

SLFarms CSA Week Seventeen, 2022 Recipes

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Roasted Autumn Frost Squash

Adapted from Nom Nom Paleo (www.nomnompaleo.com)

Total Time ~ 45 minutes

Serves 4

This is super simple, just roasting the squash brings out amazing flavor!

Ingredients:

1 medium autumn frost squash

2 Tbs olive oil, avocado oil, or melted coconut oil

Salt

Freshly ground black pepper

Directions:

Preheat the oven to 400 F with the rack in the middle. Rinse the squash under running water, and dry it. (If you're gonna peel it, do so now with a sharp vegetable peeler.)

Like all winter squash, this one takes a sharp knife and a bit of brute force to cut up. I've found that the best way to attack it is to cut off the top and the bottom, 'cause once the flesh is exposed, cutting it in half is a breeze.

Scoop out the seeds and cut the squash into thin wedges. Toss the squash with your fat of choice and sprinkle the slices with salt and pepper.

Place the squash in a single layer on a foil- or parchment-lined rimmed baking tray and pop it in the oven.

Roast the squash for 30 minutes, flipping them over at the midpoint. The wedges are ready to eat when they're slightly crunchy on the outside and fluffy and soft on the inside.

Chunky Curried Autumn Frost Squash Dip

Adapted from Food and Wine (www.foodandwine.com)

Use this as a show stopping dip! Use chips or pita for this savory side.

Ingredients:

1 squash (2 1/2 pounds), halved, seeded, peeled and cut into 1-inch pieces (6 cups)

¼ EVOO

2 tsp hot curry powder

Kosher salt

Pepper

1 jalapeño, minced

2 Tbs finely chopped red onion

2 Tbs fresh lime juice

1/3 cup chopped cilantro

Directions:

Preheat the oven to 450°. On a large baking sheet, toss the squash with 2 tablespoons of the olive oil and the curry powder and season with salt and pepper.

Roast for about 20 minutes, stirring occasionally, until the squash is lightly golden and tender. Let cool to room temperature.

Scrape the squash into a medium bowl. Fold in the jalapeño, onion, lime juice, cilantro and the remaining 2 tablespoons of olive oil and season with salt and pepper.

Spicy Peanut Cabbage and Kale Salad

Adapted from Honest Cooking (www.honestcooking.com)

Serves 2

Great way to sneak some extra greens in! Packed with flavor.

Ingredients:

1½ Tbs creamy peanut butter
1 Tbs rice vinegar
Juice from ½ lime
2 tsp toasted sesame oil
1 tsp tamari or soy sauce
½ tsp hot sauce
½ tsp grated ginger
½ tsp finely chopped garlic
3 Tbs water
½ cup thinly sliced purple cabbage
1 cup chopped kale greens
¾ cup canned chickpeas
½ cup chopped red bell pepper
¼ cup shredded carrots
2 tsp sesame seeds

Directions:

In a bowl, whisk together the peanut butter, vinegar, lime juice, sesame oil, tamari, hot sauce, ginger, garlic, and water. Add the cabbage, kale, chickpeas, bell pepper, and carrots.

Toss to combine, then sprinkle sesame seeds on top.

Balsamic Onion Thyme Carrots

Adapted from Cooking Light (www.cookinglight.com)

Total time ~20 minutes

Serves 4

Super simple side dish, but loaded with flavor!

Ingredients:

1 Tbs EVOO

2 cups sliced yellow onion

Dash of baking soda

½ cup water

14 ounces carrots, cut into 1 1/2-in. pieces

2 Tbs balsamic vinegar

1 Tbs EVOO

1 Tbs chopped fresh thyme

¼ tsp kosher salt

¼ tsp black pepper

Directions:

Heat 1 Tbs olive oil in a skillet over medium-high. Add onion and baking soda; cook 10 minutes.

Add water and carrots to pan; bring to a boil. Reduce heat and simmer, partially covered, 6 minutes.

Increase heat to medium-high; cook, uncovered, 4 minutes or until liquid evaporates.

Add vinegar, 1 Tbs olive oil, thyme, salt, and pepper. Stir well, serve warm.

Carrots with Shallots, Sage, and Thyme

Adapted from Epicurious (www.epicurious.com)

Total time 25 minutes

Serves 8

I love shallots and carrots together, one of the best combos! Sub some onions if needed!

Ingredients:

3 pounds carrots, peeled

1 cup chicken stock or chicken broth

½ pound shallots, thinly sliced

½ stick unsalted butter

¼ cup chopped sage

1 Tbs finely chopped thyme

¼ tsp grated nutmeg

Directions:

Cut carrots into 3-by 1/2-inch sticks.

Bring stock to a boil with 3/4 teaspoon salt and 1/2 teaspoon pepper in a 12-inch heavy skillet. Add carrots and simmer, covered, until just tender, about 15 minutes.

Remove lid and boil until most of liquid has evaporated, about 5 minutes. Transfer carrots to a bowl and wipe out skillet.

Cook shallots in butter with 1/2 teaspoon each of salt and pepper in skillet over medium heat, stirring occasionally, until golden- brown, about 6 minutes.

