

SLF CSA Week Three 2021 Recipes

Garlic Scape Dressing

Grilled Garlic Scapes

Zucchini Noodles with Garlic Scape Pesto, Peas & Mint

Kohlrabi Slaw

Roasted Potato and Kohlrabi Salad

Herbed Summer Squash Salad

Microwave Kale Chips

Kale, Potato and Carrot Curry

Fresh Red Currant Yogurt Cakes

Red Currant Clafoutis

Fresh Cherry Salsa

Dark Chocolate Cherry Overnight Oats

Garlic Scape Dressing

Adapted from The Spruce Eats (www.thespruceeats.com)

Total time ~10 minutes

Serves 8

Originally posted by Tara in the group this week! This looks so good!

Ingredients:

2 garlic scapes, finely chopped
2 green onions (you've got plenty)
1 tsp honey
2 tsp Dijon mustard
¼ cup red wine vinegar
1 Tbs lemon juice
Dash of salt
1/8 tsp black pepper
½ cup EVOO

Directions:

Gather the ingredients. In a blender, combine the garlic scapes, onions, honey, mustard, red wine vinegar, lemon juice, salt, and pepper.

Blend until smooth. With the blender on low, slowly add the olive oil until well blended.

Enjoy! Store in the refrigerator for 5-7 days.

Grilled Garlic Scapes with Sea Salt

Adapted from With Food and Love (www.withfoodandlove.com)

Total time ~15 minutes

Such an easy addition to your grilled dinner!

Ingredients:

1 pound garlic scapes

1 Tbs EVOO

sea salt to taste

black pepper to taste

Directions:

Heat the grill to a medium flame.

Wash and dry the garlic scapes. Trim the ends and leave whole. Massage the scapes with oil and sprinkle them with salt and pepper.

Toss them on the grill and brown both sides. They're done when they are soft on the inside and golden brown and bright green on the outside.

Serve the garlic scapes hot off the grill with salt if desired.

Zucchini Noodles with Garlic Scape Pesto, Peas & Mint

Adapted from Bloglovin (www.frame.bloglovin.com)

Total time ~20 minutes

Serves 4

If you have a spiralizer than zoodles are a great way to get in more veggies! I light, healthy substitute for pasta, especially when you add in some garlic scapes!

Ingredients:

For the Pesto-

10 garlic scapes, diced

1/3 cup raw walnuts

1/3 cup EVOO

1 Tbs lemon juice

½ tsp fine salt & pepper

For the Zucchini Noodles-

4 medium zucchini, ends trimmed

2 cups English peas, blanched (can also use frozen peas)

1/3 cup pine nuts

1/3 cup fresh mint leaves, minced

½ tsp crushed red pepper flakes

1 Tbs EVOO

salt and pepper to taste

Directions:

Prepare the pesto by adding all of the ingredients except the oil to a food processor. With the motor running slowly add the olive oil. Process until smooth. Taste test and adjust seasonings if necessary.

If the pesto is too thick add a little more oil or a few tablespoons of water. Set aside.

If you're using fresh peas, blanch them in boiling water until bright green and tender. If you're using frozen peas, thaw and blanch if necessary.

Use a julienne peeler, spiralizer, or mandoline to slice the zucchini into noodles. Place zucchini noodles in a large bowl.

Toss with pesto, peas, mint, pine nuts, crushed red pepper flakes, salt and pepper. Drizzle with a tablespoon more of olive oil and serve.

Kohlrabi Slaw

Adapted from Bon Appetit (www.bonappetit.com)

Total time ~ 25 minutes

Serves 4-6

Kohlrabi slaw is a favorite in our CSA group! It's such a great way to enjoy this crispy veggie! Make this ahead and let the flavors marinate overnight.

Ingredients:

6 cups kohlrabi -cut into matchsticks or grated in a food processor -about three x 4 inch bulbs (or you could substitute sliced fennel, apple, jicama, cucumber, or cabbage for part of the kohlrabi for more diversity)

½ cup chopped cilantro (one small bunch)

half of a jalapeno –minced

¼ cup chopped scallion

orange zest from one orange, and juice

lime zest from one lime, and juice

Dressing:

¼ cup olive oil

¼ cup fresh orange juice (juice from one orange)

1/8 cup lime juice plus 1 Tbs (juice from one large lime), more to taste

¼ cup honey

½ tsp kosher salt

1 Tbs rice wine vinegar

Directions:

Trim and peel kohlrabi. (I normally have to peel twice to get through the thick skin). Cut off two ends. Cut in half from top to bottom. Thinly slice, rotate and slice again, making 1/4 inch matchsticks.

