

SLF Week Thirteen CSA Recipes, 2020

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Radish Tomato Avocado Salad

Adapted from Julia's Album (www.juliasalbum.com)

Total time ~ 30 minutes

Serves 4

Such a great way to use so many things from this weeks box!

Ingredients:

Salad:

½ pound red grape tomatoes or cherry tomatoes, halved (2 cups)

½ pound yellow grape tomatoes or cherry tomatoes, halved (2 cups)

2 avocados, diced

1 cucumber, thinly sliced

5 green onions, chopped

10 radishes, thinly sliced

Dressing:

¼ cup EVOO

¼ cup balsamic vinegar

3 Tbs honey, warmed

2 cloves garlic minced

salt to taste

Directions:

In a large bowl, combine halved red and yellow grape or cherry tomatoes, diced avocado, thinly sliced cucumber, chopped green onions and thinly sliced radishes.

In a small bowl, make a salad dressing: whisk olive oil, balsamic vinegar, honey and minced garlic until nice and smooth.

Add the salad dressing to the large bowl with salad, sprinkle with a small amount of salt, and toss to combine. Taste and season with more salt, if needed.

Fresh Cabbage and Tomato Salad

Adapted from Kosher Cooking (www.chabad.org)

Total time ~ 30 minutes

Shred up that cabbage! I know you've got tomatoes!

Ingredients:

1 small head cabbage, thinly sliced

2 medium tomatoes, cut in cubes

1 cup sliced radishes

1 cup sliced red bell pepper

½ tsp salt

2 tsp EVOO

2 Tbs lemon juice

½ tsp black pepper

½ tsp crushed red pepper

2 Tbs fresh cilantro, chopped

Directions:

In a large bowl, mix together the cabbage, tomatoes, and radishes.

In another bowl, mix together the rest of the ingredients and pour over the vegetables.

Mexican Street Corn Slaw

Adapted from Jo Cooks (www.jocooks.com)

Total time ~ 25 minutes

Serves 6

Slaw with corn! This one is so tasty!

Ingredients:

Dressing

½ cup mayonnaise

½ cup sour cream

2 Tbs lime juice

1 tsp cumin

1 tsp smoked paprika

1 tsp chili powder

½ tsp salt or to taste

½ tsp pepper or taste

Slaw

1 Tbs EVOO

2 cups corn

1 jalapeno, diced

4 cups cabbage, shredded

1 green bell pepper, julienned

¼ cup fresh cilantro, chopped

6 green onions, sliced

½ cup feta cheese, crumbled

Directions:

Prep the corn and dressing: Heat the olive oil in a skillet over medium-high heat. Add the corn and jalapeños and cook until they begin to char, 5-7 minutes. Mix the dressing ingredients together in a small bowl.

Finish the slaw: Add all the slaw ingredients to a large bowl with the corn mixture, and dressing. Toss well and serve.

Potato Hash with Bell Peppers and Onions

Adapted from The Comfort of Cooking (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 Tbs EVOO
1 Tbs 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!

Oregano Marinated Tomato Salad

Adapted from Epicurious (www.epicurious.com)

Total time 45 minutes, active time 15 minutes

Serves 4-6

An easy and delicious way to use some of those beautiful tomatoes! Use a variety for some color!

Ingredients:

3 lb. mixed heirloom tomatoes (preferably various colors and sizes), cut into wedges or halved if small

2 Tbs EVOO

2 Tbs oregano leaves (from about 4 sprigs)

2 tsp kosher salt

1 tsp freshly ground black pepper

Directions:

Toss tomatoes, oil, oregano, salt, and pepper in a medium bowl.

Let sit, tossing occasionally, until juicy and deeply flavored, at least 30 minutes and up to 1 hour.

Big Beans and Tomato Vinaigrette

Adapted from Bon Appetit (www.bonappetit.com)

Serves 4

Ingredients:

Beans:

Handful of oregano sprigs

Handful of thyme sprigs

2 bay leaves

8 oz. dried butter beans, rinsed, soaked overnight if possible

1 medium onion, halved

1 large carrot, scrubbed, coarsely chopped

Kosher salt

¼ cup EVOO

Vinaigrette and Assembly:

10 oz. cherry tomatoes or 1½ cups chopped heirloom or beefsteak tomatoes

1 garlic clove, smashed

3 Tbs red wine vinegar

⅓ cup EVOO, plus more for drizzling

Kosher salt

2 lb assorted heirloom, beefsteak, and/or cherry tomatoes

Freshly ground black pepper

Handful of basil leaves

Mild red pepper flakes (such as Aleppo-style or Maras)

Directions:

Beans: Tie together oregano, thyme, and bay leaves with kitchen twine. Combine beans, onion, carrot, and herbs in a medium pot. Pour in water to cover beans by about 4" and bring to a very gentle simmer over medium-high heat. Immediately reduce heat and cook at the barest of simmers, stirring hardly at all, until beans are creamy and tender at the center but not falling apart or mushy, about 1½ hours (this could take longer, depending on the beans). The key is to not agitate, which will help the beans maintain their shape. Remove pot from heat; season beans aggressively with salt. Gently stir in oil. Let cool. Drain beans; discard onion, carrot, and herbs.

