

SLFarms CSA Week Eight 2021 Recipes

20 Minute Skillet Sausage & Zucchini

Almond Flour Zucchini Bread

Southwestern Black Bean Corn Salad

Marinated Onions- Magic Elixirs

Corn and Potato Chowder

Garlic and Parsley New Potatoes

Celery Soup

Celery Spiked Guacamole with Chiles

Jalapeno Popper Creamed Corn

Basil Vinaigrette

Blueberry Vinaigrette

Blueberry Peach Salsa

Peach Crostata

20 Minute Skillet Sausage & Zucchini

Adapted from The Whole Cook (www.thewholecook.com)

Total time ~20 minutes

Serves 4

Love an easy skillet meal, could play around with different veggies in this one. I would even add some greens at the end!

Ingredients:

2 ½ Tbs EVOO

4 fully cooked sausages, sliced into circles 1/4 inch thick

2 medium zucchini, cubed

1 onion, cut into 3/4 inch pieces (close to same size as zucchini)

1 bell pepper, any color, cut into 3/4 inch pieces (close to same size as zucchini)

½ tsp salt

½ tsp dried oregano

½ tsp dried basil

¼ tsp garlic powder

¼ tsp onion powder

¼ tsp pepper

1 tsp garlic, minced

Directions:

Heat 1 tablespoon of olive oil in a large skillet over medium-high heat. Once the oil is hot, add sliced sausage. Sauté, flipping sausage frequently, for 1 to 2 minutes or until sausage slices have some browning. Remove from pan and set aside.

Reduce heat to medium. Add remaining 1 1/2 tablespoons of oil to skillet with the zucchini, onion, and bell pepper. Sprinkle with salt, oregano, basil, garlic powder, onion powder, and pepper. Stir. Let cook until the onion is translucent and peppers and zucchini are close to tender, about 5 to 10 minutes.

Add sausage back to the skillet along with minced garlic. Stir. Cover so everything heats through for 1 to 2 minutes.

Taste. Add extra salt if desired. Garnish with chopped fresh basil (optional).

Almond Flour Zucchini Bread

Adapted from Against All Grain (www.againstallgrain.com)

Makes 2 mini loaves

I make this every single year and it freezes so well! Minimal sugar!

Ingredients:

1- ½ cup blanched almond flour
2 tsp cinnamon
1 tsp baking soda
½ tsp salt
½ tsp nutmeg
3 eggs, beaten
¼ cup honey
1 ripe banana
1 cup shredded, unpeeled zucchini

Directions:

Preheat oven to 350 degrees Fahrenheit.

Combine the dry ingredients in a small bowl. Place the wet ingredients in the bowl of a stand mixer, then beat on medium for 1-2 minutes until frothy and fully combined. Add the zucchini and beat again just enough to incorporate.

Slowly add the dry ingredients with the mixer running, until all of the flour mixture has been incorporated.

Spoon the batter into 2 mini loaf pans. You can also use this batter to make muffins.

Bake for 30-35 minutes until the middle is set and a toothpick comes out clean.

Southwestern Black Bean Corn Salad

Adapted from Skinny Taste (www.skinneytaste.com)

Total time ~25 minutes

Serves 6

I make cold corn salad EVERY year. Its great as leftovers too. I don't cook the corn!

Ingredients:

15 ½ ounces black beans, rinsed and drained

9 ounces cooked corn, fresh

1 medium tomato, chopped

1/3 up red onion, chopped

1 scallion, chopped

1 ½ limes, juice of

1 T olive oil

2 T cilantro, fresh minced, or more to taste

salt

pepper

1 hass avocado, medium, diced

1 jalapeno, diced, optional

Directions:

In a large bowl, combine beans, corn, tomato, onion, scallion, cilantro, salt and pepper.

Squeeze fresh lime juice to taste and stir in olive oil.

Marinate in the refrigerator 30 minutes.

Add avocado just before serving.

Marinated Onions- Magic Elixirs

Adapted from No Crumbs Left (www.nocrumbsleft.net)

Thanks to Alison for sharing this one 2 years ago! A great idea for those onions! These live on your counter and can be added to anything!

Ingredients:

1 small red onion
¾ cup EVOO
1 T dried oregano
1 T red wine vinegar

Directions:

Thinly slice the red onion and place in a low bowl.

In a separate bowl, stir the olive oil, red wine vinegar and dried oregano together to combine well. Pour the mixture over the onions, making sure they are submerged.

