

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

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## **Chicken Fajita Freezer Meal**

Adapted from The Sweeter Side of Mommyhood ([www.thesweetersideofmommyhood.com](http://www.thesweetersideofmommyhood.com))

Serves 4

This say “per tray” with the idea that you would freeze the items combined in an aluminum foil baking tray. Freeze and then pull out at any time for a fast dinner. Can easily sub in those Italian Frying Peppers this week!

### **Ingredients:**

3 sliced bell peppers per tray

1-2 large sliced onions per tray

6 sliced raw chicken breasts per tray

olive oil

spices

### **Directions:**

Place the peppers, onions and chicken in the tray or freezer safe bag.

Use a combination of these seasonings: salt, pepper, oregano, garlic powder, crushed red pepper, onion powder, ground cumin and chili powder- just sprinkle liberally over each tray.

Drizzle with olive oil and mix up with your hands to give the chicken and veggies an even coat. Cover and freeze!

Bake from frozen at 375 for 1 hour OR front thawed at 350 for 45 mins. Serve with warm tortillas, cheese, salsa, guacamole, black beans and rice.

## Stuffed Italian Frying Peppers

Adapted from A Family Feast ([www.afamilyfeast.com](http://www.afamilyfeast.com))

Total time ~45 minutes

Serves 6-8

Use these peppers just like you would other bell peppers! Stuffed is a great option!

### Ingredients:

8-10 Italian frying peppers such as Marconi or Cubanelle (about ½ pound)

2 T EVOO

8 ounces in weight of Italian bread, crusts removed and cut into cubes

3 cups Italian tomato sauce, divided (see here) or purchased

25 pitted oil cured black olives, chopped

1 T anchovy paste or 6 anchovy filets mashed fine

½ cup Romano cheese grated, plus more for serving

1 tsp fresh garlic, minced

½ cup fresh basil, chopped

3 T fresh Italian flat leaf parsley, chopped

½ tsp freshly ground black pepper

¼ cup olive oil for frying

### Directions:

Wash peppers, trim off tops and using a teaspoon, dig out seeds and ribs. Rinse and let dry.

In a cast iron skillet, over medium heat, place the two tablespoons of olive oil and once hot, place cubed bread into oil and toss and cook to brown, about 5-10 minutes. Remove toasted bread and any oil to a large bowl.

The skillet will be used later in this recipe.

Pour one cup of tomato sauce over the cooked bread and squish it into the bread with your hands or use a heavy whip. The mixture should be completely mixed to a mushy finish.

Add olives, anchovy paste, Romano, garlic, basil, parsley and pepper. Stir to combine.

Divide filling between the peppers, pressing the stuffing in to the end. OK if a little hangs out.

Preheat oven to 350 degrees F. (Note: most Italian pepper recipes don't finish in the oven and are cooked entirely on the stove top. I think they get too dark doing it that way so I cook half on the stove to brown and finish in the oven to cook through.)

Using the same cast iron skillet as before, heat the ¼ cup of olive oil over medium heat.

Dry the outside of the peppers of any water so they don't splatter when cooking.

Once the oil is hot, cook the peppers in the hot oil in two batches. Turn and cook until each batch is browned, about 15 minutes each. You may still need a splatter screen.

Pour one cup of sauce into a casserole dish large enough to fit all of the peppers.

As each batch is cooked, transfer to the prepared casserole dish and once the dish is full, cover with the remaining cup of sauce.

Bake uncovered for about 15 minutes or until heated through.

Serve with additional grated Romano cheese.

## Easy Roasted Delicata Squash

Adapted from Rachel Cooks ([www.rachelcooks.com](http://www.rachelcooks.com))

Serves 2

This is as easy as it gets with this squash- you can eat the skin!

### Ingredients:

1 delicata squash

1 tsp EVOO

¼ tsp salt (more or less to taste)

¼ tsp black pepper (more or less to taste)

### Directions:

Preheat oven to 425°F. Scrub the outside of the squash with a brush until very clean. Cut ends off to create two flat edges. Cut in half lengthwise and scoop out seeds.

