

SLFarms CSA, Week Fourteen, 2023 Recipes

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Tatsoi Asian Greens Salad

Adapted from I Heart Umami (www.iheartumami.com)

Total time ~ 15 minutes

Serves 6

This is a flavorful way to enjoy these greens! The dressing calls for dairy free ingredients, but you can absolutely use regular if that's what you typically use.

Ingredients:

For the dressing-

3 Tbs mayo

1Tbs dairy-free milk, unsweetened

3 Tbs coconut yogurt or dairy-free yogurt, thick texture. unsweetened

1 Tbs coconut aminos

Coarse sea salt and black pepper, to taste

For the Tatsoi salad

2 large carrots

2-3 english or mini cucumbers

6-7 ounces of Tatsoi greens

1 Tbs EVOO

Toasted sesame seeds, optional

Coarse sea salt, to taste

Directions:

Mix the ingredients well for the ranch yogurt dressing from mayo to salt and pepper. Set it aside in the fridge until ready to use.

Use a vegetable peeler. Shave the carrots and cucumber to ribbons.

Add the carrot and cucumber ribbons to a large salad bowl with tatsoi greens.

Drizzle in olive oil and the salad dressing. Start with 3 Tbs dressing first and add more, if desired. Sprinkle with sesame seeds if using. Toss and season with salt to taste.

Serve cold and enjoy

Tatsoi Salad with Sesame Ginger Dressing

Adapted from Kalyn's Kitchen (www.kalynskitchen.com)

Total time ~ 1 hour

Another way to enjoy these greens, with a different delicious homemade dressing.

Ingredients:

For the Salad-

12 ounces Tatsoi greens

1 Tbs sesame seeds, for garnish if desired

For the Dressing-

2 Tbs soy sauce

1 Tbs rice vinegar

1 tsp grated ginger root

1 tsp monkfruit sweetener (or sweetener of choice, can sub in regular sugar)

½ tsp sriracha sauce

fresh ground black pepper to taste

Directions:

Bring a large pot of salted water to a boil, and fill another bowl with cold water and a handful of ice cubes.

Wash Tatsoi leaves and cut into thick strips. Dump Tatsoi into boiling water, time for exactly one minutes, then drain immediately into colander and dump into bowl with ice water.

While Tatsoi is cooling in ice water, get a plastic bowl with a tight fitting lid that's large enough to hold all the Tatsoi. Mix dressing ingredients in this bowl, then drain Tatsoi well and add to dressing.

Chill in the refrigerator an hour or more, turning bowl over a few times so Tatsoi remains coated with the dressing.

To serve, use tongs or a slotted spoon to remove Tatsoi from bowl and arrange on serving plates. Toast sesame seeds for 1-2 minutes in a dry pan and sprinkle over salad.

Serve immediately.

Cilantro Lime Shrimp

Adapted from A Couple Cooks (www.acouplecooks.com)

Total time 10 minutes

This is super flavorful and pretty simple. Make and add to those greens this week for a delicious protein packed salad!

Ingredients:

1 pound large shrimp, deveined (peeled or unpeeled)

1 garlic clove

¼ tsp cumin

1 pinch cayenne

¼ tsp kosher salt

2 Tbs butter or olive oil

2 Tbs fresh lime juice, plus zest

½ cup fresh cilantro, chopped

Directions:

Thaw the shrimp. Mince the garlic.

Pat the shrimp dry. In a medium bowl, mix the shrimp with the garlic, cumin, cayenne, and salt.

In a large skillet, heat the butter or olive oil on medium high heat. Cook the shrimp for 1 to 2 minutes per side until opaque and cooked through, turning them with tongs.

Spritz with lime juice and stir in the lime zest and chopped cilantro. Serve immediately.

Cilantro Chimichurri Sauce

Adapted from Peas and Crayons (www.peasandcrayons.com)

Total time ~15 minutes

Serves 6

This uses a decent amount of that cilantro and preserves it for 2 weeks!

