

SLFarms CSA Week Eight, 2023

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Zucchini Noodle Salad with Parsley Pistachio Pesto

Adapted from The Kitchn (www.thekitchn.com)

Serves 4-6

Summer squash piling up? Try making this amazing pesto to pair with it. You could also just make this pesto and freeze for later use.

Ingredients:

4 medium zucchini (about 1 1/2 pounds)
2 cups Italian parsley, roughly chopped
2 cups arugula, roughly chopped
1/3 cup shelled pistachios, plus more for garnish
1 large clove garlic, smashed
1/2 cup grated Parmesan, plus more for garnish
2 Tbs sherry vinegar (see Recipe Notes)
1 Tbs freshly squeezed lemon juice, plus more to taste
1/2 cup EVOO
Kosher salt and pepper, to taste

Directions:

Spiralize the zucchini using a spiralizer, mandoline, or vegetable peeler. Pat the zucchini noodles very dry with paper towels or a kitchen towel and transfer to a large bowl.

Combine the parsley, arugula, pistachios, and garlic in the bowl of a food processor or blender and process until coarsely chopped. Add the Parmesan, vinegar, and lemon juice, and pulse until combined. With the machine running, slowly add the olive oil until the pesto is thick and smooth. Taste and add salt, pepper, and additional lemon juice as needed.

Add the pesto to the bowl with the zucchini noodles and toss until well combined. Taste and adjust seasoning as needed. Garnish with chopped pistachios and grated Parmesan. Serve immediately.

Zucchini Pizza Boats

Adapted from Well Plated (www.wellplated.com)

Total time ~ 40 minutes

Makes 8 boats

How did I forget about this meal loaded with zucchini!

Ingredients:

4 medium zucchini

¼ tsp kosher salt

1 cup pizza sauce

1 ¼ cups shredded mozzarella cheese or cheese blend

1 tsp Italian seasoning

¼ – ½ tsp crushed red pepper flakes – *optional*

¼ cup mini pepperoni - *or mini turkey pepperoni or regular-size pepperoni, sliced into quarters*

2 Tbs freshly ground Parmesan

2 Tbs chopped fresh basil, thyme, or other fresh herbs

And any other veggies you want to add

Directions:

Place a rack in the center of your oven. Preheat the oven to 375 degrees F. Lightly coat a rimmed baking sheet or 9x13-inch baking dish with nonstick spray.

Halve each zucchini lengthwise. With a small spoon or melon baller, gently scrape out the center zucchini flesh and pulp, leaving a border of about 1/3 inch on all sides. Arrange the zucchini shells on the baking sheet. Sprinkle the insides of the zucchini with salt.

Spoon the pizza sauce into each shell, dividing it evenly. You may need a little more or less, depending upon the size of your zucchini. Put a generous amount, but don't feel like you need to fill it all the way to the very top.

Sprinkle the mozzarella over the top, then evenly sprinkle with Italian seasoning and red pepper flakes (if using). Scatter on the pepperoni and any other desired toppings. Last, sprinkle with Parmesan.

Bake for 15 to 20 minutes, until the cheese is hot and bubbly and the zucchini is tender. If desired, switch the oven to broil and cook the zucchini for 2 to 3 additional minutes, until the cheese is lightly browned.

Remove from the oven and sprinkle with chopped fresh basil. Serve immediately.

Skillet Corn Medley with Peppers

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

Total time ~20 minutes

Serves 6

Such a great way to use that corn and sneak in even more veggies!

Ingredients:

4 cups fresh* or frozen corn kernels, thawed (about 6 ears of corn)

¼ cup butter

½ cup chopped green bell pepper

½ cup chopped red bell pepper

½ cup chopped onion

1 tsp kosher salt

¼ tsp ground black pepper

2 Tbs chopped fresh parsley

Directions:

In a large skillet, melt butter. Add red and green bell pepper and onion; sauté for 3 to 4 minutes, or until the onion is translucent.

