

SLFarms CSA Week Fifteen Recipes, 2020

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Tomato Mozzarella Arugula Naan Pizza

Adapted from Im bored- Let's Go (www.imbored-letsgo.com)

Total time ~15 minutes

Serves 4

Love this combination! Would also be great on the grill!

Ingredients:

Naan bread - 1 piece per person

tomatoes, sliced - 3 slices per pizza (or use grape tomatoes, cut in half)

fresh mozzarella cheese, sliced - 3 slices per pizza

1 bag baby arugula

5 oz. container diced pancetta (or use regular bacon if you prefer)

Balsamic glaze to drizzle on top

Directions:

Preheat oven to 425 degrees.

Cook pancetta (or bacon) in pan until crisp. Remove from pan and set aside and keep warm.

Brush both sides of naan bread with a little olive oil, then place on baking sheet. If you want a crispier pizza, place the naan on a pizza screen. Top each piece of naan with a couple tomatoes and slices of mozzarella cheese.

Bake about 10 minutes, until cheese is melted.

Top each pizza with a handful of arugula and sprinkle pancetta on top.

Drizzle with balsamic glaze*

*Balsamic glaze is reduced balsamic vinegar. You can purchase it at the grocery store.

Lemon & Parmesan Arugula Salad

Total Time ~ 5 minutes

One of my favorites from last year! The ingredients are listed in approximate measurements as salads can vary on preference, sometimes I add a little more dressing, more parmesan as a garnish, etc. This is very easy! I would recommend adding some grilled chicken and avocado to make it into a meal!

Ingredients:

2-3 handfuls fresh arugula (rinsed and dried)

2-3 Tbs freshly grated parmesan

2 Tbs olive oil

2 tsp lemon juice

1 tsp fresh pepper

Directions:

Mix arugula and parmesan in large bowl, drizzle with olive oil and lemon juice. Top with black pepper.

Toss until well mixed and serve immediately!

Grilled Shrimp, Orzo and Arugula Salad

Adapted from Salt & Lavender (www.saltandlavender.com)

Prep- 20 minutes, Cook- 5 minutes

Serves 2-4

Could be an appetizer or meal!

Ingredients:

1 cup orzo, uncooked

¾ pound shrimp

1 tsp EVOO

~5 ounces arugula

Fresh basil, torn, to taste

Shrimp Basting Oil:

2 Tbs EVOO

2-3 garlic cloves, minced

½ tsp paprika

¼ tsp ground cumin

Dressing:

2 Tbs EVOO

juice from 1 lemon

1 tsp Dijon mustard

1 tsp honey

salt and pepper to taste

Directions:

If you're grilling the shrimp on wooden skewers, soak them for at least 10 minutes to prevent burning and splintering.

- If shrimp are frozen, thaw them under cool running water. Peel if desired (it makes eating them a lot easier).

Cook orzo according to package directions. Set aside to cool. When it's cool to the touch, add about a teaspoon of olive oil, mix in.

Prepare the shrimp basting oil by adding olive oil, garlic, smoked paprika, and cumin to a small bowl, and stirring until combined. Set aside.

Pre-heat grill to high heat.

Once your skewers have soaked for 10 minutes, thread the shrimp on them (make a C-shape by poking the top and bottom of the shrimp through the skewer).

Make the dressing by combining all the dressing ingredients. Set aside.

Grill the shrimp skewers on high heat for approximately 90 seconds per side (this is for medium-size shrimp, adjust time accordingly for smaller/larger shrimp). When you first place the skewers on the grill, immediately baste the top of the shrimp skewers with the basting oil, then when you turn them over, baste them again.

Toss the orzo, basil, arugula, and dressing together.

Add shrimp skewers on top or remove the shrimp from the skewers using a fork and toss with the salad. Serve immediately.

Kale and Kohlrabi Salad

Adapted from Chocolate Slopes (www.chocolateslopes.com)

Total time ~15 minutes

Serves 4

Two of our CSA favorites all in one dish! This one is best when made ahead and allowed to set in the fridge for at least several hours. I would also highly recommend “massaging” your kale with olive oil before adding to the salad.

Ingredients:

Salad:

4 cups kale, chopped

1 kohlrabi bulb, peeled and julienned

½ cup shredded carrots

½ cup dried cranberries

½ cup toasted pecans

Dressing:

2 Tbs red wine vinegar

1 tsp Dijon mustard

1 tsp honey

1 tsp minced garlic

¼ cup olive oil

salt and pepper

Directions:

Combine kale, kohlrabi, carrots, dried cranberries and pecans in a large bowl.

In a small bowl whisk together red wine vinegar, Dijon mustard, honey, minced garlic, olive oil, salt and pepper.

Mix dressing with salad until well coated. Refrigerate at least 2 hours before serving.

