

Shared Legacy Farms CSA, Week 11, 2023 Recipes

Bell Pepper Egg in a Hole
Marinated Roasted Peppers
Italian Peppers and Onions
Crockpot Breakfast Potatoes
Dragon Tongue Beans
Summer Bean Salad
Lemon & Parmesan Arugula Salad
Grilled Shrimp, Orzo and Arugula
Easy Roasted Delicata Squash
Roasted Delicata Squash and Tomatoes
Braised Tomatoes with Burrata
Mediterranean Couscous Salad
Tomato-Yogurt Dip with Baked Pita Chips
Curried Tomato Sandwich
Shakshuka (Eggs Poached in Spicy Tomato Sauce)
Herbed Tomato Gratin
Hot Corn Dip
Old Fashion Easy Apple Crisp
Blueberry Nectarine Pie with Almond Crumble

Bell Pepper Egg in a Hole

Adapted from Martha Stewart (www.marthastewart.com)

Total time ~10 minutes

Serves 2

This one is simple and looks so pretty! Don't even need the salad!

Ingredients:

2 tsp EVOO

1 bell pepper, cut into four ½ inch thick rings

4 large eggs

coarse salt and ground pepper

2 tsp grated Parmesan

4 slices multigrain bread, toasted

8 cups mixed salad greens

Directions:

In a large cast-iron or nonstick skillet, heat 1 teaspoon oil over medium-high. Add bell pepper, then crack 1 egg into the middle of each pepper ring.

Season with salt and pepper and cook until egg whites are mostly set but yolks are still runny, 2 to 3 minutes. Gently flip and cook 1 minute more for over easy.

Sprinkle with Parmesan and place each egg on a slice of toast. Toss salad greens with 1 teaspoon oil and season with salt and pepper; serve alongside eggs.

Marinated Roasted Peppers

Adapted from She Loves Biscotti (www.shelovesbiscotti.com)

Total time 1 hour 30 minutes

Serves 8

Love this marinated! A great way to store in your fridge all week!

Ingredients:

3 whole peppers

2 cloves garlic, minced

¼ cup flat-leaf parsley, minced

3 Tbs EVOO

salt and pepper to taste

Directions:

Preheat oven to 400 degrees.

Wash and dry your peppers and place them on their side on a rimmed baking sheet.

Roast in upper third of oven until skin is completely charred and the flesh is soft. Make sure you turn the peppers allowing all sides to get black and blistered. This can take 45-60 minutes.

While the peppers are roasting, combine the ingredients for the marinade.

Once the peppers are done, transfer to a heatproof bowl and cover with plastic wrap. Allow to cool for about 30 minutes.

When cool, encourage to handle, remove the stems and charred skins. Cut peppers in half to remove the seeds and then cut into long strips. Do not rinse your peppers under running water.

Combine with marinade and gently toss together.

Allow to sit for a few hours for the flavors to mingle together. Can be served at room temperature. Can be stored in the fridge for about one week.

Italian Peppers and Onions

Adapted from Little Ferraro Kitchen (www.littleferrarokitchen.com)

Total time ~20 minutes

Serves 4

This is a simple combo this time of year!

Ingredients:

Several mini bell peppers or 2 large bell peppers, seeded and sliced

¼ red onion sliced thinly

4 garlic cloves skin removed

1 tsp fresh oregano roughly chopped

Pinch red pepper flakes

Salt and pepper to taste

Olive oil for drizzling

Small amount of basil

Directions:

Begin by heating a large non-stick skillet with olive oil and place the garlic cloves in. Allow the garlic to infuse the oil and begin to caramelize. This should take about 5 minutes.

Add the peppers, onions, oregano, red pepper and salt and pepper. Place on medium to medium-high heat and allow the vegetables to cook down. Try not to toss the vegetables around, but instead allow them to fry and change in color. This should take about 15 minutes.

Every so often, turn the vegetables and then let them fry on the other side.

When done, place vegetables in a serving plate and sprinkle with additional salt if necessary and fresh chopped basil.