Let sit on counter at room temperature to marinate for at least an hour.

Keeps for two days unrefrigerated.

Corn and Potato Chowder

Adapted from Fashionable Foods (www.fashionablefoods.com)

Total time ~30 minutes

Serves 4-6

I know it's summer...but every year we have some members that still love a good soup! The sweet corn we get is SO delicious in a chowder!

Ingredients:

1 Tbs EVOO
1 onion, chopped
1 red bell pepper, chopped
Kosher salt and black pepper
3 cloves garlic, minced
4 small- medium potatoes, peeled and diced
2 Tbs gluten-free all-purpose flour, or regular if not gluten-free
4 cups chicken stock
3 carrots, shredded
3 cups corn, fresh or frozen
1 tsp fresh thyme
1/8 tsp cayenne pepper
1 cup half and half
chopped italian parsley, for garnish

Directions:

Heat the olive oil over medium-high heat; add in the onions and peppers, seasoning them with a pinch of salt and pepper. Cook until soft and then add in the garlic, cooking it all for 1 minute more.

Add in the potatoes, stir well and cook for 2-3 minutes. Sprinkle on the flour and mix into the veggies.

Pour in the chicken broth and bring to a boil; then lower the heat and simmer for 10 minutes, or until the potatoes are tender.

Add the shredded carrots and corn and simmer 4-5 minutes longer. Season the soup with the thyme, cayenne pepper, and more salt and pepper.

Stir in the half and half and mix well. Serve garnished with fresh parsley.

Garlic and Parsley New Potatoes

Adapted from Genius Kitchen (www.geniuskitchen.com)

Serves 4

Use your raw garlic if you still have it for an amazing side dish this week! If you still have dill add that too!

Ingredients:

12 small red potatoes
4 garlic cloves, minced
2 Tbs fresh parsley, chopped
3 tsp EVOO, divided
salt and pepper

Directions:

Scrub the potatoes well. Pare a 3/4" strip around the middle of each potato (this is just to give you a little contrast in color).

Place potatoes in a saucepan, cover with water and bring to a boil. Simmer covered for about 20 minutes or until tender.

Drain potatoes and place them in a bowl add two teaspoons of oil& toss.

In a non stick fry pan add the remaining oil over medium heat.

Add garlic, cook approximately 1 minute.

Add parsley, salt& pepper, mix well.

Add potatoes, reduce heat to low and cook stirring constantly for 1 or 2 minutes. Serve.

Celery Soup

Adapted from Bon Appetit (www.bonappetit.com)

Serves 4

SLF celery is loaded with flavor, a soup is a great way to enjoy this gem! Bonus if you make your own broth with your veggie scraps!

Ingredients:

1 head celery, stalks chopped, leaves reserved

1 large waxy potato, chopped

1 medium onion, chopped

½ cup (1 stick) unsalted butter

Kosher salt

3 cups low-sodium chicken broth

¼ cup fresh dill

½ cup heavy cream

Flaky sea salt (such as Maldon) and olive oil (for serving)

Directions:

Combine celery, potato, onion, and butter in a medium saucepan over medium heat; season with kosher salt.

Cook, stirring, until onion is tender, 8–10 minutes.

Add broth; simmer until potatoes are tender, 8–10 minutes. Purée in a blender with dill; strain. Stir in cream.

Serve soup topped with celery leaves, sea salt, and oil.

Celery Spiked Guacamole with Chiles

Adapted from Bon Appetit (www.bonappetit.com)

Serves 8

Add some crunch and flavor to that guacamole for taco Tuesday!

Ingredients:

4 avocados, chopped

1 celery stalk, finely chopped

2 serrano chiles, seeds removed if desired, finely chopped

2 cloves garlic finely grated

3 Tbs fresh lime juice

¼ small red onion, chopped, divided

½ cup chopped fresh cilantro, plus leaves for serving

Kosher salt

Directions:

Mash avocados, celery, chiles, garlic, lime juice, ½ of onion, and ½ cup chopped cilantro in a medium bowl to desired consistency; season with salt.

Top guacamole with remaining onion and cilantro leaves.

Jalapeno Popper Creamed Corn

Adapted from Delish (www.delish.com)

Total time ~20 minutes

Serves 6

I've never made this before but someone passed this along as a great corn dish!