Ingredients:

1 cup fresh chopped cilantro, about 1 bunch chopped + packed

$\frac{2}{3}$ cup fresh chopped scallions

1 jalapeño

4 fresh garlic cloves

$\frac{1}{2}$ cup avocado oil

$\frac{1}{4}$ - $\frac{1}{2}$ cup EVOO to taste

2 Tbs lime juice

1-2 Tbs red wine vinegar

1 tsp coarse kosher salt

$\frac{1}{2}$ - $\frac{3}{4}$ tsp dried oregano leaves

$\frac{1}{4}$ - $\frac{1}{2}$ tsp black pepper or season to taste

Directions:

Quick note from author: I like using a combination of avocado oil and olive oil for color and flavor. It's so good this way! Feel free to use just one oil if needed. You can also use more or less oil depending on preference or intended use for the sauce. I added 1 cup of oil to my chimichurri since I like to use it as a topping, dressing, and marinade.

Wash and dry a portioned "bunch" of cilantro and remove the bottom 2-3 inches of the stems. Finely chop. Bunches of cilantro vary in size so to help with measuring, you will need 1 packed cup of cilantro. Mostly leaves with the smaller portions of stems left on for easy chopping.

Remove the root portion of the green onions (scallions) and thinly slice/chop. Add to a medium-large bowl along with the cilantro.

Remove the stem then scoop out the seeds/insides from the jalapeño using a spoon. Finely mince and add to the bowl.

Smash, peel, and finely mince garlic. 3-4 cloves is ideal here and fresh garlic is a must. Feel free to add any additional garlic to taste after the chimichurri has had some time to sit and meld it's flavors.

To your bowl add the minced garlic, avocado oil, olive oil, freshly squeezed lime juice, and red wine vinegar. Season by adding salt, dried oregano leaves, and pepper.

Mix well and allow sauce to sit for 20 minutes before serving to help the flavors mingle. You can even make this sauce in advance and let it chill in the fridge overnight before using.

Store chimichurri sauce in an airtight jar or container in the fridge for 1-2 weeks. When you're ready to dive back in, simply bring it back to room temperature and get ready to enjoy.

Cheesy Pesto Chicken Lasagna Stuffed Spaghetti Squash

Adapted from Peas and Crayons (www.peasandcrayons.com)

Another great use for some of that PESTO!

Ingredients:

1 medium-large spaghetti squash
2 cups chopped chicken, cooked via your favorite method!
¼ cup homemade or store bought pesto
1 cup ricotta cheese
½ an egg [use the white or the yolk!]
1/4-1/2 cup freshly grated parmesan cheese, packed
¾ tsp garlic powder
¾ tsp dried parsley
½ tsp Italian spice blend
¼ tsp salt
½ cup chopped tomato, plus extra for topping
6 slices of fresh mozzarella or 2-4 oz freshly grated mozzarella
Fresh parsley and/or basil to garnish

Directions:

Pre-heat oven to 400 degrees F.

Slice your spaghetti squash in half lengthwise and scoop out the seeds.

To prevent sticking, rub the rim of the squash's flesh with a teeny bit of olive oil or simply place a little water inside your baking dish. Both work great!

Place inside a baking dish or atop rimmed, lined baking sheet [some liquid will escape] and roast face-down for 40-60 minutes.

Cooking time will depend on size and the once rock-hard exterior of the squash will be visibly softened with a tender inside.

The squash can be roasted and stored in the fridge for up to 3-4 days awaiting its stuffing with your lovely lasagna ingredients. You can also make the whole shebang one weekend and pop it in the fridge until about 35 minutes before dinnertime. Wind up with a little bit leftover? It reheats marvelously the following day! Now let's get back to the recipe!

If they aren't already in one, add your cooked squash to baking dish.

Cook chicken via your favorite method or squirrel away leftovers from the previous night's dinner to use in the lasagna. Chop chicken into bite sized pieces and toss in 1/4 cup of pesto. Set aside.

Next whisk up an egg yolk [or grab the whites from one large egg] into your ricotta and add freshly grated parmesan cheese, garlic powder, dried parsley, salt, and your favorite Italian seasoning blend. Set aside.

Line each cooked spaghetti squash with chopped tomato or a thin layer of your favorite red sauce!

Top each with your seasoned ricotta; pile it on!

Next add your pesto chicken and sprinkle with some extra chopped tomato.