Crockpot Breakfast Potatoes

Adapted from Well Plated (www.wellplated.com)

Prep time ~ 15 minutes

Serves 6

I think it's officially time to break out the crockpot with school back in session.

Ingredients:

3 pounds baby potatoes — quartered (cut pieces in half again if very large; they should be a rough 1- to 1 ½ inch dice)

1 green bell pepper, seeded and ½ inch diced

1 red bell pepper, seeded and ½ inch diced

½ medium yellow onion, finely diced (about ½ cup)

3 cloves garlic, minced

2 tsp seasoned salt

2 tsp smoked paprika

2 Tbs unsalted butter, diced

2 Tbs EVOO

Kosher salt and black pepper

Directions:

Coat the bottom of a 5-quart or larger slow cooker with nonstick spray. Add the potatoes, green bell pepper, red bell pepper, onion, garlic, seasoned salt, paprika, and butter. Drizzle the olive oil over the top, then stir to combine.

Cover and cook on high for 2 ½ to 3 hours or on low for 4 to 5 hours, until the potatoes are fork tender. The cooking time will vary based upon your slow cooker and the size of your potatoes, so check them a bit early to ensure they do not overcook.

Stir, then add additional salt and/or pepper to taste. Enjoy hot

Dragon Tongue Beans

Adapted from Food52 (www.food52.com)

Serves 6

If you want a flavor packed way to enjoy these beans, try this recipe. It's a perfect side dish!

Ingredients:

1 pound dragon tongue beans or green beans

8 ounces pancetta, chopped into small cubes

1 Tbs butter

2 shallots, minced

4 garlic cloves, minced

1 1/2 pounds crimini mushrooms, quartered

Kosher salt

Freshly ground black pepper

2 Tbs flat-leaf parsley, chopped

Directions:

Bring a medium sized pot of salted water to boil. Blanch beans for about 5 minutes. Drain immediately and run under cold water. Set aside.

In a large skillet, cook pancetta until slightly crispy over medium heat. Transfer to paper towel lined plate.

Turn heat to medium low and melt butter. Add shallots and cook until fragrant, about 1-2 minutes. Add in garlic and cook for 30 seconds. Next stir in mushrooms and a healthy dose of salt. Stirring occasionally, let mushrooms cook down and release their juices, about 8-10 minutes.

Add beans and pancetta to mushroom mixture. Cook for 1-2 minutes more. then sprinkle with black pepper and parsley.

Summer Bean Salad

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

Serves 4

Don't have dragon beans? Substitute in green beans, either work well with this salad!

Ingredients:

Dressing:

1 head of garlic, top 1 inch cut off

½ cup plus 1 Tbs oil

2 tsp finely chopped peeled fresh ginger

¼ cup seasoned rice vinegar

½ tsp smooth peanut butter

½ tsp gochugaru (Korean red pepper flakes) or Aleppo pepper

¼ tsp sambal oelek

1 tsp toasted sesame oil

Kosher salt

Salad:

5 Tbs oil

1 pound mixed young beans, such as yellow wax beans, green and purple string beans and dragon tongue beans, trimmed

1 Tbs minced garlic

¼ cup torn basil leaves, plus small whole leaves for garnish

Kosher salt

Directions:

Make the dressing.

Preheat the oven to 450°. Drizzle the top of the garlic head with 1 tablespoon of the canola oil and wrap tightly in foil. Roast until tender, 45 minutes to 1 hour. Let cool slightly, then squeeze out the garlic cloves and discard the skin.

In a blender, puree half of the garlic cloves (reserve the remaining cloves for another use) with the ginger, rice vinegar, peanut butter, gochugaru and sambal oelek. With the machine on, drizzle in the remaining 1/2 cup of canola oil and the sesame oil until incorporated. Season the vinaigrette with salt.

Make the salad.

In a large skillet, heat 2 tablespoons of the oil. Add half of the beans and cook over moderately high heat, stirring occasionally, until golden and crisp-tender, about 3 minutes. Transfer to a large bowl. Repeat with another 2 tablespoons of oil and the remaining beans.

