

SLFarms CSA, Week Thirteen 2023 Recipes

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Pickled Cherry Tomatoes

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Crispy Corn Fritters

Hearty Corn Chowder

Autumn Apple Chicken

Chicken Fajita Freezer Meal

Adapted from The Sweeter Side of Mommyhood (www.thesweetersideofmommyhood.com)

Serves 4

This says “per tray” with the idea that you would freeze the items combined in an aluminum foil baking tray. Freeze and then pull out at any time for a fast dinner. Can easily sub in those Italian Frying Peppers this week!

Ingredients:

3 sliced bell peppers per tray
1-2 large sliced onions per tray
6 sliced raw chicken breasts per tray
olive oil
spices

Directions:

Place the peppers, onions and chicken in the tray or freezer safe bag.

Use a combination of these seasonings: salt, pepper, oregano, garlic powder, crushed red pepper, onion powder, ground cumin and chili powder- just sprinkle liberally over each tray.

Drizzle with olive oil and mix up with your hands to give the chicken and veggies an even coat. Cover and freeze!

Bake from frozen at 375 for 1 hour OR front thawed at 350 for 45 mins. Serve with warm tortillas, cheese, salsa, guacamole, black beans and rice.

15 minute Cauliflower and Corn Skillet

Adapted from Hungry Happens (www.hungryhappens.com)

Total time ~ 20 minutes

Serves 4

This one is pretty simple, you could add in some diced peppers for more color and nutrients!

Ingredients:

2 Tbs butter

2 Tbs EVOO

1 small Cauliflower, cut into bite sized florets

3 ears corn, kernels shaved off

salt and pepper to taste

½ tsp paprika

½ tsp onion powder

2 Tbs parsley chopped

Directions:

In a large deep skillet, melt your butter and add in the oil over medium heat. Toss in the cauliflower allow to sear one side. Flip them over and cook some more. Total cauli time should be around 10 minutes.

Next add in the corn, salt, pepper, paprika and onion powder. Toss to coat all. Cook for another 4 minutes, stirring constantly. Lastly fold in the herbs and serve.

Easy Cauliflower Bell Pepper Stir Fry

Adapted from I Food Real (www.ifoodreal.com)

Total time ~ 20 minutes

Serves 4

Feel free to sub in any not spicy pepper here! Those Italian frying peppers would be perfect!

Ingredients:

2 lbs Cauliflower, small to medium head, coarsely chopped

2 large bell peppers, chopped

2 tsp sesame oil

3 Tbs green onions, chopped

2 Tbs sesame seeds

Sauce-

2 Tbs soy sauce

1 Tbs water

1 Tbs maple syrup

2 tsp cornstarch

Directions:

Preheat large skillet on low-medium heat and coat with sesame seed oil. Add cauliflower and bell peppers, cover with a lid and cook for 8 minutes, stirring every few minutes.

In a small bowl, whisk soy sauce, water, maple syrup, cornstarch and pour into skillet. Stir to coat veggies and cook a few more minutes until sauce has thickened.

Stir again, sprinkle with green onions and sesame seeds. Serve hot with meat of choice, or over pasta, quinoa or brown rice.

Stuffed Italian Frying Peppers

Adapted from A Family Feast (www.afamilyfeast.com)

Total time ~45 minutes

Serves 6-8

This recipe is a little different, but super tasty! Use these peppers just like you would other bell peppers! Stuffed is a great option!

Ingredients:

8-10 Italian frying peppers such as Marconi or Cubanelle (about ½ pound)

2 Tbs EVOO

8 ounces in weight of Italian bread, crusts removed and cut into cubes

3 cups Italian tomato sauce, divided (see here) or purchased

25 pitted oil cured black olives, chopped

1 Tbs anchovy paste or 6 anchovy filets mashed fine

½ cup Romano cheese grated, plus more for serving

1 tsp fresh garlic, minced

½ cup fresh basil, chopped

3 Tbs fresh Italian flat leaf parsley, chopped

½ tsp freshly ground black pepper

¼ cup olive oil for frying

Directions:

Wash peppers, trim off tops and using a teaspoon, dig out seeds and ribs. Rinse and let dry.

In a cast iron skillet, over medium heat, place the two tablespoons of olive oil and once hot, place cubed bread into oil and toss and cook to brown, about 5-10 minutes. Remove toasted bread and any oil to a large bowl.

The skillet will be used later in this recipe.