Add sage, thyme, and nutmeg and cook, stirring, until very fragrant, 1 to 2 minutes.

Remove from heat and return carrots to skillet, tossing to coat. Season with salt and pepper.

Pasta with Kalette Greens and Onions

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

Total Time ~ 35 minutes

Serves 4

Mixing greens and pasta is a great way to introduce your family to more greens!

Ingredients:

1 bunch kalette greens, stemmed and washed

2 Tbs EVOO

1 medium onion, preferably a red onion, cut in half lengthwise, then sliced across the grain

Salt to taste

¼ tsp red pepper flakes (optional)

2 garlic cloves, minced, or 1/2 head green garlic, stalks and papery shells removed, sliced

Freshly ground pepper

8 to 12 ounces pasta, any shape

½ cup cooking water from the pasta

1 to 2 ounces Parmesan (to taste)

Directions:

Bring a large pot of water to a boil, salt generously and add the greens. Blanch for 1 minute, then using a slotted spoon or a skimmer, transfer to a bowl of cold water and drain. Squeeze out excess water and cut crosswise into thin ribbons.

Heat the olive oil over medium heat in a large lidded frying pan and add the onion. Cook, stirring often, until it is tender and translucent, about 5 minutes, and add a generous pinch of salt, the red pepper flakes and the garlic. Cook, stirring, until the garlic is fragrant, about 1 minute, and add the greens and salt and pepper to taste. When the greens begin to sizzle, turn the heat to low, cover and simmer 5 minutes. Add 1/2 cup water, cover and continue to simmer for another 5 to 10 minutes, stirring often, until the greens are tender. Taste and adjust seasonings.

Meanwhile, cook the pasta. Bring the water in the pot back to a boil and add the pasta. Cook al dente, following the timing instructions on the package.

Before draining the pasta, ladle 1/2 cup of the cooking water from the pot into the frying pan with the collard greens and onions. Drain the pasta and toss with the greens. Serve, topping each serving with Parmesan to taste.

Winter Squash and Savory Cabbage Gratin with Garlic

Adapted from Food and Wine (www.foodandwine.com)

Total time 60 minutes

Serves 6-8

Ingredients:

10 garlic cloves

¼ cup EVOO, plus more for greasing

¼ cup hazelnuts

One 1-2 pound butter baby squash—peeled, halved lengthwise, seeded and cut into 1/2-inch-thick slices

One 1-pound Delicata squash—halved lengthwise, seeded and cut into 1/2-inch-thick slices

Kosher salt

Pepper

1 pound Savoy cabbage, cored and cut into 2-inch pieces (about 16 cups)

2 cups low-fat milk

2 Tbs cornstarch whisked with 1/4 cup water

4 ounces mild white cheddar or Fontina, shredded

3 Tbs chopped parsley

1 ½ Tbs chopped fresh sage

Directions:

Preheat the oven to 375°. In a small saucepan or skillet, cook the garlic with 1/2 cup of the olive oil over moderately low heat until the garlic is softened, about 15 minutes. Transfer the garlic to a small bowl and mash to a paste. Reserve the oil for another use.

Spread the hazelnuts in a pie plate and toast for about 12 minutes, until fragrant. Transfer to a clean kitchen towel and let cool slightly, then rub together to remove the skins. Coarsely chop the hazelnuts.

On a large rimmed baking sheet, toss the squash with 2 tablespoons of olive oil; season with salt and pepper. Arrange in a single layer and bake for about 30 minutes, until softened and golden. Leave the oven on.

Meanwhile, lightly grease eight 8-ounce ramekins or gratin dishes with olive oil and arrange on a large rimmed baking sheet. In a large saucepan, heat the remaining 2 tablespoons of olive oil. Add the cabbage, season with salt and cook over moderate heat, stirring occasionally, until wilted, 10 to 12 minutes.

Transfer the cabbage to the prepared ramekins and top with the roasted squash. In a medium saucepan, heat the milk with the mashed garlic over moderate heat until it just comes to a boil. Add the cornstarch slurry, whisking until thickened, about 1 minute. Whisk in the cheese and herbs and season with salt and pepper. Pour the sauce evenly into the ramekins. Bake in the center of the oven for about 30 minutes, until bubbling.

Turn the broiler to high. Transfer the baking sheet with the ramekins to the top rack of the oven and broil 6 inches from the heat source for about 2 minutes, until the squash is browned in spots. Sprinkle with the chopped hazelnuts and serve.

Crispy Jalapeno Garlic Potatoes

Adapted from Pati Jinich (www.patijinich.com)

Total Time ~ 2 ½ hours

Serves 4

Love the perfect roasted potatoes and these have a kick!

Ingredients:

3 pounds small potatoes, cut into bite size chunks

5 Tbs EVOO, divided

1 ¼ tsp sea salt, divided, more to taste

7 cloves of garlic, pressed or finely chopped

1 jalapeno, stemmed and finely chopped (keep the seeds)

Directions:

Set a rack on the upper third of the oven and preheat to 425 degrees Fahrenheit.

