

SLFarms CSA Week Four 2021 Recipes

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Slow Cooked Swiss Chard and Potatoes

Adapted from Fine Cooking (www.finecooking.com)

Prep time ~10 minutes, Cook time ~25 minutes

Serves 6

Ingredients:

1 lb potatoes (about 3 medium), scrubbed and unpeeled

Kosher or sea salt

2 bunches Swiss or rainbow chard (about 1-1/2 lb.)

1/3 cup EVOO

3 large cloves garlic, lightly crushed

Directions:

Put the potatoes in a 4- to 5-quart pot with enough water to cover by 2 inches. Salt the water generously, and bring to a boil over medium-high heat. Boil until the potatoes are fork tender, 12 to 15 minutes. Drain and let cool.

Peel the potatoes, and quarter or cut into 2-inch chunks, depending on size.

Trim the tough ends from the chard and discard. Cut the stems from the leaves, then cut the stems into 2-inch pieces. Stack the leaves a few at a time, and cut them crosswise into 2-inch-wide strips.

Heat the oil and garlic in a 7-quart Dutch oven or similar large pot set over medium-low heat. When the garlic starts to sizzle, press down on it with the back of a wooden spoon or silicone spatula until fragrant, taking care not to let it brown.

Add the chard stems and cook, stirring occasionally, until they begin to soften, 5 to 7 minutes. In two batches, add the leaves, adding more to the pot as the first batch begins to wilt. Cover and cook until wilted, about 4 minutes. Stir in the potatoes and sprinkle with 1 tsp. salt.

Cover, reduce the heat to low, and let the vegetables stew in the juices released from the greens, stirring occasionally, until the chard has turned dark and is tender, about 25 minutes. Season to taste with salt, and serve hot or warm.

Easy Swiss Chard

Adapted from Simply Recipes

Total time ~15-20 minutes

Serves 2-4

The coriander seeds are optional in this recipe, but they are WONDERFUL with chard.

Ingredients:

1 bunch SLF swiss chard

2 Tbs EVOO

1 clove garlic, sliced

Pinch of dried crushed red pepper

¼ tsp of whole coriander seeds (optional)

Directions:

Prep the chard stalks and leaves: Rinse out the Swiss chard leaves thoroughly. Either tear or cut away the thick stalks from the leaves.

Cut the stalk pieces into 1-inch pieces. Chop the leaves into inch-wide strips. Keep the stalks and leaves separate.

Sauté garlic and crushed red pepper flakes: Heat the olive oil in a sauté pan on medium high heat. Add garlic slices, crushed red pepper, and coriander seeds (if using), and cook for about 30 seconds, or until the garlic is fragrant.

Add Swiss chard stalks: Add the chopped Swiss chard stalks. Lower the heat to low, cover and cook for 3 to 4 minutes.

Add the chopped leaves: Add the chopped chard leaves, toss with the oil and garlic in the pan.

Cover and cook for 3 to 4 more minutes. Turn the leaves and the stalks over in the pan.

If the chard still needs a bit more cooking (remove a piece and taste it), cover and cook a few more minutes.

Serve immediately.

Garlicky Swiss Chard and Chickpeas

Adapted from Foodie Crush (www.foodiecrush.com)

Total time ~15-20 minutes

Serves 2-4

Ingredients:

1 Tbs EVOO

2 bunch swiss chard, center stems cut out and discarded and leaves coarsely chopped

2 cups low-sodium chicken broth (or vegetable broth)

2 medium shallots, finely chopped (about ½ cup) 6 medium garlic cloves, minced

1 15.5 ounce can garbanzo beans (chickpeas), rinsed and drained

2 Tbs freshly squeezed lemon juice

Salt and freshly ground black pepper, to taste

½ cup crumbled feta cheese, optional

Directions:

In a large skillet, heat 1 tablespoon of the olive oil over medium-high heat. Add half of the chard and cook, 1 to 2 minutes.

