

SLFarms CSA Week Ten, 2023 Recipes

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Corn and Tomato Salad (BEST EVER)

from Gourmet Magazine, submitted by Farmer Corinna

Serves 6

Total Time: 30 minutes, plus time for marinating

This was the tomato corn salad at the Pesto Fest, that made everyone ask for the recipe. It's one of Corinna's show-stoppers that she brings to any potluck because it's always a winner.

Ingredients:

2 tablespoons extra virgin olive oil

1 teaspoon cider vinegar (or another tasty vinegar)

1 ¼ lb. tomatoes, cut into bite-size pieces

1 bunch scallion, finely chopped, keeping white parts and greens separate

2 tablespoons unsalted butter

4 cups corn kernels (from about 8 ears)

Directions:

Whisk together oil, vinegar, ¾ teaspoon salt, and ¼ teaspoon pepper. Toss tomatoes with dressing.

While tomatoes marinate, cook white parts of scallions in butter with ¾ teaspoon salt and ½ teaspoon pepper in a 12-inch heavy skillet over medium-high heat, stirring occasionally, until golden, about 4 minutes. Add corn and sauté until just tender, about 5 minutes.

Transfer to a bowl and cool.

Stir together corn, tomatoes, and scallion greens.

Sweet Corn and Zucchini Pie

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

Total time ~1 hour

Serves 6-8

This one has gone viral in our group! So many great things to say about this summer recipe from our members.

Ingredients:

4 Tbs butter

half a yellow onion, diced

2 ears of sweet corn

2 large zucchini, sliced very thin (about 4 cups)

8 ounces sliced mushrooms

1 Tbs dried basil

1 tsp dried oregano

½ tsp salt

12 ounces shredded cheese

4 eggs, beaten

Directions:

Preheat the oven to 375 degrees. Heat the butter in a large, deep skillet over medium high heat. Add the onions, zucchini and mushrooms. While the veggies sauté, cut the corn kernels off the cob. Add them to the pan and continue to sauté until the veggies are soft, 5-10 minutes. Remove from heat.

Once the mixture has cooled for a few minutes, stir in the basil, oregano, salt, cheese and the beaten eggs. Line a pie pan (9-inch or larger) with parchment paper or just grease a pan with nonstick spray. Transfer the mixture to the pan. Arrange the top so the zucchini slices lay flat and look nice. Top with a little extra cheese for looks, cover with greased foil, and bake for 20 minutes. Remove foil and bake for an additional 5 minutes to brown the top. Let stand for 10-15 minutes before cutting into the slices.

Grilled Parmesan, Garlic and Basil Corn on the Cob

Adapted from Culinary Ginger (www.culinaryginger.com)

Total Time 30-35 minutes

Serves 4

I'm loving the sweet corn! I haven't tried this recipe yet myself, but it was shared with me as someone's favorite way to eat sweet corn. I can't wait to try it!

Ingredients:

1 bulb garlic, very top cut off to expose cloves

1 tsp olive oil

4 ears of corn, husks pulled back or removed

3 Tbs plus 4 Tbs unsalted butter, softened

½ tsp sea salt

¼ tsp ground black pepper

¾ cup Parmesan cheese, grated

2 tsp fresh basil, finely chopped

Directions:

Preheat grill on high.

Drizzle the garlic bulb with oil and wrap in aluminum foil. Brush 3 tablespoons of butter all over corn cobs.

Add the garlic to the grill 15 minutes before the corn. Add the cobs to the grill and grill until each side gets a nice char, turning often and checking so they don't burn. About 15 to 20 minutes. Remove both the corn and the garlic.

Cover the corn with foil to keep warm while you make the butter. Open the foil to allow the garlic to cool so you can handle it.

To a bowl add the 4 tablespoons softened butter, the cooled garlic cloves, salt and pepper. Mash and mix well.

To a shallow bowl add the Parmesan cheese and basil, mix well. Spread the butter all over the corn cobs, then sprinkle on the Parmesan and basil.

Karen Ayers Famous CSA Freezer Marinara Sauce

Adapted from our CSA Facebook Group

Including this one again! Our lovely Karen posted this several summers ago and since so many of you have posted that you're LOVING it. What a great way to enjoy all these veggies in the winter months, and its pretty EASY!

