

2016 Summer CSA Recipes  
Week 8

**Cucumber Lemonade**

INGREDIENTS:

1 cup water  
1/2 cup white sugar  
1 cucumber, sliced  
6 lemons, juiced

DIRECTIONS:

1. Make a simple syrup by stirring the water and sugar together in a saucepan over medium heat; heat until just about to boil and the sugar has dissolved. Place in refrigerator 30 minutes, or until cool.
2. Place the cucumber slices in a blender or food processor; blend until mashed into a pulp. Pour the cucumber pulp into a fine mesh strainer placed over a bowl to catch the liquid; allow to sit until you have about 2/3 cup of liquid from the cucumber, about 15 minutes.
3. Stir the simple syrup, cucumber liquid, and lemon juice together in a pitcher. Serve cold.

**Cucumber Sandwich**

INGREDIENTS:

2 thick slices whole wheat bread  
2 tablespoons cream cheese, softened  
6 slices cucumber  
2 tablespoons alfalfa sprouts  
1 teaspoon olive oil  
1 teaspoon red wine vinegar  
1 tomato, sliced  
1 leaf lettuce  
1 ounce pepperoncini, sliced  
1/2 avocado, mashed

DIRECTIONS:

1. Spread each slice of bread with 1 tablespoon cream cheese. On one slice of bread, arrange cucumber slices in a single layer. Cover with sprouts, then sprinkle with oil and vinegar. Layer tomato slices, lettuce, and pepperoncini. Spread other slice of bread with mashed avocado. Close sandwich and serve immediately.

**Green Poblano Rice**

Ingredients

1 2/3 cups chicken broth or water  
2 fresh poblano chiles, stems and seeds removed, and roughly chopped  
12 sprigs cilantro, plus extra for garnish  
Salt, about 1/2 teaspoon if using salted broth, 1 teaspoon if using unsalted or water  
1 tablespoon vegetable or olive oil  
1 cup rice, preferably medium grain  
1 small white onion, cut into 1/4-inch dice  
5 garlic cloves, peeled and finely chopped  
preparation

The flavoring: In a 2-quart saucepan, combine the broth and chiles, bring to a boil, then partially cover and simmer gently over medium to medium-low heat for about 10 minutes, until the chiles are very soft. Pour the chile mixture into a food processor, add the cilantro (stems and all), and process to a smooth puree. Press through a medium-mesh strainer into a bowl and stir in the salt.

The rice: Wipe the pan clean, add the oil and heat over medium. Add the rice and onion, and cook, stirring regularly, until the rice is chalky looking and the onion is soft, about 5 minutes. Stir in the garlic and cook a minute longer.

Add the warm (or reheated) chile liquid to the hot rice pan, stir once, scrape down any rice kernels clinging to the side of the pan, cover, and cook over medium-low heat for 15 minutes. Uncover and check a grain of rice: It should be nearly cooked through. If the rice is just about ready, turn off the heat, re-cover and let stand for 5 to 10 minutes longer to complete the cooking. If the rice seems far from done, continue cooking for 5 minutes or so, retest, then turn off the heat and let stand a few minutes longer. Fluff with a fork, scoop into a warm serving dish, decorate with cilantro sprigs and it's ready to serve.

## **Cream Cheese Stuffed Poblano Peppers**

### **Ingredients**

4 poblano peppers  
A bit of olive oil, or a spray oil  
8 ounces cream cheese, softened  
4 ounces shredded white cheddar cheese  
1 tablespoon spicy chili powder  
1 teaspoon garlic powder  
½ tablespoon ground cumin  
Salt and pepper to taste  
Juice from 1 lime  
Chopped cilantro for garnish  
Cooking Directions

Get a grill going good and hot, to about medium-high heat.  
Lightly oil the poblano peppers and set them on the grill. Close the lid. Flip the poblanos a few times throughout as you grill, about 10 minutes or so, until the poblano skins are nicely charred. Remove from heat and cool. Set them into a sealable baggie and allow them to steam. Cool, then remove and peel off the skins.  
Slit the poblanos up the side and open. Scoop out the insides.  
In a mixing bowl, combine cream cheese, cheddar cheese, chili powder, cumin, and salt and pepper. Mix well.  
Stuff the cheese into the poblano peppers and set them back onto the grill over indirect heat. Close the lid and cook about 10 minutes to allow the cheeses to melt. Alternatively, you can bake the cream cheese stuffed poblano peppers for 10 minutes or so in an oven at 375 degrees.  
Remove and set onto serving plates. Squeeze lime juice over them and garnish with chopped cilantro.  
Serve and enjoy!

## **Pasta Poblano**

### **Ingredients**

1 pound uncooked linguine  
1 fresh poblano chile pepper, seeded and minced  
1 clove garlic, minced

1 onion, chopped  
1 1/2 cups heavy whipping cream  
2 tablespoons butter  
salt to taste  
ground black pepper to taste  
4 ounces shredded mozzarella cheese

### **Directions**

Cook the pasta in a large pot of 4 quarts boiling salted water until al dente. Add the poblano pepper to the boiling water when you add the pasta. Drain water from pasta and remove poblano pepper.  
Using a blender, puree together the poblano pepper, garlic, onion and cream.  
In a large saucepan over medium heat, melt the butter. Add the blended sauce and salt and pepper to taste. Cook for 5 minutes. Stir in the cooked and drained pasta and grated mozzarella cheese. Cook for 10 minutes. Serve immediately.

