

SLF Week Five 2021 Recipes

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Basil Vinaigrette

Adapted from Two Peas and Their Pos (www.twopeasandtheirpod.com)

Total time ~5-10 minutes

Love enjoying fresh herbs with a great 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.

Oven Roasted Carrots and Kale

Total time ~30 minutes

Serves 2-4

Ingredients:

½ lb carrots, sliced lengthwise, then cut on diagonal

5 ounces kale, washed, thick stems removed

1 Tbs EVOO

½ yellow or white onion (could use your tropea onions)

4 cloves garlic, crushed or minced

Salt and (optional) parmesan cheese to taste

Directions:

Preheat oven to 400 degrees.

Chop kale finely. Chop the onion.

Combine kale, carrots, onion, garlic and olive oil in a large bowl and use your hands to mix it well. Make sure all the kale gets massaged with oil.

Spread in a 13 x 9 baking dish and cook 20-25 minutes, stirring once halfway through. (The carrots should be tender and the kale wilted and brown in spots.) Sprinkle lightly with salt and parmesan if using, and enjoy.

Kohlrabi and Carrot Slaw

Adapted from Kathryn at The Kitchn (www.thekitchn.com)

Serves 4-6

Kohlrabi slaw is definitely one of our groups favorite ways to use kohlrabi! Mix with carrots or even add in some arrowhead cabbage if you still have some!

Ingredients:

1 large kohlrabi, peeled, stems trimmed off, grated
¼ head purple cabbage, shredded
2 medium carrots
½ red onion, chopped
4 Tbs chopped cilantro
¼ golden raisin (optional)
¼ cup mayonnaise
1 Tbs apple cider vinegar
1 Tbs sugar
1 tsp salt

Directions:

Combine the kohlrabi, cabbage, carrots, onion, cilantro, and raisins (if using) in a large bowl.

In a smaller bowl, whisk together the mayonnaise, cider vinegar, sugar, and salt. Pour the dressing over the slaw, and mix until fully coated.

Chill for several hours before serving.

Zucchini Kohlrabi Carrot Fritters with Herb Yogurt Sauce

Adapted from Karalydon (www.karalydon.com) | Serves 4

Fritters is a great way to use a combination of your box! Play around with different combinations this season.

Ingredients:

For the Fritters-

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

For the Yogurt Sauce-

1 cup plain 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.

NOTES

*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.

Pickled Radishes

Adapted from Epicurious (www.epicurious.com)

Makes 6 servings

Try an easy pickle as a way to preserve some of those veggies, then add them to salads, burgers, sandwiches and more to pack even more flavor into your dish!

Ingredients:

10 red radishes, trimmed, unpeeled, quartered

10 garlic cloves

1 tsp whole black peppercorns

2 cups distilled white vinegar

1 tsp kosher salt

1 tsp sugar

Directions:

Combine first 3 ingredients in a clean 1 quart glass jar. Add vinegar, salt, and sugar.

Cover; shake until sugar and salt begin to dissolve.

Refrigerate for at least 3 days, shaking once a day.

Can be made 1 month ahead. (The flavor mellows the longer the mixture pickles.) Keep chilled.

Carrot, Radish and Ginger Salad

Adapted from Healthy Seasonal Recipes (www.healthyseasonalrecipes.com)

Total time ~ 15 minutes

Makes 5 cups

I love this flavor combination with the ginger! Make a day ahead to really let the flavors marry!

Ingredients:

2 Tbs unseasoned rice vinegar

1 Tbs reduced-sodium tamari or 2 teaspoons coconut aminos

2 tsp pure maple syrup, dark or amber

1 tsp finely grated ginger root, preferably grated with a rasp-style grater

¼ tsp granulated garlic

¼ tsp salt

1 Tbs EVOO

3 cups julienne cut or shredded carrots (about 5 large)

1 cup julienne cut watermelon radishes, or any variety radish including Daikon

½ cup flat leaf parsley leaves, cut into tiny ribbons or chiffonade

Directions:

Whisk vinegar, maple syrup, tamari (or coconut aminos), ginger, garlic and salt in a large bowl. Whisk in oil.

Add carrots, radish and parsley and toss to coat. Can store in the refrigerator for up to 5 days.