Do Ahead: Beans can be made 2 days ahead. Keep in liquid; cover and chill.

Vinaigrette and Assembly: Purée cherry tomatoes in a blender. Transfer to a small bowl and stir in garlic, vinegar, and ⅓ cup oil; season with salt. Let sit 15–20 minutes, then pluck out garlic.

Transfer drained beans to a medium bowl and add vinaigrette; toss gently to coat. Taste and add more salt if needed.

Slice, halve, or quarter heirloom tomatoes and arrange on a platter or divide among individual plates. Season with salt and pepper and drizzle with oil. Spoon beans along with plenty of vinaigrette over; top with basil and a few pinches of red pepper flakes.

Garlic Roasted Radishes

Adapted from The Real Food RDs (www.therealfoodrds.com)

Total time ~25 minutes

Serves 4

Roasted radishes are amazing! They become more “potato like” when cooked!

Ingredients:

4 cups radishes, trimmed and halved (~3 cups halved)

4 garlic cloves, minced

2 Tbs butter

½ tsp sea salt

¼ tsp pepper

Optional fresh parsley, dill or chives

Directions:

Preheat oven to 400 degrees. Line baking sheet with foil and set aside.

In a bowl combine all of the ingredients and toss until radishes are evenly coated with the melted butter or ghee.

Place radishes cut side down on baking sheet.

Bake for 14-16 minutes or until slightly golden brown.

Garnish with parsley, dill or chives and serve.

Corn Salsa

Adapted from The Girl Who Ate Everything (www.thegirlwhoateeverything.com)

Total time ~ 15 minutes

Cook the corn anyway you want for this, you could roast, grill or boil!

Ingredients:

3 cups fresh corn, cooked and shucked about 4-5 ears of corn

1 cup grape tomatoes, quartered (Roma can be used as well)

1 cup bell pepper, seeded and diced red, green, orange, or yellow

½ red onion, diced finely

½ cup finely chopped cilantro

½ jalapeno, seeded and diced finely (you can use a whole one for spicier)

2 cloves garlic, minced

1-2 limes, juiced

salt and pepper to taste

(optional) tortilla chips for scooping

Directions:

In a large bowl, combine all of the ingredients together and season with salt and pepper to taste. Chill until ready to serve.

Serve with tortilla chips if desired or over chicken, fish, or a salad.

Four Ingredient Roasted Poblano Cream Sauce

Adapted from Chili Pepper Madness (www.chilipeppermadness.com)

Total time ~ 20 minutes

Makes ~ 1 cup

Serve this with tacos or as a dip!

Ingredients:

1 pound poblano peppers

4 cloves garlic

¼ cup Mexican crema or sour cream

1 tsp salt

Directions:

Slice the poblano peppers in half lengthwise and scoop out the insides. Remove the stems. Set them onto a baking sheet and bake them at 350 degrees 20-30 minutes, or until the skins char and bubble. You can also broil them about 12-15 minutes to the same effect.

Remove from heat and place them into a paper bag or plastic baggie. The heat will steam them and loosen the skins.

Peel away the skins and place the roasted peppers into a food processor with the remaining ingredients.

Process until nice and smooth.

Adjust for salt and serve as desired.

Southwest Stuffed Poblano Peppers

Adapted from Crème De La Crumb (www.lecremedelacrumb.com)

Total time ~ 40 minutes

Makes 8 stuffed peppers

You could probably freeze these as an easy winter meal!

Ingredients:

4 poblano peppers halved and seeds/membranes removed

1 pound lean ground beef OR chorizo

1 tsp each ground cumin, chili powder, garlic powder

1 cup cooked long grain white rice

½ cup canned black beans, drained

½ cup frozen or canned corn (drained)

1 15-ounce can diced tomatoes, drained

1 4-ounce can diced green chiles

½ -1 cup grated mozzarella OR Mexican-blend cheese

Directions:

Preheat oven to 350 degrees and lightly grease a large baking sheet. Arrange halved poblano peppers in a single layer on the baking sheet so that they aren't overlapping. Bake for 10-15 minutes while you move on to the next step.