Wipe out the skillet. Add the remaining 1 tablespoon of oil and the garlic and cook over moderate heat, stirring, until golden, about 2 minutes. Scrape the garlic oil over the beans. Add 1/2 cup of the vinaigrette and the torn basil and season with salt; toss to coat. Transfer to a platter and garnish with whole basil leaves. Serve warm.

Lemon & Parmesan Arugula Salad

Total Time ~ 5 minutes

One of my favorites from last year! The ingredients are listed in approximate measurements as salads can vary on preference, sometimes I add a little more dressing, more parmesan as a garnish, etc. This is very easy! I would recommend adding some grilled chicken and avocado to make it into a meal!

Ingredients:

2-3 handfuls fresh SLF arugula (rinsed and dried)

2-3 Tbs freshly grated parmesan

2 Tbs olive oil

2 tsp lemon juice

1 tsp fresh pepper

Directions:

Mix arugula and parmesan in large bowl, drizzle with olive oil and lemon juice. Top with black pepper.

Toss until well mixed and serve immediately!

Grilled Shrimp, Orzo and Arugula Salad

Adapted from Salt & Lavender (www.saltandlavender.com)

Prep- 20 minutes, Cook- 5 minutes

Serves 2-4

Could be an appetizer or meal!

Ingredients:

1 cup orzo, uncooked

$\frac{3}{4}$ pound shrimp

1 tsp EVOO

~5 ounces arugula

Fresh basil, torn, to taste

Shrimp Basting Oil:

2 Tbs EVOO

2-3 garlic cloves, minced

$\frac{1}{2}$ tsp paprika

$\frac{1}{4}$ tsp ground cumin

Dressing:

2 Tbs EVOO

juice from 1 lemon

1 tsp Dijon mustard

1 tsp honey

salt and pepper to taste

Directions:

If you're grilling the shrimp on wooden skewers, soak them for at least 10 minutes to prevent burning and splintering.

If shrimp are frozen, thaw them under cool running water. Peel if desired (it makes eating them a lot easier).

Cook orzo according to package directions. Set aside to cool. When it's cool to the touch, add about a teaspoon of olive oil, mix in.

Prepare the shrimp basting oil by adding olive oil, garlic, smoked paprika, and cumin to a small bowl, and stirring until combined. Set aside.

Preheat grill to high heat.

Once your skewers have soaked for 10 minutes, thread the shrimp on them (make a C-shape by poking the top and bottom of the shrimp through the skewer).

Make the dressing by combining all the dressing ingredients. Set aside.

Grill the shrimp skewers on high heat for approximately 90 seconds per side (this is for medium-size shrimp, adjust time accordingly for smaller/larger shrimp). When you first place the skewers on the grill, immediately baste the top of the shrimp skewers with the basting oil, then when you turn them over, baste them again.

Toss the orzo, basil, arugula, and dressing together.

Add shrimp skewers on top or remove the shrimp from the skewers using a fork and toss with the salad. Serve immediately.

Easy Roasted Delicata Squash

Adapted from Rachel Cooks (www.rachelcooks.com)

Serves 2

This is as easy as it gets with this squash- you can eat the skin!

Ingredients:

1 delicata squash

1 tsp EVOO

¼ tsp salt (more or less to taste)

¼ tsp black pepper (more or less to taste)

Directions:

Preheat oven to 425°F. Scrub the outside of the squash with a brush until very clean. Cut ends off to create two flat edges. Cut in half lengthwise and scoop out seeds.

Cut into 1/4- to 1/2-inch slices, keeping the size of the slices consistent. Rub, toss, or spray with olive oil so both sides of each slice are coated with oil. Sprinkle with salt and pepper and spread onto a parchment paper lined baking sheet in a single layer.

Place in preheated oven and roast for 20 minutes. Flip each slice over and roast for another 15 minutes or until golden brown and crispy on the outside and tender on the inside.

Enjoy immediately.

Roasted Delicata Squash and Tomatoes

Adapted from The Real Food RDs (www.therealfoodrds.com)

Total time 35 minutes

Serves 4

Sub in any type of tomatoes you still have lingering!

