

## **SLFarms CSA Week Fifteen, 2023 Recipes**

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## **How to Roast a Squash (halved)**

Super simple method to roast any winter squash! Remember once this is cooked you can scoop out the squash and freeze in a freezer bag!

### **Ingredients:**

Olive oil, salt and pepper

1 acorn squash (or winter squash of your choice)

### **Directions:**

Preheat oven to 375 degrees F.

Using a large, sturdy knife, cut your butternut squash in half lengthwise.

Scoop out the seeds and stringy bits from each half and discard (or save for roasting).

Transfer the squash, cut-side up into a baking dish and brush with olive oil or melted butter, coating the entire surface of the squash.

Season with salt and pepper and brown sugar (if desired).

Roast in the oven for approximately 45 minutes, or until soft, and fork-tender.

Remove from oven and allow to cool. Scoop flesh from the skin and enjoy plain or in your favorite recipes.

## Savory Stuffed Heart of Gold Squash

Adapted from Garlic and Zest ([www.garlicandzest.com](http://www.garlicandzest.com))

Total time 45 minutes

Serves 6

Use honeynut or heart of gold for this super delicious recipe! It also uses kale, or you could sub in any hearty green you have!

### Ingredients:

For the squash:

3 honey nut squash or heart of gold

1 Tbs EVOO

1 pinch salt

For the Stuffing:

1 cup quinoa farro or a blend, cooked at room temperature

1 medium onion diced

2 cloves garlic minced

8 ounces mushrooms fresh, finely diced

1 tsp thyme fresh

½ tsp sage dried, crumbled

2 cups kale leaves only, tough stems removed, finely chopped

¼ cup vegetable broth

1 Tbs EVOO

½ tsp salt

½ tsp pepper

¼ tsp nutmeg freshly grated

¾ cup Parmigiano Reggiano freshly grated

For topping:

1 tsp butter

1 slice bread I used potato bread, but sourdough or plain white bread work fine to

### Directions:

Preheat the oven to 400°. Line a baking sheet with parchment paper.

Cut the squash in half, vertically and scoop out the seeds. Drizzle the cut side with olive oil and rub it into the flesh. Sprinkle with salt and place the squash cut-side-down onto the baking sheet. Roast for 20 minutes.

Meanwhile in a medium skillet, heat the olive oil over medium heat and add the onions and garlic. Saute for 2-3 minutes then stir in the chopped mushrooms, thyme, sage and salt, cook until the mushrooms release their liquid, about 5 minutes. Stir in the chopped kale and vegetable broth, cover and reduce heat to a simmer for 3-4 minutes until kale softens. Stir in the pepper, nutmeg and the cooked grains. Add the parmigiano reggiano and stir until just combined.

Tear the bread into large pieces and transfer to a mini prep food processor. Add the butter and pulse several times until it forms bread crumbs.

When the squash is done, fill the cavities with the stuffing and sprinkle with breadcrumbs and bake for an additional 10 minutes. If the breadcrumbs need additional browning, turn on the broiler and cook just until the breadcrumbs start to brown, (about a minute or two).

## Sausage & Apple Squash

Adapted from Garden in the Kitchen ([www.gardeninthekitchen.com](http://www.gardeninthekitchen.com))

Total time 30 minutes

This recipe screams fall! A great way to enjoy that rich squash this week.

### Ingredients:

3 whole heart of gold squash, halved

2 Tbs EVOO

1 pinch sea salt and pepper

4 Andouille sausages

1 whole honeycrisp apple, cubed

1 cup celery, chopped

½ cup dried cranberries

1 tsp each oregano, sage, garlic herb

2 sprigs fresh rosemary

### Directions:

Pre-heat oven to 400 F degrees.

Wash the skin of squash and towel dry. Cut in half the lengthwise. Remove the seeds and clean the cavity well. Brush the squash with olive oil and season with salt and pepper to taste. Garnish with fresh rosemary. Bake for 30 minutes uncovered.

Meanwhile, heat oil in cast iron. Add sausage, apple, celery and sauté on medium heat for 15 minutes or until apple is soft and sausage start to turn golden brown. Add dried cranberries and season with salt, pepper, oregano, sage and garlic herb.

Remove honeynut squash from oven. Fill the cavity with sausage apple mix. Top with fresh rosemary and serve.

## **Cadie's Vegetable Loaded Chili**

This is all a "suggestion!" I use this as a template depending on what I have on hand!