When the first half has wilted, add the remaining chard. When all of the chard is wilted, add the chicken broth.

Cover the skillet and cook the chard until tender, about 10 minutes. Drain the chard through a fine sieve (strainer) and set it aside.

Wipe out the skillet and heat the remaining 1 tablespoon olive oil over medium-high heat. Add the shallots and garlic and cook, stirring, until they are softened, about 2 minutes.

Add the chard and chickpeas and cook until heated through, 3 to 4 minutes.

Drizzle the lemon juice over the mixture and season with salt and pepper, to taste.

Sprinkle cheese on top just before serving, if desired.

Herby Arugula Mint Pesto

Adapted from Cooking Light (www.cookinglight.com)

Serves 8 (~2 Tbs per serving)

Freezer friendly

Works great on anything from veggies, steak or tuna! Try freezing now and using this winter!

Ingredients:

5 cups loosely packed arugula

½ cup fresh mint

¼ cup toasted almonds

½ ounce grated Parmigiano-Reggiano cheese (about 2 Tbsp.)

2 garlic cloves

1 tsp lemon zest

2 Tbs fresh lemon juice

¾ tsp kosher salt

1/3 cup EVOO

2 Tbs warm water

Directions:

Pulse loosely packed arugula, fresh mint, toasted almonds, grated Parmigiano-Reggiano cheese (about 2 Tbs), garlic cloves, lemon zest, fresh lemon juice, and kosher salt in a food processor until finely chopped.

With processor running, slowly drizzle in extra-virgin olive oil.

Add warm water; process until blended. Enjoy!

Sliced Strip Steak with Arugula and Parsley

Adapted from Bon Appetit (www.bonappetit.com)

Serves 4

My favorite way to enjoy arugula is a fresh salad; it's such a treat that only happens a few times a year!

Ingredients:

2 1-inch-thick boneless New York strip steaks (about 10 ounces each)

Kosher salt and freshly ground black pepper

1 bunch arugula, tough stems removed

¼ medium red onion, thinly sliced

1 red chile, thinly sliced

4 ounces caper berries, halved if large

2 ounces Parmesan, shaved

1 cup parsley leaves with tender stems

2 Tbs fresh lemon juice

2 Tbs EVOO, plus more for drizzling

Directions:

Prepare grill for medium-high heat. Season steaks generously with salt and pepper. Grill, turning several times, until lightly charred, 7–9 minutes for medium-rare. Transfer to a cutting board; let rest at least 15 minutes before thinly slicing.

Toss arugula, onion, chile, caper berries, Parmesan, and parsley in a medium bowl. Drizzle with lemon juice and oil and toss to coat; season with salt and pepper.

Drizzle steak with oil and season with salt and pepper; serve with salad.

Tropea Onion Jam

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

Total time ~ 3 hours 30 minutes

Makes 5. ½ pints

This is one of the most common things to make with these onions, it's served like a chutney (usually alongside cheeses or roasted meats). You'll have to adjust the recipe depending on how many onions you have.

Ingredients:

2 ¼ lbs Tropea onions

¾ lb sugar (granulated)

2 bay leaves

2 to 3 cloves garlic

1 bottle red wine (good quality)

¼ lb raisins

Directions:

Gather the ingredients.

Peel the papery skins off the onions. Slice the onions in half pole-to-pole, and slice thinly crosswise. Combine the sliced onions with the sugar, bay leaves, cloves and wine in a large, non-reactive pot. Cover, and refrigerate overnight.

The next day, place the pot over medium-high heat. Add the raisins. Bring the mixture to a boil, then reduce the heat to medium and cook, stirring occasionally to prevent scorching, until most of the moisture evaporates and the jam thickens; this can take two or three hours. The jam is ready when it mounds on a spatula and liquids do not run freely.

Pour the jam into clean jars. Allow to cool to room temperature and store in the refrigerator for up to three weeks, or in the freezer for up to three months.

