

## **SLFarms Week Nine Recipes, 2020**

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## **Baked Orzo with Eggplant and Mozzarella**

Adapted from Smitten Kitchen ([www.smittenkitchen.com](http://www.smittenkitchen.com))

Serves 4

This was shared by Esther in the group, what a great way to use your box!

### **Ingredients:**

1 large eggplant, cut into 3/4-inch dice  
Salt and black pepper  
¼ cup EVOO  
1 medium carrot, peeled and cut into 1/4-inch dice  
1 celery stalk, in a 1/4-inch dice  
1 medium onion, finely diced  
3 garlic cloves, minced  
8 ounces orzo, a rice-shaped pasta, rinsed  
1 tsp tomato paste  
1 ½ cups vegetable stock  
1 to 3 Tbs fresh oregano, chopped  
1 tsp grated lemon zest or more to taste, up to the zest of a whole lemon  
4 ounces mozzarella, firmer is better here, cut into 1/3-inch dice  
1 ½ ounces parmesan, grated  
3 medium tomatoes, diced

### **Directions:**

Sprinkle your eggplant generously with salt and let it drain in a colander for 30 minutes. I used this time to get the rest of my ingredients ready. After 30 minutes, rinse it well and pat it dry on towels.

Preheat your oven to 350°F. Heat a large frying pan over medium-high heat. Once hot, add the oil and once the oil is shimmering, add the eggplant. Fry for 8 minutes, stirring pieces occasionally. Using a slotted spoon or spatula, transfer them to paper towels to drain. Add celery and carrots to remaining oil and cook for 3 minutes before adding onion and garlic. Cook together for 5 more minutes on medium heat. Stir in the orzo and tomato paste and cook for two minutes more. Off the heat, add the oregano, mozzarella, parmesan, tomatoes, fried eggplant, lemon zest, 1 teaspoon table salt, many grinds of black pepper and the stock and mix well.

Transfer mixture to an 8×11-inch (about 2 quarts) ovenproof baking dish. Cover with foil and bake 20 minutes, then bake 20 minutes without the foil. (You can increase the ration of foil-on to foil-off time if you don't like a crunchy pasta lid.) Let rest for 5 minutes before serving.

## **Ratatouille Baked Chicken**

Adapted from Skinny Taste ([www.skinnytaste.com](http://www.skinnytaste.com))

Total time ~ 1 hour

Serves 4

What a great way to use this box! Thank you for Dianna for sharing in the group!

### **Ingredients:**

2 tablespoons EVOO  
8 bone-in chicken thighs, skin removed  
Kosher salt and freshly ground black pepper  
1 small yellow onion, roughly chopped  
5 garlic cloves, minced  
1 large eggplant, peeled and cut into 1-inch cubes  
1 Tbs tomato paste  
1 Tbs finely chopped fresh thyme  
2 medium zucchini, cut into ½-inch dice  
1 yellow bell pepper, cut into ½-inch squares  
5 vine-ripened tomatoes, cut into ½-inch dice  
1 cup fresh basil leaves, finely chopped

### **Directions:**

Preheat the oven to 400°F.

Set a large Dutch oven over medium-high heat. Add 1/2 tablespoon olive oil and heat to shimmering.

Pat the chicken dry with paper towels, season on all sides with salt and pepper, and set the chicken down in the pan. Cook, without moving, until nicely browned and the meat releases from the pan, about 5 minutes.

Flip and continue cooking until the other side begins to brown, about 3 minutes. Remove the chicken to a plate and set aside.

Reduce the heat to medium and add the remaining olive oil, onion, garlic, and a pinch of salt. Cook, stirring occasionally, until the vegetables begin to soften, about 3 minutes.

Add the eggplant and another pinch of salt and cook, stirring occasionally, until the eggplant begins to soften, about 5 minutes.

Add the tomato paste and thyme and cook, stirring constantly, for 1 minute.

Add the zucchini, bell pepper, tomatoes, another pinch of salt, and a twist of black pepper and cook, stirring occasionally, until all of the vegetables are tender, about 10 minutes.

Remove the pan from the heat. Partially submerge the chicken into the vegetables. Transfer the pot to the oven and cook, uncovered, until the thickest portion of the chicken reaches an internal temperature of 160°F, about 20 minutes.

Remove from the oven and let stand for 10 minutes. Stir in the basil and serve.

## **Creamy Potato Salad with Lemon and Fresh Herbs**

Adapted from Epicurious ([www.epicurious.com](http://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 red potatoes  
3 T 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 T 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.