Ingredients:

2 medium delicata squash, seeds removed and sliced into 1/4-inch thick 'moons'

1 cup grape or cherry tomatoes

1 ½ T ghee, melted or oil of choice

1 medium shallot, thinly sliced (may substitute 1/3 cup thinly sliced red onion)

Fresh thyme leaves (may substitute 1/4 tsp. dried thyme)

Salt & Pepper

Directions:

Preheat oven to 400°F.

Line a large rimmed baking sheet with parchment paper.

Add squash slices, shallots and tomatoes to the baking sheet. Toss with melted ghee (and bacon fat, if using).

Arrange vegetables in a single layer. Sprinkle it with salt and pepper. Lay a few thyme sprigs (or sprinkle with dried thyme) on top of the vegetables and bake in a preheated oven for 22-25 minutes, stirring the vegetables halfway through baking time, until tender and lightly browned.

Remove from the oven and serve.

Braised Tomatoes with Burrata

Adapted from The Modern Proper (www.themodernproper.com)

I love everything burrata, you could sub in fresh mozzarella if needed!

Ingredients:

2/3 cup EVOO

2 pints cherry tomatoes

½ tsp salt

4 large basil leaves, roughly torn

8 garlic cloves, thinly sliced

6-8 ounces burrata cheese

Directions:

Heat the olive oil in an oven-proof, non-stick skillet set over medium heat.

Add tomatoes, salt, basil and garlic and cover with a lid. Allow to braise for 20 minutes then remove lid and remove the skillet from heat.

While still hot, set the skillet under an oven broiler. Broil just until tomatoes begin to char. About 5-8 minutes, watch them closely.

Arrange the burrata on a large plate. While still hot, spoon the tomatoes over the burrata, season to taste and serve warm with crusty bread.

Mediterranean Couscous Salad

Adapted from The Modern Proper (www.themodernproper.com)

Total time ~30 minutes

Serves 6

Grain salads this time of year with ALL the veggies are the best! Pair with some protein and we will be all set!

Ingredients:

2 cups dried pearl couscous, prepared according to package instructions

4 ounces feta

½ cup olives

1 english cucumber, chopped

1 cup cherry tomatoes, halved

½ small onion, thinly sliced

¼ cup fresh parsley, minced

Dressing:

¼ cup EVOO

¼ cup red wine vinegar

1 Tbs fresh oregano

1 lemon, zest and juice

3 garlic cloves, minced

¼ tsp pepper

½ tsp salt

Directions:

In a small bowl whisk all ingredients for the salad dressing until fully emulsified. Store in an airtight container in the fridge for up to a week.

Cook the couscous according to the package. Before using the couscous, allow it to cool completely.

Rinse the couscous in warm water to separate and toss in a large bowl with all of the other ingredients.

Drizzle with the dressing and toss to combine.

Tomato-Yogurt Dip with Baked Pita Chips

Adapted from Rachel Ray (www.rachelray.com)

Serves 4

So easy and a different way to enjoy those little gems.

Ingredients:

½ cup EVOO

2 cloves garlic, grated

¾ tsp crushed red pepper

3 pita breads, cut into eighths

1 cup cherry tomatoes, halved

¼ cup chopped fresh basil

1 cup Greek yogurt

Directions:

In bowl, whisk the first 3 ingredients. On a baking sheet, brush pitas with some of the oil mixture; season. Bake at 500 degrees until crispy, 5 minutes.

Meanwhile, toss tomatoes and basil with remaining oil mixture; season. Spoon over yogurt. Serve and enjoy!

Curried Tomato Sandwich

Adapted from Bon Appetit (www.bonappetit.com)

Serves 1

This is a simple sandwich to throw together with those heirlooms!

Ingredients:

3 Tbs EVOO

½ tsp Curry Powder

2 slices Thick Sourdough Bread

2 Tbs Mayonnaise

2-3 Thick Heirloom Tomato Slices

Kosher Salt, Freshly Ground Pepper

1 (heaping) tsp Capers, drained

Directions:

Heat oil in a large cast-iron skillet over medium. Add curry powder and whisk to evenly disperse in oil. Fry bread until golden brown, about 3 minutes per side. Transfer to a plate.

