

SLF CSA Week Twelve 2021 Recipes

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Bell Pepper Tomato Salad

Adapted from Food Network (www.foodnetwork.com)

Total time ~10 minutes

Serves 4

Another simple salad that can be made ahead!

Ingredients:

2 Tbs EVOO

1 tsp hot sauce

Juice from ½ lemon

1 garlic clove, grated

¼ cup parsley, chopped

½ tsp salt

2 green bell peppers, thinly sliced

3 tomatoes, cut into wedges

Directions:

Whisk olive oil, hot sauce, the lemon juice, garlic clove, parsley and salt in a bowl; season with pepper.

Thinly slice 2 green bell peppers and cut 3 plum tomatoes into wedges; toss with the dressing.

Pasta with 15-minute Burst Cherry Tomato Sauce

Adapted from Epicurious (www.epicurious.com)

Total time ~20 minutes

Serves 4-6

Yes, you can make a quick pasta sauce with cherry tomatoes!

Ingredients:

1 pound pasta

Kosher salt

½ cup EVOO

2 large garlic cloves, finely chopped

3 pints cherry tomatoes

½ tsp freshly ground black pepper

Pinch of sugar

1 cup coarsely chopped fresh basil

Freshly grated Parmesan (for serving)

Directions:

Cook pasta in a large pot of boiling salted water, stirring occasionally, until al dente; drain and transfer to a large bowl.

Meanwhile, heat oil in a 12" skillet or wide heavy saucepan over medium-high. Add garlic, then tomatoes, pepper, sugar, and 1 tsp. salt. Cook, stirring occasionally, until tomatoes burst and release their juices to form a sauce, 6–8 minutes.

Toss pasta with tomato sauce and basil. Top with Parmesan.

Potato Leek Soup

Adapted from The Stay at Home Chef (www.thestayathomechef.com)

Total time ~45 minutes

Serves 6

My favorite way to enjoy this combo!

Ingredients:

½ cup salted butter

2 leeks sliced, white and pale green parts only

1 quart chicken broth

2 Tbs cornstarch

4 cups diced yukon gold potatoes

2 cups heavy whipping cream

2 tsp salt divided

½ tsp pepper

Directions:

Melt butter in a large pot over medium heat.

Cook leeks in butter and 1 teaspoon salt about 10 minutes. Stir frequently.

Stir cornstarch into leek mixture. Slowly add in broth and stir to dissolve cornstarch mixture. Add potatoes, 1 teaspoon salt, and pepper and bring to a boil.

Reduce heat and add cream and simmer 30 minutes until potatoes are tender. Serve hot

Rosemary Potato Skillet with Bacon and Fresh Corn

Adapted from Bare Feet in the Kitchen (www.barefeetinthekitchen.com)

Serves 6

This is amazing with eggs for breakfast or as a side to dinner!

Ingredients:

3 medium red potatoes thinly sliced into bite-size pieces
3 ears of corn kernels removed
4 slices of bacon cooked and chopped into 1-inch pieces
2 scant Tbs finely chopped fresh rosemary
Kosher salt to taste
Freshly ground black pepper to taste
2 Tbs olive oil or coconut oil
Optional: top with chopped caramelized onions

Directions:

In a large skillet, warm the oil over medium-high heat. Add the potatoes and stir to coat. Season them generously with salt and pepper. Let them cook undisturbed for a few minutes and then toss to cook the other sides of the potatoes.

Continue cooking until the potatoes are softened and beginning to brown, this should take about 10-20 minutes, depending on the thickness of your potato slices.

Add the corn to the potatoes in the skillet and cook, stirring as needed, until tender and still crisp. Remove from the heat and add the bacon and fresh rosemary.

Taste and adjust seasonings as desired. If you have caramelized onions in the freezer, chop up a tablespoon or two and warm them before sprinkling them on top of your plate. Enjoy!

Cast Iron Roast Chicken with Caramelized Leeks

Adapted from Bon Appetit (www.bonappetit.com)

Serves 4

This is surprisingly simple!

Ingredients:

1 3½–4-pound whole chicken

Kosher salt

3 leeks, white and pale green parts only, halved lengthwise

3 Tbs EVOO, divided

Freshly ground black pepper

Directions:

Pat chicken dry with paper towels and season generously with salt, inside and out. (We use 1 tsp. Diamond Crystal or ½ tsp. Morton kosher salt per lb.) Tie legs together with kitchen twine. Let sit 1 hour to allow salt to penetrate, or chill, uncovered, up to 1 day ahead.