Ingredients:

½ oz (8-oz.) block cream cheese, softened

1/3 cup sour cream

¼ tsp chili powder

¼ tsp garlic powder

Kosher salt

Freshly ground black pepper

2 Tbs EVOO

8 ears corn, kernels removed

1 cup cooked bacon, crumbled, plus more for garnish

1 cup shredded cheddar

2 green onions, thinly sliced

2 jalapeños, seeds removed and minced, plus another jalapeño thinly sliced, for garnish

Directions:

In a large bowl, combine cream cheese with sour cream. Season with the chili powder, garlic powder, salt, and pepper.

In a large skillet over medium-high heat, heat oil. Add corn and cook, stirring occasionally, until the corn is golden and lightly seared, about 5 minutes.

Add corn to cream cheese mixture and let cool slightly. Add bacon, cheddar, green onions, and jalapeños and toss to coat. Garnish with sliced jalapeño and more bacon.

Basil Vinaigrette

Adapted from Two Peas & Their Pod (www.twopeasandtheirpod.com)

Total time ~ 10 minutes

Enjoy that lettuce with some home made dressing!

Ingredients:

2 cups packed basil leaves

1 clove garlic minced

2 Tbs minced shallot

2 tsp fresh lemon juice

2 Tbs white balsamic vinegar or red wine vinegar

1 tsp salt

½ cup EVOO

Freshly ground black pepper to taste

Directions:

Place the basil, garlic, shallot, lemon juice, vinegar, salt, olive oil, and pepper in a blender or food processor.

Blend until smooth. Taste and season with additional salt and pepper, if necessary.

Serve!

Note-vinaigrette will keep in a jar or container in the fridge for up to 5 days.

Blueberry Vinaigrette

Adapted from Live Eat Learn (www.liveeatlearn.com)

Total time ~ 10 minutes

Use this fruity dressing with some of your fresh lettuce and some grilled chicken!

Ingredients:

1 cup fresh blueberries
¼ cup balsamic vinegar
2 Tbs honey
1 Tbs lemon juice
Pinch of salt and pepper
½ cup EVOO

Directions:

In a blender, combine blueberries, vinegar, honey, lemon, salt, and pepper.

With the blender running, slowly pour in oil, and continuing blending until completely emulsified and creamy, about 30 seconds.

Enjoy!

Blueberry Peach Salsa

Adapted from My Recipes (www.myrecipes.com)

Total time ~15 minutes

Makes 3 cups

This is a great addition to a cheese board or along side some pork chops or chicken!

Ingredients:

1 ½ cups fresh blueberries

Zest and juice of 1 lime

1 large peach, peeled and finely diced

1 small shallot, finely chopped

3 Tbs chopped fresh basil

3 Tbs chopped fresh chives

2 Tbs hot pepper jelly

1 Tbs EVOO

Directions:

Coarsely chop half of blueberries. Toss chopped blueberries with whole blueberries and remaining ingredients.

Add salt and pepper to taste.

Serve immediately, or cover and chill up to 24 hours.

Peach Crostata

Adapted from Fifteen Spatulas (www.fifteenspatulas.com)

Total time ~55 minutes

Serves 8

Ingredients:

2 lbs fresh peaches

¼ cup brown sugar

¼ tsp ground cinnamon

2 Tbs spiced rum

1 tsp vanilla extract

1 Tbs lemon juice

2 Tbs flour

1 standard pie crust

1 Tbs heavy cream

2 Tbs turbinado sugar

Directions:

Preheat the oven to 400 degrees F.

Cut the peaches into quarters, then cut the quarters into quarters, for a total of 16 slices per peach.

Toss the peaches in a big mixing bowl with the brown sugar, cinnamon, spiced rum, vanilla extract, lemon juice, and flour. Set this mixture aside.

Roll the pie crust out into a big circle, about 12 inches in diameter. Don't worry if it's not a perfect circle.

Transfer the pie crust onto a rimmed baking sheet.

Dump the peaches, along with any of the liquid in the bowl, onto the center of the rolled out pie crust, leaving a 2 inch rim on all sides of the peaches.

Distribute the peaches as necessary to form into a relatively flat layer (it's okay to have the peaches piled up on top of each other).

Fold the sides of the pie crust up and over the peaches, then brush the crust with heavy cream.

Sprinkle turbinado sugar all over the heavy cream brushed pie crust. Bake the crostata for about 40 minutes until the edges are golden brown and the peaches are bubbling.

Serve warm with a big scoop of ice cream, if desired. Enjoy!