves garlic, pressed or minced

Pinch of red pepper flakes (optional, scale back or omit if sensitive to spice)

A couple lemon wedges, for serving

### Directions:

To prepare the collards: Cut out the thick center rib out of each collard green. Stack the rib-less greens and roll them up into a cigar-like shape. Slice over the “cigar” as thinly as possible (⅛” to ¼”) to make long strands. Shake up the greens and give them a few chops so the strands aren’t so long.

Heat a large, heavy-bottomed skillet over medium-high heat, then add the olive oil. Once the oil is shimmering, add all of the collard greens and the salt.

Stir until all of the greens are lightly coated in oil, then let them cook for about 30 seconds before stirring again. Continue stirring in 30-second intervals until the greens are wilted, dark green, and some are starting to turn browns on the edges (this is delicious). This will take between 3 to 6 minutes.

Once the collards are just about done, add the garlic and red pepper flakes (if using). Stir to break up the garlic and cook until it’s fragrant, about 30 seconds. Remove the pan from the heat.

Immediately divide the cooked collards onto plates, and serve with a lemon wedge each.

## **Collard Greens with Bacon**

Adapted from Savory Spice ([www.savoryspice.com](http://www.savoryspice.com))

Total time ~ 15 minutes

Greens and carrots, great combination and a tasty way to introduce your family to greens.

### **Ingredients:**

6 slices bacon, diced  
4 carrots, diced  
1 onion, diced  
4 tsp lemon pepper  
¼ tsp garlic, minced  
¼ tsp crushed red pepper flakes  
3 Tbs balsamic vinegar  
4 (10 oz.) packages fresh, chopped collard greens  
2 cups chicken broth

### **Directions:**

Cook bacon in a large Dutch oven (or similar pot) over medium-high heat until just crisp; transfer to a paper towel-lined plate to drain.

Add carrots to pot with bacon drippings and cook over medium-high heat for 5 min. Add onions and cook another 5 min., or until carrots and onions soften and begin to brown. Stir in lemon pepper, garlic, crushed red pepper, and vinegar and cook for 1 more min.

Add reserved bacon, collard greens, and broth and bring to a boil. Reduce to a simmer, cover, and simmer for 1 hour or until greens are tender. Serve.

## Savory Stuffed Heart of Gold Squash

Adapted from Garlic and Zest ([www.garlicandzest.com](http://www.garlicandzest.com))

Total time 45 minutes

Serves 6

Use honeynut or heart of gold for this super delicious recipe! It also uses kale, or you could sub in any hearty green you have!

### Ingredients:

For the squash:

3 honey nut squash or heart of gold

1 Tbs EVOO

1 pinch salt

For the Stuffing:

1 cup quinoa farro or a blend, cooked at room temperature

1 medium onion diced

2 cloves garlic minced

8 ounces mushrooms fresh, finely diced

1 tsp thyme fresh

½ tsp sage dried, crumbled

2 cups kale leaves only, tough stems removed, finely chopped

¼ cup vegetable broth

1 Tbs EVOO

½ tsp salt

½ tsp pepper

¼ tsp nutmeg freshly grated

¾ cup Parmigiano Reggiano freshly grated

For topping:

1 tsp butter

1 slice bread I used potato bread, but sourdough or plain white bread work fine to

### Directions:

Preheat the oven to 400°. Line a baking sheet with parchment paper.

Cut the squash in half, vertically and scoop out the seeds. Drizzle the cut side with olive oil and rub it into the flesh. Sprinkle with salt and place the squash cut-side-down onto the baking sheet. Roast for 20 minutes.

Meanwhile in a medium skillet, heat the olive oil over medium heat and add the onions and garlic. Saute for 2-3 minutes then stir in the chopped mushrooms, thyme, sage and salt, cook until the mushrooms release their liquid, about 5 minutes. Stir in the chopped kale and vegetable broth, cover and reduce heat to a simmer for 3-4 minutes until kale softens. Stir in the pepper, nutmeg and the cooked grains. Add the parmigiano reggiano and stir until just combined.

Tear the bread into large pieces and transfer to a mini prep food processor. Add the butter and pulse several times until it forms bread crumbs.

When the squash is done, fill the cavities with the stuffing and sprinkle with breadcrumbs and bake for an additional 10 minutes. If the breadcrumbs need additional browning, turn on the broiler and cook just until the breadcrumbs start to brown, (about a minute or two).

## Sausage & Apple Squash

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

Total time 30 minutes

This recipe screams fall! A great way to enjoy that rich squash this week.

### Ingredients:

3 whole heart of gold squash, halved

2 Tbs EVOO

1 pinch sea salt and pepper

4 Andouille sausages

1 whole honeycrisp apple, cubed

1 cup celery, chopped

½ cup dried cranberries

1 tsp each oregano, sage, garlic herb

2 sprigs fresh rosemary

### Directions:

Pre-heat oven to 400F degrees.

Wash the skin of squash and towel dry. Cut in half the lengthwise. Remove the seeds and clean the cavity well. Brush the squash with olive oil and season with salt and pepper to taste. Garnish with fresh rosemary. Bake for 30 minutes uncovered.

