

Shared Legacy Farms Week Two, 2023 Recipes

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Creamy Herb Dressing

Ingredients:

½ cup sour cream yogurt may be substituted, but the consistency of the dressing may change

¼ cup EVOO

¼ cup chopped fresh herb leaves such as: basil, parsley, dill, marjoram, or oregano

1 Tbs white wine vinegar

1 lemon juiced

1 garlic clove, chopped

½ green onion mainly the white part and some green, about 2-3 tablespoons Note: The green onions add a tangy bite. They may be left out of the recipe for a mild dressing.

Directions:

Add all the ingredients to the bowl of a food processor. Pulse the ingredients for 1 minute or until the dressing is creamy and the herbs are finely chopped.

Store in the fridge for up to 2 weeks.

Creamy Dill Sauce

Adapted from A Cedar Spoon (www.acedarspoon.com)

Total Time ~10 minutes

This sauce or dressing stores in the fridge all week and is great as a dressing or dip for those other veggies!

Ingredients:

1 ¼ cup plain greek yogurt

½ cup mayonnaise

¼ cup finely chopped dill

1 Tbs lemon juice

salt and pepper to taste

Directions:

Put all ingredients in a blender or a bowl and combine until creamy and everything is combined.

Use for salads or as a dip for crisp vegetables. Store in an airtight container in the refrigerator.

Stir Fried Rice Noodles with Kohlrabi and Basil

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

Serves 4

This recipe was made for you if you've got basil around! If you're not into raw kohlrabi give this stir fry a shot!

Ingredients:

8 cups water
10 ounces dried rice noodles (about 1/3 inch wide)
5 Tbs soy sauce
1 Tbs dry white wine
1 Tbs sugar
½ tsp Chinese chili oil
3 Tbs peanut oil
1 pound kohlrabi—peeled, halved and thinly sliced
1 red bell pepper, thinly sliced
1 ½ Tbs minced garlic
2 large eggs, lightly beaten
1 cup mung bean sprouts
2 scallions, sliced on the diagonal
1 cup chopped basil

Directions:

Bring the water to a boil. Remove from the heat, add the rice noodles and let soak until the noodles are tender, about 7 minutes. Drain well.

In a small bowl, stir together the soy sauce, white wine, sugar and chili oil.

In a large skillet or a wok with a handle, heat the oil. Add the kohlrabi and cook over moderately high heat until browned, about 3 minutes. Stir and cook for 1 minute. Add the red pepper and garlic and stir-fry until the garlic is fragrant, about 2 minutes. Add the eggs; stir-fry until just set, about 30 seconds.

Add the rice noodles, bean sprouts, scallions, basil and the soy sauce mixture. Cook over moderately low heat, tossing gently, until the noodles are heated through and coated with sauce, about 1 minute.

Transfer the noodles to plates or bowls and serve at once.

Avocado Mango Kale Salad

Adapted from Life and Health (www.lifeandhealth.org)

Total time ~15 minutes

Serves 4

Mango and kale are best friends! One of my favorite combos, just make sure you massage the kale.

Ingredients:

1 bunch kale

1 Tbs EVOO

½ lemon, juiced

¼ tsp salt

2 Tbs EVOO

1 Tbs honey

1 large mango, peeled and diced into ½ inch cubes

1 large avocado, diced into ½ inch cubes

¼ cup roasted almonds, chopped

Directions:

Rinse and dry the kale leaves. Trim out the inner stems and discard. Slice the kale leaves into 1/4-inch thick ribbons and place in a large mixing bowl.

Add 1 tablespoon of the olive oil to the bowl with the kale, along with the lemon juicer and salt. Using your hands, squeeze and massage the kale for three minutes, until it has wilted considerably.

Stir in the remaining olive oil, lemon juice, and honey.

Gently fold in the diced mango, avocado, and chopped nuts.

Kohlrabi Slaw

Adapted from Bon Appetit (www.bonappetit.com)

Total time ~ 25 minutes

Serves 4-6

Kohlrabi slaw is a favorite in our CSA group! It's such a great way to enjoy this crispy veggie! Make this ahead and let the flavors marinate overnight.

Ingredients:

6 cups kohlrabi -cut into matchsticks or grated in a food processor -about three x 4 inch bulbs (or you could substitute sliced fennel, apple, jicama, cucumber, or cabbage for part of the kohlrabi for more diversity)

½ cup chopped cilantro (one small bunch)

half of a jalapeno –minced

¼ cup chopped scallion

orange zest from one orange, and juice

lime zest from one lime, and juice

Dressing:

¼ cup EVOO

¼ cup fresh orange juice (juice from one orange)

1/8 cup lime juice plus 1 Tbs (juice from one large lime), more to taste

¼ cup honey

½ tsp kosher salt

1 Tbs rice wine vinegar

Directions:

Trim and peel kohlrabi. (I normally have to peel twice to get thru the thick skin). Cut off two ends. Cut in half from top to bottom. Thinly slice, rotate and slice again, making 1/4 inch matchsticks.