Spread 1 Tbsp. mayonnaise over 1 side of fried bread slices. Top a slice with tomato slices, season with salt and pepper, and scatter capers over.

Close sandwich; cut in half. Enjoy!

Shakshuka (Eggs Poached in Spicy Tomato Sauce)

Adapted from Eating Well (www.eatingwell.com)

Total time ~ 40 minutes

Serves 4

This is one of my all time favorite breakfasts! I love some fresh sourdough with it!

Ingredients:

2 Tbs EVOO

2 cups chopped red sweet peppers

½ cup chopped onion

2 Tbs no-salt-added tomato paste

1 tsp smoked paprika

2 tsp crushed red pepper

3 cups chopped tomatoes

1 tsp ground cumin

¼ tsp salt

4 eggs

½ cup plain low-fat Greek yogurt

Snipped fresh parsley

2 whole-wheat pita bread rounds, halved crosswise and warmed

Directions:

In a 10-inch skillet, heat oil over medium. Add the next five ingredients (through crushed red pepper). Cook 5 to 7 minutes or until onion is tender, stirring occasionally. Stir in tomatoes, cumin and salt. Bring to boiling; reduce heat. Simmer for 10 minutes or until tomatoes begin to break down.

Make four indentations in tomato mixture. Break an egg into a custard cup or small bowl and slip into an indentation. Repeat with the remaining three eggs. Simmer, covered, 4 to 6 minutes or until whites are completely set and yolks begin to thicken but are not hard.

Top with yogurt and sprinkle with parsley. Serve with pita bread.

Herbed Tomato Gratin

Adapted from Eating Well (www.eatingwell.com)

Total time ~ 1 hour 15 minutes

Serves 8

Lovely dish to make with those heirlooms, or other tomatoes. Use a variety and it will be loaded with color and flavor.

Ingredients:

3 Tbs EVOO

4 cups crusty whole-grain bread cubes (1/2-inch)

1/3 cup heavy cream

1/2 cup finely shredded Pecorino Romano cheese, divided

2 Tbs chopped fresh marjoram, plus more for garnish

3 cloves garlic, minced

1 Tbs sherry vinegar

1/2 tsp salt

1/2 tsp ground pepper

3 pounds medium heirloom tomatoes, sliced 1/4 inch thick

Directions:

Preheat oven to 400 degrees F. Coat a 9-by-13-inch pan (or similar-size 3-quart baking dish) with cooking spray.

Heat oil in a large skillet over medium heat. Add bread and cook, stirring occasionally, until brown and crispy, 6 to 8 minutes.

Transfer the bread to a large bowl. Gently stir in cream, 1/4 cup cheese, marjoram, garlic, vinegar, salt and pepper. Spread the mixture in the baking dish. Layer tomatoes on top and sprinkle with the remaining 1/4 cup cheese.

Bake the gratin until golden and crispy on top, 40 to 45 minutes. Garnish with marjoram, if desired.

Hot Corn Dip

Adapted from Recipe Tin Eats (www.recipetineeats.com)

Total time ~ 55 minutes

Serves 8-12

Great dip for a party or get together! Show off that local sweet corn! Sub in whatever peppers you have on hand.

Ingredients:

4 corn on the cob
4 tsp EVOO
2 Tbs butter
2 garlic cloves, minced
1 large red pepper, diced
1 large green pepper, diced
1 red onion, finely chopped
8 ounces shredded Monterey Jack cheese
1 jalapeno, chopped
8 ounces cream cheese, softened
 $\frac{3}{4}$ cup sour cream
 $\frac{3}{4}$ cup mayonnaise
 $\frac{3}{4}$ tsp salt
4 ounces canned green chiles, chopped
3 shallots, finely chopped

Directions:

Preheat oven to 320 degrees,

Cut the corn off the cob. Melt 1 Tbs butter then add 2 tsp oil in a skillet over high heat. Add half the corn and the garlic. Cook, stirring for 3 minutes or until corn is golden. Transfer to a bowl, repeat with remaining corn.