Meanwhile, heat oil in cast iron. Add sausage, apple, celery and sauté on medium heat for 15 minutes or until apple is soft and sausage start to turn golden brown. Add dried cranberries and season with salt, pepper, oregano, sage and garlic herb.

Remove honeynut squash from oven. Fill the cavity with sausage apple mix. Top with fresh rosemary and serve.

## Radish and White Bean Salad

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

Total time ~15 minutes

Serves 6

Don't let the anchovy's scare you! You can always leave them out! I love the radish and white bean combo! This is a great salad to make ahead of time, the taste improves with time.

### Ingredients:

2 anchovy fillets packed in oil, drained (or make without)

$\frac{3}{4}$  cup extra-virgin olive oil

- 2 Tbs drained capers
- 2  $\frac{1}{2}$  cups (packed) fresh flat-leaf parsley leaves, divided
- $\frac{1}{4}$  cup (or more) white wine vinegar
- Kosher salt, freshly ground pepper
- 1 bunch radishes, trimmed, cut into thin wedges
- 2 scallions, thinly sliced
- 3 15-ounce cans cannellini (white kidney) beans, rinsed

$\frac{3}{4}$  cup oil-cured black olives, pitted, quartered

### Directions:

Blend anchovies, oil, capers, and 1 cup parsley in a blender until a coarse purée forms.

Transfer to a large bowl, mix in  $\frac{1}{4}$  cup vinegar, and season with salt, pepper, and more vinegar, if desired.

Add radishes, scallions, beans, olives, and remaining 1  $\frac{1}{2}$  cups parsley to bowl and toss to combine.

## **Cast Iron Charred Peppers with Parmesan**

Adapted from Food Fanatic

Serves 2

Only 3 ingredients, and SO tasty!

### **Ingredients:**

4 Italian frying peppers, large

2-4 Tbs EVOO, as needed - start with 2

2 Tbs grated parmesan cheese, plus more to taste

### **Directions:**

Slice the peppers in half lengthwise and remove the stem and any seeds. If there are any large, thick ribs, remove them as well.

Heat a large, seasoned cast iron skillet over medium-high heat until searingly hot. Reduce the heat to medium and add 2 tablespoons olive oil.

Add the peppers cut side down in a single layer -- you may need to fry the peppers in two batches if you can't fit all the peppers in the skillet at once with breathing room around them, so hold on to that extra 2 tablespoons olive oil

Cook without stirring or moving the peppers for 5 minutes, letting the steam building up under the peppers' "domes" soften them. Flip the peppers with tongs and cook undisturbed for 5 minutes more, letting the skin of the peppers blister and char in the oil.

Continue to cook and flip until the peppers are as soft and blackened as you'd like, anywhere from 5-10 minutes more.

Repeat with the remaining peppers and olive oil as needed. Transfer the charred peppers to a plate and blanket generously with Parmesan cheese. Serve immediately.

## **Salmon, Avocado & Radish Salad**

Adapted from Every Last Bite ([www.everylastbite.com](http://www.everylastbite.com))

Serves 2-4

Don't skip out on the pickled onions, they are such a great addition and only take 30 minutes to pickle!

### **Ingredients:**

#### **Salad-**

6 cups shredded bibb lettuce (or romaine)  
1 large avocado cut into thin slices  
5 radishes washed, trimmed and cut into thin slices  
½ large cucumber cut into thin slices

#### **Pickled Onions-**

1 medium red onion thinly sliced  
½ cup apple cider vinegar  
½ cup water  
¼ tsp salt  
½ tsp black peppercorns

#### **Creamy Dill Dressing-**

1/3 cup mayonnaise  
1 Tbs apple cider vinegar  
1 tsp lemon juice  
1 clove garlic  
2 Tbs fresh dill  
1 Tbs fresh parsley  
¼ tsp salt  
½ tsp pepper

#### **Salmon**

300 grams salmon fillet (10-11 ounces)  
1 Tbs EVOO  
pinch salt & pepper

### **Directions:**

#### **Pickled Onions-**

In a small sauce pan on high heat combine the apple cider vinegar, water, salt and peppercorns and bring to a boil. Place the thinly sliced red onion in a bowl and once the liquid is boiling, pour it into the bowl. Let the onions marinate for at least 20 minutes.

#### **Creamy Dill Dressing-**

Combine all of the dressing ingredients in a blender and blend until smooth. Taste and adjust the flavour with more salt or lemon depending on your preferences. Store in the fridge until ready to use.

#### **Salmon-**

Heat the olive oil in a pan on medium heat. Season the salmon with the salt and pepper and then cook the salmon for 3 minutes per side until cooked through. Remove the salmon from the pan, place on a board and break into flakes using a fork.

#### **Assembling the Salad-**

Place the shredded lettuce in a bowl, top with the radishes, sliced avocado, cucumber, flaked salmon, pickled onion and toss with the dressing right before serving.