Sautéed Kohlrabi, Onions and Basil

Adapted from Real Food Tastes Good (www.realfoodtastesgood.com)

Serves 4

Kohlrabi is so wonderful raw, but if you're looking for a different way to prepare, try this combination with your fresh basil!

Ingredients:

1 good sized kohlrabi bulb (no stems and leaves)

½ tsp salt

½ onion, sliced

2 Tbs butter, ghee or coconut oil

1 Tbs (more or less) chopped fresh basil

Directions:

Grate the peeled kohlrabi (food processor or hand grater). Sprinkle with salt and allow to sit in a colander for 30 minutes (set colander inside a bowl).

Squeeze water out (can press with the back of a spoon, or squeeze w/ hands).

Melt butter in a saute pan.

Cook onions over medium heat until golden and stir in kohlrabi. Turn heat to low, cover and simmer for 10 minutes.

Uncover and raise heat to medium. Cook another 2 minutes.

Stir in basil and serve.

Sheet Pan Chicken with Spring Vegetables

Adapted from Super Healthy Kids (www.superhealthykids.com)

Total time ~45 minutes

Serves 4

Sheet pan meals! We are now getting a lot of veggies that will roast well. Learn this easy cooking method to throw together meals fast, with minimal pots and pans! Remember you can always sub in some other veggies that you have on hand.

Ingredients:

1 ½ pound chicken breast
1 pound asparagus
12 medium radishes
1 cup carrots, chopped
12 small new potatoes, red or white

Marinade:

1/3 cup EVOO
1 T lemon juice
2 garlic cloves, minced
½ tsp thyme, dried
½ tsp rosemary, dried
¼ tsp sage, dried, crushed
½ tsp salt
Fresh pepper to taste

Directions:

Preheat oven to 425* F. Line a large sheet pan with foil for easier cleanup (optional)

Whisk together marinade ingredients in a small bowl (olive oil, lemon juice, garlic, herbs, salt and pepper). Set aside half the marinade.

Cut the two chicken breasts in half and toss them with half the marinade. Allow to marinate as veggies are chopped, or prep ahead and allow to marinate for up to a day for optimal flavor.

Wash and chop veggies: discard the bottom inch of asparagus, then cut the rest into 1-inch pieces. Remove radishes from bunch. Peel and chop carrots into bite-sized pieces (or cut baby carrots in half). Cut any potatoes larger than bite-sized in half.

When ready to bake, add veggies to the prepared sheet pan and toss in the reserved marinade. Add chicken.

Try to space all items evenly on the sheet pan.

Bake for 30 minutes, checking and stirring halfway.

Carrot Zucchini Mini Muffins

Adapted from Cupcakes and Kale Chips (www.cupcakesandkalechips.com)

Makes 24 muffins

Freezer Friendly

I love making muffins with veggies! It's a great way to sneak them in for kiddos, but also a freezer friendly exit strategy if needed!

Ingredients:

1 cup white whole wheat flour

½ tsp cinnamon

¼ tsp salt

1 tsp baking soda

3 Tbs butter, melted and cooled

½ cup pure maple syrup or honey

1 large egg, beaten

1 tsp vanilla extract

1 cup finely grated zucchini

½ cup finely grated carrot

½ cup raisins

Directions:

Preheat oven to 350°F and place rack in the center of the oven, and coat a mini muffin pan with nonstick cooking spray.

Combine the flour, cinnamon, salt, and baking soda in a mixing bowl and whisk until thoroughly combined. Set aside.

In a large mixing bowl, stir together the butter, maple syrup (or honey), egg, and vanilla extract.

Add the flour mixture to the wet ingredients and stir together until just barely combined.

Add the zucchini, carrot and raisins and stir gently until just distributed.

Fill each cup in the mini muffin pan approximately ¾ full (I use a small cookie scoop slightly overfilled).

Bake for 15-20 minutes or until a toothpick inserted in the center of a muffin comes out clean.

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 T butter or ghee, melted (*sub coconut oil for vegan-friendly*)

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.

Strawberry Rhubarb Crumble Bars

Adapted from The Minimalist Baker (www.minimalistbaker.com)

Total Time ~2 hours

Serves 9

Freezer Friendly

A great summer treat, these come from a gluten free baker but there are many ingredients you can substitute as needed. Sub in your CHERRIES for the berries.

