

SLF Week Six 2023 Recipes

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Roasted Vegetable and Kohlrabi Noodle Bowls with Peanut Sauce

Adapted from The Kitchn (www.thekitchn.com)

Prep Time 15 minutes; Cook time 30 minutes

Serves 4

This recipe has a longer list of ingredients but a great summer meal if you can try to get it in! You could also sub in chicken or fish if you wanted instead of tofu.

Ingredients:

For the Peanut Sauce:

- 1 (1-inch) piece fresh ginger
- 1 clove garlic
- ½ cup natural creamy peanut butter
- 3 Tbs soy sauce or tamari
- 3 Tbs rice vinegar or freshly squeezed lime juice
- 3 Tbs water, plus more as needed
- 2 tsp maple syrup
- 1 tsp toasted sesame oil

For the Bowls:

- 1 (14 to 16-ounce) package extra-firm tofu
- 1 Tbs soy sauce or tamari
- Kosher salt
- Freshly ground black pepper
- 2 small bunches broccolini (about 1 pound total)
- 1 pound carrots
- ½ cup fresh basil leaves
- ¼ cup unsalted, roasted peanuts
- 2 medium scallions
- 2 Tbs avocado or olive oil
- 1 ½ pounds kohlrabi noodles (see Recipe Notes)
- 1 cup shelled edamame, thawed if frozen
- ¼ cup unsweetened toasted coconut flakes

Directions:

Make the Peanut Sauce:

Peel and finely grate 1-inch fresh ginger and finely grate 1 garlic clove. Place in a medium bowl. Add ½ cup natural creamy peanut butter, 3 tablespoons soy sauce or tamari, 3 tablespoons rice vinegar or lime juice, 3 tablespoons water, 2 teaspoons maple syrup, and 1 teaspoon toasted sesame oil. Whisk until the sauce is smooth. Thin with additional water, 1 tablespoon at a time, as needed.

Make the Bowls:

Arrange two racks to divide the oven into thirds and heat the oven to 425°F. Line a rimmed baking sheet with parchment paper. Drain 1 package extra-firm tofu, then wrap in a few layers of paper towels and set on a dinner plate. Weigh it down with a heavy object such as a skillet, saucepan, or large can, and let drain while the oven heats. Trim the ends from 2 bunches broccolini. Peel 1 pound rainbow carrots and slice on a slight diagonal into 1/4-inch-thick pieces. Coarsely chop 1/2 cup fresh basil and 1/4 cup unsalted peanuts, and thinly slice 2 scallions.

Tear the tofu into bite-size pieces and place on the baking sheet. Drizzle with 2 tablespoons of the peanut sauce and 1 tablespoon soy sauce, sprinkle with a pinch of kosher salt and a few grinds of black pepper, and toss to coat. Arrange into a single layer.

Roast for 15 minutes on the upper rack. Flip the tofu and roast until lightly browned, about 15 minutes more. Meanwhile, place the broccolini and carrots on a second baking sheet. Drizzle with 2 tablespoons avocado or olive oil, season with kosher salt and a few grinds of black pepper, and toss to coat. Arrange into a single layer and roast on the lower rack until tender and lightly browned, about 15 minutes.

To serve, toss 1 1/2 pounds kohlrabi noodles with the chopped basil, and divide among four bowls. Top with the tofu, broccolini, carrots, and 1 cup shelled edamame. Drizzle with the remaining peanut sauce. Garnish with the scallions, peanuts, and 1/4 cup toasted coconut flakes.

Recipe Notes:

Kohlrabi Noodles: to make your own kohlrabi noodles, peel and trim 1 1/2 pounds kohlrabi. Use a spiralizer to cut the kohlrabi into noodles.

Kohlrabi Slaw with Jalapeno

Adapted from Feasting at Home (www.feastingathome.com)

Total time ~ 25 minutes

This is a fresh cold salad that almost tastes better the day after you make it!

