

SLFarms CSA Week Eighteen, 2023 Recipes

One Pot Sweet Potato and Chard Salad

Chard Stir Fry

Garlic Herb Chicken Sweet Potato Sheet Pan Meal

Roasted Squash with Sesame Seeds and Cumin

Garlic Roasted Potatoes and Carrots

Slow Cooker Chicken and Kale Sweet Potato Stew

Savory Stuffed Butternut Squash

Glazed Turnips

Roasted Butternut Squash with Cider Vinaigrette

Sausage & Apple Butternut Squash

Carrot and Butternut Squash Puree

Curried Carrot Soup

One Pot Sweet Potato and Chard Salad

Adapted from Cooking Light (www.cookinglight.com)

Serves 4

Simple fall salad, you could also use kale if you still have!

Ingredients:

4 cups water
10 ounces diced sweet potato (about one cup)
6 ounces chopped chard (about one cup)
1 cup hot cooked faro (could also use quinoa or another grain)
2 Tbs EVOO
2 Tbs tarragon vinegar
¼ tsp salt
¼ tsp black pepper
2 Tbs sliced scallions

Directions:

Combine water and diced sweet potato in a medium saucepan over medium-high. Bring to a boil; reduce heat to medium-low, and cook 3 minutes. Stir in chopped rainbow chard. Cook until wilted, about 2 minutes; drain well.

Combine chard mixture, hot cooked farro, olive oil, tarragon vinegar, kosher salt, and black pepper in a medium bowl; toss to combine. Sprinkle with sliced scallions.

Chard Stir Fry

Adapted from BG Produce (www.bgproduce.wordpress.com)

Total time ~35 minutes

Serves 6

You can definitely substitute some of these veggies! Use whatever you have lingering in that fridge! Use regular garlic since you likely don't have scapes!

Ingredients:

- 1 carrot, cut on the bias
- 1 portobello mushroom, sliced
- 1 bunch mini broccoli, including leaves, cut into large pieces
- 1 zucchini, sliced lengthwise and then in 1/2 inch pieces
- 6 garlic scapes, cut into 1 inch pieces
- 4 scallion, white ends cut on the bias – reserve and chop greens to top the finished stir fry
- Handful of snow peas
- 1 head Swiss chard, rough chopped
- 4 leaves from a large Napa cabbage, rough chopped
- 2-4 Tbs canola or peanut oil
- ½ cup soy sauce
- ¼ cup Hoisin sauce
- 2 tsp sesame oil
- 2 tsp fish sauce
- 2 Tbs Sambal Oelek (chili paste)
- 2 tsp rice wine vinegar
- 1 heaping tsp grated ginger
- 1 ½ Tbs cornstarch
- 1 package soba noodles

Directions:

Cook soba noodles according to directions. Drain and set aside.

Prepare all vegetables.

Mix together soy sauce through grated ginger. Taste and adjust to your liking. Stir in cornstarch making sure there are no lumps. Set aside.

Heat a wok or large stockpot over high heat. Add 2 Tablespoons oil and swirl to coat wok/pan.

Add carrot and stir-fry for 1 minute. Add mushrooms and stir-fry for another minute. Add broccoli, zucchini, garlic scapes, and scallions. Stir fry for 1 minute. Add peas, Swiss chard, and Napa cabbage.

Stir-fry until greens wilt. Add oil at any point when pan gets dry.

Add soy sauce mixture and stir fry until thickened slightly, about 2 minutes.

Place soba noodles in a bowl and spoon vegetable stir fry on top. Finish with scallions.

Garlic Herb Chicken Sweet Potato and Broccoli Sheet Pan Meal

Adapted from Café Delites (www.cafedelites.com)

Total time ~35 minutes

Serves 4

Sheet pan meals are the best! Sub in other veggies to use this as a great exit strategy!

Ingredients:

1 large sweet potato , peeled and diced into 1/2-inch wide pieces
¼ cup EVOO, divided
4 cloves garlic , crushed or finely chopped, divided
2 tsp dried oregano, divided
2 tsp basil, divided
2 tsp parsley, divided
Salt and freshly ground black pepper
21 ounces boneless skinless chicken breasts , diced into 1 1/4-inch pieces
1 large head of broccoli cut into florets (about 3 cups of florets)
1 red pepper, deseeded and cut into wedges
1 medium red onion, cut into wedges

Directions:

Preheat oven to 400°F.

Line a large, rimmed baking sheet / tray with parchment paper or aluminum foil. Arrange sweet potatoes on the tray; drizzle with 1 tablespoon of oil (or enough to evenly coat), 1 crushed garlic clove, 1/2 teaspoon each of oregano, basil and parsley. Toss well to coat completely. Season with salt and pepper and spread into an even layer.

Cover with foil and roast in hot oven for 20 minutes, while preparing the remaining vegetables.

The sweet potatoes will just begin to soften at this time (they will still be fairly hard on the inside, but soft on the outside).