Place in large bowl with chopped cilantro, scallions, finely chopped jalapeño (1/2), lime zest and orange zest.

Whisk dressing together in a small bowl. Toss with salad. Refrigerate until serving. Garnish with zest and cilantro. This tastes good the next day too

Kohlrabi Carrot Fritters with Avocado Cream Sauce

Adapted from A Couple Cooks (www.acouplecooks.com)

Makes 8 fritters

Fritters are a great way to use a large variety of veggies from your box!

Ingredients:

Fritters:

2 kohlrabi

1 carrot

1 egg

¼ tsp kosher salt

¼ tsp cayenne

½ cup grapeseed or vegetable oil (enough for ¼-inch depth in a large skillet)

For the avocado cream

½ avocado

¼ cup plain yogurt

½ lemon

¼ tsp kosher salt

Green onions (for garnish)

Directions:

Cut the leaves off the kohlrabi and peel the bulb. Peel 1 carrot. Shred the vegetables in a food processor, or by hand using a grater. Squeeze the shredded vegetables in a tea cloth (or with your hands) to remove moisture, then add to a medium bowl with the egg, kosher salt, and cayenne. Mix to combine.

Place the oil in a large skillet (enough for ¼-inch depth). Heat the oil over medium high heat, then place small patties of the fritter mixture into the oil. Fry on one side until browned, then fry on the other side. Remove and place on a plate lined with a paper towel to drain excess oil.

For the dipping sauce: Remove the avocado pit and scoop out the flesh with a spoon. In a small bowl, mix the avocado, plain yogurt, lemon juice, and kosher salt to make the avocado cream (or blend the ingredients together in a food processor).

To serve, slice the green onions. Serve fritters with avocado cream and green onions. Note: These fritters are best eaten warm the day of making; they don't save well. Like anything made with avocado, the avocado cream sauce will become brown after exposure to air. Make sure to cover the surface with plastic wrap when storing.

Simple Roasted Carrots & Radishes

Total Time ~ 40 minutes

Roasting is one of our favorite strategies, it's super easy and a great way to prepare most vegetables. Radishes have a much milder flavor when roasted; try combining them with carrots or potatoes for a great side dish!

Ingredients:

1 bunch radishes (greens removed, cut in halves)

3-4 carrots (cut up, about the same size as the radishes); you could also add some turnips into this mix

2-3 Tbs EVOO

salt and pepper

Directions:

Preheat the oven to 400 degrees.

Toss radishes and carrots in a bowl, add olive oil and stir so all vegetables are lightly coated.

Add salt and pepper, toss well. Place on sheet pan, making sure they are not too crowded.

Roast in oven for about 30 minutes or until tender. Enjoy!

Scallion Fish with Sesame Kale

Adapted from Bon Appetite (www.bonappetit.com)

Total time ~30 minutes

Serves 2

Love this for a healthy weeknight dinner!

Ingredients:

Fish-

1 tsp oil

1 T finely chopped peeled ginger, plus four ½"-thick slices

1 Tbs soy sauce

2 tsp fresh lemon juice

½ tsp toasted sesame oil

pinch of sugar

2 scallions, white and green parts separated, thinly sliced

6 sprigs cilantro, leaves and stems separated

2 5-oz. skin-on firm white fish fillets (such as branzino)

Kosher salt

Sesame Kale-

1 Tbs oil

1 garlic clove, thinly sliced

1 bunch Tuscan kale, center ribs and stems removed, cut into 1" strips

½ tsp kosher salt plus more

½ cup kimchi, chopped (optional)

1 tsp toasted sesame oil

Freshly ground black pepper

Directions:

Fish-

Heat vegetable oil in a small skillet over medium-high heat. Add 1 Tbsp. chopped ginger and cook, stirring, until fragrant, about 1 minute. Transfer ginger to a small bowl; mix in soy sauce, lemon juice, sesame oil, and sugar. Set sauce aside.

Line a large steamer basket with scallion whites, cilantro stems, and sliced ginger. Set scallion greens and cilantro leaves aside.

Using a small knife, score skin side of fish at 1" intervals; season with salt and place in steamer, skin side up.

Set steamer in a large pot filled with 1" of simmering water and cover; steam fish until cooked through, 6–8 minutes.