Pour one cup of tomato sauce over the cooked bread and squish it into the bread with your hands or use a heavy whip. The mixture should be completely mixed to a mushy finish.

Add olives, anchovy paste, Romano, garlic, basil, parsley and pepper. Stir to combine.

Divide filling between the peppers, pressing the stuffing into the end. OK if a little hangs out.

Preheat oven to 350 degrees F. (Note: most Italian pepper recipes don't finish in the oven and are cooked entirely on the stove top. I think they get too dark doing it that way so I cook half on the stove to brown and finish in the oven to cook through.)

Using the same cast iron skillet as before, heat the ¼ cup of olive oil over medium heat.

Dry the outside of the peppers of any water so they don't splatter when cooking.

Once the oil is hot, cook the peppers in the hot oil in two batches. Turn and cook until each batch is browned, about 15 minutes each. You may still need a splatter screen.

Pour one cup of sauce into a casserole dish large enough to fit all of the peppers.

As each batch is cooked, transfer to the prepared casserole dish and once the dish is full, cover with the remaining cup of sauce.

Bake uncovered for about 15 minutes or until heated through.

Serve with additional grated Romano cheese.

Roasted Delicata Squash Salad with Warm Pickled Onion Dressing

Adapted from Healthy Seasonal Recipes (www.healthyseasonalrecipes.com)

Serves 4

I know we have our pickling lovers in this group, combine your efforts with your squash this week! Also uses one of those apples.

Ingredients:

2 medium delicata squash
3 Tbs EVOO, divided
1 ¼ tsp coarse kosher salt
½ tsp freshly ground pepper, divided
3 Tbs red wine vinegar
2 tsp honey
¼ tsp caraway seed
¼ cup minced red onion
2 cups shredded cabbage
1 large apple, finely diced
½ cup chopped celery hearts (preferably with leaves)
½ cup chopped toasted walnuts
2 Tbs Italian parsley, cut into strips (optional)

Directions:

Preheat oven to 400°F.

Cut delicata in half lengthwise; scoop out seeds and pulp. Cut lengthwise again, and then into 1/4-inch quarter-moons. Toss delicata in a medium bowl with 1 tablespoon oil, 1/2 teaspoon salt, and 1/4 teaspoon pepper until coated. Spread out in a single layer onto a large rimmed baking sheet. Roast, stirring once or twice, until tender and darkened in spots, 16 to 20 minutes.

Meanwhile combine vinegar, honey, caraway, the remaining 3/4 teaspoon salt, and the remaining 1/4 teaspoon pepper in a microwave-safe measuring cup or bowl. Microwave until boiling-hot, 1 to 1 1/2 minutes. Remove from the microwave and stir in onion. Set aside for 10 minutes. Whisk in the remaining 2 tablespoons oil.

Toss cabbage, apple, celery hearts, the hot roasted delicata squash, and the warm pickled onion dressing in a large salad bowl. Divide among four plates and top with walnuts and parsley (if using).

Delicata Squash Egg Bake

Adapted from Hungry Hobby (www.hungryhobby.com)

Serves 6

Vegetables + Eggs = a complete meal!

Ingredients:

1 delicata squash
1 Tbs avocado oil
1 sprinkle garlic salt
4 eggs
1 ½ cups egg whites
¼ tsp garlic
¼ tsp turmeric
2 ounces goat cheese

Directions:

Preheat oven to 400F. Cut in half lengthways, then cut width ways into 1/2 inch wedges. Toss wedges with oil, then spread on a parchment paper and sprinkle with garlic salt.

Roast for 20-25 minutes or until tender.

Whisk egg, egg whites, garlic, and turmeric seasoning. Grease a 9 x 13 glass casserole dish. When squash is done roasting spread, turn down to 375 F and spread out over the bottom of the casserole dish. Pour egg mixture over squash wedges.

Crumble goat cheese evenly over the mixture.

Bake at 375 F for 30-35 minutes until fully set.

Creamy Potato Salad with Lemon and Fresh Herbs

Adapted from Epicurious (www.epicurious.com)

Serves 8

You could definitely adjust this recipe pending how many potatoes you have, or what fresh herbs you have on hand.