Top with sliced or grated mozzarella and cover the baking dish in foil, leaving a little room at the top [like a tent!] so the mozz doesn't stick.

Bake at 350 degrees F for around 35-40 minutes or until hot and bubbly.

Garnish with fresh parsley and/or basil leaves and dig in!

Leftovers taste phenomenal the next day and can be reheated via oven or microwave; up to you!

Tomato Basil Spaghetti Squash

Adapted from Very Well Fit (www.verywellfit.com)

Total time ~ 2 hours

Serves 4

This dish is packed with flavor! One of my go-to dishes when we get spaghetti squash!

Ingredients:

1 medium spaghetti squash, plus the seeds

2 tsp EVOO, divided

1 Tbs EVOO

4 medium tomatoes, chopped

2 large garlic cloves, minced

¼ cup fresh basil, chopped

Salt and pepper to taste

Directions:

To roast the squash: Heat the oven to 400 F. Line a baking sheet with parchment paper.

Carefully slice the squash in half using a sharp knife. Scoop out the seeds and set aside. side of the squash with a teaspoon of olive oil. Set onto the baking sheet cut side down. Bake the squash for 40 minutes. Flip over, and bake another 10 to 15 minutes or until you can easily pierce a fork through the flesh all the way to the peel and the noodles are al dente. Let the squash cool until easy to handle.

Use a fork to gently pull the squash flesh from the peel and separate the flesh into “spaghetti-like” strands.

To roast the seeds: turn the oven down to 300 F. Pinch away the large chunks of squash flesh from the seeds, place a colander under cool running water, and remove any additional squash flesh. Dump the cleaned seeds onto a towel and pat dry.

Place seeds on a baking tray and drizzle with a teaspoon olive oil and a pinch of salt. Bake the seeds for 20 to 25 minutes, stirring midway through baking. Let cool.

To prepare the “spaghetti,” heat 1 tablespoon olive oil in a large non-stick skillet over medium high heat. Add the chopped tomatoes and saute for 3 to 5 minutes, until just starting to soften. Add the garlic and saute for another minute, until fragrant. Add the cooked spaghetti squash to the pan and stir until heated through.

Serve the spaghetti squash and tomatoes with fresh basil, roasted squash seeds and salt and pepper to taste.

Breakfast Spaghetti Squash

Adapted from Salu Salo (www.salu-salo.com)

Total time ~1 hour

Serves 4

Great for breakfast or dinner, an easy dish with eggs!

Ingredients:

1 lbs spaghetti squash, about 3
olive oil for brushing
Salt and pepper to taste
5 strips of bacon chopped and cooked
4 eggs
½ cup cheddar cheese
Green onion garnish

Directions:

Preheat oven to 400 degree F. Line a baking sheet with parchment paper.

With a knife, carefully score squash lengthwise where you're going to cut it in half. Poke a few holes along the score.

Microwave the squash for 5 minutes or until the scored skin is soft enough to cut. Allow to cool.

Carefully cut the squash in half. Scoop out the seeds.

Brush the inside of both halves of the squash with olive oil. Season with salt and pepper.

Place the two halves cut side down on the prepared pan and roast until tender, about 30 minutes. Allow several minutes to cool.

Using a fork, scrape the insides to create a spaghetti-like texture. Leave insides in the squash.

Sprinkle bacon and cheese on top of the fluffed squash. Make 2 wells in each half and break an egg in each well.

Place breakfast squash halves back in the oven, and bake until egg whites are set and yolks are starting to thicken, about 10-15 minutes, depending on how you like your baked eggs to be.

Garnish with chopped green onion and black pepper.

Asian Cucumber and Carrot Salad

Adapted from The Culinary Compass (www.theculinarycompass.com)

Serves 4-5

If your cucumbers are smaller you can just slice them up instead of spiralizing. Still a great flavor combination!

Ingredients:

- 2 large cucumbers
- 3 large carrots
- 2 Tbs rice vinegar
- 2 Tbs lime juice
- 2 Tbs honey
- 2 tsp sesame oil
- 1 tsp salt
- 1 tsp red pepper flakes
- 1 Tbs cilantro, chopped
- 1 tsp sesame seeds, plus more for topping

Directions:

Spiralize the cucumbers and carrots. If you don't have a spiralizer, cut into thin slices. Place into a large bowl.

