

Recipes for The Farm at Miller's Crossing, Week 3 – 2008

Carol Hargis, The Market Fresh Chef 

Chard ideas from Diamond Organics

Steam or juice. Eat steamed, 8 minutes, with butter. Other ideas: Chard rolls: made with garlic, fresh tomato sauce with basil, & stuffed with pilaf. California Quiche: with mushrooms, garlic, Parmesan & steamed chard (with water squeezed out after steaming to avoid getting soggy.) Is comparable to spinach & can be used in place of spinach if cooked.



EZ Spring Radish Salad

adapted from *Viana La Place*

1 bu RADISH, slice thin
2-3 very sweet CARROT, very thin diagonal slice
2 bu ARUGULA, slice
OLIVE OIL
2 Tbsp. PARMESAN
LEMON



Platter arugula. Scatter radish, carrot. S&P. Drizzle oil. Scatter Parm. Squeeze lemon over.

Spinach Cashew Salad Serves 8.

1 head LETTUCE, torn into bite-size pieces
2 cups SPINACH leaves
1 cup CASHEWS
8 oz CREAM CHEESE, cut in small cubes - lo fat ok
Dressing:
1 cup OLIVE OIL
1/2 cup SUGAR
1/3 cup CIDER VINEGAR
1 tsp. CELERY SEED
1 tsp. dry mMUSTARD
1 tsp. SALT



Wash greens, dry, put in salad bowl. Add nuts, cream cheese. Whisk dressing. Pour on, toss.

Honey-Curried Kale w/ Carmelized Onions

Courtesy CSA member Deidre Roberts

1/2 ONION, slice thin
1 tbsp. OLIVE OIL
1 tbsp. CURRY POWDER
1 tbsp. HONEY
1 tsp. LEMON JUICE
1 bunch KALE, stemmed, rough chop leaves (=6c packed)
2 tbsp. SOY SAUCE
1/4 cup WATER



Sauté onion in oil on medium til dark brown, carmelized. Stir in curry, honey, lemon juice. Add kale, soy, water. Cook 5 min, toss repeatedly til kale is chewy-tender.

APRICOT DRESSING: whisk: 1/3c apricot nectar, 3T minced dried apricot, 3T balsamic vinegar, 3T chop parsley, 2T olive oil, 2t minced garlic, 2t grainy mustard, 1t sugar S&p.
Makes 3/4c