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

half of a jalapeno, minced

¼ cup scallion, chopped

orange zest from one orange, and the juice

lime zest from one lime, and the juice

Citrus Dressing:

¼ cup EVOO

¼ cup fresh orange juice

1/8 cup lime juice plus one Tablespoon

¼ cup honey

½ tsp salt

1 Tbs rice wine vinegar

Directions:

Trim and peel kohlrabi. Cut off two ends, cut in half from the top to bottom. Thinly slice, rotate and slice again, making ¼ inch matchsticks.

Place in a large bowl with chopped cilantro, scallions, finely chopped jalapeno (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. Enjoy!

Carrot Zucchini Mini Muffins

Adapted from Cupcakes and Kale Chips (www.cupcakesandkalechips.com)

Makes 24 muffins

Freezer Friendly

I love making muffins with veggies! It's a great way to sneak them in for kiddos, but also a freezer friendly exit strategy if needed!

Ingredients:

1 cup white whole wheat flour

½ tsp cinnamon

¼ tsp salt

1 tsp baking soda

3 Tbs butter, melted and cooled

½ cup pure maple syrup or honey

1 large egg, beaten

1 tsp vanilla extract

1 cup finely grated zucchini

½ cup finely grated carrot

½ cup raisins

Directions:

Preheat oven to 350°F and place rack in the center of the oven, and coat a mini muffin pan with nonstick cooking spray.

Combine the flour, cinnamon, salt, and baking soda in a mixing bowl and whisk until thoroughly combined. Set aside.

In a large mixing bowl, stir together the butter, maple syrup (or honey), egg, and vanilla extract.

Add the flour mixture to the wet ingredients and stir together until just barely combined.

Add the zucchini, carrot and raisins and stir gently until just distributed.

Fill each cup in the mini muffin pan approximately ¾ full (I use a small cookie scoop slightly overfilled).

Bake for 15-20 minutes or until a toothpick inserted in the center of a muffin comes out clean.

Garlicky Swiss Chard and Chickpeas

Adapted from Foodie Crush (www.foodiecrush.com)

Total time ~15-20 minutes

Serves 2-4

Ingredients:

1 Tbs EVOO

2 bunch swiss chard, center stems cut out and discarded and leaves coarsely chopped

2 cups low-sodium chicken broth (or vegetable broth)

2 medium shallots, finely chopped (about ½ cup) 6 medium garlic cloves, minced

1 15.5 ounce can garbanzo beans (chickpeas), rinsed and drained

2 Tbs freshly squeezed lemon juice

Salt and freshly ground black pepper, to taste

½ cup crumbled feta cheese, optional

Directions:

In a large skillet, heat 1 tablespoon of the olive oil over medium-high heat. Add half of the chard and cook, 1 to 2 minutes.

When the first half has wilted, add the remaining chard. When all of the chard is wilted, add the chicken broth.

Cover the skillet and cook the chard until tender, about 10 minutes. Drain the chard through a fine sieve (strainer) and set it aside.

Wipe out the skillet and heat the remaining 1 tablespoon olive oil over medium-high heat. Add the shallots and garlic and cook, stirring, until they are softened, about 2 minutes.

Add the chard and chickpeas and cook until heated through, 3 to 4 minutes.

Drizzle the lemon juice over the mixture and season with salt and pepper, to taste.

Sprinkle cheese on top just before serving, if desired.

Pickled Onion and Carrot Relish

Adapted from Just a Taste (www.justataste.com)

Total time ~10 minutes

Makes 2 pints

Make this and use as a flavorful condiment all week long!

Ingredients:

1 large onion, sliced into thin rings

1 large carrot, peeled and diced

1 Cup white vinegar

3 Tbs sugar

½ tsp red chili flakes

½ tsp black pepper

1 tsp salt

Directions:

Blanch the sliced onions and diced carrots in a small saucepan of boiling water for one minute.

Strain the vegetables into a colander and then return them back to the pan.

Add the white vinegar, sugar, crushed red chili flakes, pepper and salt. Then add just enough water to cover the vegetables. Bring the mixture to a boil and cook it for one minute.