Pickled Red Onions

Adapted from Love and Lemons (www.loveandlemons.com)

Total time ~10 minutes

Great way to preserve these and enjoy them as a tasty condiment on so many things!

Ingredients:

2 small red onions

2 cups white vinegar

2 cups water

1/3 cup cane sugar

2 Tbs sea salt

Optional:

2 garlic cloves

1 tsp mixed peppercorns

Directions:

Thinly slice the onions (it's helpful to use a mandoline), and divide the onions between 2 (16-ounce) jars or equivalent. Place the garlic and peppercorns in each jar, if using.

Heat the vinegar, water, sugar, and salt in a medium saucepan over medium heat. Stir until the sugar and salt dissolve, about 1 minute. Let cool and pour over the onions. Set aside to cool to room temperature, then store the onions in the fridge.

Your pickled onions will be ready to eat once they're bright pink and tender - about 1 hour for very thinly sliced onions, or overnight for thicker sliced onions.

Pickled Cherry Tomatoes

Adapted from The Kitchn (www.thekitchn.com)

Makes 1 pint

This was shared in the group 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.

Marinated Kohlrabi Tomato Salad

Adapted from Clean Food Crush (www.cleanfoodcrush.com)

Serves 6

Perfect for this weeks box!

Ingredients:

1 large kohlrabi

1 medium red onion

1 lb. mixed tomatoes

1-2 red chili peppers, seeded and chopped

a large handful of fresh cilantro leaves, or parsley leaves, chopped

2 Tbs EVOO

juice & zest of 1 fresh lime

½ tsp sea salt

¼ tsp freshly ground black pepper

Directions:

Peel and cut your kohlrabi into 1/2-inch pieces.

Finely dice your onion and cut the tomatoes into 1/2-inch pieces. Chop the stem end off of the hot peppers, and remove the seeds, then finely chop.

In a large serving bowl, add all prepped veggies and herbs.

Drizzle with the oil and lime juice and sprinkle in the zest. Season to your taste with sea salt and pepper, then toss gently to combine.

Cover refrigerate for an hour or two before serving. Enjoy!

Chicken Sweet Potato and Kale Soup

Adapted from Skinny Taste (www.skinnytaste.com)

Serves 6

Kale and sweet potatoes are such a great combination! If you still have cauliflower greens you could sub in those as well.

Ingredients:

2 chicken breasts, on the bone, skin removed (about 26 oz total with bone)
1 tsp seasoning salt, such as adobo
½ tsp EVOO
1 large onion, chopped
2 celery stalks, chopped
3 garlic cloves, chopped
½ tsp dried oregano
½ tsp dried thyme
½ tsp ground cumin
6 cups reduced sodium chicken broth
1 large sweet potato, peeled and diced 1-inch cubes
3 cups kale, roughly chopped
1 fresh jalapeno, sliced in half lengthwise
¼ cup fresh cilantro

Directions:

Season the chicken with the adobo and set aside while you prep all your vegetables.

Heat a large nonstick pot or Dutch oven over medium-low heat, add the oil and the onions and celery and cook until soft and golden, about 8 to 10 minutes, then add the garlic and dry spices and cook 2 to 3 minutes. Add the chicken broth, chicken, jalapeno and cilantro.

Cover and cook 20 minutes, then add the sweet potato and kale and cook until the sweet potatoes are tender and the chicken is cooked, about 25 to 30 minutes.

Remove the chicken, shred or cut up and discard the bones.

Return to the pot, discard the jalapeno and serve the soup into 6 bowls.

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!

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 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.

Crock Pot Apple Butter

Adapted from Delish (www.delish.com)

Total time ~11 hours

Makes 6 cups

If you've got a fruit share I know you have apples to do this! It will store for several weeks in the fridge!

Ingredients:

6 lb. mixed apples, peeled, cored, and sliced (about 12 apples)

¼ cup packed brown sugar

¼ cup granulated sugar

2 tsp cinnamon

1 tsp pure vanilla extract

½ tsp ground nutmeg

½ tsp ground cloves

½ tsp kosher salt

¼ tsp ground ginger

Directions:

Add all ingredients to a bowl of a crockpot and toss to combine. Cover and cook on low for 10 to 12 hours or until apples are deeply golden and falling apart.

Using an immersion blender or regular blender, blend apples until smooth. If using a regular blender, pause to remove lid every so often to let steam escape.

Pour apple butter into jars and let cool to room temperature. Cover and store in refrigerator. It will keep for a few weeks.

Autumn Apple Chicken

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

Serves 4

It's officially soup

Ingredients:

1 Tbs oil
4 bone-in chicken thighs (about 1-1/2 pounds), skin removed
¼ tsp salt
¼ tsp pepper
2 medium Fuji or Gala 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.