### **Ingredients:**

Oil of choice

1-2 pounds ground protein (turkey, beef, etc)

1 onion, chopped

1-2 leeks (if I have them)

1-2 minced garlic cloves (depending on how garlicky you like it)

1-2 roasted squashes (butternut, acorn, or even sweet potatoes)

4 cans diced tomatoes (or frozen) or some fresh, more pending taste preference

2-3 cans beans, rinsed and drained (black beans, chili beans, etc)

salt and pepper to taste

1 ounce chili powder (or more depending on your taste)

3-4 green cubes (blanched and pureed greens from earlier in the season)

Other things to add:

Diced bell peppers

Corn (raw, off the cob)

Pureed carrots

### **Directions:**

Add ~2 T oil to a pan, add the ground protein, the onions, leeks and the garlic. Cover, stir frequently until cooked well.

Once protein is cooked thoroughly, add the tomatoes and beans. Stir well.

Add the squash, it should be previously roasted/cooked. Just remove the skin, smash up a little and stir into chili.

If you're adding bell peppers, corn or pureed carrots now is the time to add them!

Add the chili powder. Add the green cubes if you have them. Stir well, salt and pepper to taste. Let this simmer for 1-2 hours on low, or in the crockpot all day! Make sure that you stir in the green cubes well once they thaw in the chili.

Done! Enjoy over the next few days or freeze in individual portions!

## Spicy Roasted Daikon Radish French Fries

Adapted from Cooking on the Weekends ([www.cookingontheweekends.com](http://www.cookingontheweekends.com))

Total Time ~ 40 minutes

Serves 4

This is a great way to introduce this new veggie into your life! Lots of flavor!

### Ingredients:

5 cups (about 1 3/4-pounds) Daikon radish, peeled & sliced

3½ Tbs oil

1½ tsp chili paste

1 tsp low sodium Tamari or soy sauce

½ tsp ginger pulp, freshly grated

½ tsp granulated sugar

½ tsp sea salt

### Directions:

Preheat the oven to 475°F, and adjust a rack to the center.

Cut the Daikon into sections approximately 3-inches long, then cut about ¼-inch slices off the side of each one, to make a base. Stand the sections on their bases, and cut them, vertically into slices about ¼-inch thick.

Stand these slices on top of each other, and then cut them into sticks about ¼-inch thick. Add all of the Daikon slices to a baking sheet and set aside.

In a small bowl, combine the oil, chili paste, Tamari or soy sauce, ginger, sugar and salt.

Drizzle this over the Daikon slices and then use your hands to toss them until they're all evenly coated and in a single layer.

Place the baking sheet in the preheated 475°F oven and roast until they are golden brown on all sides, about 30 minutes. (You should gently toss/flip them about halfway through the cooking time.)

Add a double layer of paper towels to another baking sheet, and when the fries are done, add them on top of the towels to drain and cool.

## **Shredded Daikon Salad**

Adapted from Bon Appetite ([www.bonappetite.com](http://www.bonappetite.com))

Serves 6

Enjoy this veggie raw with this amazing dressing, really flavorful and a good way to introduce this radish.

### **Ingredients:**

1 large daikon (about 1 lb.), peeled, thinly sliced into 3"-long matchsticks

$\frac{3}{4}$  tsp kosher salt, divided

1 red finger or Fresno chile, seeds removed, finely chopped

2 garlic cloves, finely chopped

2 Tbs toasted sesame oil

2 Tbs unseasoned rice vinegar

1 Tbs granulated sugar

$\frac{1}{2}$ –1 tsp store-bought or homemade chile crisp (optional)

Toasted white and/or black sesame seeds (for serving)

### **Directions:**

Toss daikon and  $\frac{1}{2}$  tsp salt in a medium bowl; let sit 30 minutes.

Transfer to a dish towel and squeeze out excess moisture. Meanwhile, whisk chile, garlic, oil, vinegar, sugar, and remaining  $\frac{1}{4}$  tsp. Salt in a large bowl and let sit 30 minutes.

Add daikon to bowl and massage dressing into daikon. Let sit at least 30 minutes and up to 6 hours (cover and chill if holding longer than 1 hour).

To serve, stir in desired amount of chile crisp if using and top with sesame seeds.

## **Chicken and Potatoes with Garlic Parmesan Cream Sauce**

Adapted from Eat Well 101 ([www.eatwell101.com](http://www.eatwell101.com))

Serves 2-3

Who else loves a one pan meal!!!

### **Ingredients:**

2 TBs butter

1 pound chicken thighs, bone-in, skin-on

1 tsp paprika

2 tsp Italian seasoning (thyme, oregano, basil – combined)

2 cups baby red potatoes, washed and quartered

4 garlic cloves, minced

2 medium tomatoes, diced

1 cup fresh spinach

1 tsp crushed red pepper flakes

1 cup chicken stock

1 cup half and half (half cream mixed with half milk, for a lighter cream)

1 cup Parmesan cheese, grated

Salt and pepper

### **Directions:**

Season chicken thighs with 1 teaspoon Italian seasoning, salt and pepper, to taste.