Sesame Kale-

Heat vegetable oil in a large skillet over medium-high heat. Add garlic and cook, stirring, until softened, about 1 minute.

Add kale, ½ tsp. salt, and ¼ cup water. Cover and cook, tossing occasionally, until leaves are tender and bright green, about 2 minutes.

Mix in kimchi, if desired, and sesame oil; season with salt and pepper.

Spoon sauce over fish, top with reserved scallion greens and cilantro leaves, and serve with sesame kale.

Garlicky Broccolini

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

Total Time ~30 minutes

Serves 6

This is a pretty simple recipe! Sub in garlic scapes for garlic cloves, I would use at least 3 scapes!

Ingredients:

Kosher salt

2 pounds Broccolini (about 4 bunches)

1/4 cup EVOO

garlic cloves, about 4, thinly sliced (sub in 3-4 garlic scapes)

1 tsp crushed red pepper

Directions:

Bring a large pot of salted water to a boil. Add the Broccolini and cook until bright green and barely crisp-tender, about 5 minutes. Drain, reserving 1/2 cup of the cooking water.

In a very large skillet, heat the olive oil with the garlic and crushed red pepper and cook over moderate heat until fragrant, about 1 minute. Increase the heat to high, add the Broccolini, and toss to coat with the oil. Add the reserved cooking water and toss occasionally, until the Broccolini is crisp-tender, about 2 minutes. Season with salt and transfer to a platter. Serve warm or at room temperature.

Sheet Pan Meatballs and Broccoli

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

Total Time ~30 minutes

Serves 4

Sheet pan meals are a great simple way to enjoy broccoli! And one pan makes it even better!

Ingredients:

1 pound broccoli, ends trimmed

2 Tb EVOO

1 ½ pounds bulk Italian sausage

1 ½ cups marinara

Directions:

Heat oven to 425°F or 400°F convection bake with the rack in the middle. On a rimmed baking sheet, toss the broccoli with olive oil and some sea salt. Arrange the broccoli in a single layer on the rimmed baking sheet. Grab the sausage and roll out some meatballs! (If the sausage is in links, just pierce the casing with a knife to get to release the meat inside.) Scoop out uniform-size balls with a medium disher and roll out about 24 meatballs that are about 1½ inches in diameter.

Tuck the meatballs in any open spots between the broccoli on the baking sheet. Pop the baking sheet in the oven. Roast the sheet pan meatballs and broccoli for a total of 15 to 20 minutes or until the meatballs are cooked through and the broccoli is charred in places.

Rotate the tray 180° at the 8 to 10 minute mark to ensure even cooking. While the sheet pan supper is cooking, heat up the marinara sauce in a saucepan on the stovetop or in a glass container in the microwave oven. When the sheet pan meatball supper is ready, take it out of the oven and spoon on the marinara sauce!

Pickled Scallions

Adapted from Bon Appetit (www.bonappetit.com)

Makes 1 pint

Great exit strategy for these gems! Can be made ahead!

Ingredients:

1 bunch scallions
2 tsp mustard seeds
1 tsp coriander seeds
½ tsp cumin seeds
1 cup white wine vinegar
½ cup sugar
1 Tbs kosher salt

Directions:

Trim both ends of scallions and cut in half crosswise. Pack into a 1-pint heatproof jar.

Toast mustard, coriander, and cumin seeds in a dry small saucepan over medium-low heat, tossing often, until fragrant, about 2 minutes. Add to jar.

Bring vinegar, sugar, and salt to a simmer in same saucepan over medium heat, stirring to dissolve sugar and salt. Pour brine over scallions and seal jar. Chill at least 1 day before using.

Roasted Carrots with Dill

Adapted from The Food Charlatan (www.thefoodcharlatan.com)

Serves 6

In my opinion, crack carrots are the best roasted! Amazing plain or add some dill like this recipe suggests for a fancier spin.

Ingredients:

12 carrots, tops removed

3 Tbs EVOO

1 ¼ tsp kosher salt

½ tsp freshly ground black pepper

2 Tbs minced fresh dill OR 2 tsp dried dill

Directions:

Preheat the oven to 400 degrees F. Give the carrots a good scrub. If the carrots are thick, cut them in half lengthwise; if not, leave whole. Slice the carrots diagonally into 1 1/2-inch-thick slices, or however big you want them, really. (The carrots will shrink while cooking so big slices are fine. You will just have to up your roasting time.)

Toss them in a bowl with the olive oil, salt, pepper, and dried dill, if you don't have fresh.

Transfer to a baking sheet (line with parchment for easy cleanup) and spread out in a single layer. Roast in the oven for 20-30 minutes, until they are brown and fork-tender.