## Simple Stuffed Delicata Squash

Adapted from Kim's Cravings ([www.kimscravings.com](http://www.kimscravings.com))

Total time 45 minutes

Serves 8

This is my favorite squash! It's a fall squash that is SO simple to prepare and cooks pretty quickly! You could also add other veggies to this!

### Ingredients:

4 large delicata squash ends cut off, sliced vertically and deseeded

1 lb. lean ground turkey or chicken

½ small onion diced

2 garlic cloves minced

1 14 ounce can diced tomatoes

1 tsp seasoning salt

2 handfuls fresh spinach

### Directions:

Preheat oven to 400 degrees F.

Brown meat in a large skillet over med-high heat. After meat has been cooking for about 2-3 minutes, add onion and garlic.

Meanwhile, you may want to pop the squash in the microwave for about 1 minute to soften the squash up a bit.

Once meat is almost fully cooked, add tomatoes, seasoning salt and spinach. Stir to combine and continue to cook until spinach is wilted. This should only take a couple of minutes.

Use a slotted (this will help drain excess liquid) spoon to spoon the turkey mixture into the squash halves. Fill them as full as possible. You may have extra turkey mixture, which makes a very tasty salad topping.

Bake stuffed squash at 400 degrees F. for 20 to 30 minutes, until tops are browned and squash is soft.

Enjoy!

## **Delicata Squash and Red Onions**

Adapted from My Recipes ([www.myrecipes.com](http://www.myrecipes.com))

Total time 30 minutes

Serves 6

Another easy roasting recipe!

### **Ingredients:**

1 Tbs unsalted butter, melted

1 Tbs chopped fresh thyme

1 Tbs honey

2 tsp EVOO

3 garlic cloves, sliced

2 (12-ounce) delicata squashes, halved lengthwise, seeded, and cut into 1/2-inch slices

1 (1-pound) red onion, cut into 12 wedges

½ tsp salt, divided

½ tsp freshly ground black pepper, divided

Cooking spray

3 Tbs chopped fresh flat-leaf parsley

### **Directions:**

Place a baking sheet in oven. Preheat oven to 475° (leave pan in oven).

Combine first 5 ingredients in a large bowl, stirring with a whisk. Add squash and onion; toss gently to coat. Sprinkle vegetable mixture with 1/4 teaspoon salt and 1/4 teaspoon pepper. Carefully remove preheated pan from oven; coat pan with cooking spray. Arrange vegetable mixture in a single layer on pan.

Bake at 475° for 20 minutes or until tender, turning once. Sprinkle with remaining 1/4 teaspoon salt, remaining 1/4 teaspoon pepper, and chopped parsley.

## **Roasted Delicata Squash and Tomatoes**

Adapted from The Real Food RDs ([www.therealfoodrds.com](http://www.therealfoodrds.com))

Total time 35 minutes

Serves 4

I've never tried this recipe before but it's from some real food dietitians so I know it will be good!

### **Ingredients:**

2 medium delicata squash, seeds removed and sliced into 1/4-inch thick 'moons'

1 cup grape or cherry tomatoes, sub in those romas!

1 ½ Tbs ghee, melted or oil of choice

1 medium shallot, thinly sliced (may substitute 1/3 cup thinly sliced red onion)

Fresh thyme leaves (may substitute 1/4 tsp. dried thyme)

Salt & Pepper

### **Directions:**

Preheat oven to 400°F.

Line a large rimmed baking sheet with parchment paper.

Add squash slices, shallots and tomatoes to baking sheet. Toss with melted ghee (and bacon fat, if using).

Arrange vegetables in an single layer. Sprinkle with salt and pepper. Lay a few thyme sprigs (or sprinkle with dried thyme) on top of the vegetables and bake in preheated oven for 22-25 minutes, stirring the vegetables halfway through baking time, until tender and lightly browned.

Remove from the oven and serve.

## 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.

## **Apple Peanut Butter Overnight Oats**

Adapted from The Lemon Bowl ([www.lemonbowl.com](http://www.lemonbowl.com))

Overnight oats are one of my favorite ways to meal prep breakfast! Love this flavor combination; get the kids involved in prepping these!

### **Ingredients:**

- ¼ cup steel cut oats
- ½ cup milk fat free
- 1/3 cup plain yogurt low fat
- 1/2 tsp cinnamon
- 1 Tbs peanut butter
- ¼ banana sliced
- ½ apple cored and diced

### **Directions:**

In an almost-empty peanut butter jar or another resealable glass jar, combine all ingredients except banana and apples.

Seal jar and refrigerate overnight. Top with banana slices and diced apple in the morning.

## **Minted Melon Salad**

Adapted from Delicious Living ([www.deliciousliving.com](http://www.deliciousliving.com))

### **Ingredients:**

½ melon, seeded and cubed into bite size pieces  
2 cups watermelon cubes or balls  
10 fresh mint leaves  
1 Tbs can sugar  
2 Tbs fresh lime juice

### **Directions:**

Place Crenshaw and watermelon cubes a mixing bowl. In a mortar and pestle, grind mint, basil, and sugar. When herbs have been pressed into a green paste, add lime juice to dissolve sugar.

Pour over melons and toss. Serve immediately.