## **Kohlrabi Coleslaw**

### **ingredients**

3/4 cup mayonnaise  
1/4 cup white vinegar  
2 Tbsp. sugar  
2 tsp. celery seeds (optional)  
1/2 tsp. salt or to taste  
1/4 tsp. ground black pepper  
1 lb. green cabbage, chopped or finely shredded (9 cups)  
2 medium carrots, finely shredded (1 cup)\*  
1 cup shredded kohlrabi, jicama or radishes\*  
1 cup snipped Italian (flat-leaf) parsley  
1. For dressing, in a medium bowl combine mayonnaise, vinegar, sugar, celery seeds, salt, and pepper. Set aside.

2. In a 4-quart bowl combine the cabbage, carrots, kohlrabi, and parsley. Stir in the dressing; mix well. Cover and refrigerate until serving time, or up to 24 hours. Serve with a slotted spoon. Makes 12 servings.

### **Kohlrabi Fritters**

1 medium to large size kohlrabi  
1 red or yellow onion  
1/2 cup all purpose flour (or gluten free all purpose or whole wheat)  
1 teaspoon baking powder  
1/2 teaspoon sea salt  
2 eggs, lightly beaten  
olive oil for frying

Using a food processor with a grating disk, grate the kohlrabi and onion. You'll need 3 cups, so if your kohlrabi is on the small side add more onion or another vegetable. If your kohlrabi is on the larger side, reduce the amount of onion. Wrap the kohlrabi in a clean dish towel and squeeze as much water out as you can. Transfer the kohlrabi to a mixing bowl, and combine with remaining ingredients.

Heat a thin layer of oil over medium high heat in a cast iron skillet. Pan-fry kohlrabi in 1/4 cup scoops, about 2 minutes per side until golden. Drain on paper towels. Serve with desired sauce or Lemon Dill Yogurt Sauce.

Lemon Dill Yogurt Sauce

1/2 cup greek yogurt  
1 small garlic clove, minced or grated  
1 tablespoon lemon juice  
1/4 cup chopped fresh dill  
salt and pepper to taste  
Combine yogurt, garlic, lemon juice, and dill in a small bowl. Mix to combine, then season with salt and pepper to taste.

### **Kohlrabi Greens with Toasted Sesame Oil and Soy Sauce**

Ingredients

1 large bunch kohlrabi with greens  
1 tsp. toasted sesame oil  
~ Good-quality soy sauce, to taste  
~ Shichimi, to garnish (see note)

Steps

Tear the leaves away from tough ribs and stems. Bring a pot of water to a boil, add the kohlrabi leaves, and boil until tender, 1 to 3 minutes, depending on the age of the leaves.

Fish out a leaf and taste it after 1 minute to determine cooking time.

Drain the greens in a colander and push on them with a spatula to remove as much water as possible. Roughly chop the cooked greens and place them on a serving plate. Toss with the sesame oil and soy sauce to taste. Sprinkle with shichimi and serve as a side dish with rice and steamed fish or a meat stir-fry.

Notes

Shichimi is a Japanese condiment made from sesame seeds, nori seaweed, and red chile flakes. It is available at most Asian grocery stores, or you can substitute toasted sesame seeds and a sprinkle of sea salt.

### **Garlicky Grilled Patty Pan Squash**

Ingredients

3 large pattypan squash, cut in half horizontally  
2 tablespoons olive oil  
2 garlic cloves, minced  
1/2 teaspoon kosher salt  
Coarsely ground black pepper

Instructions

Prepare grill.

Toss squash with olive oil, garlic, salt and pepper. Place on grill rack. Cook until browned, about 6 minutes each side.

### **Yellow Squash Casserole**

Ingredients

4 cups sliced yellow squash  
1/2 cup chopped onion  
35 buttery round crackers, crushed  
1 cup shredded Cheddar cheese  
2 eggs, beaten

3/4 cup milk  
1/4 cup butter, melted  
1 teaspoon salt  
ground black pepper to taste  
2 tablespoons butter

Directions

Preheat oven to 400 degrees F (200 degrees C). Place squash and onion in a large skillet over medium heat. Pour in a small amount of water.

Cover, and cook until squash is tender, about 5 minutes. Drain well, and place in a large bowl. In a medium bowl, mix together cracker crumbs and cheese. Stir half of the cracker mixture into the cooked squash and onions. In a small bowl, mix together eggs and milk, then add to squash mixture. Stir in 1/4 cup melted butter, and season with salt and pepper. Spread into a 9x13 inch baking dish. Sprinkle with remaining cracker mixture, and dot with 2 tablespoons butter. Bake in preheated oven for 25 minutes, or until lightly browned.