Place a rack in upper third of oven and set a 12" cast-iron skillet or 3-qt. enameled cast-iron baking dish on rack. Preheat oven to 425°.

Meanwhile, toss leeks and 2 Tbs oil in a medium bowl to coat; season with salt and pepper.

Once oven reaches temperature, pat chicken dry with paper towels and lightly coat with half of the remaining oil; sprinkle with dry rub, if using. Drizzle remaining oil into hot skillet (this helps keep the chicken from sticking and tearing the skin). Place chicken in the center of skillet and arrange leeks around. Roast until leeks are browned at edges and tender and an instant-read thermometer inserted into the thickest part of breasts registers 155°, 50–60 minutes (temperature will climb to 165° as chicken rests). Let chicken rest in skillet at least 20 minutes and up to 45 minutes.

Transfer chicken to a cutting board and carve. Serve with leeks.

Turkey Stuffed Cubanelle Peppers

Adapted from Chili Pepper Madness (www.chilipeppermadness.com)

Total time ~50 minutes

Serves 5

This is easily a freezable meal!

Ingredients:

5-6 Cubanelle peppers

1 tsp EVOO

1 jalapeno pepper chopped

1 small yellow onion chopped

1 pound ground turkey

1 Tbs red chili powder

1 tsp corn starch

1 tsp cumin

1 tsp garlic powder

1 tsp dried basil

Salt and pepper to taste

½ cup water or chicken stock

1 cup shredded Manchego cheese

Directions:

Preheat the oven to 350 degrees F. Heat a large pan to medium heat and add the olive oil.

Add the jalapeno and onion and cook until softened, about 4-5 minutes. Add the ground turkey and cook it through, stirring as you go, about 8 minutes.

Stir in the seasonings and water or chicken stock. Simmer for 10 minutes to let the flavors mingle and the moisture to evaporate. Remove from heat.

Slice the Cubanelle peppers in half lengthwise and scoop out the innards. Set them onto a large baking sheet.

Scoop the seasoned ground turkey into the pepper halves then top them with Manchego cheese.

Bake them for 20 minutes for slightly crunchier peppers, or 30 minutes for softer. Remove and sprinkle with spicy chili flakes, fresh chopped herbs, and pesto, zhug or chermoula, if desired.

Grilled Cubanelles, Tomatoes and Scallions

Adapted from Martha Stewart (www.marthastewart.com)

Total time ~15 minutes

Serves 8

Try grilling these peppers with almost any combination.

Ingredients:

Safflower oil or oil of choice for the grill

2 bunches scallions, trimmed

4 plum tomatoes, cut in half

8 cubanelle peppers

¼ cup EVOO

salt and pepper

2 tsp sugar

Directions:

Preheat a grill to medium-high, and brush grates with safflower oil. Soak 4 pieces of kitchen twine in water. Separate scallions into 4 smaller bunches; secure with twine. Brush scallions, tomatoes, and peppers with olive oil, and season generously with salt and pepper. Sprinkle cut sides of tomatoes with sugar.

Grill vegetables, turning occasionally, until tender and well charred, 5 to 6 minutes for scallions and tomatoes and about 10 minutes for peppers.

Fresh Tomato Salsa

Adapted from Yummy Mummy Kitchen (www.yummymummykitchen.com)

Total time ~15 minutes

Yields 2 cups

This week scream SALSA!

Ingredients:

6 Roma or garden tomatoes, cut into quarters

1 jalapeño, seeded and roughly chopped

½ large yellow or red onion (not sweet), peeled and roughly chopped

3 cloves garlic, chopped or crushed

juice of 1 lemon or lime

1 cup loosely packed fresh cilantro leaves

pinch of cumin (optional)

½ tsp sea salt

Directions:

Place all ingredients in a blender or food processor and pulse until just chunky. Taste and adjust seasonings if needed. Refrigerate at least an hour to let the flavors meld.

The salsa may be lighter red than store-bought salsa due to the air blended in and fresh tomatoes are usually lighter in color than canned. It may darken up as the air settles.