Cut into 1/4- to 1/2-inch slices, keeping the size of the slices consistent. Rub, toss, or spray with olive oil so both sides of each slice are coated with oil. Sprinkle with salt and pepper and spread onto a parchment paper lined baking sheet in a single layer.

Place in preheated oven and roast for 20 minutes. Flip each slice over and roast for another 15 minutes or until golden brown and crispy on the outside and tender on the inside.

Enjoy immediately.

## Roasted Delicata Squash Salad with Warm Pickled Onion Dressing

Adapted from Healthy Seasonal Recipes ([www.healthyseasonalrecipes.com](http://www.healthyseasonalrecipes.com))

Serves 4

I know we have our pickling lovers in this group, combine your efforts with your squash this week!

### Ingredients:

2 medium delicata squash  
3 Tbs EVOO, divided  
1 ¼ tsp coarse kosher salt  
½ tsp freshly ground pepper, divided  
3 Tbs red wine vinegar  
2 tsp honey  
¼ tsp caraway seed  
¼ cup minced red onion  
2 cups shredded cabbage  
1 large apple, finely diced  
½ cup chopped celery hearts (preferably with leaves)  
½ cup chopped toasted walnuts  
2 Tbs Italian parsley, cut into strips (optional)

### Directions:

Preheat oven to 400°F.

Cut delicata in half lengthwise; scoop out seeds and pulp. Cut lengthwise again, and then into 1/4-inch quarter-moons. Toss delicata in a medium bowl with 1 tablespoon oil, 1/2 teaspoon salt, and 1/4 teaspoon pepper until coated. Spread out in a single layer onto a large rimmed baking sheet. Roast, stirring once or twice, until tender and darkened in spots, 16 to 20 minutes.

Meanwhile combine vinegar, honey, caraway, the remaining 3/4 teaspoon salt, and the remaining 1/4 teaspoon pepper in a microwave-safe measuring cup or bowl. Microwave until boiling-hot, 1 to 1 1/2 minutes. Remove from the microwave and stir in onion. Set aside for 10 minutes. Whisk in the remaining 2 tablespoons oil.

Toss cabbage, apple, celery hearts, the hot roasted delicata squash, and the warm pickled onion dressing in a large salad bowl. Divide among four plates and top with walnuts and parsley (if using).

## **Delicata Squash Egg Bake**

Adapted from Hungry Hobby ([www.hungryhobby.com](http://www.hungryhobby.com))

Serves 6

Vegetables + Eggs = a complete meal!

### **Ingredients:**

1 delicata squash  
1 Tbs avocado oil  
1 sprinkle garlic salt  
4 eggs  
1 ½ cups egg whites  
¼ tsp garlic  
¼ tsp turmeric  
2 ounces goat cheese

### **Directions:**

Preheat oven to 400F. Cut in half length-wise, then cut width ways into 1/2 inch wedges. Toss wedges with oil, then spread on a parchment paper and sprinkle with garlic salt.

Roast for 20-25 minutes or until tender.

Whisk egg, egg whites, garlic, and turmeric seasoning. Grease a 9 x 13 glass casserole dish. When squash is done roasting spread, turn down to 375F and spread out over the bottom of the casserole dish. Pour egg mixture over squash wedges.

Crumble goat cheese evenly over the mixture.

Bake at 375F for 30-35 minutes until fully set.

## Broccoli Caesar Salad

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

Serves 6-8

Look at this spin on this go to salad! This makes a large salad so cut back as needed.

### Ingredients:

2 oil-packed anchovy fillets (optional)  
1 garlic clove, thinly sliced  
¼ cup fresh lemon juice  
2 tsp Dijon mustard  
Kosher salt  
1 large egg yolk or 2 Tbs mayonnaise  
½ cup EVOO  
3 Tbs grated Parmesan, plus more shaved for serving  
2 medium heads of broccoli, about 1½ lb  
¼ head of savoy or Napa cabbage  
Finely grated lemon zest (for serving)  
Freshly cracked black pepper

### Directions:

Using the side of a chef's knife, mash anchovies, if using, and garlic on a cutting board until a smooth paste forms. Transfer paste to a large bowl and whisk in lemon juice, mustard, and a big pinch of salt. Add egg yolk (or mayonnaise) and whisk until smooth. Gradually add oil, whisking constantly until emulsified. Whisk in 3 Tbsp. grated Parmesan.