In a small bowl, combine rice vinegar, lime juice, honey, sesame oil, salt, red pepper flakes, cilantro, and sesame seeds. Pour mixture over the cucumbers and carrots. Mix together well.

Cover with plastic wrap and let sit in the refrigerator for 20 minutes to let flavors mix together.

Mix well before serving. Top with extra cilantro, sesame seeds, and dressing from the bowl, if desired. Serve and enjoy!

Thai Carrot Soup

Adapted from The Minimalist Baker (www.minimalistbaker.com)

Total time ~ 30 minutes

Serves 6

Freezer Friendly

A great way to enjoy those carrots this winter! Freeze this for a healthy meal later on!

Ingredients:

1 Tbsp coconut or olive oil

½ large yellow onion, chopped

3 cloves garlic, diced

1 pound carrots, scrubbed, chopped (~4 cups)

1 pinch each salt and pepper

2 cups veggie stock

2 cups water

1/3 cup creamy or crunchy salted natural peanut butter (use less for a less intense PB flavor)

2 tsp chili garlic sauce (use less for less spice)

For garnish, optional-

Fresh basil, cilantro, or mint

Full-fat coconut milk or coconut cream

Brown sugar or honey

Sriracha hot sauce

Directions:

Heat a large pot over medium heat.

Dice onion and garlic. Add to pot with 1 Tbs coconut or olive oil (or nonstick spray). Add carrots and cook for 5 minutes.

Season with a healthy pinch each salt and pepper, then add veggie stock and water and stir.

Bring to a low boil, then reduce heat to a simmer. Cover and cook for 20 minutes, or until veggies are tender (test by cutting a larger piece of carrot in half – it should cut with ease).

Transfer to food processor or use an immersion blender and blend until smooth and creamy. (Cover with a towel in case your lid leaks any soup while blending.)

Add peanut butter and chili garlic sauce to the blender and blend to combine, using a 'puree' setting if you have it.

Taste and adjust seasonings as needed. For a touch of added sweetness, add a Tbs or so of brown sugar, maple syrup or agave nectar (or honey if not vegan). Add more chili garlic sauce for more heat.

Serve immediately with fresh basil or herbs of choice. A drizzle of coconut milk will add a creamy, sweet touch. Serve with sriracha for extra heat.

Vegetable Soup

Adapted from The Cozy Apron (www.thecozyapron.com)

Total time ~45 minutes

Serves 6

No need to have all the veggies on hand for this, use what you have! Soups are great sometimes because you can up the variety of veggies in it.

Ingredients:

3 Tbs olive oil
2 Tbs unsalted butter
2 leeks (white part only, quartered and sliced thinly)
3 carrots (diced small)
3 parsnips (peeled and diced small)
3 celery (ribs, diced small)
2 small red potatoes (peeled and diced small)
salt
black pepper
1 tsp dried parsley
1 tsp Italian seasoning
4 cloves garlic (pressed through garlic press)
6 cups broth (vegetables, or chicken broth)
½ cup peas
½ cup corn kernels
1 ½ cups chopped kale (finely)
1 Tbs fresh parsley (chopped)
Small squeeze of lemon

Directions:

Cut your desired vegetables into small, bite-sized pieces. Some wonderful veggies to use are carrots, celery, leek, parsnips, rutabaga, kale, tomatoes, peas and corn—you can be as creative as you'd like!

Place a medium to large-size soup pot over medium-high heat, and add in a little of both olive oil and butter, as this will give the vegetable soup some added flavor and depth.

Saute the hard vegetables such as carrots, celery, parsnip along with aromatics like leeks, garlic or onion for a few minutes in the oil and butter, just until they begin to soften slightly. Then, sprinkle in your seasonings such as a pinch of dried herbs. You can also add in diced tomatoes at this time if you are using them.

Add your stock or broth (either vegetable or chicken—your choice), and simmer for about 15-20 minutes with your lid askew or covering, just until the veggies are tender yet still have a bit of bite to them.

