

Recipes for The Farm at Miller's Crossing, Week 13 – 2011

Carol Hargis, The Market Fresh Chef 

Leek & Green Bean Sauté Serves 6

4 LEEKS

1/3 cup DILL, chop

3/4 lb. GREEN BEANS, 1"

OLIVE OIL

fine-grain SEA SALT

Wash leeks, trim, slice longway in quarters, chop 1/2". In skillet on medhi add oil, salt, leek. Stir til glossy. Sauté til mostly golden & crispy 7-10min. Add dill, beans. Cook 4-8min. s&p.



Pasta w/ Brown Butter & Tatsoi Serves 2-3

1/2 lb. PASTA: shells, radiatore, farfalle; as you choose

1/2 stick BUTTER

Leaves from 2-3 bunches of TATSOI, rinsed

1/2 cup chopped SAGE

Freshly grated PARMESAN

Cook pasta til al dente in salted water. Melt butter in skillet. Swirl the pan when the butter foams. Drain pasta. When butter begins to brown, add pasta, toss to coat. S&p. Add tatsoi, sage, saute til slightly wilted 1-2. Plate, w/ parmesan for sprinkling.



Healthier Carrot Cake

1 cup FLOUR

1 cup WHOLE WHEAT FLOUR

1&1/2 cups SUGAR

2 tsp. CINNAMON

2 tsp. BAKING SODA

1 tsp. VANILLA

6 EGG WHITES

3 cups shredded CARROT

1/2 cup chopped WALNUT

8 oz. crushed PINEAPPLE, drained

3/4 cup CANOLA OIL

Frosting

16 oz. CREAM CHEESE, softened; lo fat or no fat ok

16 oz. CONFECTIONERS' SUGAR

1 tsp. VANILLA

1/2 cup chopped WALNUTS

Grease a 9x13" pan. Heat oven to 350'. In large bowl, combine flours, sugar, cinnamon & baking soda, add egg whites, oil & beat thoroughly. Add carrot, pineapple, vanilla & walnuts & continue to beat til smooth. Pour batter into pan & bake for about 45min. Cool before frosting. To make frosting beat all the ingredients until smooth.



Citrus Dressing: Mix 1/4c OJ, 1/4c OIL, 2T VINEGAR, 1/2t SALT, 1/4t DRY MUSTARD.

Thousand Island Dressing: Mix 1/2c MAYO, 2T CATSUP, 1T WHITE VINEGAR, 2t SUGAR, 2t SWEET PICKLE RELISH, 1t minced ONION, 1/8t SALT, pinch PEPPER. Chill.