

Recipes for The Farm at Miller's Crossing, Week 5 – 2011

Carol Hargis, The Market Fresh Chef 

Giada's Garbanzo Zucchini Salad serves 4

Whisk 2 Tbsp. LEMON JUICE, 1/4 cup OLIVE OIL, 1/2 tsp. SALT, 1/4 tsp. PEPPER. Put 1 cup GARBANZO BEANS, 2 medium ZUCCHINI (diced 1/4"), 1/2 cup CORN, 1/2 thinly sliced & rinsed small RED ONION, & SALAD GREENS in a serving bowl. Toss w/ dressing. Garnish w/ 1oz. PARMESAN CHEESE crumbles.

Pasta Salad w/ Spinach & Chicken

Puree' this **Dressing**:

1/4 cup OLIVE OIL
1/4 cup CANOLA OIL
4 Tbsp. apple cider VINEGAR
2 Tbsp. LEMON JUICE
3 CLOVES GARLIC
1&1/2 tsp. PEPPER
1 tsp. SALT
6 dash TABASCO
1/2 cup grated PARMESAN CHEESE

<p>Salad: (Toss w/ dressing right before serving.) 1 Bunch SPINACH 1 cup Cherry TOMATOES, or other, chopped 4oz provolone or Mozz CHEESE 1/2 lb. cooked Rotini PASTA 2 CHICKEN BREASTS, grilled & diced</p>
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Shaved Carrots and Olives serves 2

4 medium CARROTS
sm handful oil cured OLIVES
1/4 cup OLIVE OIL
Juice of 1 LEMON
Dash WHITE WINE VINEGAR

Shave carrots w/ vegetable peeler. Whisk oil, juice, vinegar, s&p, pinch sugar. Pour on carrots, toss, chill. Toss olives w/ carrots, serve as side dish to Moroccan entrees.



Grits & Greens Casserole EW 6 serv

4 slices BACON, chopped, cooked crisp & drained (keep fat if you want to use it here)
2 tsp. OLIVE OIL
1 sm. ONION, dice
4 CLOVES GARLIC, mince
2 cups BROTH
1 tsp. SALT
16 cups chop KALE, stemmed (1&1/2-2 lb) or chopped steamed spinach
2 cups WATER
1 cup GRITS (not instant)
3/4 cup shred extra-sharp CHEDDAR
1/4 cup prepared SALSA
1 EGG, beaten

Set oven 400. Grease 8" sq. casserole. Heat skillet to medlo; add oil, onion, garlic; sauté frag 2-8min. Add 1c broth, salt; bring boil. Add greens; stir til wilt down 1/3, 1-2min. Cover, set medlo, simmer tender 18-20. Add water 1/4c at time if dry. Bring 2c water, 1c broth to boil in saucepan. Pour in grits- steady stream- whisking. Bring simmer, whisking. Set medlo, whisk often, til thick 5. Mix 1/2c cheese, salsa, egg. Remove from heat, stir in cheese. Working quickly, spread 1/2 grits in cass. Top w/ greens. Spread 1/2 grits. Top w/ 1/4c cheese, bacon. Bake hot, bubbly 20. Let stand 10. Can omit bacon & use veg broth.

