

SLFarms CSA, Week Twelve, 2022 Recipes

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Bell Pepper Tomato Salad

Adapted from Food Network (www.foodnetwork.com)

Total time ~10 minutes

Serves 4

Another simple salad that can be made ahead!

Ingredients:

2 Tbs EVOO

1 tsp hot sauce

Juice from ½ lemon

1 garlic clove, grated

¼ cup parsley, chopped

½ tsp salt

2 green bell peppers, thinly sliced

3 tomatoes, cut into wedges

Directions:

Whisk olive oil, hot sauce, the lemon juice, garlic clove, parsley and salt in a bowl; season with pepper.

Thinly slice 2 green bell peppers and cut 3 plum tomatoes into wedges; toss with the dressing.

Garlic Roasted Cherry Tomatoes

Adapted from The Novice Chef Blog (www.thenovicechefblog.com)

Total time ~30 minutes

Try these easy roasted gems for a different spin on those cherry tomatoes! Eat immediately standing over the sink with a kitchen fork...or on top of your favorite pasta, pizza, or even grilled chicken breasts!

Ingredients:

2 (10 oz) containers cherry tomatoes, halved

6 garlic cloves, minced

2 Tbs EVOO

1 tsp kosher salt

2 tsp fresh cracked black pepper

Directions:

Preheat oven to 375°F.

In a medium bowl, toss together tomatoes, garlic, olive oil, salt and pepper. Transfer to a baking sheet and spread into an even layer.

Bake for 20-25 minutes, or until tomatoes are soft and very fragrant.

Heirloom Tomato Concasse with Wilted Swiss Chard (sub in any green)

Adapted from Cooking NY Times (www.cooking.nytimes.com)

Total time 35 minutes

Serves 4-6

So simple but so fancy! You could try subbing in your amaranth greens this week!

Ingredients:

1 pound fresh, sweet, ripe heirloom tomatoes, finely chopped (about 2 cups)

1 to 2 garlic cloves (to taste), minced or puréed

Salt to taste

1 tsp balsamic vinegar

2 Tbs EVOO

Several fresh basil leaves, cut in slivers or torn

Freshly ground pepper

1 or 2 bunches Swiss chard (about 1 ¼ to 2 pounds), stemmed (keep stems if they are wide and fleshy), leaves washed in 2 changes of water

Feta for garnish (optional)

Directions:

In a large bowl, combine the tomatoes with their juices, garlic, salt, vinegar, 1 tablespoon of the olive oil and half the basil. Cover and let sit for 30 minutes or longer. Stir, taste, adjust salt and add pepper.

Meanwhile, wilt chard by blanching in boiling salted water for about a minute or by steaming above 1 inch of boiling water for about 2 to 3 minutes, flipping the bunch top to bottom using tongs halfway through. Transfer to a bowl of cold water, drain and squeeze out excess water, taking up the chard by the handful. Chop coarsely.

Heat the remaining tablespoon of olive oil in a large skillet over medium heat. Add chard and heat through, stirring, until coated with oil. Season to taste with salt and pepper.

Remove to a platter or to plates, spoon on the tomato sauce, sprinkle the remaining basil over the top and serve.

Grilled Jalapeno-Lime Corn on the Cob

Adapted from My Recipes (www.myrecipes.com)

Total time ~30 minutes

Serves 8

Who loves some “loaded” corn on the cob? I love a different spin on our usual favorites.

Ingredients:

8 ears fresh corn, husks removed

Vegetable cooking spray

Salt and freshly ground pepper

½ cup butter, softened

1 jalapeño pepper, seeded and minced

1 small garlic clove, pressed

1 T lime zest

1 T fresh lime juice

2 tsp chopped fresh cilantro

Garnish: lime zest

Directions:

Preheat grill to 350° to 400° (medium-high) heat. Coat corn lightly with cooking spray. Sprinkle with desired amount of salt and pepper.

Grill corn, covered with grill lid, 15 minutes or until golden brown, turning occasionally.