If the skillet looks dry, add a touch of oil. Add both peppers and onion, cook for 2 minutes until softened. Add to the bowl with the corn.

Add half the cheese into the bowl, then all the remaining ingredients. Mix, transfer to baking dish.

Top with remaining cheese. Bake for 30 minutes or until golden and bubbling on top.

Top with other garnishes (cilantro, green onions) if desired, serve

Old Fashioned Easy Apple Crisp

Adapted from The Chunky Chef (www.thechunkychef.com)

Serves 6-8

So easy and a different way to enjoy those little gems.

Ingredients:

6 apples, peeled and chopped
2 Tbs granulated sugar
1 $\frac{3}{4}$ tsp ground cinnamon, divided
1 $\frac{1}{2}$ tsp lemon juice
1 cup light brown sugar
 $\frac{3}{4}$ cup old fashioned oats
 $\frac{3}{4}$ cup all purpose flour
 $\frac{1}{2}$ cup cold unsalted butter, diced into small cubes
pinch of kosher salt

Directions:

Preheat oven to 350 F degrees. Butter an 8×8 baking dish, or spray with non-stick cooking spray. Set aside.

In a mixing bowl, add chopped apples, granulated sugar, $\frac{3}{4}$ tsp of the cinnamon and lemon juice. Stir to combine, then transfer to the prepared baking dish.

In a separate mixing bowl, add topping ingredients (brown sugar, oats, flour, 1 tsp cinnamon, salt, and diced cold butter). Use a pastry cutter to cut the butter into the oat mixture, using a slight downward twisting motion, until the mixture resembles pea-sized crumbs. Alternatively, you can use two forks or even your hands to cut butter into the mixture.

Spread topping over apples in baking dish, and gently pat to even it out. Bake for 40-50 minutes, until golden brown and bubbly.

Serve warm and enjoy!

Blueberry Nectarine Pie with Almond Crumble

Adapted from Bakerita (www.bakerita.com)

Total time ~1 hour 15 minutes

Makes 1 9" Pie

This recipe is gluten free, and lower in added sugar than most! This is such a great fruit combination!

Ingredients:

Pie Crust:

2 cups blanched almond flour

¼ tsp sea salt

2 Tbs coconut oil melted

1 large egg room temperature

1 egg white to egg wash

For the fruit filling:

6 fresh nectarines cored and sliced

2 cups fresh blueberries

Zest & juice of 1 small lemon

½ tsp cinnamon

¼ tsp nutmeg

2 Tbsp Honey or maple syrup

2 Tbs tapioca flour

For the crumb topping:

½ cup almond flour

¼ cup tapioca flour

¾ cup rolled oats

¼ cup coconut sugar

6 Tbs coconut oil solid

½ cup sliced almonds

Directions:

Preheat the oven to 350°F.

In a mixing bowl, combine the almond flour and sea salt. Add the melted coconut oil and egg and mix until the mixture completely comes together. Press the crust into a 9" pie plate, up and around the edges.

In a small bowl, whisk the egg white slightly. Use a pastry brush to brush egg white on the bottom of the crust to prevent it from getting soggy. Place the crust in the freezer while preparing the filling and crumb topping.

In a medium mixing bowl, combine the nectarines, blueberries, lemon zest, lemon juice, cinnamon, nutmeg, coconut sugar and tapioca flour. Stir to combine and coat all of the fruit evenly.

In a separate bowl, combine the almond flour, tapioca flour, rolled oats, and coconut sugar. Add the coconut oil and using a pastry cutter, two forks, or your hands, work the coconut oil into the flour until it comes together into a course meal with no dry flour remaining. Toss in the sliced almonds.

Remove the crust from the freezer and pour the fruit filling inside. Cover the fruit evenly with the oat topping and bake for 45-50 minutes, or until golden brown and bubbling. Check the pie halfway through and tent the top with foil if it's browning too quickly.

Let cool slightly before serving warm. Store leftovers in the refrigerator for up to 3 days.