Remove from the oven and arrange the chicken, broccoli, peppers, and onion around the sweet potatoes. Drizzle with remaining oil; add the garlic and herbs. Toss everything together to completely coat in the oil.

Season with extra salt and pepper to taste.

Return to the oven and bake for 15-20 minutes, turning chicken and other ingredients once while cooking, until the chicken is cooked through and no longer pink in the middle, and the other vegetables are cooked through. Serve immediately OR allow to cool to room temperature, divide into 4 containers and you have meals ready for the week!

Roasted Squash with Sesame Seeds and Cumin

Adapted from Martha Stewart (www.marthastewart.com)

Total time 45 minutes

Serves 6

Try this with any squash, try it with some cumin for something different!

Ingredients:

3 Tbs sesame seeds

1 ½ tsp cumin seeds

2 small acorn squashes (about 1 pound each), halved, seeded, and cut into 1-inch wedges

1 tsp ground coriander

Coarse salt and freshly ground pepper

3 T EVOO

Directions:

Preheat oven to 400 degrees. Toast sesame seeds in a small skillet over medium-high, shaking pan frequently, until golden brown, 1 to 2 minutes.

Add cumin seeds and toast until fragrant, about 30 seconds more. Transfer seeds to a small bowl; let cool.

Toss squashes with coriander, 2 teaspoons salt, 1/4 teaspoon pepper, and oil on a rimmed baking sheet. Spread in a single layer; roast 15 minutes.

Add sesame mixture and toss to coat, then flip slices. Roast until squashes are tender and golden brown, about 15 minutes more; serve.

Garlic Roasted Potatoes, Carrots and Turnips

Adapted from Center Cut Cook (www.centercutcook.com)

Prep time ~10 minutes, Cook time ~25 minutes

Serves 4

Easy roasting!

Ingredients:

1 lb small red skin potatoes, whole

½ lb carrots, chopped

½ lb turnips, chopped

1 Tbs EVOO

½ tsp salt

½ tsp ground black pepper

1 clove garlic, minced

2 tsp fresh thyme, minced

Directions:

Heat oven to 400 degrees.

In a large mixing bowl, combine the potatoes, carrots, turnips, olive oil, salt, pepper, garlic, and thyme. Stir to mix well.

Pour the potato-carrot mixture into an oven-safe large skillet (or can spread out on a rimmed baking sheet lined with tin foil).

Place the skillet into the oven and roast for 25-30 minutes, stirring occasionally.

The potatoes, carrots and turnips are done when they are tender when pierced with a fork.

Slow Cooker Chicken and Kale Sweet Potato Stew

Adapted from Real Food Whole Food Life (www.realfoodwholelife.com)

Serves 4

This recipe screams fall! If you don't have kale, sub in your greens from this week...and it has EASY written all over it.

Ingredients:

2 large or 4 small sweet potatoes, peeled and chopped into 1-inch pieces

1 bunch kale, stems removed and thinly sliced (2 packed cups)

1 pound boneless, skinless chicken breasts or thighs

2 32-oz boxes chicken stock

2-3 tsp kosher salt

2 tsp Italian seasoning

Extra virgin olive oil, to serve

Directions:

Place all the ingredients in a 6-quart slow cooker, stirring to combine. Cover and cook on high for 4 hours or low for 6, or until the sweet potatoes are tender and the chicken is cooked through and very tender.

Remove the chicken and shred with two forks. Return to the slow cooker and stir to combine. Taste and add additional salt to taste. Serve hot with a generous drizzle of olive oil.

Savory Stuffed Butternut Squash

Adapted from Garlic and Zest (www.garlicandzest.com)

Total time 45 minutes

Serves 6

Use honeynut or butternut for this super delicious recipe! It also uses KALE, which I know you might still have!

Ingredients:

For the squash:

2 butternut squash

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).

Glazed Turnips

Adapted from Bon Appetit (www.bonappetit.com)

Serves 10

Try this simple recipe to enjoy those turnips.

Ingredients:

3 bunches baby turnips, or red radishes (about 2 pounds)

¼ cup (1/2 stick) unsalted butter

3 Tbs sugar

Kosher salt

Directions:

Place turnips in a large skillet; add water to cover turnips halfway. Add butter, sugar, and a large pinch of salt; bring to a boil.

Cook, stirring occasionally, until liquid is syrupy and turnips are tender, about 15 minutes. (If turnips are tender before liquid has reduced, use a slotted spoon to transfer turnips to a plate and reduce liquid until syrupy. Return turnips to pan and stir to coat well.)

Add turnip greens to skillet and cook over medium heat, season with salt if needed. Serve!

Roasted Butternut Squash with Cider Vinaigrette

Adapted from Country Living (www.countryliving.com)

Total time 40 minutes

Serves 6

Roasting winter squashes really bring out their creamy sweetness, I love trying different toppings on them like this.

