

Recipes for The Farm at Miller's Crossing, Week 18 - 2008

Carol Hargis, The Market Fresh Chef 

Greens with Pasta & Cheese serves 4

1 tbsp. **olive oil**
dash **cayenne** or **red pepper flakes**
4 **cloves garlic**, minced
4 cups **broccoli raabe (rapini)**, chopped (or spinach, kale, or all 3)
1/2 cup **broth**
1/4 tsp. **salt**
4 cups cooked small **hot pasta**, like orecchiette, small shells, wheels
1/2 cup **smoked mozzarella or gouda**, shredded

Heat oil in large skillet on medium heat. Add pepper & garlic, sauté 1 minute. Add greens, sauté 1 minute. Add broth & salt, cook, covered, 5 minutes. Stir in pasta & cheese; serve.



Potato Kale Soup

2 qts. **water**
2-3 lb. **red potatoes**, peeled
1/8 cup **olive oil**
1 large bunch **kale**, shredded
salt & pepper

Boil water, add potato & oil. Turn heat to lo/med. Cook 30-60 min, whisking frequently. Soup will take on a creamy satiny consistency. When you get the desired texture add kale, & cook 5min. Add s&p, a splash *tamari* if you like.



Fast Greens with Garlic & Beans serves 4-6

2-3 **cloves garlic**, slice thin
4 Tbsp. **olive oil**
2 lbs. **braising greens**
1 can **cannellini beans**, rinsed and drained

Rinse, dry & trim greens, discard tough stems. Cut in 2" pieces. In skillet start garlic in cold oil over med-hi heat, stir til golden. Do not let brown. Add greens, s&p to taste. Sauté 1 min to coat. Cook, covered, on med-lo heat 5 min til greens are tender. Add beans & stir gently till heated thru. Optional: sprinkle 1-2 strips cooked crumbled bacon before serving.



Balsamic-Roasted Carrots

12 large **carrots**
1/4 cup good **balsamic vinegar**
2 tbsp. **olive oil**
Salt and pepper

Peel carrots, cut in half lengthwise, cut on diagonal in 1" pieces. Toss w/ vinegar, oil. Spread in large glass baking dish. S&p. Roast at 350° 1 hr, shake pan every 15 min or so.



Blue Cheese-Buttermilk Dressing 1 & 1/2 c

Whisk 1/2 cup **buttermilk**, 1/2 cup plain fat free **yogurt**, 3 tbsp. white wine **vinegar**, 1 tsp. **sugar**, 1/2 tsp. **salt**, 1/2 tsp. **pepper** in bowl. Stir in 1/2 cup thinly sliced **green onion** & 1/2 cup crumbled **blue cheese**.

*Kabocha Squash Tip: scrub, slice & seed the orange monster. Put a few tablespoons olive oil in your favorite roasting casserole, add squash chunks, then toss well to coat. I freshly ground sea salt, 4-peppercorn blend, nutmeg on the whole batch. Bake at 400' 45 minutes. What a delight! Skins and all, was like dessert at dinner. Not a sliver was leftover. Try this technique with all of the thin-skinned winter squash this season.