Spaghetti with Tropea Onions

Adapted from Acedemia Barilla (www.academiabarilla.com)

Serves 4

This came as a recommended recipe from a member last year! This recipe goes a lot by taste, you can use your skills! Just read through the recipe before beginning.

Ingredients:

1 lb spaghetti

12 Tropea onions

1 red pepper

1 sprig basil

1 ladle tomato sauce

Grated Parmigiano Reggiano cheese

EVOO

Salt and pepper

Directions:

Peel the onions and cut into thin slices. Sautee in olive oil. When the onion begins to turn golden, add the red pepper cut into pieces and the basil leaves (torn up by hand).

After a few minutes, thin out the sauce with a little water and tomato sauce. Adjust the salt.

Cook the spaghetti in a large pot of boiling salted water. Drain when al dente and add to the pan with the sauce.

Sprinkle with a good amount of grated Parmigiano Reggiano and freshly ground black pepper.

Zucchini, Tomato and Kale Pasta

Adapted from NutMeg Nanny (www.nutmegnanny.com)

Total time ~30 minutes

Serves 4

Great skillet meal that's loaded with veggies, you could add in chicken or sausage for your meat lovers! I KNOW you've got kale leftover!

Ingredients:

¼ cup EVOO

3 small zucchini, cut into 1-inch cubes

3 cloves garlic, minced

2 cups chopped kale

4 medium sized tomatoes, diced

¼ cup chopped fresh basil

1 pound cooked spaghetti

Grated Parmesan cheese, optional

Directions:

In a large skillet set over medium high heat add olive oil. Once the oil is hot add in zucchini.

Cook for a few minutes until the zucchini starts to soften but is not mushy. Add in garlic and kale and saute for a few minutes more.

Remove the vegetables from the heat and throw in tomatoes, basil and fresh pasta. Toss to combine and drizzle with addition olive oil if the pasta is too dry.

Serve as is or with a sprinkle of Parmesan cheese.

Arrowhead Cabbage Slaw Salad

Adapted from Formaggio Kitchen (www.formaggiokitchen.com)

Total time ~15-20 minutes

This great spin on coleslaw is best made in advance! At least a day ahead of time to allow the flavors to mesh!
SUB IN KOHLRABI for the turnips!

Ingredients:

Salad-

- 1 medium Arrowhead cabbage, thinly sliced
- 1 red apple, thinly sliced (I used Fuji, but any crunchy red would work)
- 1 medium carrot, shredded
- 4 small Hakurei turnips, peeled and thinly sliced (radish would work as well)

Dressing-

- 1 lemon, juiced
- 2 Tbs EVOO
- ½ shallot, minced
- 1 Tbs honey
- salt and pepper to taste

Directions:

Combine the salad ingredients and mix until uniformly distributed.

For the vinaigrette – combine the ingredients and either whisk quickly in a bowl or shake in a fully-sealed jar until emulsified.

Toss the salad and the vinaigrette and allow to rest at least half an hour for the flavors to meld.

Serve and enjoy

Grilled Cabbage Caesar Salad

Adapted from Saveur (www.saveur.com)

Total time ~1 hour 40 minutes total

Serves 4-6

Ingredients:

For the cabbage:

2 small heads arrowhead cabbage

1 Tbs kosher salt

Freshly ground black pepper

1 cup EVOO

For the salad:

10 large garlic cloves, finely minced ($\frac{1}{4}$ cup), divided

1 Tbs finely grated orange zest, plus $\frac{1}{2}$ cup fresh orange juice

1 Tbs finely grated lemon zest, plus $\frac{1}{3}$ cup fresh lemon juice

6 oil-cured anchovy fillets, finely minced (1 Tbs), or substitute anchovy paste

1 Tbs capers, finely minced

1 Tbs golden raisins, finely minced

$\frac{1}{2}$ cups plus 2 Tbs EVOO, divided

Kosher salt

Freshly ground black pepper

1 cup panko bread crumbs

2½ oz. aged pecorino cheese, finely grated (1 cup), plus more for topping

3 boquerones (marinated white anchovies), optional

Directions:

Prepare the cabbage: Split each head of cabbage lengthwise into quarters, leaving the core in place in order to hold the leaves together during cooking. Place the quarters on a large rimmed baking sheet, cut-side up. Sprinkle with the salt, season with pepper to taste, and drizzle with oil; rub all over the cabbage, focusing on the cut sides so that the oil and seasonings seep in between the leaves. Set aside, uncovered, to marinate for 30–40 minutes.