## **Potato Hash with Bell Peppers and Onions**

Adapted from The Comfort of Cooking ([www.thecomfortofcooking.com](http://www.thecomfortofcooking.com))

Serves 5-6

This is a delicious way to get some veggies in at breakfast! I love a fried egg on top!

### **Ingredients:**

2 T EVOO

1 T unsalted butter

4 large or 6 medium potatoes, peeled and cut into ½" cubes

1 onion, diced

1 red bell pepper, diced

2 tsp fresh parsley, chopped

3 garlic cloves, minced

Salt and pepper, to taste

¼ cup freshly grated Parmesan cheese

### **Directions:**

Preheat the oil and butter in a large nonstick skillet over medium heat. Add potatoes, toss to coat with oil, and place a lid on the pan. Allow the potatoes to cook covered for 10 minutes.

Remove the lid and increase the heat to medium high. Add onion and bell pepper. Cook for 15 minutes, stirring occasionally, until the potatoes and vegetables turn golden brown.

Add the parsley and garlic; cook for 2 minutes. Season with salt and pepper. Sprinkle with Parmesan and serve immediately.

Enjoy!

## **Pasta with 15-minute Burst Cherry Tomato Sauce**

Adapted from Epicurious ([www.epicurious.com](http://www.epicurious.com))

Total time ~20 minutes

Serves 4-6

Yes, you can make a quick pasta sauce with cherry tomatoes!

### **Ingredients:**

1 pound pasta

Kosher salt

½ cup EVOO

2 large garlic cloves, finely chopped

3 pints cherry tomatoes

½ tsp freshly ground black pepper

Pinch of sugar

1 cup coarsely chopped fresh basil

Freshly grated Parmesan (for serving)

### **Directions:**

Cook pasta in a large pot of boiling salted water, stirring occasionally, until al dente; drain and transfer to a large bowl.

Meanwhile, heat oil in a 12" skillet or wide heavy saucepan over medium-high. Add garlic, then tomatoes, pepper, sugar, and 1 tsp. salt. Cook, stirring occasionally, until tomatoes burst and release their juices to form a sauce, 6–8 minutes.

Toss pasta with tomato sauce and basil. Top with Parmesan.

## **Sausage Jambalaya with Celery and Bell Peppers**

Adapted from Fresh City Farms ([www.freshcityfarms.com](http://www.freshcityfarms.com))

Serves 2

This is pretty simple and doesn't take too long, you could also chop up some greens and hide them in here!

### **Ingredients:**

1 green bell pepper, chopped  
2 stalks celery, chopped  
2 cups cherry tomatoes, chopped  
1 onion, chopped  
1 clove garlic, minced  
10-12 ounces mild beef sausage, cut into 1-inch pieces  
2 Tbs EVOO  
salt and pepper to taste  
1 Tbs Italian spice seasoning  
¾ Cup white Arborio rice  
3 cups water  
2 Tbs tomato paste

### **Directions:**

Heat the olive oil in a large pot over medium-high heat. Stir in the onion, garlic, celery, and bell pepper.

Cook until the veggies are tender-crisp and fragrant, about 5-6 minutes. Season with salt and pepper to taste. Stir in the sausage pieces and Italian Spice Mix. Cook for another 2-3 minutes. Stir in the rice and let it 'toast' for a minute or two.

Add the grape tomatoes, 3 cups of water and the tomato paste to the pot. Give everything a stir. Increase the heat to high to bring to boil. Once boiling, reduce the heat to simmer and cook, covered, until the rice and sausage are cooked through and the mixture has thickened, about 15 minutes. Stir the mixture occasionally.

Remove the pot from heat and evenly divide the Jambalaya between two bowls or plates. Garnish with parsley to serve!

## **Fresh Corn Sauté with Bell Pepper and Onions**

Adapted from My Recipes ([www.myrecipes.com](http://www.myrecipes.com))

Total time 15 minutes

Serves 4

This combo would work well to freeze together for a quick side this winter!

### **Ingredients:**

2 tsp unsalted butter

2 cups fresh corn kernels

¼ cup chopped green onions

¼ cup diced red bell pepper

¼ tsp salt

¼ tsp freshly ground black pepper

### **Directions:**

Melt butter in a large nonstick skillet over medium-high heat.

Add corn to pan; sauté 2 minutes.

Add green onions, bell pepper, salt, and pepper to pan; sauté 2 minutes or until crisp-tender.