Pour the pickled relish (with the liquid) into jars and let it cool completely before sealing the jars. The relish will keep for up to two weeks in the fridge.

Homey Lime Tilapia and Corn Foil Pack

Adapted from Delish (www.delish.com)

Total time ~30 minutes

Serves 4

I know this recipe calls for tilapia, but any white fish would work. Foil packs are a great way to avoid extra dishes in the summer!

Ingredients:

4 fillets tilapia

2 T honey

4 limes, thinly sliced

2 ears corn, shucked

2 T fresh cilantro leaves

¼ cup EVOO

kosher salt

Freshly ground black pepper

Directions:

Heat grill to high. Cut 4 sheets of foil about 12" long.

Top each piece of foil with a piece of tilapia. Brush tilapia with honey and top with lime, corn and cilantro. Drizzle with olive oil and season with salt and pepper.

Grill until tilapia is cooked through and corn tender, about 15 minutes.

Southwestern Black Bean Corn Salad

Adapted from Skinny Taste (www.skinneytaste.com)

Total time ~25 minutes

Serves 6

I make cold corn salad EVERY year. Its great as leftovers too. I don't cook the corn!

Ingredients:

15 ½ ounces black beans, rinsed and drained

9 ounces cooked corn, fresh

1 medium tomato, chopped

1/3 up red onion, chopped

1 scallion, chopped

1 ½ limes, juice of

1 Tbs EVOO

2 Tbs cilantro, fresh minced, or more to taste

salt

pepper

1 hass avocado, medium, diced

1 jalapeno, diced, optional

Directions:

In a large bowl, combine beans, corn, tomato, onion, scallion, cilantro, salt and pepper.

Squeeze fresh lime juice to taste and stir in olive oil.

Marinate in the refrigerator 30 minutes.

Add avocado just before serving.

Jalapeno Popper Creamed Corn

Adapted from Delish (www.delish.com)

Total time ~20 minutes

Serves 6

I've never made this before but someone passed this along as a great corn dish!

Ingredients:

½ oz (8-oz.) block cream cheese, softened

1/3 cup sour cream

¼ tsp chili powder

¼ tsp garlic powder

Kosher salt

Freshly ground black pepper

2 Tbs EVOO

8 ears corn, kernels removed

1 cup cooked bacon, crumbled, plus more for garnish

1 cup shredded cheddar

2 green onions, thinly sliced

2 jalapeños, seeds removed and minced, plus another jalapeño thinly sliced, for garnish

Directions:

In a large bowl, combine cream cheese with sour cream. Season with the chili powder, garlic powder, salt, and pepper.

In a large skillet over medium-high heat, heat oil. Add corn and cook, stirring occasionally, until the corn is golden and lightly seared, about 5 minutes.

Add corn to cream cheese mixture and let cool slightly. Add bacon, cheddar, green onions, and jalapeños and toss to coat. Garnish with sliced jalapeño and more bacon.

Summer Squash & Onions

Adapted from Saving Dessert (www.savingdessert.com)

Total time ~35 minutes

Serves 10

This is a super simple, traditional way to enjoy these seasonal veggies. Add some fresh herbs for even more flavor!

Ingredients:

1 Tbs EVOO

1 Tbs butter

1 large or 2 small sweet onions, chopped or sliced

2 medium zucchini, chopped or sliced

3 yellow squash, chopped or sliced

1 (15 ounce) can diced tomatoes with basil, oregano and garlic (do not drain)

1 tsp freshly ground pepper

1 tsp seasoning salt

Directions:

Warm a large skillet over medium heat. Add the olive oil and butter. Once the butter is melted, add the chopped onions and sauté until crisp tender and starting to brown, about 5 minutes.

Add the squash, zucchini, tomatoes with juice, pepper, salt.

Heat until boiling. Cover and cook over medium-low until the squash is crisp tender but not falling apart. Remove the lid and boil until some of the liquid is evaporated.