Add the fresh or frozen thawed corn kernels, salt, and ground black pepper.

Cook, stirring, for 3 minutes; stir in fresh chopped parsley. Serve and enjoy

Mexican Street Corn Salad with Creamy Spiced Dressing

Adapted from Live Eat Learn (www.liveeatlearn.com)

Total time ~25 minutes

Serves 6

Use this as a side, a dip or on top of tacos! I would consider grilling the corn first, then removing the kernels and making the salad.

Ingredients:

Dressing

½ cup plain nonfat yogurt

1 T lime juice

1 tsp honey

½ tsp paprika

¼ tsp cumin

Salad

Splash of oil

4 ears corn about 3 cups of kernels, shucked and kernels removed

1 clove garlic minced

2 T lime juice

¼ tsp salt

1 cup canned black beans, drained and rinsed

1 red bell pepper seeded and chopped

½ cup chopped red onion

½ cup packed fresh cilantro chopped

½ cup cotija cheese, crumbled, can sub feta

Directions:

Mix all dressing ingredients and set aside.

Heat oil over medium/high heat in a large saute pan then add garlic and corn. Cook about 15 minutes, flipping frequently, until corn begins to char a bit. Gently toss with lime juice and salt.

In a large bowl, combine corn mix, black beans, pepper, onion, cilantro, and cheese. Drizzle sauce over and serve either warm or cold.

5 Ingredient Cilantro Vinaigrette

Adapted from Pinch of Yum (www.pinchofyum.com)

Total time ~5 minutes

Makes 1 cup

Great dressing that could be used on a salad or on top of grilled protein!

Ingredients:

1 huge bunch of fresh cilantro (2 cups packed)

½ cup olive oil

2 Tbs white vinegar

1 clove garlic

1 tsp salt

½ tsp red pepper flakes

¼- ½ cup water (if needed)

Directions:

Blend everything up for about a minute until smooth. Add the water if you need more volume in the blender to make it run smoothly. Season to taste!

Put it on everything!

Cilantro Lime Dip

Adapted from Dizzy Busy and Hungry (www.dizzybusyandhungry.com)

Total time ~10 minutes

Use this as a veggie or tortilla dip! Or add to some grilled chicken for a boost in flavor.

Ingredients:

1 cup mayonnaise (light or regular)

1 cup sour cream (light or regular)

1 cup chopped cilantro

4-5 Tbs lime juice

½ tsp salt

1 tsp minced garlic

Directions:

Combine all ingredients in a medium bowl. Whisk and stir well.

Cover and refrigerate for at least 2 hours, to allow all the flavors to combine.

Serve as a dip with chips or bread, or use as a topping on fish, chicken, or hamburgers. Stores for 5 days in the fridge.

Blistered Shishito Peppers

Adapted from Cookie and Kate (www.cookieandkate.com)

Total time ~15 minutes

Serves 4

Let's see how spicy these gems can get!

Ingredients:

8 ounces (3 heaping cups) shishito peppers

2 teaspoons extra-virgin olive oil or avocado oil

Lemon wedge, optional

Salt, preferably flaky sea salt or kosher salt, to taste

Directions:

Rinse and pat the peppers dry on a clean tea towel. Transfer the peppers to a medium bowl, drizzle in the oil, and toss until the peppers are evenly coated. Set aside.

Preheat a medium skillet over medium heat until it's hot enough that a drop of water sizzles and evaporates quickly on contact. Add the peppers and let them cook, stirring every minute or so (not too often), until they are tender with charred spots, about 8 to 12 minutes.

Transfer the peppers to a serving plate. Spritz with a lemon wedge, if desired. Sprinkle with salt, to taste (don't skimp). Serve with a little bowl on the side for the pepper stems.

Blistered Shishito Peppers in the AIR FRYER

Adapted from Skinny Taste (www.skinnytaste.com)

Total time ~10 minutes

Serves 4

Another way to crisp these peppers up!

