

Recipes for The Farm at Miller's Crossing, Week 6 – 2008

Carol Hargis, The Market Fresh Chef 🌿 arugula, lettuce

CSA Beet Orzo w/ Goat Cheese Serve 4

- 1 lg. or 2 med. BEETS, peel, trim
- 1 Tbsp. OLIVE OIL
- 1/2 sm. ONION, dice
- 1 cup ORZO PASTA
- 2 cup BROTH
- 2 tsp. red wine or sherry VINEGAR
- 1 Tbsp. BUTTER
- 2 oz. fresh or aged GOAT CHEESE, crumbled



Grate beets on the lg holes of a box grater. Heat oil in pan on med-hi. Add onion, cook til soft, 3 min. Add orzo, toast it, stirring constantly, til golden. Add broth, beets, s&p. Stir, bring to boil. Set heat to lo, cover, simmer til liquid absorbs, & beets, orzo are cooked, 10 minutes. Stir in vinegar, butter. Plate, sprinkle cheese on top.

Lemony Zucchini/Squash Saute' 6 servings

- 1 Tbsp. OLIVE OIL
- 2 med ZUCCHINI, 1 lb, cut longway in quarters, then 1&1/2" pieces, =2c
- 2 yellow SQUASH, 1 lb, cut diagonal 1/4" slices, =2c
- 1 CLOVE GARLIC, minced
- 1/2 tsp. OREGANO
- 1/2 tsp. PEPPER
- 1/4 tsp. SALT
- 1 Tbsp. LEMON JUICE
- 1 tsp. LEMON ZEST



In skillet heat oil on medhi. Add next 6 ingredients, cook 6 min, tender. Stir in juice, zest.

Chard & Rice Casserole

- 12 cups finely chopped Swiss CHARD
- 1 cup ONION, chopped
- 1/2 cup CILANTRO, chopped
- 1/2 cup VEG or mild OLIVE OIL
- 1 tsp. sweet PAPRIKA
- 1/4 cup uncooked RICE
- Salt & pepper



Place chard in casserole dish w/ onion, cilantro, oil, paprika, salt, pepper & 1/4 cup water. Cook, covered, 30 min. Add rice & cook til all liquid evaporates, 20 min.

Beet & Feta Salad 4 servings

- 4 BEETS, cooked & sliced
- 1/4 cup chopped RED ONION
- 3 tbsp. OLIVE OIL
- 1 tsp. herb VINEGAR
- 1 tsp. THYME
- 1 tsp. MARJORAM
- 1/2 tsp. ROSEMARY
- 1/4 cup crumbled FETA CHEESE



Toss beet & onion in bowl. Whisk oil, vinegar & herbs. Pour on veggies, toss. Top w/ feta.