Trim woody ends from broccoli stems, preserving as much stem as possible. Peel any thick stems to expose tender inner cores. Cut off florets as close to the dark green flowers as possible and break into bite-size pieces. Add to bowl with dressing. Starting at the floret ends of the stems, slice very thinly crosswise and add to bowl. Thinly slice cabbage crosswise (you should have about 2 cups) and add to bowl with broccoli. Toss until broccoli and cabbage are combined and evenly coated with dressing; season with salt. Let sit 10 minutes.

Top salad with shaved Parmesan, some lemon zest, and a few healthy grinds of pepper.

## Grilled Beef with Broccoli

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

Serves 4

This is my go to meal when I have broccoli! We love using coconut aminos instead of soy sauce.

### Ingredients:

6 garlic cloves, grated

1 3-inch piece ginger, peeled, grated

$\frac{3}{4}$  cup oyster sauce

$\frac{3}{4}$  cup Shaoxing wine (Chinese rice wine)

$\frac{3}{4}$  cup soy sauce

$\frac{1}{4}$  cup toasted sesame oil

3 Tbs mild-flavored (light) molasses

3 Tbs unseasoned rice vinegar

1 $\frac{1}{2}$  pounds flank steak

2 medium heads of broccoli (about 1 pound), stems peeled, heads halved lengthwise

Sliced scallions, toasted sesame seeds, and cooked white rice (for serving)

### Directions:

Whisk garlic, ginger, oyster sauce, wine, soy sauce, oil, molasses, and vinegar in a medium bowl. Place steak in a large resealable plastic bag and pour in 2 cups marinade; set remaining marinade aside. Seal bag, turn to coat, and let steak marinate in refrigerator at least 1 hour and up to 12.

Prepare a gas grill for 2-zone heat; set one burner at medium and one or two burners at medium-high. Alternatively, prepare a charcoal grill for medium-high heat. Grill steak over medium-high heat, turning occasionally, until charred, 3–5 minutes per side for medium-rare. Transfer to a cutting board and let rest 10 minutes. Slice against the grain into  $\frac{1}{2}$ "-thick strips.

Meanwhile, stir  $\frac{1}{2}$  cup reserved marinade and  $\frac{1}{2}$  cup water in a small bowl to combine. Brush broccoli all over (crowns and stems) with some of the thinned marinade. Grill over medium heat, turning occasionally and basting frequently with thinned marinade, until charred and tender, about 12 minutes. Transfer to a plater and let cool slightly before breaking into large pieces.

Divide steak and broccoli among plates. Top with scallions and sesame seeds. Serve with rice and remaining marinade alongside.



## **Creamy Potato Salad with Lemon and Fresh Herbs**

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

Serves 8

You could definitely adjust this recipe pending how many potatoes you have, or what fresh herbs you have on hand.

### **Ingredients:**

3 pounds baby red potatoes  
3 T unseasoned rice vinegar  
 $\frac{3}{4}$  cup mayonnaise  
3 medium green onions, thinly sliced  
1 celery stalk, cut into 1/3-inch cubes  
 $\frac{1}{4}$  cup chopped fresh parsley  
 $\frac{1}{4}$  cup chopped fresh basil  
2 T chopped fresh dill  
1  $\frac{1}{2}$  tsp finely grated lemon peel

### **Directions:**

Bring potatoes to boil in large pot of water. Reduce heat to medium-low and simmer until potatoes are tender, about 17 minutes. Drain; let stand until cool enough to handle, about 20 minutes.

Cut potatoes into 3/4-inch pieces. Place 1 layer of potatoes in large bowl; sprinkle with some of vinegar and salt and pepper.

Continue layering potatoes with vinegar, salt, and pepper. Add all remaining ingredients; toss. Season with salt and pepper.

Let chill in the refrigerator, best made ahead.

## Shaved Turnip and Radish Salad with Poppyseed Dressing

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

Serves 4

This is a great salad to make with this weeks box!