Rainbow Chard and Carrot Hash

Adapted from Real Food with Dana (www.realfoodwithdana.com)

Prep time ~10 minutes, Cook time ~25 minutes

Serves 6

The most colorful hash that ever existed!

Ingredients:

2 Tbs EVOO

1 yellow onion, sliced

2 tsp minced garlic (or 3 cloves, minced)

3-4 large carrots, washed and grated*

1 bunch rainbow chard, chiffonade (or chopped)

¼ cup chicken broth

Juice and zest from ½ lemon

sea salt: 1 pinch + ½ tsp, divided

Directions:

Heat the oil over medium-low heat in a large sauté pan. When it's hot, add the onions and a small pinch of salt. Stir every few minutes until the onions are translucent, about 8-10 minutes. Be careful - if your pan is too hot they may burn! If this happens, add a little liquid to the bottom of the pan (about 2 Tbsp) and stir until it evaporates.

Stir in the garlic and carrots and continue cooking until the onions are golden brown, for about 5 more minutes.

Add in the chard with ¼ cup chicken broth. Stir so everything is evenly incorporated with the rest of the veggies, then pop the lid on the skillet.

Simmer until the greens are slightly wilted and tender, about 5-8 minutes. Don't let them overcook and get mushy.

Remove the lid, remove the pan from the heat, and stir in the lemon juice, zest and ½ tsp salt. Taste and season with additional salt and pepper, if desired.

Swiss Chard Frittata

Adapted from Serious Eats (www.seriousseats.com)

Total time ~45 minutes

Serves 4

A simple frittata is a great breakfast or dinner! Make ahead and warm up pieces for an easy grab and go breakfast!

Ingredients:

1 red potato, diced

1 Tbs EVOO

1 small yellow onion, thinly sliced

1 clove garlic, minced

1 bunch Swiss chard, leaves removed and roughly chopped

8 eggs

Pinch of salt

Black pepper to taste

½ cup grated sharp cheddar cheese

¼ cup grated Parmesan cheese

1 T butter

Directions:

Preheat the oven to 400°F. Put the diced potato in a small bowl, cover with a plate, and microwave on high for 3 to 4 minutes, until tender when pierced with a fork.

In a large (12-inch) skillet, heat the olive oil over medium heat until shimmering. Add the onion and cook until softened, about 3 minutes, then add the garlic and cook for a minute more. Add the chard and a splash of water, cover, and cook until the chard is completely soft. Add more water if necessary if the skillet is too dry and the chard is still tough. Before proceeding, cook off any leftover moisture, and allow to cool.

In a large bowl, whisk the eggs with the salt and cheeses, then stir in the chard and onion mixture and the potatoes.

Heat the butter in a medium skillet or small pan over medium heat until foaming, then add the egg mixture. Cook until the bottom and sides begin to set, then transfer to the oven and continue cooking until the center is solid, 5-15 minutes depending on the shape of the pan. Allow to cool somewhat before serving.

Stuffed Banana Peppers

Adapted from Wholesome Yummy (www.wholesomeyummy.com)

Total time ~50 minutes

Serves 6

You have to turn the oven on for this one, but if you're not sure what to do with those banana peppers I recommend this dish!

Ingredients:

4 large Banana peppers

1 Tbs EVOO

1 lb ground Italian sausage

2 garlic cloves, minced

2 small tomatoes, seeded and diced

1 Tb fresh parsley

½ tsp salt

½ tsp pepper

4 ounces cream cheese

¼ cup parmesan cheese, grated

Directions:

Preheat the oven to 375 degrees F (191 degrees C). Line a baking sheet with parchment paper.

Cut each banana pepper into half lengthwise. Remove the seeds and white flesh from the center. Arrange them on the prepared baking sheet, open side up.

Heat the olive oil in a large skillet over medium-high heat. Add the Italian sausage and cook for 8-10 minutes, breaking apart with a spatula, until browned. Reduce heat to medium. Add minced garlic and stir for 1 minute, until fragrant.