Ingredients:

3 pounds baby potatoes
3 Tbs unseasoned rice vinegar
 $\frac{3}{4}$ cup mayonnaise
3 medium green onions, thinly sliced
1 celery stalk, cut into 1/3-inch cubes
 $\frac{1}{4}$ cup chopped fresh parsley
 $\frac{1}{4}$ cup chopped fresh basil
2 Tbs chopped fresh dill
1 $\frac{1}{2}$ tsp finely grated lemon peel

Directions:

Bring potatoes to boil in large pot of water. Reduce heat to medium-low and simmer until potatoes are tender, about 17 minutes. Drain; let stand until cool enough to handle, about 20 minutes.

Cut potatoes into 3/4-inch pieces. Place 1 layer of potatoes in large bowl; sprinkle with some of vinegar and salt and pepper.

Continue layering potatoes with vinegar, salt, and pepper. Add all remaining ingredients; toss. Season with salt and pepper.

Let chill in the refrigerator, best made ahead.

Pickled Hakurei Turnips

Adapted from Serious Eats (www.serious-eats.com)

Makes 1 pint

Super easy fast pickle that can be used on salads, burgers or as an edible garnish.

Ingredients:

1 bunch hakurei turnips (approximately six)

1 tsp salt

½ cup rice wine vinegar

1 tsp sugar

½ tsp black peppercorns, crushed

3 thin slices of ginger

Directions:

Wash turnips well and slice them thinly on a mandolin. Place turnip slices in a small bowl and toss with the salt. Let rest until there is a pool of liquid on the bottom of the bowl, about 30 minutes. Drain turnips of the salty water and pack into a pint sized mason jar.

Add vinegar, sugar, pepper and ginger slices. Apply a watertight lid and shake to combine. Place pickled turnips in the fridge and chill before eating. Pickles can be eaten within an hour of being made and will keep for at least a week.

Spanish Quinoa Stuffed Peppers

Adapted from Minimalist Baker (www.minimalistbaker.com)

Prep time ~15 minutes Total time ~1 hour 15 minutes

Serves 4

A different spin on stuffed peppers! Let your family members build their own!

Ingredients:

Peppers-

1 cup quinoa or rice (thoroughly rinsed and drained)

2 scant cups vegetable stock (sub water, but it will be less flavorful)

4 large red, yellow, or orange bell peppers (halved, seeds removed)

½ cup salsa (plus more for serving)

1 Tbs nutritional yeast (optional)

2 tsp cumin powder

1 ½ tsp chili powder

1 ½ tsp garlic powder

1 15-ounce can black beans (drained // if unsalted, add 1/4 tsp sea salt per can)

1 cup whole kernel corn (drained)

Toppings (optional)-

1 ripe avocado (sliced)

Fresh lime juice

Hot sauce

Cilantro (chopped)

Diced red onion

Creamy Cilantro Dressing

Chipotle Red Salsa (or your favorite salsa)

Directions:

Add quinoa and vegetable stock to a saucepan and bring to a boil over high heat. Once boiling, reduce heat, cover, and simmer until all liquid is absorbed and quinoa is fluffy - about 20 minutes.

Preheat oven to 375 degrees F (190 C) and lightly grease a 9x13 baking dish or rimmed baking sheet.

Brush halved peppers with a neutral, high heat oil, such as avocado oil or refined coconut oil.

Add cooked quinoa to a large mixing bowl and add remaining ingredients - salsa through corn. Mix to thoroughly combine then taste and adjust seasonings accordingly, adding salt, pepper, or more spices as desired.

Generously stuff halved peppers with quinoa mixture until all peppers are full, then cover the dish with foil.

Bake for 30 minutes covered. Then remove foil, increase heat to 400 degrees F (204 C), and bake for another 15-20 minutes, or until peppers are soft and slightly golden brown. For softer peppers, bake 5-10 minutes more.

Serve with desired toppings (listed above) or as is. Best when fresh, though leftovers keep covered in the refrigerator for 2-3 days. Reheat in a 350-degree F (176 C) oven until warmed through - about 20 minutes.

Thai Turkey Meatballs with Coconut Broth and Noodles

Adapted from Epicurious (www.epicurious.com)

Total Time 45 minutes

Serves 5-6

This is delicious if you're looking for an adventurous way to use those peppers! Save it for this winter if you're freezing some!