Ingredients:

8 ounces (3 heaping cups) shishito peppers

EVOO

¼ tsp kosher salt

1 lemon, cut into wedges

Directions:

Spritz the shishito peppers all over with olive oil. Preheat the air fryer 400F 3 minutes.

Transfer to the air fryer and cook in one batch 400F 8 minutes, shaking the basket halfway until soft and slightly charred and blistered.

Sprinkle with salt and squeeze with lemon wedges, serve warm.

Oregano Marinated Tomato Salad

Adapted from Epicurious (www.epicurious.com)

Total time 45 minutes, active time 15 minutes

Serves 4-6

An easy and delicious way to use some of those beautiful tomatoes! Use a variety for some color!

Ingredients:

3 lb. mixed heirloom tomatoes (preferably various colors and sizes), cut into wedges or halved if small

2 Tbs EVOO

2 Tbs oregano leaves (from about 4 sprigs)

2 tsp kosher salt

1 tsp freshly ground black pepper

Directions:

Toss tomatoes, oil, oregano, salt, and pepper in a medium bowl.

Let sit, tossing occasionally, until juicy and deeply flavored, at least 30 minutes and up to 1 hour.

Slow Cooked Stuffed Pepper Stew

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

Serves 8

This is filled with flavor and can be frozen! Use those frying peppers or bells!

Ingredients:

1-1/2 pounds bulk Italian sausage
1 large onion, chopped
2 medium green peppers, chopped
2 to 4 Tbs brown sugar
2 tsp beef base
1/2 tsp salt
1/4 teaspoon pepper
2 cans (15 ounces each) tomato sauce
1 can (28 ounces) diced tomatoes, undrained
2 cups tomato juice
3/4 cup uncooked instant rice

Directions:

In a large skillet, cook sausage and onion over medium heat until sausage is no longer pink, breaking up sausage into crumbles, 8-10 minutes; drain.

In a 6-qt. slow cooker, combine sausage mixture, green peppers, brown sugar, beef base, salt, pepper, tomato sauce, tomatoes and tomato juice. Cook, covered, on low until vegetables are tender, 4-5 hours.

Stir in rice. Cook, covered, until rice is tender, 15-20 minutes longer.

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.

Breakfast Burritos

Makes 8 burritos

Store in the freezer for 3 months

Top with additional salsa or cheese for the healthiest breakfast burrito you'll find!

Ingredients:

1 pound sausage (if desired)

3 to 6 medium small potatoes, diced (~3 cups, no need to peel)

1 bell pepper, diced

1 medium onion, diced

8 ounces mild or sharp cheddar cheese, grated

1 Tbs butter

8 large eggs

salt and pepper

1 cup salsa of choice

8 large burrito size flour tortillas

Items to consider adding-

Finely chopped greens (spinach, chard, kale, tops of root veggies)

Green onions

Directions:

Cook the sausage: In a large skillet over medium heat, cook the pork sausage. Break it up as it cooks until it's browned evenly. Transfer the cooked pork to a bowl.

Cook the vegetables: Add the potatoes to the skillet used to cook the pork and cook until they are tender and browned in spots, 8 to 10 minutes, stirring regularly. Any fat left over from the pork should be enough to cook the potatoes in, but if the skillet is very dry, add a drizzle of olive oil.

Add the diced peppers and onions and continue to cook until the veggies soften, another few minutes. Season with salt and pepper. Remove the skillet from heat.

Scramble the eggs: In a separate nonstick skillet over low heat, add the butter. Whisk together the eggs in a medium bowl. Once the butter has melted, add eggs and cook until scrambled and set, but not completely dry. Remove from heat and set aside. (You can do this at the same time the vegetables are cooking if you want to multitask!)

Assemble the burritos: Once your fillings are cooled slightly (it's okay if they are still a bit warm, as long as they're not steaming), lay out a large flour tortilla on a clean surface.