Place in a large bowl with chopped cilantro, scallions, finely chopped jalapeño (1/2), lime zest and orange zest. Whisk dressing together in a small bowl. Toss with salad. Refrigerate until serving. Garnish with zest and cilantro. This tastes good the next day too.

Roasted Potato and Kohlrabi Salad

Adapted from Sweet Phi (www.sweetphi.com)

Prep time 10 minutes, Cook time 45 minutes

Serves 4

If you're new to kohlrabi and nervous about it, I would add some potatoes in. Introducing a new veggie with a common one sometimes makes it less scary! You can also sub in your scapes for the garlic!

Ingredients:

2 kohlrabi, peeled and cut into 1 inch pieces

2 lbs rainbow potatoes, halved

3 garlic cloves, thinly sliced

1 lemon (zested)

3 Tbs extra virgin olive oil

1 Tbs fresh parsley, minced

3 sprigs of fresh thyme, minced

1 sprig of fresh rosemary, minced

1 Tbs salt

½ tsp fresh ground pepper

Directions:

Preheat oven to 375.

In a large baking dish, put kohlrabi and potatoes (if the potato halves are too big, simply cut them in half again.)

Sliver the garlic cloves (or you could press them) and distribute them over the potatoes and kohlrabi, then zest the lemon.

Now take the olive oil and pour it over the potatoes and kohlrabi (I like to do about three turns of the wrist - each turn is about a tablespoon.)

Sprinkle fresh herbs and salt and pepper over the content of the baking dish and then stir it around once or twice so that herbs and seasoning are evenly distributed throughout.

Bake for 25 minutes, remove from oven and stir the potatoes and kohlrabi, then bake again for another 20 minutes. Check for doneness - a fork should go into the potatoes easily.

Remove from oven and allow to cool for a few minutes before serving.

Herbed Summer Squash Salad

Adapted from The Little Broken (www.littlebroken.com)

Total time ~15 minutes, plus time to set

Serves 6

If you don't feel like cooking, I highly suggest this EASY salad that can be thrown together quickly.

Ingredients:

2 lbs. zucchini and yellow squash (approx 2 of each), halved lengthwise + sliced 1/2-inch thick

1/3 cup chopped fresh dill

1/2 cup chopped fresh parsley

6 cloves garlic, pressed

1 tsp sea salt

1/4 cup white distilled vinegar

1/4 cup water (room temperature)

1/4 cup EVOO

Directions:

In a large bowl, toss all ingredients together until combined. Cover and chill for 2 hours. Serve cold.

Microwave Kale Chips

Adapted from All Recipes (www.allrecipes.com)
Total time ~20 minutes

Our farmers LOVE to enjoy kale this way!

Ingredients:

1 bunch kale, ribs trimmed away and discard, leaves trimmed into two-inch pieces
1 Tbs EVOO
sea salt to taste

Directions:

NOTE: It's very important to remove the stems from the leaves, or you may cause sparks in the microwave.

Arrange kale pieces on a paper towel on a microwave-safe plate so they do not overlap. Drizzle olive oil over the kale pieces; season with sea salt. Cover with another piece of fresh paper towel.

Cook each plateful of kale in microwave oven until crispy, 1-2 minutes per batch. Watch them closely so they don't burn!

Kale, Potato and Carrot Curry

Adapted from Meatless Monday (www.meatlessmonday.com)

Serves 2-4

Great way to use a lot of veggies in a filling dish! It also uses a large of variety of spices, great for your palate and your health!

Ingredients:

- 1 Tbs coconut oil or EVOO
- 2 tsp ground coriander
- 1 tsp ground cumin
- 1 tsp ground turmeric
- 1 small onion, peeled and finely chopped
- 1 medium green chili pepper, deseeded, finely chopped (use less if you prefer less hot curry)
- 2 large garlic cloves, peeled and crushed
- 2 tsp finely chopped fresh ginger roots
- 4 carrots, peeled and diced (1 ½ cups of diced carrots)
- 2 cups peeled and diced potatoes
- 2 cups chopped kale (stems removed, leaves chopped)
- 1 cup coconut milk
- 2 cups water
- salt and pepper

Directions:

In a wok or cooking pot over high heat, heat 1 tablespoon of coconut oil or olive oil. Stir in the ground coriander, cumin and turmeric, and cook for a few seconds, until fragrant.

Add the onion, chili pepper, garlic and ginger, and cook, stirring often for 1-2 minutes.

Add the carrot, potato and kale, and cook for about 6-7 minutes stirring frequently, until the kale has wilted.

Cover with coconut milk and water, add salt and pepper, and stir well. Bring to a boil, reduce the heat to medium-high heat, and simmer covered for 30 minutes, until the potato is cooked through and tender.

Taste, and add more salt and pepper if needed. Remove from the heat, and let it stand for 5 minutes before serving.

Serve with naan bread or rice.