Ingredients:

For the meatballs and noodles-

1 large egg

1 pound ground turkey

½ cup panko (Japanese breadcrumbs) or fresh breadcrumbs

1 scallion, finely chopped

1 garlic clove, finely grated

1 Tbs low-sodium soy sauce or tamari

1 tsp finely grated peeled ginger

½ tsp kosher salt, plus more

6 ounces sugar snap peas, strings removed

1 medium red, yellow, or orange bell pepper, seeds and ribs removed, sliced into 1/4"-thick strips

4 ounces dried rice noodles, such as pad Thai noodles

2 tsp virgin coconut or neutral vegetable oil

For the broth:

1 Tbs virgin coconut or neutral vegetable oil

2 garlic cloves, finely grated

1 ½ tsp finely grated peeled ginger

1 ½ cups canned unsweetened coconut milk

1 ½ cups low-sodium chicken broth

2 Tbs fresh lime juice

1 tsp soy sauce

¾ tsp kosher salt

¼ cup Thai red curry paste (optional)

Lime wedges, basil leaves, sliced scallion, sliced red chiles, chopped peanuts (for serving; optional)

Directions:

Preheat oven to 425°F. Line a rimmed baking sheet or 13x9" glass or metal baking dish with parchment.

Beat egg in a large bowl with a fork. Add turkey, panko, scallion, garlic, soy sauce, ginger, and 1/2 tsp. salt and stir well to combine. Using your hands, roll mixture into 1" balls, packing firmly (you should have about 30). Transfer to prepared baking sheet.

Roast meatballs, turning once halfway through, until firm and cooked through and an instant-read thermometer inserted into center of meatball registers 165°F, 15–20 minutes.

Meanwhile, cook snap peas and bell pepper in a medium pot of boiling well-salted water 2 minutes. Transfer to a colander with a spider, slotted spoon, or tongs, reserving water in pot. Transfer to a medium bowl. Return water to a boil and cook noodles according to package directions. Drain noodles, then transfer to a large bowl and toss with oil.

Option 1: For turkey meatballs, plain noodles, and vegetables:

To make plain noodles with no broth, divide noodles among bowls and top with meatballs, snap peas, and bell pepper, or separate into different sections on a plate.

Option 2: For a mild coconut broth noodle bowl:

Heat oil in a medium pot over medium. Add garlic and ginger and cook, stirring constantly, until fragrant, 30–60 seconds. Add coconut milk, broth, lime juice, soy sauce, and salt. Increase heat to medium-high and bring to a simmer. Cook, stirring occasionally, 5 minutes, then remove from heat.

Divide noodles among bowls. Ladle broth over and top with meatballs, snap peas, and bell pepper.

Option 3: For a spicy red curry noodle bowl (optional):

Whisk curry paste into coconut broth mixture (or keep half of broth “plain” to make 2 mild bowls, and whisk 2 T curry paste into remaining half to make 2 spicy bowls).

Divide noodles among bowls. Ladle broth over and top with meatballs, snap peas, and bell peppers. Garnish with lime wedges, basil, scallions, chiles, peanuts, if using.

Pickled Cherry Tomatoes

Adapted from The Kitchn (www.thekitchn.com)

Makes 1 pint

This was shared in the group several summers ago and I was shocked! These will last up to 2 months in your fridge this way.

Ingredients:

1 pint cherry tomatoes (about 8 ounces)
1 clove garlic
½ tsp whole black peppercorns
1 cup apple cider vinegar
1 cup water
1 Tbs kosher salt or 2 teaspoons pickling salt
1 Tbs granulated sugar (optional)

Directions:

Prepare the tomatoes. Wash and dry the tomatoes. Use a skewer to poke a hole through each of the tomatoes.

Place the spices in the jar. Place the garlic and peppercorns in a wide-mouth pint jar.

Add the tomatoes. Pack the tomatoes into the jar.

Make the pickling brine. Place the vinegar, water, salt, and sugar (if using) in a small saucepan over high heat. Bring to a rolling boil, stirring to dissolve the salt and sugar. Pour the brine over the tomatoes, filling the jar to within 1/2 inch of the top. You might not use all the brine.

Remove air bubbles. Gently tap the jar against the counter a few times to remove all the air bubbles. Top off with more pickling brine if necessary.

Tighten the lid. Place the lid over the jar and screw on the ring until tight.

Cool and refrigerate. Let the jar cool to room temperature.

Store the pickles in the refrigerator. The pickles will improve with flavor as they age — try to wait at least 48 hours before cracking them open.

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!

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 Tbs 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.

Crispy Corn Fritters

Adapted from The Kitchn (www.thekitchn.com)

Chop up some peppers to add to these. You can FREEZE them!

