

## **SLF Week One 2021 Recipes**

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## **Garlic Bok Choy with Shallots**

Adapted from The Forked Spoon ([www.theforkedspoon.com](http://www.theforkedspoon.com))

Total Time ~ 10 minutes

Serves 6

This is super simple, serve it grilled salmon for one of my favorite combinations.

### **Ingredients:**

1 Tbs oil

5 cloves garlic, minced

2 shallots, minced

2 pounds baby bok choy, halved or quartered

2 Tbs soy sauce

1 tsp sesame oil

1 tsp crushed red pepper (optional)

### **Directions:**

Add the oil to a large wok or skillet over medium-high heat. Swirl to coat the entire surface of the pan. Add the garlic and shallots, stirring continuously for 1-2 minutes, or until fragrant.

Add the bok choy, soy sauce, and sesame oil. Toss to coat and cover. Cook for 1-2 minutes, uncover and toss, and then cover and continue to cook until bok choy is cooked to desired doneness (approximately 3-5 minutes more).

Sprinkle with crushed red pepper and serve immediately. Enjoy!

## **Boy Choy Salad with Sesame Soy Sauce**

Adapted from Running to the Kitchen ([www.runningtothekitchen.com](http://www.runningtothekitchen.com))

Total time ~10 minutes

Serves 3-4

Don't feel like cooking? Try this great, easy salad!

### **Ingredients:**

4 baby bok choy, washed and thinly sliced

1 carrot, thinly sliced or peeled

2 stalks of celery, thinly sliced

1 red pepper, thinly sliced

2 ½ Tbs EVOO

1 Tbs sesame oil

1 Tbs rice wine vinegar

1 tsp soy sauce

1 tsp agave (or honey)

salt & pepper

sesame seeds

### **Directions:**

Combine all vegetables in a large bowl.

Whisk together dressing ingredients (olive oil through salt & pepper) and pour over vegetables.

Toss well to fully dress the salad.

Garnish with sesame seeds.

## **Simple Roasted Carrots & Radishes**

Total Time ~ 40 minutes

Roasting is one of our favorite strategies, its super easy and a great way to prepare most vegetables. Radishes have a much milder flavor when roasted; try combining them with carrots or potatoes for great side dish!

### **Ingredients:**

1 bunch radishes (greens removed, cut in halves)

3-4 carrots (cut up, about the same size as the radishes); you could also add some turnips into this mix

2-3 Tbs EVOO

salt and pepper

### **Directions:**

Preheat the oven to 400 degrees.

Toss radishes and carrots in a bowl, add olive oil and stir so all vegetables are lightly coated.

Add salt and pepper, toss well. Place on sheet pan, making sure they are not too crowded.

Roast in oven for about 30 minutes or until tender. Enjoy!

## **Roasted Radishes with Brown Butter, Lemon and Radish Tops**

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

Total Time ~35 minutes

Serves 4

If you're nervous about radishes, roast them! This is a great recipe that also incorporates the GREENS!

### **Ingredients:**

1-2 bunches radishes

1 ½ Tb EVOO

Coarse Salt

2 Tbs unsalted butter

1 tsp fresh lemon juice

### **Directions:**

Preheat oven to 450 degrees.

Brush large heavy-duty rimmed baking sheet with olive oil.

Cut off all but 1/2 inch of green radish tops; reserve trimmed tops and rinse them well, checking for grit.

Coarsely chop radish tops and set aside. Cut radishes lengthwise in half and place in medium bowl. Add 1 1/2 tablespoons olive oil and toss thoroughly to coat.

Place radishes, cut side down, on prepared baking sheet; sprinkle lightly with coarse salt. Roast until radishes are crisp-tender, stirring occasionally, about 18 minutes.

Season to taste with more coarse kosher salt, if desired.

Melt butter in heavy small skillet over medium-high heat. Add pinch of coarse kosher salt to skillet and cook until butter browns, swirling skillet frequently to keep butter solids from burning, about 3 minutes.

Remove skillet from heat and stir in fresh lemon juice.

Transfer roasted radishes to warmed shallow serving bowl and drizzle brown butter over. Sprinkle with chopped radish tops and serve.

## Scallion Vinaigrette

Adapted from The Domesticated Wolf ([www.thedomesticatedwolf.com](http://www.thedomesticatedwolf.com))

Homemade dressings are the best! Especially when you have that great lettuce to pair them with!

### Ingredients:

½ cup EVOO  
½ cup apple cider vinegar  
1 cup sliced scallions  
2 Tbs grainy mustard (or any mustard of your choosing)  
½ tsp kosher salt  
¼ tsp freshly cracked black pepper  
1 tsp honey  
red pepper flakes to taste

### Directions:

In a mason jar, combine all ingredients and shake very well to combine, or blend for a creamier texture

Refrigerate or use immediately, will last about 1 week

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## **Roasted Carrots with Carrot Top Pesto**

**-You can just make the pesto!**

Adapted from Bon Appetit ([www.bonappetit.com](http://www.bonappetit.com))

Total time ~40 minutes

Serves 4

Don't want to waste those tops? Make them into pesto and freeze for later use!

### **Ingredients:**

3 pounds small carrots with tops

2 Tbs oil

Kosher salt, freshly ground pepper

1 garlic clove

3 Tbs macadamia nuts or pine nuts

½ cup (packed) fresh basil leaves

¼ cup finely grated Parmesan

½ cup EVOO

### **Directions:**

Preheat oven to 400°. Trim carrot tops, leaving some stem attached. Measure out 2 cups carrot tops and set aside; reserve any remaining carrot tops for another use.

Toss carrots and oil on a rimmed baking sheet; season with salt and pepper. Roast, tossing occasionally, until carrots are golden brown and tender, 25–35 minutes. Let cool.