Ingredients:

This is what Karen used, although she does mention you can "adapt" as needed. You could include squashes, more or less of things, etc.

~6# mixed tomatoes

4 onions

3 carrots

2 peppers

2 whole heads of garlic (roasted in foil)

Lots of basil (Karen used ~60 leaves)

Directions:

Heat oven to 400 degrees.

Roast all veggies with olive oil, salt and pepper at 400 for 60-70 minutes. If you're including summer squash you would want to add it towards the end.

Cool slightly and then puree in food processor in batches, adding lots of basil leaves and squeezing the roasted garlic into each batch.

Salt to taste. Karen mixed all the batches together and then salted, another great idea.

Freeze in sip locks or mason jars. If you don't have a lot you can use this as a booster to other sauces.

Crockpot Tomato Sauce

Adapted from Grow A Good Life (www.growagoodlife.com)

Prep time 15 minutes, Crockpot time 8 hours

Yields 8 cups

If you're overwhelmed with tomatoes and have a little time to prep, make this sauce and freeze it for the winter! It was a huge hit last year!

Ingredients:

5-6 pounds paste tomatoes
¼ cup red cooking wine optional
3 cloves garlic crushed
1 medium onion roughly chopped
1 medium carrot roughly chopped
2 T EVOO
1 dried bay leaf
1 tsp dried parsley or 3 T fresh, chopped
1 tsp dried basil or 1 T fresh, chopped
½ tsp dried oregano or 1 tsp fresh, chopped
¼ tsp dried thyme or 1 tsp fresh, chopped
¼ tsp dried rosemary or 1 tsp fresh, chopped
1 pinch red pepper flakes
½ tsp kosher salt
¼ tsp pepper
honey to sweeten if needed

Directions:

Prepare your tomatoes by washing in plain water. Cut them in half or quarters and add to the crockpot. Add the garlic, onion, carrot, and herbs. Drizzle the wine and olive oil. Cover and turn crockpot to low and cook for 2-4 hours stirring occasionally.

After the sauce has simmered for a while and tomatoes have released their juices and the vegetables are soft, turn off crockpot and allow the sauce to cool.

Run the cooled tomato sauce through a Food Strainer or Food Mill to remove skins, seeds, and to smooth out the sauce. If you are crunched for time, you can pop the cooled sauce into the refrigerator and begin again the following day.

Return the strained tomato sauce to the crockpot to cook down further to thicken the sauce. Turn the crockpot to low and vent the cover so excess moisture evaporates. Cook until your desired thickness, 4-6 hours or longer, stirring occasionally.

Once the tomato sauce is nice and thick, taste it. Add salt and pepper and stir to mix in. Taste again. Adjust seasoning if needed. If the flavor is sharp and acidic, add a little honey and taste again.

If you are including additional ingredients such as mushrooms, green peppers, sausage, or meatballs, precook these and add to the crockpot and cook on low for an additional 1-2 hours.

Peperonata

Adapted from Serious Eats (www.seriousseats.com)

Serves 4-8

Huge exit strategy here! Great flavor and you've got all these goodies, sub in ANY peppers if you need to.

Ingredients:

¾ cup EVOO, divided

6 medium cloves garlic, thinly sliced

2 medium yellow onions, sliced 1/4 inch thick

4 pounds red, yellow, and/or orange bell peppers (about 6 large bell peppers), stemmed, seeded, and sliced lengthwise ½ inch thick

1 cup pureed tomatoes (see note)

2 sprigs basil or oregano

Kosher salt

1 Tbs white wine vinegar or red wine vinegar

Directions:

In a large pot or Dutch oven, heat 1/2 cup olive oil over medium heat until shimmering. Add garlic and cook, stirring, until just starting to turn golden, 3 to 4 minutes. Stir in onions, increase heat to medium-high, and cook for 2 minutes. Stir in peppers and cook, stirring occasionally, until starting to soften, about 20 minutes.

Add tomato and basil or oregano sprigs and stir to combine. Bring to a gentle simmer, then lower heat to maintain simmer. Continue to cook, stirring occasionally, until peppers are very soft, about 1 hour. Stir in remaining 1/4 cup olive oil and season with salt. Stir in vinegar (see note). Discard herb sprigs. Serve right away, or chill, then serve reheated, slightly chilled, or at room temperature.