Ingredients:

1 ½ cups all purpose flour
2 Tbs fine white cornmeal
1 Tbs sugar
2 tsp backing powder
1 tsp salt
½ tsp cayenne pepper
3 cups fresh corn kernels
½ medium jalapeno pepper, minced
2 Tbs fresh chives, chopped
½ cup whole milk
2 large eggs
½ cup oil

Directions:

Mix the dry ingredients. Whisk the flour, cornmeal, sugar, baking powder, salt, and cayenne pepper together in a large bowl.

Toss corn, jalapeño, and chives with the dry ingredients. Add the corn, jalapeño if using, and chives. Toss with your hands or a spatula until the vegetables are coated.

Prepare the batter. Mix the milk and eggs together in a measuring cup until incorporated, then pour into the flour and corn mixture. Stir with a spatula until all of the flour is moistened. The batter will be quite thick, but do not overmix. Set aside while you heat the oil.

Heat oil and fry the fritters. Heat the oil into a large cast iron skillet over medium heat until shimmering. Drop 4 (1/4-cup) portions of the batter evenly around the pan and flatten each slightly with the back of a spoon or a spatula. Cook until golden-brown on the bottom, 2 to 3 minutes. Flip with a flat spatula and cook until puffed, brown and cooked through, 2 to 3 minutes more. If using frozen corn kernels, they may need 1 to 2 minutes more cook time per side.

Drain and serve the fritters. Transfer the fritters with a spatula to a paper-towel lined plate. Continue making fritters with the remaining batter. Transfer finished fritters to a serving plate and serve warm or at room temperature.

Hearty Corn Chowder

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

Total time ~ 1 hour

Serves 6

Soup and more soup, use those potatoes in this one. Could also add some poblanos! I made this last week and was not disappointed!

Ingredients:

8 slices bacon, diced
2 Tbs unsalted butter
1 medium yellow onion, diced
¼ cup all-purpose flour
2 cloves garlic, minced
5 cups water (chicken broth or vegetable broth may be substituted)
8 ears yellow sweet corn (husks and silks removed)
1 lb yukon gold or baby red potatoes, sliced into ½ inch pieces
¼ tsp dried thyme
¼ tsp smoked paprika
salt and black pepper, to taste
1 cup half and half or heavy cream
handful of chopped fresh chives

Directions:

Slice corn kernels off the cob and set aside. Take each ear of corn and hold it over a bowl. Use either the back of your knife or a spoon and scrape any remaining pulp and juice from the cobs.

Cook bacon pieces in large heavy bottomed pot (like a dutch oven) over MED heat. Cook about 5-8 minutes, or until bacon is crisp. Use a slotted spoon to remove to a paper towel lined plate and set aside.

Use a clean paper towel to absorb some of the bacon grease, reserving about 1 Tbs of grease in the pot. Add butter and melt over medium heat.

Add diced onions and cook about 5 minutes, until soft and translucent. Add garlic and flour and cook about 1 minute, stirring often.

While whisking, pour in water and increase heat to medium-high. Add in corn, potatoes, thyme, smoked paprika, and salt and pepper. Stir and bring to a low boil, then reduce heat to medium-low and simmer.

Simmer, stirring every so often, for 15-20 minutes, until potatoes are fork tender.

Use an immersion blender to blend about half the soup until smooth. Alternatively, remove about 3 cups of the soup to a blender and blend until smooth. Stir the blended soup back into the pot.

Add in half and half, reserved corn juice, and about half the chives. Stir in and heat through.

Serve sprinkled with remaining chives and cooked bacon pieces, if desired.

Autumn Apple Chicken

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

Serves 4

This recipe screams fall, a great way to combine sweet and savory.

Ingredients:

1 Tbs oil
4 bone-in chicken thighs (about 1-1/2 pounds), skin removed
¼ tsp salt
¼ tsp pepper
2 medium apples, coarsely chopped
1 medium onion, chopped
1 garlic clove, minced
1/3 cup barbecue sauce
¼ cup apple cider or juice
1 Tbs honey

Directions:

In a large skillet, heat oil over medium heat. Brown chicken thighs on both sides; sprinkle with salt and pepper. Transfer to a 3-qt. slow cooker; top with apples.

Add onion to same skillet; cook and stir over medium heat 2-3 minutes or until tender. Add garlic; cook 1 minute longer. Stir in barbecue sauce, apple cider and honey; increase heat to medium-high. Cook 1 minute, stirring to loosen browned bits from pan. Pour over chicken and apples. Cook, covered, on low 3-1/2 to 4-1/2 hours or until chicken is tender.