Meanwhile, stir together butter and next 5 ingredients. Remove corn from grill, and cut into thirds.

Serve corn with butter mixture. Garnish, if desired.

Big Beans and Tomato Vinaigrette

Adapted from Bon Appetit (www.bonappetit.com)

Serves 4

Ingredients:

Beans:

Handful of oregano sprigs

Handful of thyme sprigs

2 bay leaves

8 oz. dried butter beans, rinsed, soaked overnight if possible

1 medium onion, halved

1 large carrot, scrubbed, coarsely chopped

Kosher salt

¼ cup EVOO

Vinaigrette and Assembly:

10 oz. cherry tomatoes or 1½ cups chopped heirloom or beefsteak tomatoes

1 garlic clove, smashed

3 Tbs red wine vinegar

⅓ cup EVOO, plus more for drizzling

Kosher salt

2 lb assorted heirloom, beefsteak, and/or cherry tomatoes

Freshly ground black pepper

Handful of basil leaves

Mild red pepper flakes (such as Aleppo-style or Maras)

Directions:

Beans: Tie together oregano, thyme, and bay leaves with kitchen twine. Combine beans, onion, carrot, and herbs in a medium pot. Pour in water to cover beans by about 4" and bring to a very gentle simmer over medium-high heat. Immediately reduce heat and cook at the barest of simmers, stirring hardly at all, until beans are creamy and tender at the center but not falling apart or mushy, about 1½ hours (this could take longer, depending on the beans). The key is to not agitate, which will help the beans maintain their shape. Remove pot from heat; season beans aggressively with salt. Gently stir in oil. Let cool. Drain beans; discard onion, carrot, and herbs.

Do Ahead: Beans can be made 2 days ahead. Keep in liquid; cover and chill.

Vinaigrette and Assembly: Purée cherry tomatoes in a blender. Transfer to a small bowl and stir in garlic, vinegar, and ⅓ cup oil; season with salt. Let sit 15–20 minutes, then pluck out garlic.

Transfer drained beans to a medium bowl and add vinaigrette; toss gently to coat. Taste and add more salt if needed.

Slice, halve, or quarter heirloom tomatoes and arrange on a platter or divide among individual plates. Season with salt and pepper and drizzle with oil. Spoon beans along with plenty of vinaigrette over; top with basil and a few pinches of red pepper flakes.

Garlic Roasted Radishes

Adapted from The Real Food RDs (www.therealfoodrds.com)

Total time ~25 minutes

Serves 4

Roasted radishes are amazing! They become more “potato like” when cooked!

Ingredients:

4 cups radishes, trimmed and halved (~3 cups halved)

4 garlic cloves, minced

2 Tbs butter or ghee, melted

½ tsp sea salt

¼ tsp pepper

Optional fresh parsley, dill or chives

Directions:

Preheat oven to 400 degrees. Line baking sheet with foil and set aside.

In a bowl combine all of the ingredients and toss until radishes are evenly coated with the melted butter or ghee.

Place radishes cut side down on baking sheet.

Bake for 14-16 minutes or until slightly golden brown.

Garnish with parsley, dill or chives and serve.

Roasted Red Peppers and Cherry Tomatoes with Ricotta

Adapted from Bon Appetit (www.bonappetit.com)

Serves 8

Use your bell or Italian frying peppers for this tasty dish!

Ingredients:

4 red bell peppers, halved, seeds and ribs removed

6 oil-packed anchovy fillets, finely chopped

4 garlic cloves, thinly sliced

1 cup basil leaves, divided

Kosher salt, freshly ground pepper

2 Tbs plus $\frac{1}{3}$ cup EVOO

1 pint cherry tomatoes, halved

$\frac{1}{3}$ cup fresh ricotta

$\frac{1}{4}$ cup pitted small black and/or green olives

Flaky sea salt

Directions:

Preheat oven to 375°. Place bell peppers, skin side down, in a shallow baking dish and top with anchovies and garlic. Tear $\frac{1}{4}$ cup basil leaves over top, season with kosher salt and black pepper, and drizzle with 2 Tbsp. oil. Bake until peppers are tender but still hold their shape and are slightly charred around edges, 35–45 minutes. Let cool.

