

SLFarms CSA Week Five, 2022 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 other veggies!

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.

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.

Kale and Cabbage Slaw with Walnuts

Adapted from Cooking NYT (www.cooking.nytimes.com)

Serves 6

A great slaw is a summer staple! Throw in some kohlrabi if you still have some from last week!

Ingredients:

4 cups stemmed, slivered curly kale
Salt to taste
1 Tbs EVOO
3 cups finely sliced or shredded red cabbage
¼ cup finely chopped walnuts
2 Tbs seasoned rice vinegar
2 tsp sherry vinegar
2 to 3 tsp Dijon mustard (to taste)
1 small garlic clove, minced or puréed (optional)
1 Tbs walnut oil
¼ cup plain yogurt
Freshly ground pepper

Directions:

Place the slivered kale in a large bowl. Sprinkle with salt and add 1 tablespoon olive oil. Toss together and massage the leaves with your hands for about 3 minutes. The kale will lose some volume.

Add the cabbage and walnuts to the kale and toss together.

In a small bowl or measuring cup, combine the rice vinegar, sherry vinegar, Dijon mustard, optional garlic, walnut oil, yogurt and salt and pepper to taste. Whisk together and toss with the salad. Taste and adjust seasonings.

Cover and refrigerate for 1 hour or longer before serving. Toss again and serve.

One Pot Beef and Cabbage Stir Fry

Adapted from Cooking Light (www.cookinglight.com)

Total time ~25 minutes

Serves 4

My Dietitian challenge to you is to add more veggies to this dish! Sneak in some more greens, and add more carrots; leave the sugar out. I promise it will still be tasty!

Ingredients:

½ cup unsalted beef stock/broth
2 tsp cornstarch
2 Tbs oil, divided
12 ounces flank steak, cut against the grain into thin strips
3 ½ Tbs soy sauce (or coconut aminos), divided
1 ½ tsp granulated sugar, divided
4 cups chopped cabbage
1 Tbs minced fresh ginger
4 garlic cloves, thinly sliced
1 cup matchstick cut carrots
¼ cup chopped scallions
1 Tbs toasted sesame oil
1 Tbs sherry vinegar
4 cups cooked brown rice, warm
2 tsp toasted sesame seeds

Directions:

Heat 1 tablespoon oil in a large cast-iron skillet over high. Add steak; cook, stirring occasionally, until browned, 2 to 3 minutes.

Add 1 ½ tablespoons soy sauce and 1 teaspoon sugar. Cook, stirring often, until meat is charred, 1 to 2 minutes.

Remove steak to a plate. Add cabbage, ginger, garlic, and remaining 1 tablespoon oil; cook, stirring often, until cabbage begins to wilt, 2 to 3 minutes.

Add stock mixture, remaining 2 tablespoons soy sauce, and remaining ½ teaspoon sugar. Bring to a boil; reduce heat to medium, and simmer until cabbage is crisp-tender, about 2 minutes.

Stir in steak, carrots, scallions, sesame oil, and vinegar. Cook 1 minute. Serve over brown rice.

Sprinkle with sesame seeds.

Spiced Chickpeas with Wilted Kale and Roasted Carrots

Adapted from Food52 (www.food52.com)

Serves 4

A great way to enjoy crack carrots!

Ingredients:

1 pound carrots

EVOO

Salt and pepper

3 shallots, peeled and cut into thin half moons

1 bnch cilantro

1 tsp sumac

½ tsp ground coriander

½ tsp ground cumin

½ tsp ground ginger

½ tsp Aleppo chile (substitute ¼ tsp red chili flakes if needed)

2- 15 ounce cans chickpeas, drained and rinsed

1 bunch kale, washed, leaves torn into bite size pieces, stems discarded

Juice of one lime

3 Tbs crème fraiche

Directions:

Preheat the oven to 450 degrees. Using a chef knife, remove and discard the top of each carrot. Wash the carrots in cold water, but do not peel them (they look beautiful when roasted with the skin on). Cut the carrots into bite size pieces.

Line a rimmed baking sheet with parchment paper. Place the carrots on the rimmed baking sheet in a single even layer. Toss the carrots with olive oil to coat, and season them with salt and freshly ground black pepper. Cook for 10-12 minutes, until the edges begin to caramelize. When the carrots are just cooked through and beginning to brown, remove them from the oven and set them aside to cool.

While the carrots are cooking, set a large skillet over medium heat, and add enough olive oil to barely cover the bottom of the skillet. Add the shallots, and season lightly with salt. Cook the shallots until they become soft and start to turn translucent, stirring occasionally.

While the shallots are cooking, separate the cilantro leaves from the stems. Save the leaves in the refrigerator for later. Organize the stems into a single even pile (like a bunch of chives) and slice the cilantro stems into very thin slivers. By the time you finish dicing the cilantro stems, the shallots should be soft and translucent. Add the diced stems to the skillet, along with the sumac, coriander, cumin, ginger, and aleppo chile. Stir, cooking for 1-2 minutes, until the oil smells fragrant.