Pulse garlic and nuts in a food processor until a coarse paste forms. Add basil, Parmesan, and reserved carrot tops; process until a coarse purée forms. Add olive oil and pulse until combined; season with salt and pepper. Serve carrots with pesto.

**DO AHEAD:** Pesto can be made ahead. Press plastic wrap directly onto surface; chill. Carrots can be roasted 4 hours ahead. Let stand at room temperature.

## **Parmesan Roasted Carrots**

Adapted from Your Home Based Mom ([www.homebasedmom.com](http://www.homebasedmom.com))

Total Time ~ 35 minutes

Serves 4

### **Ingredients:**

8-10 carrots, washed

2 Tbs butter, melted

2 tsp garlic, minced

4 Tbs Parmesan cheese

1 tsp parsley, chopped

### **Directions:**

Preheat oven to 400 degrees.

Mix melted butter and garlic together. Place carrots on a parchment paper lined baking sheet.

Drizzle with butter/garlic mixture. Roast in oven for 15 minutes.

Shake pan occasionally to rotate carrots.

Top with cheese and roast for another 10 minutes or until carrots reach desired doneness.

Top with parsley and serve immediately.



## **Spinach Turkey Meatballs**

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

Total Time ~ 30 minutes

Serves 4

This would be a great source of protein to have with zoodles or pasta of your choice. You could freeze the meatballs once cooked, in a zip lock, to grab for a fast meal later on!

### **Ingredients:**

1 bag spinach, blanched

1 egg, beaten

1 cup soft bread crumbs

2 Tbs grated onion, or diced finely

1 tsp seasoned salt

1 pound ground turkey

### **Directions:**

To blanch spinach:

Bring water to a boil with salt, immerse spinach for 30 seconds or until bright green. Remove and place in strainer.

To make meatballs:

In a bowl, combine spinach, egg, bread crumbs, onion and seasoned salt. Add turkey and mix well.

Shape into 2-inch balls. Place meatballs on a greased rack in a shallow baking pan.

Bake, uncovered, at 400° for 20 minutes or until the meat is no longer pink. Drain on paper towels.

Garnish with tomato wedges if desired.

## Easy Spinach Frittata

Adapted from Trisha Yearwood ([www.foodnetwork.com](http://www.foodnetwork.com))

Total Time ~35 minutes

Serves 4-6

If you're new to the CSA this year, you'll soon learn that our group loves a good frittata! It's a great way to use a variety of greens throughout the season. You could also add some rasdish greens to this, as well as your scallions.

### Ingredients:

6-8 large eggs

½ cup milk

½ tsp salt

¼ tsp ground pepper

1 cup shredded swiss cheese (or cheese of your choice)

1 cup cherry tomatoes, halved

2 Tbs butter

1 small onion, diced

4 cups fresh spinach

### Directions:

Preheat the oven to broil.

In a medium bowl, whisk together the eggs, milk, salt and pepper until smooth. Fold in the cheese and tomatoes and set aside.

In a 9-inch, oven-safe nonstick frying pan (cast iron works well) over medium heat, melt the butter.

Add the onion and saute until softened, about 5 minutes.

Add the spinach and cook until wilted, about 2 minutes. Pour the egg mixture over the spinach, and cook until almost set, 2 to 4 minutes.

Transfer the pan to the oven and broil until golden brown on top, 5 to 7 minutes.

Remove from the oven and turn out onto a serving plate.

## Scallion Pancakes

Adapted from Bon Appetit ([www.bonappetit.com](http://www.bonappetit.com))

Makes 8 servings

Great way to enjoy some scallions, could also shred up some of those carrots and throw them in!

### Ingredients:

Pancakes:

2½ cups all-purpose flour, plus more for surface

Kosher salt

1 Tbs toasted sesame oil

⅓ cup chicken fat, warmed, or oil

2 bunches scallions, thinly sliced (about 2 cups)

8 Tbs oil, divided, plus more for brushing

Sauce

3 Tbs unseasoned rice vinegar

2 Tbs soy sauce

1 tsp chili oil

½ tsp sugar

¼ tsp crushed red pepper flakes

### Directions:

Whisk 2½ cups flour and 1 tsp. salt in a large bowl. Mix in sesame oil and 1 cup boiling water with a wooden spoon until a shaggy dough forms.

Turn out dough onto a lightly floured surface and knead, adding flour as needed to prevent sticking, until dough is smooth, about 5 minutes. Cover; let rest at room temperature 1 hour.

Divide dough into 8 pieces. Working with one at a time, roll out on a lightly floured work surface as thin as possible (each should be approximately 10" in diameter). Brush about 2 tsp. chicken fat on dough and top with about ¼ cup scallions; season with salt. Roll dough away from you (like a jelly roll) into a thin cylinder, then, starting at 1 end, wind roll onto itself to create a coil (like a cinnamon roll). Cover and repeat with remaining dough. Let rest at room temperature 15 minutes.

Working with 1 coil at a time, roll out on a lightly floured surface to a 5" round (keep other coils covered). Repeat with remaining dough and stack as you go, separating with parchment or lightly greased foil brushed with vegetable oil.

Heat 1 Tbs. vegetable oil in a medium skillet over medium-low. Working with one at a time, cook pancake, turning frequently to prevent scallions from burning, until golden brown and crisp on both sides and cooked through, 8–10 minutes. Transfer pancakes to a wire rack and let rest about 5 minutes before cutting into wedges.

Sauce:

Whisk vinegar, soy sauce, chili oil, sugar, and red pepper flakes in a small bowl until sugar is dissolved. Serve alongside pancakes for dipping.