Meanwhile, blend remaining $\frac{3}{4}$ cup basil and remaining $\frac{1}{3}$ cup oil in a blender until smooth; season basil oil with kosher salt and black pepper.

Arrange bell peppers on a platter. Top with tomatoes, ricotta, olives, and more basil, then drizzle with basil oil and season with sea salt and black pepper.

Grated Beet Salad

Adapted from Martha Stewart (www.marthastewart.com)

Serves 6

My obsession this year is grated raw beets! They taste SO different than a roasted beet and I'm loving the crunch!

Ingredients:

2 Tbs rice vinegar

Juice of 1/2 lime

Pinch of sugar

Coarse salt and freshly ground pepper

6 Tbs EVOO

1 pound red beets, peeled and grated

½ pound carrots, peeled and grated

½ cup thinly sliced basil leaves

2 tablespoons finely shredded fresh flat-leaf parsley

Directions:

In a large bowl, combine the vinegar, lime juice, sugar, and a large pinch each of salt, and pepper. Whisk to combine. Gradually whisk in oil.

Add beets, carrots, basil, and parsley. Toss to combine. Taste and adjust for seasoning.

Beetroot and Feta Cheese Salad

Adapted from Scrambled Chefs (www.scrambledchefs.com)

Prep time 10 minutes, cook time 45 minutes

Serves 6

Beets and feta are a go to combination; this salad is fairly easy and has the perfect combination of what sweet and salty should be!

Ingredients:

4 medium beets

½- ¾ cup feta cheese

2 Tbs chopped parsley

Lemon Vinaigrette

For the Lemon Vinaigrette-

3 Tbs lemon juice

3 Tbs EVOO

2 garlic cloves- minced

½ tsp pepper

½ tsp salt (to taste)

Directions:

For Salad-

Boil the beetroot on medium heat for 45 mins or until it can be easily pierced through with a knife.

The skin will easily peel off. After removing the skin of the beetroots, chop the beetroot into cubes and do the same with the feta cheese.

Roughly chop the parsley.

Combine beetroot, feta cheese, parsley with the lemon vinaigrette and serve.

For Lemon Vinaigrette-

Mix all ingredients together in a bowl and whisk slightly.

Dark Chocolate Beet Brownies

Adapted from Sac Mag (www.sacmag.com)

Total time ~1 hours (30 minutes active)

Makes 24 small brownies

I have never made these brownies myself, but they come highly recommended by a friend. I know you all love those beet muffins so I figured we could try another baked good!

Ingredients:

8 ounces raw beets, peeled and halved

8 ounce unsalted butter (2 sticks)

$\frac{3}{4}$ cup dark brown sugar

$\frac{3}{4}$ cup white sugar

4 eggs

1 $\frac{1}{4}$ cup cocoa powder

1 tsp salt

1 tsp baking powder

1 Tbs vanilla extract, not imitation

$\frac{3}{4}$ cup white flour

1 cup chocolate chips, preferably 60 percent or more cacao

Directions:

Preheat oven to 350 degrees.

In a small pot, add beets and cover with water. Heat over medium heat and cook 20–25 minutes until very soft. Drain, puree and set aside to cool.

In a medium pot over low heat, melt butter. Turn heat to medium-low and add both sugars. Stir until the sugar is dissolved, about 2–3 minutes, and remove from heat.

Beat the eggs on medium with a mixer for about 2 minutes. Add cocoa powder, salt, baking powder and vanilla extract, and incorporate well.

Add pureed beets and butter-sugar mixture and mix well. On low speed, add flour and then chocolate chips, scraping the sides as needed.

Spray a 9 x 13 pan generously with cooking spray, add batter and bake 30 minutes until knife comes out clean or with just a few crumbs. Cool in the pan before turning out onto a cooling rack.

Enjoy warm!

Sheet Pan Chipotle Cheddar Corn Enchiladas

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

Total time ~ 45 minutes

Serves 6

Sheet pans meals can be tasty and save on dishes and time!