For the pureed tomatoes, you can use a puree of fresh peeled and seeded tomatoes that have been briefly cooked to concentrate their flavor, or canned whole tomatoes that you've blended with their juices. (Canned tomatoes are often the better choice, since they are usually top-quality.) If you make this with beautiful, ripe summer bell peppers, they should provide enough sweetness to balance the small amount of vinegar. If your peppers are less sweet and the peperonata tastes a little too tart, add a tiny bit of sugar, a pinch at a time, until the flavor is balanced.

Bell Pepper Salsa

Adapted from Simply Recipes (www.simplyrecipes.com)

Total time ~10 minutes

Doesn't get easier than this tomato free salsa. Serve with steak, carnitas or grilled chicken.

Ingredients:

1 large bell pepper, stem and seeds removed, finely chopped

6 green onions, thinly sliced

3 garlic cloves, minced

2 Tbs chopped arugula, basil, or parsley

¼ tsp red chile flakes

2 Tbs sherry vinegar or apple cider vinegar

2 Tbs EVOO

Salt and freshly ground black pepper to taste

Directions:

Combine all ingredients into a small bowl. Serve with protein or let marinate in fridge for 3 days for more flavor.

Classic Fresh Salsa (Pico de Gallo)

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

Total time ~15 minutes

Makes 2 cups

Great way to use those romas this week!

Ingredients:

3 Tbs onion, finely chopped

2 small garlic cloves, minced

3 large tomatoes, seeds removed and chopped

2 chile peppers (jalapeno or Serrano, chopped)

2-3 Tbs fresh cilantro, chopped

1 ½ Tbs lime juice, more to taste

Salt and pepper to taste

Directions:

Gather the ingredients. Put the chopped onion and garlic in a strainer. Pour 2 cups of boiling water over them, discarding the water. Allow the chopped onion and garlic to fully cool and drain.

Combine drained onions and garlic with chopped tomatoes, peppers, cilantro and lime juice. Add salt and pepper to taste.

Refrigerate for at least 2 hours to blend the flavors. Will keep up to 3 days in the fridge.

Grilled Corn and Chipotle Pesto Pizza

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

Total time ~2 hours

Serves 4

Summer pizza here we go! You could simplify this by using pre made pizza crust!

Ingredients:

Chipotle Pesto

4 in chipotle peppers adobo remove seeds for less heat if desired

½ cup fresh cilantro

½ cup fresh basil

3 Tbs pine nuts

2 cloves garlic

½ cup queso fresco crumbled

1/3 cup EVOO

salt and pepper to taste

Pizza & Toppings

1 batch of your favorite pizza dough

3 ears of corn husked

1 red pepper

1 onion peeled and quartered

2 jalapeno peppers

1 Tbs EVOO

1 Tbs butter softened

1 glove garlic minced or grated

½ tsp smoked paprika

¼ tsp salt

¼ tsp pepper

1 ½ cups sharp cheddar cheese freshly grated

8 ounces queso fresco crumbled

1 ½ cups cheery tomatoes quartered

1 avocado diced

fresh cilantro for garnish

Directions:

Prepare dough 1-2 hours ahead of time. Preheat grill to the highest setting. Shuck corn ears and brush each with olive oil and sprinkle with pepper. Wrap each in a square of aluminum foil, just so there is one layer covering the corn. Brush the red pepper, onion and jalapeno peppers with olive oil and a sprinkle of salt. Wrap the onion in a sheet of foil just like you did for the corn. Grill for about 5 minutes each "side". Rotating the corn 4-5 times, the onion 3 times and pepper 2 times during grilling. I grilled the corn and onion for a total of 30 minutes and I took the peppers off the grill after the first 15 minutes.

While the corn onions and peppers are grilling make the pesto. In the bowl of a food processor combine the chipotle peppers, cilantro, basil, pine nuts and garlic. Pulse until combined and add the crumbled queso fresco. With the machine running stream in the olive oil and then season with salt and pepper.

Remove the peppers from the grill, when the corn and onions are ready remove those. Allow the vegetables to cool 5 minutes. Combine the butter, garlic, smoked paprika, salt and pepper in a medium size bowl. Peel the skin away from the peppers and de-seed the red pepper and the jalapeno pepper - if desired. Slice the

peppers and onion into thin strips. Using a knife cut the corn away from the husk and toss in the bowl with the paprika butter.