Place the potatoes in 9"x13" baking dish. Toss with 3 tablespoons of the olive oil and a teaspoon of the salt. Roast for 45 minutes.

In a small bowl, combine the remaining 2 tablespoons olive oil with the garlic, jalapeño, and the remaining ¼ teaspoon salt, mix well.

After 45 minutes, remove potatoes them from the oven and toss with the jalapeño mix, scraping the bottom of the baking dish as you do.

Mix well and place back in the oven for another 35 minutes, flipping and scraping once in between, until completely crisped up. Serve.

Kale, Potato and Carrot Curry

Adapted from Meatless Monday (www.meatlessmonday.com)

Serves 2-4

Great way to use a lot of veggies in a filling dish! It also uses a large of variety of spices, great for your palate and your health!

Ingredients:

1 Tbs coconut oil or EVOO
2 tsp ground coriander
1 tsp ground cumin
1 tsp ground turmeric
1 small onion, peeled and finely chopped
1 medium green chili pepper, deseeded, finely chopped (use less if you prefer less hot curry)
2 large garlic cloves, peeled and crushed
2 tsp finely chopped fresh ginger roots
4 carrots, peeled and diced (1 ½ cups of diced carrots)
2 cups peeled and diced potatoes
2 cups chopped kale (stems removed, leaves chopped)
1 cup coconut milk
2 cups water
salt and pepper

Directions:

In a wok or cooking pot over high heat, heat 1 tablespoon of coconut oil or olive oil. Stir in the ground coriander, cumin and turmeric, and cook for a few seconds, until fragrant.

Add the onion, chili pepper, garlic and ginger, and cook stirring often for 1-2 minutes.

Add the carrot, potato and kale, and cook for about 6-7 minutes stirring frequently, until the kale has wilted.

Cover with coconut milk and water, add salt and pepper, and stir well. Bring to a boil, reduce the heat to medium-high heat, and simmer covered for 30 minutes, until the potato is cooked through and tender.

Taste, and add more salt and pepper if needed. Remove from the heat, and let it stand for 5 minutes before serving.

Serve with naan bread or rice.

Tuscan White Bean and Kalette Soup

Adapted from Solid Good Eats (www.solidgoodeats.com)

Serves 6-8

It's officially soup season! Love all the options now that we are getting these fall greens and squashes.

Ingredients:

1 small to medium-sized yellow onion, diced
4 stalks of celery, cut into 1/2 inch pieces
2 large russet potatoes, peeled and diced into small squares
2 Tbs EVOO
8 cups of chicken stock or vegetable stock
One 15oz can of white beans (Navy, Great Northern, whatever), drained and rinsed
Kalette greens, cleaned and cut into small pieces (use as many leaves as you like)
1 tsp garlic powder
1 tsp Murals Seasoning from Penzeys (OPTIONAL, you could substitute with any oregano/parsley/rosemary/thyme mix)
2 cups of ditalini
Salt and pepper

Directions:

In a large pot, heat up the olive oil over medium-high heat. Add in the diced onion, celery and potatoes and cook for about 5 minutes.

While your veggies are heating up, grab a smaller pot and fill it with water for your ditalini. Bring the water to a boil and drop the ditalini – cook to package directions.

Add the beans, garlic powder, Murals seasoning and chicken stock to your onions, celery, and potatoes. Bring to a boil and cook for 10 minutes.

Check the potatoes and make sure they're cooked through. Add the kalette and season with salt and pepper. Depending on the stock you used, the amounts of salt will differ. Go with your gut and your taste buds.

Add ditalini to your bowl of pasta when you serve it – this keeps the ditalini from being too mushy when you store the leftovers.

Crispy Breakfast Hash with Bacon and Potatoes

Adapted from Barefeet in the Kitchen (www.barefeetintheKitchen.com)

Total time ~ 30 minutes

Great way to get some veggies in the morning, you could also finely chop some of those kalette greens and add them in!

Ingredients:

5 strips of bacon sliced into ½ – 1 inch pieces

4 medium potatoes diced into tiny pieces, about ½ inch

1 medium onion, chopped

1 large bell pepper, chopped

4 ounces white mushrooms, sliced

1 ½ tsp salt

1 tsp black pepper, divided

Optional: Eggs cooked to your preference

Directions:

In a large skillet, over medium high heat, cook the bacon and then drain on a paper towel. Drain the grease from the skillet, leaving just a teaspoon or two in the pan. Add the onion to the pan and cook for a few minutes, until it has softened.

Add the potatoes to the skillet, season with 1 teaspoon salt and 1/2 teaspoon pepper and then stir. Press into the bottom of the pan and let cook undisturbed for 5-6 minutes. Stir and repeat 2-3 times until the potatoes are soft and slightly crispy and the onions are browned and crisp on the edges.

Add the peppers to the skillet, stir and cook a minute or two, until they start to soften. Add the mushrooms, stir and season with the remaining salt and pepper to taste. Cook until the mushrooms are tender and then serve topped with a soft egg if desired. Enjoy!