Ingredients:

1 pound boneless skinless chicken tenders or small breasts
2 Tbs EVOO
2-4 chipotle chilies in adobo, finely chopped (or 1 Tbs chipotle chili powder)
salt and pepper
3 ears corn
1 poblano pepper
1 yellow onion, quartered
4 whole garlic cloves, peeled
3 cups salsa verde
½ cup fresh cilantro, chopped, plus more for serving
10-12 corn or flour tortillas
1 cup shredded cheddar cheese
½ cup shredded pepper jack cheese
avocado, yogurt/sour cream, crumbled cotija/feta, and limes, for serving

Directions:

Preheat the oven to 400 degrees F.

On a baking sheet, toss the chicken with 1 tablespoon olive oil, the chipotle chilies, and a pinch each of salt and pepper. Arrange the corn, poblano, onions, and garlic around the chicken. Drizzle with olive oil and season with salt and pepper. Transfer to the oven and bake for 15 minutes, until the chicken is cooked through.

Remove the chicken from the baking sheet. Switch the oven to broil. Broil the vegetables until lightly charred, 1-2 minutes. Watch closely, then remove everything from the oven.

Shred the chicken with two forks. Remove the corn kernels from the cob, de-seed the poblano pepper and cut into slices, and chop the onions and garlic. Add everything back to the baking sheet and toss with 1 cup salsa verde, half the cheese, and the cilantro.

Pour 1 cup of the salsa verde onto the bottom of a 9x13 inch baking dish. Spoon the chicken mixture down the center of each tortilla, tuck, and roll. Place the tortillas, seam side down, into the baking dish. Pour the remaining salsa verde over top of the enchiladas. Top with the remaining cheese. Transfer to the oven and bake for 10-15 minutes, until the cheese has melted. Top as desired and enjoy warm!

Fresh Tomato Salsa

Adapted from Yummy Mummy Kitchen (www.yummymummykitchen.com)

Total time ~15 minutes

Yields 2 cups

This week scream SALSA!

Ingredients:

6 Roma or garden tomatoes, cut into quarters

1 jalapeño, seeded and roughly chopped

½ large yellow or red onion (not sweet), peeled and roughly chopped

3 cloves garlic, chopped or crushed

juice of 1 lemon or lime

1 cup loosely packed fresh cilantro leaves

pinch of cumin (optional)

½ tsp sea salt

Directions:

Place all ingredients in a blender or food processor and pulse until just chunky. Taste and adjust seasonings if needed. Refrigerate at least an hour to let the flavors meld.

The salsa may be lighter red than store-bought salsa due to the air blended in and fresh tomatoes are usually lighter in color than canned. It may darken up as the air settles.

Amaranth Greens with Pork

Adapted from Honest Food (www.honest-food.net.com)

Total time ~60 minutes

Serves 4

This week scream SALSA!

Ingredients:

1 pound amaranth greens, or other leafy green

Salt

a pinch of baking soda

1 Tbs EVOO

1 pound pork loin, cut into large dice

1 medium onion, sliced thin

2 serrano chiles, chopped (or 2 roasted Hatch or poblano peppers, chopped)

3 cloves garlic, minced

1 tsp Mexican oregano

¼ pound tomatillos, chopped fine

1 cup stock or water

½ cup chopped cilantro

toasted pepitas or sunflower seeds, for garnish

Directions:

Bring a large pot of water to a boil. Add the salt and the baking soda; the soda turns the water alkaline, and helps preserve the green color of the greens. It can make the water froth up, so leave some room between the water level and the top of the pot. Boil the amaranth greens for 2 minutes, then drain in a colander. Set aside.

Heat the olive oil in a cazuela or really any large pot over medium-high heat. Brown the pork, salting it as it cooks, then add the onion and peppers. Cook until they are wilted, stirring occasionally. Stir in the garlic and cook another minute or two.