Preheat oven to 400 degrees F.

Divide the dough in half and place each portion of dough on baking sheets (or pizza peel or pizza stone) and form into the shape you desire. Or you can also make one large pizza. Evenly spread the pesto over top of both pizzas and then place the red pepper and onion over top both pizzas. Evenly distribute the cheddar cheese between both pizzas and then add the corn to both. Top each pizza with 1 jalapeno pepper and an even amount of queso fresco.

Bake for 25-30 minutes, until cheese is golden and bubbly. Remove and cover each pizza with the chopped cherry tomatoes, diced avocado and fresh cilantro.

Pickled Red 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 red 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.

Grilled Balsamic Carrots with Rosemary and Thyme

Adapted from Fountain Avenue Kitchen (www.fountainavenuekitchen.com)

Serves 4

Any vegetable with balsamic is a friend of mine, swap in whatever herbs you might have in that herb garden!

Ingredients:

4 large carrots, peeled and halved lengthwise

1 Tbs EVOO

1 Tbs balsamic vinegar

1 rounded Tbs minced fresh rosemary and/or thyme (may substitute a teaspoon of dried)

Kosher salt and freshly ground pepper to taste

Directions:

Toss carrots with the olive oil, vinegar, herbs, and sprinkle with salt and pepper to taste.

Grill over medium heat about 15-20 minutes, turning a few times, or until the carrots are cooked to al dente. Exact time will depend on the thickness of the carrots.

Fried Italian Peppers

Adapted from Scordo (www.scordo.com)

Total time ~30 minutes

Serves 4

Don't know what to do with those frying peppers? Try this super simple dish! Could have alongside eggs, as a side dish, or on a sandwich.

Ingredients:

10-12 frying peppers

Extra virgin olive oil

Red pepper flake to taste (optional)

Kosher salt and freshly ground black pepper

Directions:

Begin by removing the stem and seeds from the pepper. Cut the pepper in half and at the same time begin heating a large saute pan over medium to high heat.

Add just enough extra virgin olive oil to cover the pan (and red pepper flakes if desired) and add the peppers. Season with salt and pepper and cook for a total of 10-12 minutes depending on the size of the peppers.

Some cooks only turn the peppers once during the cooking process but you can turn more often if you'd like.

Enjoy!

Broiled Top Blade Steak with Herb-Flecked Tomato Salad

Adapted from Rachael Ray Mag (www.rachaelraymag.com)

Serves 4

What a great main dish!

Ingredients:

4 boneless top blade steaks (3/4-inch thick, about 6 oz. each), at room temperature and patted dry

1 Tbs plus 2 tsp EVOO

1 clove garlic, halved

Salt and pepper

1 pint cherry tomatoes, halved

1 Tbs chopped flat-leaf parsley

1 Tbs chopped fresh basil

1 Tbs finely chopped shallot

2 tsp fresh lemon juice

Directions:

Position an oven rack 4 inches from the broiler; preheat the broiler. Heat a large ovenproof skillet (preferably cast-iron) in the oven for 10 minutes.

Rub the steaks with 2 tsp. EVOO and the cut sides of the garlic clove; season generously. Broil the steaks in the heated skillet, flipping halfway through, 5 to 7 minutes for medium-rare. Transfer to a cutting board and let rest for 5 minutes.

Meanwhile, in a medium bowl, toss the tomatoes with the remaining 1 tbsp. EVOO, the parsley, basil, shallot and lemon juice; season. Serve alongside the sliced steak.

Grilled Eggplant with Cherry Tomatoes

Adapted from Sunset (www.sunset.com)

Total time ~ 40 minutes

Serves 4

Great easy meal for any night of the week!

Ingredients:

1 qt. cherry tomatoes

About ¼ cup EVOO, divided

1 tsp dried oregano

1 ½ tsp kosher salt, divided

2 large globe eggplants (about 1 lb. each), sliced ½ in. thick lengthwise

½ tsp pepper

8 ounces smoked mozzarella, coarsely shredded

Directions:

Heat a grill to medium (about 400°). In a medium bowl, combine tomatoes, 2 tbs oil, the oregano, and 1/2 tsp salt. Divide tomatoes between two pieces of foil (each about 12 in. by 15 in.) and wrap foil up and around tomatoes to seal. Pinch foil together to completely enclose tomatoes.