Stir in diced tomatoes and fresh parsley. Cook for about 5 minutes, until the tomato juice has evaporated. Stir in the cream cheese and parmesan cheese. Season with salt and pepper to taste.

Fill banana peppers with the sausage filling. Top with shredded mozzarella cheese.

Bake stuffed banana peppers for 18-20 minutes, until the peppers are soft and the cheese is melted and golden.

Easy Pickled Banana Peppers

Adapted from The Country Cook (www.thecountrycook.net)

Total time ~25 minutes

This is an easy way to preserve those peppers and enjoy them later on salads, burgers and sandwiches.

Ingredients:

2 cups white vinegar

2 cups apple cider vinegar

1 cup sugar

1 tsp mustard seeds

1 tsp celery seed

1 pound banana peppers, tops removed then sliced into rings

Directions:

Bring the vinegar, sugar, mustard seed and celery seed to a rolling boil. Pour brine over peppers to within ½" of the top.

Wipe off the rim and put lid and ring on. Leave for 1 week or longer to let peppers marinate (if you can wait that long!)

Grilled Balsamic Peaches

Adapted from A Family Feast (www.afamilyfeast.com)

Makes ~3 cups

Such a savory way to enjoy those peaches! Make sure your peaches are ripe and not “too ripe.” If they are too ripe they will get mushy!

Ingredients:

1 cup balsamic vinegar

¼ cup molasses

1 Tbs freshly ground black pepper (you can add more or less based on your tastes but the pepper is really great against the other sweet flavors in this dish)

4 ripe peaches

2 Tbs oil

Directions:

In a small sauce pan, bring vinegar to a boil and reduce to a simmer. Simmer until reduced by half (15-20 minutes). Remove from heat and add molasses and black pepper.

Cut the peaches following the natural line that circles the fruit. Cut all the way down to the pit and just run the knife right around keeping the blade against the pit. Gently grab each half and twist in opposite directions. Then pop the stone out with a paring knife or a spoon.

Heat the grill to medium. Keep glaze warm so it does not harden up.

Brush each cut side with oil and place cut down on the grill. Grill for about 2 minutes and flip. Brush the cooked tops with the glaze and cook for about two more minutes. Remove to a platter and brush on more of the glaze.

Serve with extra glaze on the side.

Pickled Peach Salad

Adapted from Southern Living (www.southernliving.com)

Total time ~4 hours

Makes 4 servings

I've heard great things about this "retro" salad, especially how pretty it looks on your table!

Ingredients:

½ cup sugar

½ cup light corn syrup

2 Tbs cider vinegar

1 cup water

2 whole cloves

1 ½ envelopes (1 Tbs) unflavored gelatin

½ cup cold water

2 cups sliced peaches, drained

Directions:

In a saucepan bring sugar, corn syrup, vinegar, 1 cup water, and cloves to a boil over high heat, then lower heat and simmer 20 minutes.

Dissolve gelatin in 1/2 cup cold water. Remove cloves from syrup mixture and add gelatin; stir until dissolved. Add peaches.

Spoon into lightly greased (with cooking spray) 4-ounce molds, dividing fruit evenly. Refrigerate until set, 4 hours.

Unmold and serve on lettuce leaf.

Beet and Berry Smoothie

Adapted from Blissful Basil (www.blissfulbasil.com)

Total time ~15 minutes

Serves 2

I know you still have beets! Beets can pack some nutrition and sweetness into any smoothie! Make sure you have a decent blender/food processor before attempting to blend raw beets! If you don't have a high powdered blender you can try grated them before blending. Sub in the blackberries!

Ingredients:

1 cup plant milk of choice or water*

1 frozen banana

1 small beet, washed, peeled, and cut into sixths**

1-2 cups fresh or frozen berries

Optional add-in: 1 Tbs hemp seeds

Directions:

Add all ingredients to a blender, and blend for 2-3 minutes or until smooth. This one can be a bit tricky to get moving in your blender, especially if you're using all frozen fruit. If you have a "pulse mode" on your blender, I recommend using that to get it started. Then, blend consistently until smooth.