Meanwhile, make the vinaigrette: In a medium bowl, add 1 tablespoon of the garlic, the orange and lemon zests and juices, anchovies, capers, and raisins; stir to combine. Slowly whisk in $\frac{1}{2}$ cup of the oil; season with salt and pepper to taste. Set the vinaigrette aside.

In a large skillet over medium heat, add the remaining 2 tablespoons oil and 3 tablespoons garlic. Cook, stirring frequently, until the garlic just begins to turn golden, 1–1½ minutes. Add the panko and gently stir to combine. Turn the heat down to medium-low and continue cooking and stirring until the panko is evenly toasted and crispy, 5–7 minutes more. Season with salt and pepper to taste, then transfer the panko to a large heatproof bowl or baking sheet and set aside to cool to room temperature.

Cook the cabbage: Preheat a cast-iron grill pan or skillet over very high heat. Once the pan is hot, add the cabbage, cut-side down. Cook, turning occasionally, until the cabbage is charred all over, 10–12 minutes. Using tongs, transfer to a large heatproof bowl or container and cover tightly with plastic wrap or a lid. Set the cabbage aside to steam until the centers are tender when poked with a paring knife, 15–20 minutes.

Once the cabbage is tender and cool enough to handle but still warm, cut the quarters crosswise into 2-inch-wide chunks, then return to the bowl. Add the pecorino, vinaigrette, and half of the panko. Toss well to coat, then transfer the salad to a large platter or wide, shallow bowl. Top with the remaining panko, more pepper and pecorino, and the boquerones (if using). Serve warm or at room temperature.

Summer Squash Lasagna

Adapted from Taste of the South (www.tasteofthesouthmagazine.com)

Total time ~15 minutes, plus time to set

Serves 6

Don't want all that pasta and trying to get in some veggies? Try adding in summer squash! This one still has some pasta, in case your family isn't ready for the full blown vegetable substitute, but you could use more squash and less pasta!

Ingredients:

3 medium squash, cut lengthwise into 1/4-inch-thick slices

1/2 tsp sea salt

2 Tbs EVOO

1 pound ground turkey (or protein of choice)

1 cup diced yellow onion

2 (14.5-ounce) cans petite diced tomatoes, drained

2 Tbs Italian seasoning, divided

2 tsp garlic salt, divided

4 cups part-skim ricotta cheese

2 cups grated Parmesan cheese

1 (8-ounce) package no-boil lasagna noodles

2 cups shredded mozzarella cheese

Directions:

Preheat oven to 350°. Spray a 2 1/2-quart shallow baking dish with nonstick cooking spray. Set aside.

Place squash in a single layer on paper towels. Sprinkle with salt, and let stand 15 minutes. Press with additional paper towels to remove excess moisture.

In a large nonstick skillet, heat olive oil over medium-high heat. Cook turkey and onion, stirring until turkey is browned and crumbly, 6 to 8 minutes. Set aside.

In a medium bowl, stir together tomatoes, 1 tablespoon Italian seasoning, and 1 teaspoon garlic salt. In a separate bowl, stir together ricotta, Parmesan, remaining 1 tablespoon Italian seasoning, and remaining 1 teaspoon garlic salt.

Spread 1/2 cup tomato mixture evenly in prepared dish. Top evenly with half of noodles. Cover evenly with one-third of squash. Gently spread half of ricotta mixture over squash; sprinkle with half of turkey mixture. Top with half of remaining tomato mixture. Starting with noodles, repeat layers once. Top with remaining one-third squash.