Fresh Red Currant Yogurt Cakes

Adapted from Crumb Blog (www.crumbblog.com)

Total time ~40 minutes

Serves 8

Let's have fun experimenting with red currants!

Ingredients:

½ cup plain whole-milk yogurt

1 cup sugar

3 large eggs

½ cup oil

1 ½ cups all-purpose flour

2 tsp baking powder

¼ tsp salt

1 Tbs grated lemon zest

1 cup fresh red currants

Directions:

Preheat the oven to 350F. Lightly grease and flour the cups of a mini-loaf pan (or a jumbo muffin tin, if you prefer).

In a large bowl, whisk together yogurt, sugar, eggs and oil until smooth and well blended.

Add flour, baking powder, salt and lemon zest, and stir until the batter is smooth and silky. Pour into the prepared mini-loaf tin, dividing evenly between the cups. Scatter berries on top of the batter, using around 2 Tbs per loaf.

Bake in a preheated oven for 25-30 minutes, or until the edges are pale gold and a toothpick comes out clean when inserted into the center of one loaf. (If using a muffin tin, you may need to add another 5 minutes of cooking time.)

Let cool on a rack for 20 minutes in the pan, then turn out and let cool completely before serving.

Red Currant Clafoutis

Adapted from A Cozy Kitchen (www.acozykitchen.com)

Total time ~55 minutes

Let's have fun experimenting with red currants! You could use ANY combination of berries for this.

Ingredients:

Cooking spray

½ cup all-purpose flour

1/3 cup white granulated sugar

2 Tbs brown sugar

¼ tsp salt

3 large eggs

¾ cup plus 1 Tbs, Milk of choice

½ cup fresh currants removed from their vines, plus more for garnish

Powdered Sugar for garnish

Directions:

Preheat the oven to 350F. Liberally grease a 9-inch round baking dish with cooking spray. Set aside.

In a large bowl, mix together the flour, white sugar, brown sugar and salt. Mix in the eggs and almond milk. Whisk until completely combined. The batter will have a few small lumps and be very thin. Allow to rest on the counter while picking off the currants from their vines.

Pour the batter into the baking dish. Sprinkle the currants on top, being sure to spread them out evenly. Bake for 40 to 45 minutes or until the edges are golden brown and the center is set and firm. The clafoutis will puff up slightly in the oven, but will deflate as it sits--not a big deal.

Garnish with a few more vines of fresh currants and dust the clafoutis with powdered sugar. Serve with whipped cream, ice cream or enjoy it all by itself.

Fresh Cherry Salsa

Adapted from Imperial Sugar (www.imperialsugar.com)

Try this with chips or all alone! I think it's great without the added sugar, just add to taste if needed!

Ingredients:

2 ¼ cups pitted cherries (¾ pound), roughly chopped
1 Tbs fine granulated sugar
¼ cup fresh lime juice (about 2 limes)
1 tsp red wine vinegar
1 tsp minced garlic (about 2 cloves)
¾ tsp kosher salt
¼ cup finely chopped red onion
2 fresh jalapeño peppers, seeded and finely chopped
¼ cup chopped fresh cilantro

Directions:

In a large bowl, stir cherries together with the sugar and let stand 5 minutes for the sugar to absorb.

Stir in the lime juice, red wine vinegar, garlic, and salt. Gently fold in the red onion, jalapenos and cilantro.

Chill for 30 minutes to allow the flavors to meld, then serve cold or at room temperature.

Fresh Cherry Salsa

Adapted from Imperial Sugar (www.imperialsugar.com)

Try this with chips or all alone! I think it's great without the added sugar, just add to taste if needed!

Ingredients:

2 ¼ cups pitted cherries (¾ pound), roughly chopped

Directions:

In a large bowl, stir cherries together with the sugar and let stand 5 minutes for the sugar to absorb.

Cherry Vanilla Dark Chocolate Overnight Oats

Adapted from Recipe Runner (www.reciperunner.com)

Makes 2 servings

Love these for a quick meal or breakfast on the go! Make several and have breakfast ready to go all week! I always just use the chia seeds, so don't worry if you don't have the flax seeds!

Ingredients:

½ cup plain Greek yogurt
2/3 cup unsweetened almond milk or milk of choice
2 Tbs maple syrup
1 tsp vanilla extract
1 Tbs chia seeds
1 Tbs flax meal
½ cup rolled oats
Pinch of salt
½ cup pitted, chopped cherries
1 Tbs chopped dark chocolate

Directions:

Whisk together the Greek yogurt, milk, maple syrup and vanilla in a bowl.

Add in the remaining ingredients and stir together until combined.

Divide the mixture evenly into two jars and cover with lids.

Refrigerate overnight. Oats are good for several days.