Add the oregano, tomatillos and water or stock, mix well, and let this simmer. Add salt to taste. When the pork is tender and the liquid has cooked down a bit, maybe 15 to 20 minutes, add the cilantro and the amaranth greens, mix well, and cook 5 more minutes. Serve topped with pepitas and maybe some cotija cheese.

Garlic Amaranth Greens

Adapted from My Dainty Kitchen (www.mydaintykitchen.com)

Total time ~20 minutes

I have never had this green before but there are some pretty decent recipes out there for it! I think combining it with potatoes is a great way to introduce it!

Ingredients:

2-3 Tbs EVOO

~1-1 ½ cups amaranth leaves

3-4 garlic cloves

½ tsp cumin seeds

½ tsp mustard seeds

½ onion, finely chopped

1 dry red chili

salt to taste

Additional Vegetables:

1 medium potato

½ cup diced eggplant, into cubes

Directions:

Clean the leaves and chop them finely.

Heat the oil in a pan. Add chopped garlic and let it turn slightly brown. Add dried red chilli and the chopped onion. Saute till they are translucent.

Add chopped potatoes, eggplants and stir them well.

Cover with the lid and cook for 3-4 minutes on low.

Add chopped amaranth leaves and salt. Mix well. No need to add water as the leaves will release water.

Cover and cook for 5 - 7 minutes or till greens seemed cooked. Serve warm.

Carrot, Radish and Ginger Salad

Adapted from Healthy Seasonal Recipes (www.healthyseasonalrecipes.com)

Total time ~ 15 minutes

Makes 5 cups

I love this flavor combination with the ginger! Make a day ahead to really let the flavors marry!

Ingredients:

2 Tbs unseasoned rice vinegar

1 Tbs reduced-sodium tamari or 2 teaspoons coconut aminos

2 tsp pure maple syrup, dark or amber

1 tsp finely grated ginger root, preferably grated with a rasp-style grater

¼ tsp granulated garlic

¼ tsp salt

1 Tbs EVOO

3 cups julienne cut or shredded carrots (about 5 large)

1 cup julienne cut watermelon radishes, or any variety radish including Daikon

½ cup flat leaf parsley leaves, cut into tiny ribbons or chiffonade

Directions:

Whisk vinegar, maple syrup, tamari (or coconut aminos), ginger, garlic and salt in a large bowl. Whisk in oil.

Add carrots, radish and parsley and toss to coat. Can store in the refrigerator for up to 5 days.

Plum Salad with Black Pepper and Parmesan

Adapted from Bon Appetit (www.bonappetit.com)

Serves 4

What a great way to use those plums!

Ingredients:

2 Tbs sherry vinegar or red wine vinegar

1 Tbs honey

½ tsp cracked black pepper, plus more

6 ripe red, black, and/or green plums, some thinly sliced, some cut into wedges

¼ cup shaved Parmesan or Pecorino, plus more for serving

2 Tbs EVOO

Flaky sea salt

Directions:

Stir vinegar, honey, and ½ tsp pepper in a medium bowl until honey is dissolved. Add plums to dressing and toss until coated.

Add ¼ cup Parmesan and gently toss again just to evenly distribute throughout salad.

Transfer plum salad to a shallow bowl. Top with more Parmesan, drizzle with oil, and season with salt and more pepper.

Apple Spice Waffles

Adapted from Taste of Home (www.tasteofhome.com)

Total time ~ 30 minutes

Makes 12 waffles

Homemade apple waffles are a great way to start the fall season!

Ingredients:

2 cups biscuit/baking mix

2 tsp ground cinnamon

1 tsp ground nutmeg

2 large eggs, room temperature

1- ½ cups milk

6 Tbs butter, melted

1 cup chopped peeled apple

Optional: Whipped cream and maple syrup

Directions:

Preheat waffle maker. In a large bowl, combine biscuit mix, cinnamon and nutmeg. In another bowl, whisk eggs, milk and butter; stir into dry ingredients just until moistened; stir in apple.

Bake waffles according to manufacturer's directions until golden brown. If desired, serve with whipped cream, syrup and additional chopped apples.