Bake, uncovered, 30 minutes. Top with mozzarella, and bake until cheese is golden brown, approximately 10 minutes more. Let stand 10 minutes before serving.

Spicy Chickpea and Cheese Stuffed Zucchini

Adapted from Half Baked Harvest (www.halfbakedharvest.com)

Total time ~45 minutes

Serves 6

Stuffing zucchini is a great way to enjoy them in such a large variety of ways!

Ingredients:

4 zucchini or yellow summer squash, halved lengthwise
2 cups cherry tomatoes halved
4 Tbs EVOO, plus more for serving
2 Tbs oregano leaves, roughly chopped
2 Tbs fresh thyme leaves
kosher salt and black pepper
1 can (14 ounce) chickpeas, drained and rinsed
2 tsp smoked paprika
1-2 tsp crushed red pepper flakes
1 tsp fennel seeds
¼ cup Panko bread crumbs
½ cup shredded fontina cheese
¼ cup grated pecorino cheese
¼ cup fresh basil leaves, roughly chopped

Directions:

Preheat the oven to 400 degrees.

Using a small spoon or melon baller, hollow out the center of the zucchini halves (reserve the flesh), leaving 1/2-inch thick shell on each half.

On a baking sheet, toss the zucchini, the scooped out zucchini flesh, and the tomatoes with 2 tablespoons olive oil, oregano, thyme, and a pinch each of salt and pepper. Transfer to the oven and roast for 20 minutes or until the zucchini are beginning to char and the tomatoes burst.

On a separate baking sheet, toss the chickpeas with the remaining 2 tablespoons olive oil, paprika, red pepper flakes, fennel, and a large pinch of salt. Add the Panko, and toss to coat. Arrange in an even layer and transfer to the oven. Roast for 20 minutes, or until crisp.

Remove everything from the oven. Add the roasted zucchini flesh and the tomatoes to the chickpeas and toss to combine. Spoon half of the chickpea/tomato mix into the roasted zucchini halves. Sprinkle the cheeses evenly over each zucchini. Return the zucchini to the oven and cook another 10 minutes, until the cheese has melted.

To serve, plate the zucchini and top with the reserved chickpeas and tomatoes. Top with fresh basil and a drizzle of olive oil. Enjoy!

Zucchini Kohlrabi Carrot Fritters with Herb Yogurt Sauce

Adapted from Karalydon (www.karalydon.com)

Total time ~35 minutes

Serves 8

Fritters are considered an exit strategy by many members; you can use such a large variety of your box this way!

Ingredients:

For the Fritters:

1 medium-large zucchini, grated
1 spring onion, minced
3 small carrots, peeled and grated
2 small kohlrabi, leaves removed, peeled and grated
¼ cup chopped parsley
1 egg
¼ cup flour
¼ tsp garlic powder
¼ tsp salt
¼ tsp pepper
3 Tbs EVOO

For the Yogurt Sauce:

1 cup low-fat Greek yogurt
½ Tbs lemon zest
½ Tbs chopped parsley
1 Tbs avocado oil
1/8 tsp salt

Directions:

For the Fritters:

Combine zucchini, carrots, kohlrabi, and spring onion in a cheese cloth* and wring out any excess water. Transfer to a medium mixing bowl.

Add egg, flour, garlic powder, salt and pepper and mix to coat evenly.

Add olive oil to cast iron skillet (or a regular frying pan is OK) over medium-high heat. Once oil is hot enough, drop 1/4 cup of fritter batter into the pan and flatten out with a spatula. Depending on the size of your skillet, cook a few fritters at a time, leaving space in-between. Cook for a 3-5 minutes on each side, or until golden-brown and crispy.

Transfer cooked fritters to a paper towel to absorb some oil. Serve with yogurt sauce.