## **Chili Lime Corn**

Adapted from Cupcakes and Kale Chips ([www.cupcakesandkalechips.com](http://www.cupcakesandkalechips.com))

Total Time ~20 minutes

Serves 4

This is a simple dish that's creamy and crunchy...and smoky and spicy!

### **Ingredients:**

4 ears sweet corn, shucked

1 Tbs butter or olive oil

Juice of 1 lime

½ tsp sea salt

Fresh pepper

1 tsp chili powder, more to taste

1 tsp ground cumin

½ cup crumbled feta or cotija cheese

### **Directions:**

If your corn is uncooked, place over a medium-high grill for 8-12 minutes, or until slightly charred. You can also use leftover cooked corn, or just boil it, but the corn charred on the grill gives it some more smoky flavor.

Cut the kernels from the corn and place in a bowl.

Add the remaining ingredients, except the feta, and toss to combine well.

Add the feta and toss gently.

Place in a ceramic or glass baking dish or individual ramekins.

Heat the corn through to slightly melt the cheese over the grill or in the oven (this can be done either way, or at any temperature, based on what else you are cooking)

## Easy One-Pan Eggplant Chicken Dinner

Adapted from Lexi's Clean Kitchen ([www.lexiscleankitchen.com](http://www.lexiscleankitchen.com))

Total Time 25-30 minutes

Serves 3

I LOVE one pan meals, this is one that uses eggplant- that scary purple veggie that hopefully you all grabbed from the extras table! Make this a vegan dish by subbing out the chicken for some zucchini and other veggies.

### Ingredients:

- 1 Tbs olive oil
- 2 garlic cloves, minced
- 1 onion, thinly sliced
- 1 medium eggplant, cubed
- 1 lb boneless chicken breasts
- 3 cups fresh spinach, or greens of choice (could try kale)
- 1 15 oz. can diced tomatoes
- 1 Tbs italian seasoning
- 1 Tbs fresh basil, more as desired
- ½ tsp ground garlic
- ½ tsp sea salt, more to taste
- ½ tsp pepper, more to taste
- ½ tsp red pepper flakes, optional

### Directions:

In a large sauté pan over medium heat, heat oil and garlic. Add sliced onion and eggplant and let cook for 5 minutes, stirring often until onions are translucent and eggplant is somewhat soft.

Cut uncooked chicken breast into cubes, and add to the pan. Let cook for 5-7 minutes until chicken is fully cooked.

Add in fresh spinach, mix and let cook until spinach wilts.

Add in diced tomatoes and seasoning. Mix and let simmer for 7-10 minutes.

## **Pickled Cubanelle Peppers**

Adapted from Mom Foodie ([www.blommi.com](http://www.blommi.com))

Not sure what to do with those new peppers that showed up this week? Try pickling them! This way you can experiment and use them in different dishes! The recipe calls for 4 peppers, but you could cut it in half.

### **Ingredients:**

4 large cubanelle peppers  
2 cups distilled white vinegar  
2 ½ cups water  
¼ cup kosher salt  
½ tsp minced garlic

### **Directions:**

Warm water until it almost comes to a boil.

While the water is heating, slice the peppers into 1/4 inch rings. Place the peppers and garlic in a container which has a lid.

Add the salt and vinegar to the hot water, stir to dissolve the salt.

Pour over the peppers. Allow to cool, then cover.

Try after 2 hours, allow to set up to 4 hours at most. Remove from brine.

The pickled Cubanelles can go directly into a recipe, or can be stored in a sealed container in the refrigerator for up to a week.

## **Grilled Parmesan, Garlic and Basil Corn on the Cob**

Adapted from Culinary Ginger ([www.culinaryginger.com](http://www.culinaryginger.com))

Total Time 30-35 minutes

Serves 4

I'm loving the sweet corn! I haven't tried this recipe yet myself, but it was shared with me as someone's favorite way to eat sweet corn. I can't wait to try it!

### **Ingredients:**

1 bulb garlic, very top cut off to expose cloves

1 tsp olive oil

4 ears of corn, husks pulled back or removed

3 Tbs plus 4 Tbs unsalted butter, softened

½ tsp sea salt

¼ tsp ground black pepper

¾ cup Parmesan cheese, grated

2 tsp fresh basil, finely chopped

### **Directions:**

Preheat grill on high.

Drizzle the garlic bulb with oil and wrap in aluminum foil. Brush 3 tablespoons of butter all over corn cobs.