### Ingredients:

¼ cup EVOO

2 Tbs apple cider vinegar

Grated zest of 1 organic lemon

1 tsp Dijon mustard

½ shallot, diced

1 Tbs poppy seeds

1 tsp raw honey or pure maple syrup

Fine sea salt

2 turnips, peeled, tops removed

4 medium radishes, tops removed

1 small bunch watercress

1 bunch asparagus, as young as possible

3 Tbs minced fresh chives

### Directions:

Whisk the olive oil, vinegar, lemon zest, mustard, shallot, poppy seeds, honey, and a pinch of salt together in a small bowl.

Using a mandoline, slice the turnips and radishes into thin translucent rounds. Put them in a large bowl and add the watercress. If the asparagus are large, slice them in half and add them to the bowl. Pour the dressing over and fold gently to combine.

Season with more salt if needed, arrange on plates, and sprinkle with the chives before serving.

## **Pickled Hakurei Turnips**

Adapted from Serious Eats ([www.serious-eats.com](http://www.serious-eats.com))

Makes 1 pint

Super easy fast pickle that can be used on salads, burgers or as an edible garnish.

### **Ingredients:**

1 bunch hakurei turnips (approximately six)

1 tsp salt

½ cup rice wine vinegar

1 tsp sugar

½ tsp black peppercorns, crushed

3 thin slices of ginger

### **Directions:**

Wash turnips well and slice them thinly on a mandolin. Place turnip slices in a small bowl and toss with the salt. Let rest until there is a pool of liquid on the bottom of the bowl, about 30 minutes. Drain turnips of the salty water and pack into a pint sized mason jar.

Add vinegar, sugar, pepper and ginger slices. Apply a watertight lid and shake to combine. Place pickled turnips in the fridge and chill before eating. Pickles can be eaten within an hour of being made and will keep for at least a week.

## **Garlic Roasted Potatoes and Carrots**

Adapted from Center Cut Cook ([www.centercutcook.com](http://www.centercutcook.com))

Prep time ~10 minutes, Cook time ~25 minutes

Serves 4

Easy roasting! Throw in some other veggies from your box this week! The onions, beets and zukes can all be roasted.

### **Ingredients:**

1 lb small red skin potatoes, whole

½ lb carrots, chopped

1 Tbs EVOO

½ tsp salt

½ tsp ground black pepper

1 clove garlic, minced

2 tsp fresh thyme, minced

### **Directions:**

Heat oven to 400 degrees.

In a large mixing bowl, combine the potatoes, baby carrots, olive oil, salt, pepper, garlic, and thyme. Stir to mix well.

Pour the potato-carrot mixture into an oven-safe large skillet (or can spread out on a rimmed baking sheet lined with tin foil).

Place the skillet into the oven and roast for 25-30 minutes, stirring occasionally.

The potatoes and carrots are done when they are tender when pierced with a fork.

## **Ground Cherry Salsa**

Adapted from Hearts in the Kitchen ([www.heartsinthekitchen.com](http://www.heartsinthekitchen.com))

Makes 2 cups

If you haven't eaten all of them, here's something fun to make with ground cherries!

### **Ingredients:**

1 cup ground cherries, outer husk removed

½ cup red onion

1/3 cup roasted tomatoes

1 medium lime, juiced

¼ cup finely chopped jalapeno, seeds removed

¼ cup fresh cilantro leaves

¼ tsp sea salt

### **Directions:**

Combine all ingredients in your food processor and pulse to combine. Chill prior to serving for flavors to combine. Will keep for about a week in the fridge.

## Asian Pear Galette with Cardamon Whipped Cream

Adapted from Food 52 ([www.food52.com](http://www.food52.com))

Total time ~2 hours 20 minutes

Serves 4

### Ingredients:

Dough:

½ cup all purpose flour, plus more for rolling out dough

½ whole wheat flour

2 Tbs sugar

½ tsp kosher salt

7 Tbs unsalted butter, very cold, cut into small pieces

1 Tbs rice vinegar

Ice water, as needed

Filling and Assembly:

1 Asian pear, halved, cored and thinly sliced into half moons

3 Tbs dark brown sugar, divided

½ tsp vanilla extract

zest of 1 lemon

1 Tbs lemon juice

1 pinch kosher salt

1 Tbs heavy cream

1 Tbs turbinado sugar

Cardamom Whipped Cream recipe is at the bottom.