For the Yogurt Sauce:

Mix yogurt, lemon zest, parsley, avocado oil, and salt until combined. Serve alongside fritters.

*If you don't have a cheese cloth, add veggies to a strainer and sprinkle with salt and let sit for 10 minutes and then wring out excess liquid with hands.

**To save time, shred vegetables in a food processor instead of hand grating them.

Kohlrabi Fries

Adapted from Rachel Ray (www.rachelray.com)

Serves 2

If you're looking for any easy kohlrabi recipe, this is it!

Ingredients:

2 kohlrabi roots, stems and leaves removed

1 tsp EVOO

½ tsp ground cumin

½ tsp chili powder

Directions:

Preheat oven to 425°F. Wash the kohlrabi, then use a sharp paring knife or good vegetable peeler to peel. Cut them into thin strips.

In a medium bowl, toss the kohlrabi fries with olive oil, chili powder and ground cumin, coating them evenly.

Spread the kohlrabi in a single layer on a baking sheet and bake for 25 minutes, flipping once, until they are soft and getting blistered and dark on the outside. Remove and eat warm.

Banana Cherry Smoothie

Adapted from The Salty Marshmallow (www.thesaltymarshmallow.com)

Total Time ~ 8 minutes

Serves 1

One of my favorite things to do is to make smoothies with the kids. It's something everyone can usually participate in and you get a tasty healthy treat out of it!

Ingredients:

½ cup milk of choice (I prefer unsweetened almond milk)

1 cup pitted cherries

1 large banana

¼ cup yogurt (try unsweetened or you can use vanilla if you prefer)

1 tsp almond extract, optional

A little ice, per preference

Directions:

Place the milk, frozen cherries, banana, yogurt, ice and almond extract into a blender.

Place the lid on the blender. Pulse and blend the ingredients for 1-2 minutes, until smooth. Serve immediately.

Red Currant Jam

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

Total time ~35 minutes

Makes 2 pints

Ingredients:

1 quart ripe red currants

2 ¼ cups sugar

¼ cup water

Directions:

Gather the ingredients.

Wash the currants and remove them from their stems.

Place red currants and water in a large, non-reactive pot. Gently crush the currants with a potato masher.

Add the sugar and cook the mixture over medium-low heat, stirring constantly to dissolve the sugar. Once the sugar is completely dissolved, raise the heat to high and boil, stirring often, until the jam reaches the gel point.

Remove the red currant jam from the heat and skim off any foam that has formed on the surface. Ladle the hot jam into washed and sterilized jars leaving 1/4 to 1/2-inch headspace. Screw on canning lids. You can simply allow the jars to cool and then store them in the refrigerator for up to 3 months.

Red Currant Crumb Bars

Adapted from Katie at the Kitchen Door (www.katieatthekitchendoor.com)

Makes 16

Crumb bars are a great go to for any berry this time of year!

Ingredients:

½ cup plus 2/3 cup sugar

3 cups fresh red or white currants, washed and removed from their stems

1 Tbs cornstarch

2 cup flour

1 tsp baking powder

¼ tsp salt

1 1/3 sticks salted butter, cut into cubes and chilled

1 egg

Directions:

Gather the ingredients.

Preheat the oven to 375°F. Grease an 8×8 or an 11×7 inch cake pan and set aside.

In a large bowl, gently stir together 1/2 cup of the sugar, the currants, and the cornstarch, until currants are coated with the sugar mixture.

In a separate large bowl, whisk together the remaining 2/3 cup of sugar, the flour, the baking powder, and the salt until evenly combined. Add the chilled butter cubes and the egg, and use a pastry cutter or a fork to blend the butter and egg into the flour. When finished, dough will be crumbly with pea-sized chunks of butter.

Press 2/3 of the dough into the prepared pan. Top with the currants. Clump the remaining dough together into a loose ball, then crumble it over the top of the currant mixture. Bake for 35-45 minutes, until currants are bubbly and top of crust is golden brown