Add the garlic to the grill 15 minutes before the corn. Add the cobs to the grill and grill until each side gets a nice char, turning often and checking so they don't burn. About 15 to 20 minutes. Remove both the corn and the garlic.

Cover the corn with foil to keep warm while you make the butter. Open the foil to allow the garlic to cool so you can handle it.

To a bowl add the 4 tablespoons softened butter, the cooled garlic cloves, salt and pepper. Mash and mix well.

To a shallow bowl add the Parmesan cheese and basil, mix well. Spread the butter all over the corn cobs, then sprinkle on the Parmesan and basil.

## **Grilled Vegetable Stuffed Bell Peppers**

Adapted from E Recipe Cards ([www.erecipecards.blogspot.com](http://www.erecipecards.blogspot.com))

Serves 6

Stuff those bell peppers with other veggies from your box and throw them on the grill! What a great idea!

### **Ingredients:**

6 bell peppers, sliced in half lengthwise, seeds and ribs removed  
4 Tbs butter  
1 large red onion, diced  
1 yellow zucchini, diced  
1 green zucchini, diced  
2 cups fresh corn kernels, cut from cob  
1 medium tomato, diced  
1 large pinch sea salt  
1 large pinch pepper  
4 cloves garlic, crushed and minced  
¼ cup basil, cut into ribbons  
½ cup Italian seasoned bread crumbs  
½ cup parmesan cheese  
2 Tbs additional butter, melted

### **Directions:**

Prepare the peppers by slicing and removing seeds and ribs. Rub with olive oil.

To prepare the stuffing, in a large saute skillet, add the red onion and zucchini. Saute over medium high heat until onions begin to turn translucent.

Add the corn, tomatoes, salt, pepper and garlic and saute for an additional 2 minutes.

Add the basil, bread crumbs and parmesan cheese. Remove from heat and stir to mix.

Scoop about 1 cup of the stuffing into each of the pepper halves. Sprinkle additional bread crumbs over the top of each and drizzle with a bit of butter

Grill over indirect heat (Coals pushed to one side, peppers above the part without coals, or on a gas grill, the burner(s) under the peppers turned off and the burners further away turned to high.

Close the grill and grill for about 30 minutes until the peppers have softened. and slightly charring on the edges.

Serve HOT and ENJOY!

## **Ground Cherry Salsa**

Adapted from Hearts in the Kitchen ([www.heartsinthekitchen.com](http://www.heartsinthekitchen.com))

Makes 2 cups

If you haven't eaten all of them, here's something fun to make with ground cherries!

### **Ingredients:**

1 cup ground cherries, outer husk removed

½ cup red onion

1/3 cup roasted tomatoes

1 medium lime, juiced

¼ cup finely chopped jalapeno, seeds removed

¼ cup fresh cilantro leaves

¼ tsp sea salt

### **Directions:**

Combine all ingredients in your food processor and pulse to combine. Chill prior to serving for flavors to combine. Will keep for about a week in the fridge.

## **Grilled Peaches and Berries**

Adapted from Taste of Home ([www.tasteofhome.com](http://www.tasteofhome.com))

Total time ~ 30 minutes

Serves 3

Throw dessert on your grill while its out!

### **Ingredients:**

3 medium ripe peaches, halved and pitted

1 cup fresh blueberries

2 Tbs brown sugar

2 Tbs butter

1 Tbs lemon juice

### **Directions:**

Place two peach halves, cut side up, on each of three double thicknesses of heavy-duty foil (12 in. square). Top with blueberries, brown sugar, butter and lemon juice. Fold foil around mixture and seal tightly.

Grill, covered, over medium-low heat for 18-20 minutes or until tender. Open foil carefully to allow steam to escape.

## **Iced Melon Moroccan Mint Tea**

Adapted from Taste of Home ([www.tasteofhome.com](http://www.tasteofhome.com))

Total time ~ 20 minutes

Makes 5 servings

I love this idea! Try making without the sugar and just sweeten if you have to!

### **Ingredients:**

2 cups water

12 fresh mint leaves

4 individual green tea bags

1/3 cup sugar (optional)

2- 1/2 cups diced honeydew melon

1- 1/2 cups ice cubes

Additional ice if needed

### **Directions:**

In a large saucepan, bring water to a boil. Remove from the heat; add mint and tea bags. Cover and steep for 3-5 minutes. Discard mint and tea bags. Stir in the sugar.

In a blender, process honeydew until blended. Add 1-1/2 cups ice and tea; process until blended. Serve over additional ice.