Add the chickpeas, and stir to coat them in the flavorful oil. Cook for 2 minutes, to allow the chickpeas to take on some of the flavor of the skillet. Add the kale, and stir to help the kale begin to wilt. Season lightly with salt. When the kale has begun to wilt, remove the skillet from the heat. You do not want to overcook the kale (it will shrink too much). The moment when the kale leaves are no longer raw is the time to remove the skillet from the heat (the kale leaves will soften and darken slightly in color).

Add the lime juice and stir. Add the creme fraiche and stir. The residual heat from the skillet should melt the creme fraiche and create a delicate sauce. Taste a few chickpeas and a small piece of kale.

Adjust with more salt and/or lime juice as necessary. Add the roasted carrots, and gently stir to incorporate.

Serve immediately, or serve at room temperature. Garnish with a handful of chopped cilantro leaves. Enjoy.

Cucumber and Hakurei Turnip Salad

Adapted from Boston Organics (www.bostonorganics.com)

Total time ~ 15 minutes

Serves 4

Not your average turnip, enjoy these snacking turnips raw for a quick crunchy vegetable!

Ingredients:

1 medium cucumber, thinly sliced

4 hakurei turnips, thinly sliced

1 ½ Tbs rice vinegar

1 ½ Tbs sugar

½ tsp freshly grated ginger

1/8 tsp red pepper flakes

A few dashes Soy Sauce

1 tsp sesame seeds

Salt and pepper to taste

Directions:

Place the sliced cucumbers in a colander and sprinkle with salt. Let them sit for about 20 minutes to get rid of any excess moisture. Mix together with the sliced turnips.

While the cucumbers drain, combine the rice vinegar, sugar, soy sauce, ginger, red pepper flakes, sesame seeds and pepper to taste.

Pour the vinaigrette over the combined cucumbers and turnips and stir to combine.

Refrigerate until ready to serve.

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.

Blueberry Raspberry Muffins

Adapted from Natasha's Kitchen (www.natashaskitchen.com)

Time ~ 30 minutes

Makes 12 muffins

Sub in or out any berries in this simple recipe, feel free to freeze those muffins to enjoy months from now!

Ingredients:

2 large eggs room temperature

1 cup granulated sugar

1 cup Greek yogurt (or sour cream)

½ cup oil

1 tsp vanilla extract

¼ tsp sea salt

2 cups all-purpose flour

2 tsp baking powder

½ cup strawberries hulled and diced

½ cup raspberries

½ cup blueberries

Directions:

Line a 12-count muffin tin with cupcake liners and preheat oven to 400°F. In a large mixing bowl, using an electric mixer, beat 2 eggs with 1 cup granulated sugar on high speed 5 minutes, or until thick and light in color.

Add 1 cup Greek yogurt, 1/2 cup oil, 1 tsp vanilla. Set mixer to low speed and mix just until combined.

In a small bowl, add 2 cups flour, 2 tsp baking powder and 1/4 tsp salt and whisk to combine. Using a hand held whisk, add flour mixture into the batter 1/3 at a time, stirring to incorporate with each addition. DO NOT OVERMIX or muffins will be dense.

Use a spatula to fold in 1 1/2 cups mixed berries, folding just until combined.

Divide batter into prepared muffin tin, filling to the top or until all of the batter is used up. Bake in the center of the oven at 400°F for 20-22 minutes or until tops are golden and a toothpick inserted into the center comes out clean.

Transfer muffins to a wire rack to cool. Serve warm or at room temperature.

Lemon Blueberry Bars

Adapted from Eating Well (www.eatingwell.com)

Time ~ 30 minutes

Makes 12 muffins

These are simple and turn out SO tasty!

Ingredients:

- 1 ¼ cups graham cracker crumbs
- 4 Tbs salted butter, melted
- 1 Tbs granulated sugar
- Zest of 1 lemon, divided
- 1 (14 ounce) can sweetened condensed milk
- ½ cup lemon juice
- 1 large egg
- 1 cup fresh blueberries

Directions:

Preheat oven to 350°F. Coat an 8-inch-square baking pan with cooking spray.

Stir graham cracker crumbs, butter, sugar and half the lemon zest together in a medium bowl. Press the mixture firmly and evenly into the prepared pan. Bake until lightly browned around the edges, about 10 minutes. Let cool in the pan on a wire rack for at least 10 minutes.

Meanwhile, thoroughly whisk condensed milk, lemon juice, egg and the remaining lemon zest together in a medium bowl. Stir in blueberries. Pour the filling evenly over the baked crust. Bake until set, 16 to 18 minutes. Let cool at room temperature for 1 hour. Cover and refrigerate for at least 1 hour more.