Set tomato packets on grill, lower lid, and cook until skins of most of the tomatoes begin to split (open packet to check), about 20 minutes. Transfer tomato packets to a rimmed baking sheet, being careful not to spill any juices.

Meanwhile, coat eggplant slices all over with remaining 2 tbsp. oil, 1 tsp salt, and the pepper. Grill eggplant slices until lightly charred and tender, turning once, 12 to 15 minutes total. Top with mozzarella, close lid, and allow cheese to melt, 1 to 2 minutes.

Transfer eggplant to rimmed baking pan with tomatoes and top with warm tomatoes and their juices. For each serving, stack 3 or 4 slices of tomato-topped eggplant. Drizzle with any tomato juices on the baking pan or foil.

Grilled Eggplant Stacked with Indian Spiced Beef

Adapted from Sustainable Dish (www.sustainabledish.com)

I tried this last year and fell in love with the flavors!

Ingredients:

For the beef-

3 Tbs ghee
2 cups diced white onion
3 cloves garlic, minced
1 Tbs minced fresh ginger
2 tsp ground coriander
1 tsp smoked sweet paprika
1 tsp ground cumin
1 tsp garam masala
1 pound ground beef
2 cups diced tomatoes
1 Tbs seeded and chopped jalapeño pepper
½ tsp sea salt
½ tsp ground black pepper
½ cup water
2 tsp apple cider vinegar
¼ cup chopped fresh cilantro, plus more for garnish

For the eggplant:

2 large eggplants, sliced crosswise into ½-inch-thick rounds or lengthwise into ½-inch-thick planks
¼ cup ghee, melted
Sea salt and ground black pepper

Directions:

Make the spiced beef: In a large skillet, heat the ghee over medium heat. Add the onion and cook until translucent, about 5 to 7 minutes.

Add the garlic, ginger, coriander, paprika, cumin, and garam masala and cook for another 3 minutes. Add the beef, breaking up the clumps with a spatula. Cook until the beef is no longer pink.

Stir in the tomatoes, jalapeño, salt, pepper, and water. Cover the pan and cook for 5 minutes. Add the vinegar and turn off the heat. Set aside.

Stir in the cilantro and adjust the seasoning with more salt and pepper if needed. Make the eggplant: Heat a grill to medium heat (see page 00 for grilling tips). Rub the ghee over the eggplant slices and sprinkle them with salt and pepper.

Place the eggplant on the grill. Cook for about 3 minutes on one side, then flip and continue cooking for another 5 minutes or so, until the eggplant softens.

To assemble the dish, start by placing one eggplant slice at the bottom, cover with a layer of the beef mixture, then add another eggplant, one more layer of beef and top with a final eggplant. Garnish with cilantro.

Southwest Stuffed Poblano Peppers

Adapted from Le Crème De La Crumb (www.lecremedelacrumb.com)

Serves 8

Try stuffing these for a more filling pepper!

Ingredients:

4 poblano peppers halved and seeds/membranes removed

1 pound lean ground beef or chorizo

1 tsp each ground cumin, chili powder, garlic powder

1 cup cooked long grain white rice see note 1

½ cup canned black beans, drained

½ cup frozen or canned corn (drained)

1 15-ounce can diced tomatoes, drained

1 4-ounce can diced green chiles

½ 1 cup grated mozzarella or Mexican-blend cheese

Directions:

Preheat oven to 350 degrees and lightly grease a large baking sheet. Arrange halved poblano peppers in a single layer on the baking sheet so that they aren't overlapping. Bake for 10-15 minutes while you move on to the next step.

Add ground beef (or preferred meat choice, see Note 2) and rice to a large skillet, and season with the cumin, chili powder, and garlic powder. Saute over medium heat for 5-8 minutes until meat is browned and cooked through.

Stir in the black beans, corn, diced tomatoes, and green chiles. Cook another 1-2 minutes. Spoon mixture into the peppers, sprinkle with cheese, and return to oven for another 10 minutes or so until peppers are tender and cheese is melted. Allow to cool slightly before serving.

