

# Recipes for The Farm at Miller's Crossing, Week 16 – 2008

Carol Hargis, The Market Fresh Chef 

## Pesto

2 cups firm pack **basil**

10 **cloves garlic**

3/4 cup **olive oil**

1/4 cup **pine nuts**

1 cup **Parm**

1 tsp. **salt** & 1 tsp. **pepper**

Put basil, garlic in processor, pulse 5x to chop. Add oil in slow stream while on. Scrape bowl several times. Add nuts, Parm, s&p. Puree 1 min. til smooth. Refrig air-tight up to 2 wks.



## Greens Salad w/ Orange vinaigrette serves 6-8

6-8 c salad greens- **spinach** & **romaine** are good choices combo

1&1/2 cup **oranges**, seed, chop

1/4 cup **black olive**, slice

1/4 cup Feta, crumble

1/4 cup fresh sq. **orange juice**

1/2 tsp. dry **mustard**

1 Tbsp. **olive oil**

1/4 cup **red wine vinegar**

1 **clove garlic**, minced

Mix greens, oranges, olives, cheese. Whisk dressing, s&p. Pour on salad, toss.



## Tatsoi (Baby Bok Choy) ideas & tips

Steam 2–3 min (do not overcook), or juice. Tatsoi is very similar to baby bok choy, but more delicate & can be eaten raw in salad. Cook with baby bok choy or in place of it. Add to stir-fry after all other vegetables are ready. Use a wide shallow pan when cooking stir-fry because baby bok choy/tatsoi should lay on top of the other vegetables & be steamed when you are ready to place the meal on the table. Makes a quick 10 min meal to be served w/ rice, a pilaf, pastas, udon or soba noodles. Shelf life = 3 to 5 days.

## MaryLou's Ricotta Tomatoes

8 **tomatoes**, tops sliced off & saved

3 Tbsp. **olive oil**

1 cup **onion**, chopped

1-2 cups chopped cooked **spinach**

Nutmeg, **s&p** to taste

1& 1/2 cups **ricotta**

2 **egg yolks**

3/4 cup **pine nuts** or walnuts, chopped fine

1/4 cup **parmesan**

Invert salted tomato on paper towels, let drain while preparing filling. Saute onion in oil on lo in skillet. Add spinach, s&p, nutmeg, cook 8. Beat ricotta w yolks. Add this, nuts, parm to skillet. Fill tomato, replace tops, bake @ 350' 20.



## Mashed Maple Squash 2 servings

Set oven 400. Halve or quarter washed **winter squash** & put cut-side down in greased 9x13 baking pan. Bake soft, 50 min. Let cool 10 min. Scrape soft flesh into bowl. Stir in 2 Tbsp. **maple syrup**, 1 tsp. butter, 1/4 tsp. **cinnamon** & 1/4 t **salt**; mash w/ fork as desired.