Melt 1 tablespoon butter in a large skillet or pot over medium-high heat. Add chicken thighs, skin-side down, and sear both sides until golden brown, about 4-5 minutes per side; drain excess fat and set aside in a plate.

Melt remaining tablespoon butter in the same skillet. Add garlic, paprika, 1 teaspoon Italian seasoning, then add potatoes and saute for 2 to 3 minutes.

Stir in tomato and chicken broth and simmer for 4 to 5 minutes.

Stir in and half-half, grated Parmesan cheese, spinach and crushed chili pepper flakes. Reduce heat to simmer for 2 to 3 minutes.

Return chicken thighs to the skillet, skin side up, and simmer for 10-15 minutes, until chicken and potatoes are cooked through. Adjust seasoning with salt and pepper. Serve immediately with additional red pepper flakes and parmesan, enjoy!



## Roasted Poblano and Potato Skillet

Adapted from Jennifer Meyering ([www.jennifermeyering.com](http://www.jennifermeyering.com))

Total time ~ 50 minutes

Serves 4

Great skillet meal for an easy breakfast or supper! Use a variety of peppers if you want!

### Ingredients:

2 lbs potatoes, diced into 1 inch cubes

3 Tbs EVOO, divided

2 large poblano peppers

2 Tbs unsalted butter

1 small red onion, sliced

¼ cup fresh cilantro

4 green onions, sliced

creamy garlic dressing

4 large eggs

### Directions:

Add the diced potatoes into a large saucepan and fill with water just to cover the potatoes. Place on the stove, over high heat and cook until skewer inserted in center of potato meets no resistance; about 20-25 minutes. Drain and let cool for 5 minutes.

While the potatoes are cooking, heat the oven to 400° F and line a baking sheet with foil. Rub the poblano peppers with 1 Tbs of the olive oil and place on the baking sheet. Roast at 400° until blistered all over, about 20 minutes.

Remove from oven and let cool to touch. Cut the tops off the peppers, then carefully remove the seeds and blackened skin. Slice thinly and set aside.

Heat the rest of the olive oil in a cast-iron skillet over medium-high heat. Add the par-cooked potatoes and let cook until a little crust has formed on the bottom; about 5 minutes. Season generously with salt and pepper, to taste.

Add 2 Tbs butter to the pan and gently toss the potatoes. Add the sliced red onions, and let cook until all sides are golden brown and the onions are soft and translucent.

Add the roasted poblano peppers, 1/2 of the creamy garlic dressing and toss to combine. Gently fold in the green onions and top with chopped cilantro.

Remove from heat to a clean plate and wipe your cast iron skillet with a paper towel. Crack your eggs into the pan and cook, over medium-high heat, for 3-4 minutes or until desired doneness is reached.

Divide the potato mixture evenly between 4 plates and top each with a fried egg. Drizzle with extra garlic dressing and serve immediately.

## **Creamy Poblano Soup**

Adapted from A Spicy Perspective ([www.aspicyperspective.com](http://www.aspicyperspective.com))

Total time ~ 1 hour

Serves 8

This is a great way to enjoy the flavor of those poblano peppers, and its perfect soup weather. Adjust the recipe as needed if you have less poblanos, this recipe makes enough for 8 servings so adjusting it would still be a decent amount!

### **Ingredients:**

10 poblano peppers, average-sized

1 Tbs butter

1 large onion peeled and chopped

4 cloves garlic minced

1 cup chopped fresh cilantro

1 tsp salt

1 tsp ground cumin

48 ounces chicken broth or vegetable broth

14 ounces Mexican Queso good for melting, like "Queso Quesadilla," Asadero, Chihuahua, or even Monterey Jack (not Queso Fresco or Panela.)

1 tsp cornstarch

### **Directions:**

Preheat the oven to 450 degrees F. Line a baking sheet with parchment paper and lay the poblano peppers on top. Roast the peppers in the oven for 15-20 minutes, until the waxing skin bubbles up over the surface of the poblanos.

Meanwhile place a large saucepot over medium heat and add the butter, onions, garlic, cilantro, salt and cumin. Saute for 5-6 minutes. Then add the broth to the pot.

Once the poblano peppers are out of the oven, carefully peel off the waxy exterior. Remove the stems and seeds and place the flesh of the peppers in the pot. Bring the soup to boil. Then lower the heat and simmer for 20 minutes.

Shred or crumble the cheese and toss with the corn starch. Add it to the soup base and stir to melt the cheese. Then use an immersion blender to puree the soup until smooth and creamy. Salt and pepper to taste.

## **Asian Beef, Broccoli and Cabbage Stir Fry**

Adapted from Julia's Album ([www.juliasalbum.com](http://www.juliasalbum.com))

Serves 4

Super easy way to use a lot of veggies up! Throw in some greens if needed or some carrots!