### Grilled Squash

4 medium yellow squash  
1/2 cup extra virgin olive oil

2 cloves garlic, crushed  
salt and pepper to taste

#### Directions

Preheat the grill for medium heat. Cut the squash horizontally into 1/4 inch to 1/2 inch thick slices so that you have nice long strips that won't fall through the grill. Heat olive oil in a small pan, and add garlic cloves. Cook over medium heat until the garlic starts to sizzle and become fragrant. Brush the slices of squash with the garlic oil, and season with salt and pepper. Grill squash slices for 5 to 10 minutes per side, until they reach the desired tenderness. Brush with additional garlic oil, and turn occasionally to prevent sticking or burning.

### Grilled Eggplant Salad

#### Ingredients

1 Italian eggplant, cut into 1-inch thick slices  
1 large red onion, cut into rounds  
Canola oil  
1 avocado, halved, pitted and flesh chopped  
1 tablespoon red wine vinegar  
1 teaspoon Dijon Mustard  
1 tablespoon coarsely chopped oregano leaves  
Honey  
Olive oil  
Salt and freshly ground black pepper

1 lemon, zested  
Parsley sprigs, for garnish  
Directions

Brush the eggplant and red onions with canola oil and arrange on the grill. Cook the eggplant until soft and grill the onions until they have a slight char. Remove from the grill to a cutting board and let cool slightly. Once cool, roughly chop and add them to a serving bowl along with the avocado.

In a small bowl, whisk together the red wine vinegar, the Dijon, and oregano. Add honey and olive oil, to taste, and blend until emulsified. Season with salt and pepper, to taste.

Add the dressing to the eggplant mixture and toss. Garnish with lemon zest and parsley sprigs and serve.

### Scallop and Eggplant Stir Fry

1 8-oz. bottle clam juice  
2 Tbs. lower-sodium soy sauce  
1 Tbs. Asian sesame oil  
1 Tbs. red wine vinegar  
1 Tbs. cornstarch  
1 tsp. granulated sugar  
1 tsp. Asian red chile sauce (such as sambal oelek or Sriracha)  
Freshly ground black pepper  
3-1/2 Tbs. vegetable oil; more as needed  
1 lb. eggplants, trimmed and sliced 3/4 inch thick on the diagonal  
1 to 1-1/4 lb. all-natural dry-packed sea scallops, side muscles removed  
Kosher salt  
4 scallions, thinly sliced  
2 Tbs. minced fresh ginger  
2 tsp. minced garlic  
1 large bunch (about 1/2 lb.) Broccolini, cut into bite-size pieces  
Heat 1-1/2 Tbs. of the vegetable oil in a 12-inch nonstick skillet over medium-high heat. Working in batches, cook the eggplant in a single layer until almost tender and starting to brown, about 3 minutes per side. Transfer each

batch to a paper-towel-lined plate when done and add more oil between batches as needed.

Heat 1-1/2 Tbs. of the oil in the same skillet over medium-high heat until very hot. Lightly sprinkle the scallops with salt and pepper and cook until brown and almost cooked through, 2 to 3 minutes per side. Transfer to a plate.

Add the remaining 1/2 Tbs. oil and the scallions, ginger, and garlic to the skillet; stir until fragrant, about 30 seconds. Add the Broccolini, sprinkle with salt, and stir until heated through, about 1 minute. Cover and cook until crisp-tender, stirring occasionally, 6 to 8 minutes. Stir the broth mixture to combine and add to the skillet. Bring to a simmer, stirring constantly. Add the eggplant and the scallops and simmer just until heated through, 2 to 3 minutes. Serve.

### **Garlicky Cilantro Slaw**

Ingredients:

3-4 cups thinly sliced cabbage

2 red onions sliced

¼ cup roasted salted, shelled peanuts or almonds

3 garlic scapes

2 more purplette onions (or 1 small red onion or a bunch of scallions)

3 cups fresh cilantro finely chopped

2 fresh green chilies or a few shakes of cayenne pepper to taste

1 inch piece of ginger, peeled and finely chopped

1 teaspoon salt

1 Tablespoon maple syrup

5 Tablespoons lime juice

¼ cup olive oil

1. Combine the cabbage and sliced onions in a bowl and set aside.

2. Put the nuts into an electric blender and chop until finely ground.

3. Add the rest of the ingredients to the blender and pulse until smooth with slight texture.

4. Dress the cabbage and onions with the dressing and let sit for at least 30 minutes to let the flavors combine.

### **Wilted Cabbage Salad with Bacon**

INGREDIENTS:

1/2 pound bacon

1 medium head cabbage, shredded

1 onion, chopped

1 clove garlic, minced

1/2 cup tarragon vinegar

DIRECTIONS:

1. Place bacon in a large, deep skillet.

Cook over medium high heat until evenly brown. Remove bacon, crumble and set aside. Reserve bacon fat.

2. Add the onion and garlic and fry in the bacon fat until browned.

3. Add the vinegar. Bring to a simmer and add the cabbage and bacon. Saute briefly and serve warm.