Ingredients:

2 small butternut squash (about 1 1/2 pounds each), peeled, seeded, and cut into 1/2-inch-thick slices

1 medium red onion, cut into wedges

3 Tbs EVOO, divided

kosher salt

freshly ground black pepper

1 cup apple cider

1 1/2 Tbs whole grain mustard

1 Tbs red wine vinegar

2 Tbs fresh flat leaf parsley, chopped

Directions:

Preheat oven to 425°F. Toss squash and onion with 2 tablespoons oil on two rimmed baking sheets. Season with salt and pepper.

Roast, rotating pans once, until golden brown and tender, 20 to 25 minutes.

Meanwhile, bring cider to a boil in a small saucepan over high heat. Reduce heat to low and gently simmer until liquid has reduced to 3 tablespoons, 12 to 15 minutes.

Whisk together mustard, vinegar, reduced cider, and remaining 1 tablespoon oil in a bowl. Season with salt and pepper. Stir in parsley.

Drizzle squash and onion with vinaigrette just before serving.

Sausage & Apple Butternut Squash

Adapted from Garden in the Kitchen (www.gardeninthekitchen.com)

Total time 30 minutes

This recipe screams fall! A great Thanksgiving dish if you can save that butternut!

Ingredients:

1-2 whole butternut 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:

Preheat 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 30-35 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 squash from oven. Fill the cavity with sausage apple mix. Top with fresh rosemary and serve.

Carrot and Butternut Squash Puree

Adapted from Garlic and Zest (www.garlicandzest.com)

Total time ~30 minutes

Serves 6

You can substitute any winter squash, even pumpkin, in this simple recipe!

Ingredients:

1 small butternut squash about 2 pounds

1 pound carrots peeled and cut into 1 inch pieces - or use the baby carrots.

3 T EVOO

2 cloves garlic lightly smashed, peel removed

6-7 fresh sage leaves

1 lemon zested

salt and pepper to taste

Directions:

Fill a large pot with about 1 inch of water. Set a steamer basket inside the pot and fill the steamer basket with squash and carrots. Cover tightly with lid and heat to boiling. Steam the vegetables until very tender, about 15 minutes.

Meanwhile, add olive oil to a small skillet and heat over medium until oil is shimmering. Add garlic and sauté until golden brown. Remove the garlic and add the sage leaves. Fry the sage until just crisp - about 30 seconds. Remove sage from oil and place on paper towels to absorb excess oil.

Transfer squash and carrots to the bowl of a food processor. Puree together until smooth. Add 2-3 tablespoons sage oil, and pulse 2-3 times to combine. Add lemon zest, salt and pepper to taste and stir until combined.

Crumble sage leaves and sprinkle on top. Drizzle with remaining olive oil if desired.

Curried Carrot Soup

Adapted from Rachel Ray (www.foodnetwork.com)

Total time ~25 minutes

Serves 6

This recipe calls for 6 cups of broth- it's time to use that veggie scrap bag up and make some of your own!

Ingredients:

1 Tbs EVOO, 1 turn of the pan

2 Tbs butter

1 medium onion, chopped

1 ½ pounds carrots

6 cups chicken stock, or veggie broth

1 Tbs mild curry paste or 1 ½ Tbs curry powder

¼ to ½ tsp ground cayenne pepper

Coarse salt

1 cup sour cream

Plastic condiment bottle or medium plastic food storage bag

6 blades fresh chives, cut into 1-inch pieces

Directions:

Preheat medium pot over medium high heat. Add olive oil, butter, onions and carrots and saute 5 minutes. Add 4 cups chicken stock, curry and cayenne, and about 1 teaspoon salt to the pot. Bring to a boil, cover and cook until carrots are very tender, about 15 minutes.

Place pot on a trivet next to food processor. Process soup in 2 or 3 small batches until soup is smooth and carrots are fully pureed. Transfer processed soup into a large bowl as you work to make room for more soup in the food processor.

Return completed soup to the soup pot and place back over low heat. If the soup is too thick, add remaining stock, up to 2 cups, to achieve desired consistency. Adjust seasonings. Place sour cream in a plastic condiment squeeze bottle or into a medium food storage bag. Cut a very small hole in the corner of the bag with scissors.

Ladle soup into bowls and squirt a swirl of sour cream around the bowl from the center out to the rim. Drag a toothpick from the center of the bowls out to the edges, forming a spider web design on soup.

Pile a few pieces of cut chives at the center of each bowl and serve!

Cranberry Pear Tart

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

Total time ~25 minutes

Serves 6

This recipe calls for 6 cups of broth- it's time to use that veggie scrap bag up and make some of your own!

Ingredients:

1 sheet refrigerated pie crust

4 cups sliced peeled pears

1/3 cup dried cranberries

1/3 cup thawed apple juice concentrate

1 tsp apple pie spice

Directions:

Press crust onto the bottom and up the sides of an ungreased 9-in. tart pan with removable bottom; trim edges. Generously prick the bottom with a fork; set aside.

In a large skillet, cook the pears, cranberries, apple juice concentrate and apple pie spice over medium heat until pears are tender. Pour into crust. Bake at 375° until crust is golden brown, 30-35 minutes. Cool on a wire rack.