### **Ingredients:**

1 Tbs EVOO  
½ pound ground beef  
½ head cabbage, finely chopped  
4 garlic cloves, minced  
1 cup broccoli, cooked, finely chopped  
¼ cup tamari sauce (use less if using regular soy sauce)  
½ tsp ginger  
1 Tbs sesame oil  
¾ cup water  
1 Tbs cornstarch

### **Directions:**

Prep the Heat olive oil in a large skillet on medium heat. Add ground beef and cook until cooked through. Drain any fat or liquid.

To the same skillet, add chopped cabbage and garlic. Cook until cabbage is tender and reduces in volume. Stir in cooked (or blanched) broccoli.

Add tamari sauce, ginger, and sesame oil and stir to combine - on medium heat.

In a small bowl, combine ¾ cup water with 1 tablespoon cornstarch - and mix it in the bowl until smooth.

Add the corn starch water to the skillet, mix with cabbage and cook on medium heat until heated through and sauce somewhat thickens, constantly stirring.

Season with salt if necessary.

## Broccoli Caesar Salad

Adapted from Bon Appetit ([www.bonappetit.com](http://www.bonappetit.com))

Serves 6-8

Look at this spin on this go to salad! This makes a large salad so cut back as needed.

### Ingredients:

2 oil-packed anchovy fillets (optional)  
1 garlic clove, thinly sliced  
¼ cup fresh lemon juice  
2 tsp Dijon mustard  
Kosher salt  
1 large egg yolk or 2 Tbs mayonnaise  
½ cup EVOO  
3 Tbs grated Parmesan, plus more shaved for serving  
2 medium heads of broccoli, about 1½ lb  
¼ head of savoy or Napa cabbage  
Finely grated lemon zest (for serving)  
Freshly cracked black pepper

### Directions:

Using the side of a chef's knife, mash anchovies, if using, and garlic on a cutting board until a smooth paste forms. Transfer paste to a large bowl and whisk in lemon juice, mustard, and a big pinch of salt. Add egg yolk (or mayonnaise) and whisk until smooth. Gradually add oil, whisking constantly until emulsified. Whisk in 3 Tbsp. grated Parmesan.

Trim woody ends from broccoli stems, preserving as much stem as possible. Peel any thick stems to expose tender inner cores. Cut off florets as close to the dark green flowers as possible and break into bite-size pieces. Add to bowl with dressing. Starting at the floret ends of the stems, slice very thinly crosswise and add to bowl. Thinly slice cabbage crosswise (you should have about 2 cups) and add to bowl with broccoli. Toss until broccoli and cabbage are combined and evenly coated with dressing; season with salt. Let sit 10 minutes.

Top salad with shaved Parmesan, some lemon zest, and a few healthy grinds of pepper.

## **Crock Pot Apple Pear Cider**

Adapted from A Saucy Kitchen ([www.asaucykitchen.com](http://www.asaucykitchen.com))

Total time ~8 hours

This cider screams fall! Definitely a people pleaser!

### **Ingredients:**

4 medium pears, any type

4 medium apples, any type

1 orange

3 cinnamon sticks

2-3 star anise

2-3 slices of fresh ginger

1 whole nutmeg

2 tsp whole cloves

6 cups filtered water

1/3 cup maple syrup (or sweetener of your choice)

### **Directions:**

Wash the apple, pears, and orange and cut them into quarters. Don't worry about removing the stems, seeds, and peels because you will strain it all out later. Place the fruit in the bottom of your slow cooker along with the cinnamon sticks, star anise, ginger slices, nutmeg and cloves.

Add the water to the crock pot making sure to leave about 1/2 inch of space at the top of the pot. Cook on high heat for 3-4 hours or on low heat for 6-8 hours.

An hour before the cider is done cooking, use a potato masher to mash the fruit. Cook for another hour.

Strain the cider through a fine-mesh strainer or cheese cloth into a clean pitcher or pot. Stir in the maple syrup or your alternative sweetener until it is dissolved and serve hot or wait for it to cool and add ice.

## **Crock Pot Apple Butter**

Adapted from My Frugal Adventures ([www.myfrugaladventures.com](http://www.myfrugaladventures.com))

Serves 8

If you've never made apple butter this is a VERY easy way to start!

### **Ingredients:**

6 apples of your choice

1 Tbs cinnamon

squeeze of lemon juice

¼ cup water

¼ cup sugar

¼ cup brown sugar

### **Directions:**

Core the apples and give them a rough chop. Place in slow cooker. Add cinnamon, water and both sugars, gently stir.

Close the lid and let this cook away for about 4½ hours on low. Check it periodically to make sure it is still moist and the apples are not dried out. Add more water as needed.

Remove from CrockPot after 4½ hours and place in a food processor or blender. Add a squeeze of lemon juice if you like.

Puree until smooth. Enjoy!