Frozen Melon Daiquiris

Adapted from Salted Plains (www.saltedplains.com)

Total time ~15 minutes

Serves 2

Thanks to Danielle, our OG cocktail expert...here's a great one to enjoy from a few summers ago!

Ingredients:

2 cups cubed melon

½ cup white rum

3 Tbs fresh lime juice, 1-2 limes

1 tsp agave syrup or honey

1 cup crushed ice

Directions:

Place all ingredients in a blender except crushed ice. Blend, starting at low speed and move up to high speed until honeydew is pureed. Add crushed ice and blend again until incorporated.

Pour in two classes, garnish with lime and straw if desired.

Fresh Pear Bread

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

Makes 2 loaves

Save this for those ripe pears! Also could freeze this once made.

Ingredients:

1 small 3 large eggs, room temperature
1- ½ cups sugar
¾ cup vegetable oil
1 tsp vanilla extract
3 cups all-purpose flour
2 tsp baking powder
2 tsp ground cinnamon
1 tsp baking soda
1 tsp salt
4 cups finely chopped peeled ripe pears (about 4 medium)
1 tsp lemon juice
1 cup chopped walnuts

Directions:

In a bowl, combine the eggs, sugar, oil and vanilla; mix well. Combine flour, baking powder, cinnamon, baking soda and salt; stir into the egg mixture just until moistened. Toss pears with lemon juice. Stir pears and walnuts into batter (batter will be thick).

Spoon into 2 greased 9x5-in. loaf pans. Bake at 350° for 55-60 minutes or until a toothpick inserted in the center comes out clean. Cool for 10 minutes before removing from pans to wire racks.

Caramelized Pear Steel Cut Oats

Adapted from Minimalist Baker (www.minimalistbaker.com)

Total time ~ 20 minutes

Serves 2

Hello breakfast! Spice up your kitchen with this one, play around with the toppings!

Ingredients:

$\frac{3}{4}$ cup steel cut oats

1 $\frac{1}{2}$ cups water

1 $\frac{1}{2}$ Tbs butter or olive oil

2-3 Tbs brown sugar

2 pears

$\frac{1}{4}$ tsp cinnamon

1 Tbs lemon

For toppings: Pecans, granola, nut butter

Directions:

Start your oats by bringing water to a boil in a small saucepan. Once boiling add a pinch of salt and then your oats. Swirl to coat then cover and turn heat to low. Cook for 15 minutes or until the water is absorbed and the oats are tender.

In the meantime, prepare your pears. Heat a medium saucepan over medium heat. Once hot, add olive oil or butter. Once bubbling, add brown sugar and stir. Then immediately add in pears, lemon juice and cinnamon and stir to coat. Cover to steam and soften the pears and cook for 10 or so minutes or until tender and golden brown.

Once tender, remove the lid to allow them to caramelize a bit more. Remove from heat.

Divide oats between two bowls and top with equal servings of pears. I also added a few pecans, which added a nice crunch and more protein.

Shrimp & Nectarine Salad

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

Total time ~30 minutes

Serves 4

Use your corn this week and you've got a CSA loaded salad!

Ingredients:

Dressing:

1/3 cup orange juice

3 Tbs cider vinegar

1- 1/2 tsp Dijon mustard

1- 1/2 tsp honey

1 Tbs minced fresh tarragon

Salad:

4 tsp oil, divided

1 cup fresh or frozen corn

1 pound uncooked shrimp (26-30 per pound), peeled and deveined

1/2 tsp lemon-pepper seasoning

1/4 tsp salt

8 cups torn mixed salad greens

2 medium nectarines, cut into 1-inch pieces

1 cup grape tomatoes, halved

1/2 cup finely chopped red onion

Directions:

In a small bowl, whisk orange juice, vinegar, mustard and honey until blended. Stir in tarragon.

In a large skillet, heat 1 teaspoon oil over medium-high heat. Add corn; cook and stir 1-2 minutes or until crisp-tender. Remove from pan.

Sprinkle shrimp with lemon pepper and salt. In the same skillet, heat remaining oil over medium-high heat. Add shrimp; cook and stir 3-4 minutes or until shrimp turn pink. Stir in corn.

In a large bowl, combine remaining ingredients. Drizzle with 1/3 cup dressing and toss to coat. Divide mixture among four plates. Top with shrimp mixture; drizzle with remaining dressing. Serve immediately.