At the end, with the heat off, stir in any leafy veggies such as kale or spinach, along with any peas or corn and fresh herbs, as they will easily wilt and/or warm up in the hot liquid. I even like to add a squeeze of lemon to brighten things up as well.

Then, simply ladle into bowls, and enjoy!

Celery and Potato Soup

Adapted from NYT Cooking (www.nytimes.com)

Total time ~ 1 hour

Serves 8

This soup is more celery than potato!

Ingredients:

2 Tbs EVOO

1 small onion, chopped

1 large or 2 medium leeks, white and light green part only, cleaned and sliced

6 celery stalks, sliced (about 3/4 pound)

Kosher salt

1 medium-size russet potato, about 10 ounces, peeled and diced

4 garlic cloves, peeled and halved, green shoots removed

A bouquet garni made of a bay leaf and a couple of sprigs each parsley and thyme, tied together

7 cups water or chicken stock

Freshly ground pepper

Garnish:

2 tsp walnut oil

¼ cup very thinly sliced celery

chopped chives or chervil (optional)

Directions:

Heat the olive oil over medium-low heat, add the onion, leek, and celery, and cook gently, stirring often, for about 10 minutes, until very tender. Add 1/2 teaspoon kosher salt after the first 5 minutes. Make sure that the vegetables do not color.

Add the potatoes, garlic, and bouquet garni. Stir together and add the water or stock. Bring to a simmer, add salt to taste, cover and simmer 30 to 40 minutes, until the vegetables are very tender and the broth fragrant. Remove from the heat.

Remove the bouquet garni from the soup. Using an immersion blender, puree the soup (or you can put it through the fine blade of a food mill or use a regular blender, working in batches and placing a kitchen towel over the top to avoid splashing). Then strain through a medium strainer (this step is important; otherwise the soup will be stringy), using a pestle or the bottom of a ladle to push the soup through. Make sure to scrape the outside of the strainer so that all of the puree goes back into the soup. Return to the pot, stir with a whisk to even out the texture, heat through and season well with salt and pepper.

Ladle the soup into bowls and garnish each bowl with a few thin slices of celery and about 1/4 teaspoon walnut oil. Sprinkle with minced chives or chervil if you wish, and serve.

Grilled Parmesan Potatoes and Carrots

Adapted from Pillsbury (www.pillsbury.com)

Total time ~60 minutes (including cook time)

Serves 2

Foil packs are a great way to use that grill and keep the cooking outside. I know you have potatoes left over from the past few weeks.

Ingredients:

4 small red potatoes (about ½ pound), unpeeled, cut into 1- 1 ½ inch pieces (about 1 ½ cups)

¾ cup chopped carrots

1 ½ Tbs butter

¼ tsp Italian seasoning

¼ tsp pepper

¼ tsp salt

1 ½ Tbs fresh parmesan cheese

1 Tbs chopped fresh chives

Directions:

Heat gas or charcoal grill. Cut 18x12-inch sheet of heavy-duty foil. Place potatoes and carrots on center of foil sheet. Drizzle with butter.

Sprinkle with Italian seasoning, peppered seasoned salt and cheese; stir slightly to mix and coat vegetables. Bring up 2 sides of foil so edges meet. Seal edges, making tight 1/2-inch fold; fold again, allowing space for heat circulation and expansion.

Place packet, seam side up, on grill over medium heat. Cover grill; cook 35 to 40 minutes or until vegetables are tender.

Open packet carefully to allow steam to escape. Sprinkle with chives.

Apple Peanut Butter Overnight Oats

Adapted from The Lemon Bowl (www.lemonbowl.com)

Overnight oats are one of my favorite ways to meal prep breakfast! Love this flavor combination; get the kids involved in prepping these!

Ingredients:

¼ cup steel cut oats
½ cup milk fat free
1/3 cup plain yogurt low fat
1/2 tsp cinnamon
1 Tbs peanut butter
¼ banana sliced
½ apple cored and diced

Directions:

In an almost-empty peanut butter jar or another resealable glass jar, combine all ingredients except banana and apples.

Seal jar and refrigerate overnight. Top with banana slices and diced apple in the morning.

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 fall 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 (as original recipe is written) and top with equal servings of pears. I also added a few pecans, which added a nice crunch and more protein.