Add ground beef (or preferred meat choice, see Note 2) and rice to a large skillet, and season with the cumin, chili powder, and garlic powder. Saute over medium heat for 5-8 minutes until meat is browned and cooked through.

Stir in the black beans, corn, diced tomatoes, and green chiles. Cook another 1-2 minutes. Spoon mixture into the peppers, sprinkle with cheese, and return to oven for another 10 minutes or so until peppers are tender and cheese is melted. Allow to cool slightly before serving.

Pear or Apple Cobbler

Adapted from All Recipes

Total time ~ 1 hour

Serves 8

Sub in either fruit or use a combination of both.

Ingredients:

4 apples or pears, cored and cut into ½-inch slices

1 tsp lemon juice

⅓ cup maple syrup

2 Tbs melted butter

Topping:

1 cup rolled oats

1 cup brown sugar

½ cup melted butter

½ cup all-purpose flour

1 tsp ground cinnamon

Directions:

Preheat oven to 375 degrees.

Toss pears and lemon juice together in a bowl until coated; spread into a 9x9-inch baking dish. Pour maple syrup and 2 tablespoons melted butter over pear mixture; toss to coat.

Mix oats, brown sugar, 1/2 cup melted butter, flour, and cinnamon together in a bowl until crumbly; sprinkle over pear mixture.

Bake in the preheated oven until crust is golden and pears are tender, about 45 minutes.

Cinnamon Apple Muffins

Adapted from Add a Pinch (www.addapinch.com)

Total time ~ 35 minutes

Makes 12 muffins

A great way to use those apples and freeze a snack for later.

Ingredients:

2 cups all-purpose flour + 2 tsp for coating apples

1½ tsp baking powder

½ tsp salt

2 tsp ground cinnamon+ ½ tsp for coating apples

2 cups diced apples

½ cup (1 stick) unsalted butter, room temperature

1 cup granulated sugar

2 large eggs

2 tsp vanilla extract

½ cup milk

For the Topping:

½ cup butter melted

¼ cup granulated sugar

¼ cup ground cinnamon

Directions:

Preheat oven to 375° F. Spray muffin tins with bakers spray or coat well with shortening or butter and flour, making sure to discard any excess flour from the tins after coating

Sift together 2 cups flour, baking powder, salt, and 2 teaspoons cinnamon in a medium bowl. Set aside.

Mix 2 teaspoons flour with ½ teaspoon cinnamon. Toss diced apples with the flour/cinnamon mixture to coat apples in a separate bowl. Set aside.

Cream together butter and sugar until lightened in color, about 3 minutes. Add an egg, one at a time, taking care to fully incorporate before adding the other. Mix in vanilla.

Gently fold in flour mixture, alternating with milk. Stir until just combined. Fold in diced apples and scoop mixture into prepared muffin tins, filling about 2/3 to 3/4 full. Bake until a toothpick or skewer inserted in the middle comes out clean, about 30 minutes.

Prepare topping for muffins while the muffins are baking by melting the butter and allowing to cool slightly. Pour butter into a separate bowl sized easy for dipping tops of muffins. Mix together granulated sugar and cinnamon in a separate bowl and set aside.

Once muffins have baked, remove from the oven and allow to cool slightly in the muffin tin. Then, remove each muffin and brush the butter on with a pastry brush (or dip into the melted butter) and then into the cinnamon sugar mixture. Place onto a plate to finish cooling.

Pear Custard Pie

Adapted from Dinner at the Zoo (www.dinneratthetoo.com)

Total time ~ 1 hour

Makes 6 slices

Any variety pear will work with the recipe, save it for later if you don't have pears this week!

Ingredients:

4 firm pears of any variety cored, peeled and thinly sliced

¼ cup of unsalted butter melted

3 eggs

¾ cup milk

¼ tsp kosher salt

1/3 cup granulated sugar

1/3 cup all purpose flour

2 tsp pure vanilla extract

Powdered sugar for garnish

Cooking spray

Directions:

Preheat the oven to 350 degrees. Coat a 9 inch round pan with cooking spray.

Arrange the pear slices in the pan. Put the butter, eggs, milk, salt, granulated sugar, flour and vanilla into a blender; process until smooth.

Pour the batter over the pears. Bake for 40-45 minutes until the custard is golden and firm to the touch. Dust the top with powdered sugar before serving.