Stir Fried Kale with Tomatoes

Adapted from Food and Wine (www.foodandwine.com)

Total time ~ 15 minutes

Serves 4

A great fast side dish that can pair with most proteins!

Ingredients:

2 Tbs EVOO

½ medium onion, sliced

2 cloves garlic, minced or crushed

1 bunch kale, de-stemmed and chopped

1 cup cherry tomatoes, sliced in half

2 tsp soy sauce

½ tsp sesame seed oil

½ tsp dried thyme

Kosher or sea salt, to taste

Fresh cracked black pepper, to taste

Directions:

Heat a large skillet over medium-high heat. Add the oil and then stir in the onions. Cook for about 2 minutes or until the onions are soft.

Add the garlic and kale and stir occasionally cook until the kale is softened, 2 to 3 minutes.

Stir in the tomatoes, soy sauce, sesame seed oil and thyme. Cook until heated through

Season with salt and pepper and serve hot.

Southwestern Black Bean Corn Salad

Adapted from Skinny Taste (www.skinneytaste.com)

Total time ~25 minutes

Serves 6

Did you see my post in the Facebook group about my favorite cold corn salad? This one is pretty similar. You could also add some finely chopped kale! Don't even bother cooking 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 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.

Apple Spice Waffles

Adapted from Taste of Home (www.tasteofhome.com)

Total time ~ 30 minutes

Makes 12 waffles

Great way to enjoy those apples that might be piling up!

Ingredients:

2 cups biscuit/baking mix

2 tsp ground cinnamon

1 tsp ground nutmeg

2 large eggs, room temperature

1- ½ cups milk

6 Tbs butter, melted

1 cup chopped peeled apple

Optional: Whipped cream and maple syrup

Directions:

Preheat waffle maker. In a large bowl, combine biscuit mix, cinnamon and nutmeg. In another bowl, whisk eggs, milk and butter; stir into dry ingredients just until moistened; stir in apple.

Bake waffles according to manufacturer's directions until golden brown. If desired, serve with whipped cream, syrup and additional chopped apples.

Iced Melon Moroccan Mint Tea

Adapted from Taste of Home (www.tasteofhome.com)

Total time ~ 20 minutes

Makes 5 servings

I love this idea! Try making without the sugar and just sweeten if you have to! You can use any melon for this.

Ingredients:

2 cups water

12 fresh mint leaves

4 individual green tea bags

1/3 cup sugar (optional)

2- 1/2 cups diced honeydew melon

1- 1/2 cups ice cubes

Additional ice if needed

Directions:

In a large saucepan, bring water to a boil. Remove from the heat; add mint and tea bags. Cover and steep for 3-5 minutes. Discard mint and tea bags. Stir in the sugar.

In a blender, process honeydew until blended. Add 1-1/2 cups ice and tea; process until blended. Serve over additional ice.

Shrimp & Nectarine Salad

Adapted from Taste of Home (www.tasteofhome.com)

Total time ~30 minutes

Serves 4

Use your corn this week and you've got a CSA loaded salad!

Ingredients:

Dressing:

1/3 cup orange juice

3 Tbs cider vinegar

1- 1/2 tsp Dijon mustard

1- 1/2 tsp honey

1 Tbs minced fresh tarragon

Salad:

4 tsp oil, divided

1 cup fresh or frozen corn

1 pound uncooked shrimp (26-30 per pound), peeled and deveined

1/2 tsp lemon-pepper seasoning

1/4 tsp salt

8 cups torn mixed salad greens

2 medium nectarines, cut into 1-inch pieces

1 cup grape tomatoes, halved

1/2 cup finely chopped red onion

Directions:

In a small bowl, whisk orange juice, vinegar, mustard and honey until blended. Stir in tarragon.

In a large skillet, heat 1 teaspoon oil over medium-high heat. Add corn; cook and stir 1-2 minutes or until crisp-tender. Remove from pan.

Sprinkle shrimp with lemon pepper and salt. In the same skillet, heat remaining oil over medium-high heat. Add shrimp; cook and stir 3-4 minutes or until shrimp turn pink. Stir in corn.

In a large bowl, combine remaining ingredients. Drizzle with 1/3 cup dressing and toss to coat. Divide mixture among four plates. Top with shrimp mixture; drizzle with remaining dressing. Serve immediately.