The roasting time depends on how big your carrots are. If you are using fresh dill, toss the carrots with the minced dill after they are roasted, season to taste, and serve.

Grilled Pork Tenderloin with Cherries

Adapted from Eating Well (www.eatingwell.com)

Total Time ~ 40 minutes

Serves 4

Use your fruit for something a little more savory, spice up that grilled protein.

Ingredients:

1 pound pork tenderloin, trimmed
2 Tbs EVOO divided
2 tsp chopped fresh thyme, divided
½ tsp chipotle chile powder
¾ tsp salt, divided
¼ cup chopped shallots
2 cups cherries, pitted and halved
2 Tbs dry red wine
2 Tbs chopped fresh basil, plus more for garnish

Directions:

Preheat grill to medium-high.

Brush pork with 1 tablespoon oil and sprinkle with 1 teaspoon thyme, chile powder and ½ teaspoon salt. Grill, flipping occasionally, until an instant-read thermometer inserted in the thickest part registers 145 degrees F, 14 to 20 minutes. Transfer the pork to a cutting board and let rest for 5 minutes.

Meanwhile, heat the remaining 1 tablespoon oil in a medium skillet over medium heat. Add shallots and the remaining 1 teaspoon thyme and cook, stirring occasionally, until softened, about 2 minutes.

Add cherries and cook, stirring occasionally, until the cherries are softened, 3 to 6 minutes. Stir in wine and increase the heat to high; cook for 1 minute. Remove pan from heat and stir in basil and the remaining ¼ teaspoon salt.

Slice the pork and stir any juices into the cherries. Serve the pork with the cherries. Garnish with more basil, if desired.

Cherry Vanilla Dark Chocolate Overnight Oats

Adapted from Recipe Runner (www.reciperunner.com)

Makes 2 servings

Love these for a quick meal or breakfast on the go! Make several and have breakfast ready to go all week! I always just use the chia seeds, so don't worry if you don't have the flax seeds!

Ingredients:

½ cup plain Greek yogurt
2/3 cup unsweetened almond milk or milk of choice
2 Tbs maple syrup
1 tsp vanilla extract
1 Tbs chia seeds
1 Tbs flax meal
½ cup rolled oats
Pinch of salt
½ cup pitted, chopped cherries
1 Tbs chopped dark chocolate

Directions:

Whisk together the Greek yogurt, milk, maple syrup and vanilla in a bowl.

Add in the remaining ingredients and stir together until combined.

Divide the mixture evenly into two jars and cover with lids.

Refrigerate overnight. Oats are good for several days.

Red Currant Jam

Adapted from The Spruce Eats (www.thespruceeats.com)

Total time ~35 minutes

Makes 2 pints

Ingredients:

1 quart ripe red currants

2 ¼ cups sugar

¼ cup water

Directions:

Gather the ingredients.

Wash the currants and remove them from their stems.

Place red currants and water in a large, non-reactive pot. Gently crush the currants with a potato masher.

Add the sugar and cook the mixture over medium-low heat, stirring constantly to dissolve the sugar. Once the sugar is completely dissolved, raise the heat to high and boil, stirring often, until the jam reaches the gel point.

Remove the red currant jam from the heat and skim off any foam that has formed on the surface. Ladle the hot jam into washed and sterilized jars leaving 1/4 to 1/2-inch headspace. Screw on canning lids. You can simply allow the jars to cool and then store them in the refrigerator for up to 3 months.

Red Currant Crumb Bars

Adapted from Katie at the Kitchen Door (www.katieatthekitchendoor.com)

Makes 16

Crumb bars are a great go to for any berry this time of year!

Ingredients:

½ cup plus 2/3 cup sugar

3 cups fresh red or white currants, washed and removed from their stems

1 Tbs cornstarch

2 cup flour

1 tsp baking powder

¼ tsp salt

1 1/3 sticks salted butter, cut into cubes and chilled

1 egg

Directions:

Gather the ingredients.

Preheat the oven to 375°F. Grease an 8×8 or an 11×7 inch cake pan and set aside.

In a large bowl, gently stir together 1/2 cup of the sugar, the currants, and the cornstarch, until currants are coated with the sugar mixture.

In a separate large bowl, whisk together the remaining 2/3 cup of sugar, the flour, the baking powder, and the salt until evenly combined. Add the chilled butter cubes and the egg, and use a pastry cutter or a fork to blend the butter and egg into the flour. When finished, dough will be crumbly with pea-sized chunks of butter.

Press 2/3 of the dough into the prepared pan. Top with the currants. Clump the remaining dough together into a loose ball, then crumble it over the top of the currant mixture. Bake for 35-45 minutes, until currants are bubbly and top of crust is golden brown