Ingredients:

Crust:

1 cup rolled oats

- 1 cup raw almonds
- ¼ tsp sea salt
- 3 Tbs coconut sugar (or sugar of choice)
- 4 ½ Tbs coconut oil (melted, or butter)
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Filling:

2 heaping cups rhubarb (stems removed // chopped into 1/2 inch pieces)

1 heaping cup berries (such as strawberries or raspberries // large pieces chopped)

¼ cup orange juice

2 Tbs coconut sugar (plus more to taste, or sugar of choice)

1 Tbs cornstarch

Crumble Topping:

3 Tbs coconut sugar (or sugar of choice)

2 Tbs gluten-free flour (DIY blend or Bob's Red Mill 1:1 Gluten Free Blend, regular flour)

¼ cup rolled oats

1 ¼ Tbs coconut oil (or butter)

Directions:

Preheat oven to 350 degrees F (176 C) and line an 8x8-inch baking dish with parchment paper.

Add oats, almonds, sea salt, and coconut sugar to a food processor or high-speed blender and pulse into a fine meal, making sure no large pieces remain.

Add melted coconut oil and pulse to incorporate. It should form a loose dough that forms when squeezed between two fingers. Add more melted oil if too dry.

Spread the mixture into the lined baking dish and press down into an even layer with your fingers or a flat object (such as a drinking glass).

Bake for 15 minutes, then increase heat to 375 degrees F (190 C) and bake for 5 minutes more, or until the crust is fragrant and the edges are slightly golden brown. Set aside.

In the meantime, add rhubarb, strawberries, orange juice, coconut sugar, and cornstarch to a medium saucepan and warm over medium-low heat until slightly softened and bubbly - about 5-7 minutes. Stir frequently to prevent sticking. Then remove from heat and set aside.

Next prepare crumble by adding all ingredients to a small mixing bowl and using a fork or your fingers to mix ingredients into a crumble. Set aside.

Add strawberry-rhubarb mixture to the pre-baked crust and spread into an even layer. Then top with crumble topping and spread evenly to cover fruit.

Reduce oven heat back to 350 degrees F (176 C) and bake for another 15-20 minutes or until the strawberry topping is warm and bubbly and the crumble is golden brown.

Remove squares from oven and let cool completely - 1-2 hours. Once cooled, gently lift bars from pan and slice into 9 even squares or 10 bars (amounts as original recipe is written // adjust if altering batch size).

Store leftovers in a well-sealed container at room temperature for 2 days, in the refrigerator for 3-4 days, or the freezer up to 1 month.

Banana Cherry Smoothie

Adapted from The Salty Marshmallow (www.thesaltymarshmellow.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.

Raspberry Rhubarb Margarita

Adapted from The Manual (www.themanual.com)

Love this new way to use this tangy gem!

Ingredients:

2 ounces tequila blanco
2 ounces fresh lime juice
2 ounces raspberry rhubarb syrup*
2-3 jalapeno slices
Fresh raspberries, limes, jalapeno for garnish

Directions:

Raspberry Rhubarb Syrup:

Add .5 cup chopped rhubarb, .75 cup raspberries, 1 cup water, .5 cup sugar, and the juice of .5 a lemon to a small saucepot and cook over medium-high heat until the mixture comes to a low boil.

Reduce heat to low and simmer for 10 minutes, or until the rhubarb is soft. Remove from heat and allow to cool. Once cooled, mash the rhubarb and raspberries with the back of a fork or a wooden spoon.

Strain mixture through a fine-mesh sieve, extracting as much liquid as possible. Pour the liquid into a jar or sealed container and place in the refrigerator to cool.

To make the cocktail:

Place a thin layer of flake salt on a small plate. Rim glass with lime juice and dip each glass into the salt. Set aside.

Fill a cocktail shaker with ice and 2-3 jalapeño slices. Add the tequila, lime juice, and raspberry rhubarb syrup to the cocktail shaker and shake vigorously for 15 seconds.

Fill prepared glass with ice and, using a cocktail strainer, pour the mixture over the ice. Garnish with fresh limes, fresh raspberries, and jalapeño slices, if desired.