Add about 1/8 of the pork sausage, 1/8 of the potato filling, 1/8 of the cheddar cheese, and 1/8 of the eggs. It's okay to eyeball the amounts, but you should have enough of each filling to make eight burritos. Top with about two tablespoons of salsa.

Roll the burritos: Fold the sides over the filling and then roll the tortilla into a tight burrito. Immediately roll the burrito in foil or parchment paper. Repeat with all burritos.

Freeze the burritos: Transfer the foil-wrapped burritos to a large, freezer-safe, resealable plastic bag and freeze. Burritos will store well in the freezer for up to three months.

To use frozen burritos: remove foil and waxed paper.

Oven:

Preheat oven to 375. Place on oven safe dish or baking sheet. Bake frozen for 20 minutes or until cooked through. Enjoy.

Microwave:

Place one burrito on a microwave-safe plate. Microwave on high for 2-1/2 to 2-3/4 minutes or until a thermometer reads 165°, turning burrito over once. Let stand for 20 seconds.

As a bonus step, place the reheated burrito in a small nonstick skillet over medium heat and let the tortilla crisp up for 2 to 3 minutes per side. If you loathe any hint of sogginess in your burritos, this will eliminate the problem!

Rosemary Potato Skillet with Bacon and Fresh Corn

Adapted from Bare Feet in the Kitchen (www.barefeetinthekitchen.com)

Serves 6

This is amazing with eggs for breakfast or as a side to dinner!

Ingredients:

3 medium red potatoes thinly sliced into bite-size pieces

3 ears of corn kernels removed

4 slices of bacon cooked and chopped into 1-inch pieces

2 scant Tbs finely chopped fresh rosemary

Kosher salt to taste

Freshly ground black pepper to taste

2 Tbs olive oil or coconut oil

Optional: top with chopped caramelized onions

Directions:

In a large skillet, warm the oil over medium-high heat. Add the potatoes and stir to coat. Season them generously with salt and pepper. Let them cook undisturbed for a few minutes and then toss to cook the other sides of the potatoes.

Continue cooking until the potatoes are softened and beginning to brown, this should take about 10-20 minutes, depending on the thickness of your potato slices.

Add the corn to the potatoes in the skillet and cook, stirring as needed, until tender and still crisp. Remove from the heat and add the bacon and fresh rosemary.

Taste and adjust seasonings as desired. If you have caramelized onions in the freezer, chop up a tablespoon or two and warm them before sprinkling them on top of your plate. Enjoy!

Watermelon Caprese

Adapted from Delish (www.delish.com)

Total time ~15 minutes

Serves 4

Love this way to enjoy watermelon, plus it uses some of that wonderful basil I know is sitting on your counter!

Ingredients:

1 small watermelon, sliced

1 mozzarella ball, sliced

2 Tbs fresh basil, sliced

Flaky sea salt

Freshly ground black pepper

EVOO

Balsamic glaze

Directions:

Slice watermelon into 1/2" thick squares, about 3"-x- 3". Slice mozzarella into 1/2" slices.

On a serving dish, alternate slices of mozzarella and watermelon. Sprinkle with basil, flaky sea salt and pepper.

Drizzle with olive oil and balsamic glaze and serve.

Margarita Watermelon

Adapted from Delish (www.delish.com)

Total time ~ 1 hour 20 minutes (not all active time)

What a great idea! Different spin on this cocktail!

Ingredients:

1 watermelon, cut into triangles

1 cup tequila

1/3 cup triple sec

¼ cup fresh squeezed lime juice

¼ cup margarita salt, for garnish

Zest of 1 lime, for garnish

Directions:

Place watermelon in a large dish or baking sheet. Pour over tequila, triple sec, and lime juice. Let soak 1 hour.

On a small plate, mix together salt and lime zest.

Dip watermelon slices in salt mixture and serve.

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.