### Directions:

Make the dough: in a bowl, mix together the flours, sugar, and salt until combined, then add the butter. Using a dough cutter or your fingers, squash and flatten the butter pieces until the flour until you have the texture of coarse meal with pea-sized (and larger) pieces throughout.

Add the vinegar and 2 tablespoons water, and mix until dough comes together into a ball. If the dough seems dry, you may need more water; add an extra tablespoon at a times until you can form a ball.

Flatten dough into a disk, wrap in plastic, and place in the fridge for at least 2 hours or overnight.

When you ready to assemble, preheat the oven to 400 F.

Make the filling: In a bowl, toss together the sliced pears, 2 tablespoons brown sugar, vanilla, lemon zest and juice, and salt.

On a clean working surface or large cutting board, lightly dust with flour and roll dough out into a flat round, about 1/8 inch thick and 13 inches wide. Transfer to a parchment lined sheet pan. Place the pears in the center, shingling them over one another like fish scales, leaving behind the accumulated juices. Fold over the edges of the dough so there's about a 1 – 2 inch border. Carefully pour the juices over the center of galette (ensuring it remains within the crust). Sprinkle the remaining tablespoon brown sugar over the fruit. Brush the crust with heavy cream and sprinkle with the turbinado sugar.

Bake for 35 to 45 minutes, or until the crust has browned and the filling ins bubbling. Let sit to cool slightly.

Cardamom Whipped Cream: Use an electric mixer or whisk to whip 1 cup heavy cream, 2 tablespoons granulated sugar, ½ teaspoon vanilla and ½ teaspoon ground cardamom to medium peaks, or to your desired whipped cream texture. Serve on top of galette, once cooled but still slightly warm.

## Cinnamon Apple Pear Crisp

Adapted from Sally's Baking Addiction ([www.sallysbakingaddiction.com](http://www.sallysbakingaddiction.com))

Total time ~ 1 ours 30 minutes

Serves 8-10

If you're overwhelmed fruit this is pretty easy!

### Ingredients:

4 medium/large ripe pears, peeled and sliced (4–5cups)

3 medium/large apples, peeled and sliced (4–5cups)

½ cup packed light or dark brown sugar

¼ cup all-purpose flour

1 tsp pure vanilla extract

1 tsp ground cinnamon

½ tsp ground nutmeg

¼ tsp salt

### Topping

1 cup all-purpose flour (spooned and leveled)

¾ cup packed light or dark brown sugar

1 tsp ground cinnamon

½ cup (1 stick) unsalted butter, cold and cubed

1 cup old-fashioned whole oats

optional: ¾ cup chopped pecans

### Directions:

Preheat oven to 350°F. Lightly grease a 9×13 inch baking dish.

Mix all of the filling ingredients together in a large bowl, then spread into your baking dish.

Make the topping: Whisk the flour, brown sugar, and cinnamon together in a medium bowl. Cut in the butter using a pastry cutter or fork until the mixture becomes super crumbly. Fold in the oats and pecans. Sprinkle over filling.

Bake for 40-45 minutes until the topping is golden brown and the fruit juices are bubbling around the edges. Remove from the oven, place on a wire rack, and allow to cool slightly before serving. Serve warm, room temperature, or cold. Cover leftovers and store in the refrigerator for up to 5 days.

## **Autumn Apple & Pear Sangria**

Adapted from Home Cooking Memories ([www.homecookingmemories.com](http://www.homecookingmemories.com))

Makes 1 Liter

From our resident cocktail expert, Danielle! Check out this official fall recipe for you fruit share folks!

### **Ingredients:**

1 apple, chopped with skin

1 pear, chopped with skin

1 750ml bottle red wine (such as Pinot Noir)

¼ cup Brandy

2 cups apple cider

optional: apple or pear slice for garnish, or cinnamon stick

### **Directions:**

In a large pitcher, add the chopped fruit. Then, add the wine, Brandy, and apple cider. Stir to combine.

Chill for least 6 hours or preferably overnight.

If desired, pour sangria and fruit into a smaller wine crafte for serving. Serve chilled with a slice of apple or pear and a cinnamon stick for garnish.