



ABMA'S FARM RECIPE BOOK

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Apple and Pear Stuffed Acorn Squash

2 acorn squash - cut in 1/2 - seeded and baked
2 large apples- peeled and diced
2 large pears - peeled and diced
2 tablespoons brown sugar
1/2 cup of raisins
1 teaspoon cinnamon
1 teaspoon nutmeg
1/2 stick butter

Preheat oven to 375 degrees.

Bake acorn squash cut side down on a baking sheet with water for 45 minutes. Melt butter in a sauté pan and add remaining ingredients. Cook fruit until soft. Fill acorn squash with fruit mixture. Return to oven and bake 10 to 15 minutes.

Note: stuffed acorn squash can be enjoyed as a side dish or a dessert.

Arugula Pesto

2 cups arugula
2 cups basil leaves
1/2 cup grated parmesan cheese
1 clove garlic, peeled
1/2 lemon, juiced
pinch of kosher salt
1/2 cup extra virgin olive oil
optional add pine nuts

In the bowl of a food processor, add the arugula, basil, Parmesan cheese, garlic, lemon and kosher salt and pulse for 30 seconds to one minute or until the mixture is mostly fine. Turn the processor on to blend and slowly drizzle the olive oil into the mixture and process until blended. Taste and add more salt to your preference.

If adding nuts, add now. Scrape down the sides of the bowl and blend once more. Transfer to a glass container and refrigerate for up to 2 weeks.

Serve with pasta, chicken, or on flatbread or as a dipping sauce.

Arugula & Fennel Salad With Lemon Vinaigrette

5 ounces Arugula, washed and dried
1 small fennel bulb, shaved or thinly sliced
2 tbsp extra-virgin olive oil
1 tsp lemon zest
Juice of 1 lemon (about 2 tbsp)
1/4 tsp salt
freshly ground pepper, to taste
pecorino cheese, to serve

Combine the arugula and shaved fennel in a serving bowl. In a separate bowl, combine the olive oil, lemon zest, lemon juice, salt, and pepper to taste. Mix the dressing until smooth and creamy. Pour half the dressing over the arugula and fennel and toss gently to combine. Add more dressing slowly until you have dressed the salad sufficiently to your liking.

Shave pecorino cheese with a vegetable peeler over the top of the salad. Serve immediately.

Note: any extra dressing will keep, covered, in the fridge for weeks.

Arugula Salad

- 1 tablespoon finely chopped garlic scapes
- 1 tablespoon fresh lemon juice
- 1/2 teaspoon salt
- 1 teaspoon granulated sugar
- 1/4 cup extra-virgin olive oil
- 8 cups (4 ounces) arugula

Combine garlic scapes, lemon juice, salt, and sugar in a bowl. Whisk until well combined. Drizzle in oil in a slow, steady stream, whisking until emulsified. Place arugula greens in a salad bowl. Drizzle dressing over greens, and toss to coat.

Note: add tomato to sweeten this salad.

Basil Pesto

Yields 1 cup.

1 cup fresh basil leaves, packed
1 cup fresh parsley leaves, packed
1/2 cup freshly grated Romano or Parmesan-Reggiano
cheese (about 2 ounces)
1/2 cup extra virgin olive oil
1/3 cup pine nuts (can substitute chopped walnuts)
2 garlic cloves, minced (about 2 teaspoons)
1/4 teaspoon salt, more to taste
1/8 teaspoon freshly ground black pepper, more to taste
Pulse basil, parsley and garlic in a food processor

While the food processor is running, slowly add the olive oil in a steady small stream. Adding the olive oil slowly, while the processor is running, as will help to emulsify and keep the olive oil from separating. Occasionally stop to scrape down the sides of the food processor.

Add Parmesan or Romano cheese and pine nuts, pulse several times more. Scrape down the sides of the food processor with a rubber spatula.

Stir in salt and freshly ground black pepper, add more to taste.



Note: Basil pesto darkens when exposed to air, so to store, cover tightly with plastic wrap making sure the plastic is touching the top of the pesto and not allowing the pesto to have contact with air. The pesto will stay greener longer that way.

Note: If you want to freeze the pesto you make, omit the cheese (it doesn't freeze well). Line an ice cube tray with plastic wrap, and fill each pocket with the pesto. Freeze and then remove from the ice tray and store in a freezer bag. When you want to use, defrost and add in grated Parmesan or Romano.

Beet, Coconut Milk, and Ginger Soup

1 tbsp olive oil
1 large yellow onion, diced
3 cloves garlic, finely chopped
1 tbsp ginger, finely chopped
3 large red beets, peeled and cut into 1/4-inch pieces
5 cups vegetable stock, divided
1 can (14.5 oz) low-fat coconut milk
1/2 tsp freshly ground black pepper
1/2 tsp fine sea salt
crusty bread (optional)

In a large pot, heat oil over medium heat. Sauté onion for 5 minutes. Add garlic and ginger; cook, stirring often, for another 5 minutes. Add beets and 4 cups of stock; bring to a boil, then reduce heat and simmer until beets are fork tender, 30 minutes. With an immersion or regular blender, puree soup, adding remaining stock as needed to reach desired consistency. Stir in milk, salt, and pepper.

Note: serve with crusty bread if desired.

Beet, Goat Cheese, & Honey Tart

1 red beet
1 yellow beet
2 tablespoons olive oil
1 sheet puff pastry, thawed
1 egg + 1 tsp water, beaten
6 ounces goat cheese (or fontina)
1/4 tsp salt
1/4 tsp pepper
3 tbsp honey
fresh basil green or red leaves for garnish

Preheat oven to 425 degrees. Slice the greens off the beets and scrub the outsides. Rub beets with olive oil then wrap tightly in aluminum foil. Roast for 1 hour, or until tender enough to slice. Unwrap foil and let cool until they are comfortable to the touch. Once cool, rub the beets to remove the skin. Using a mandolin or sharp knife, slice the beets into 1/4-inch slices. I like to always start with the golden beet so the color remains and it doesn't turn red.

Place the thawed puff pastry on a baking sheet. Brush it with the egg wash. Take 4 ounces of the goat cheese and spread it evenly over the pastry. Add the sliced beets on top however you'd like. Season with the salt and pepper and crumble the remaining goat cheese on top. Bake for 25 minutes or until the pastry is puffed and golden. Remove and drizzle the honey over top. Garnish with basil leaves. Serve immediately. Can be appetizer or side dish.

Beet Salad

2 to 3 beets
1/4 cup olive oil
1 tablespoon red wine vinegar
1/2 teaspoon oregano
salt and pepper

Cut greens off beets and wash. Boil beets until fork tender. Peel and cut into bite size pieces. Add remaining ingredients and mix.

Can be served hot or cold.

Note: add red onion for a delicious variation.

Braised Radish and Farro Salad

1 cup farro
1/4 cup extra-virgin olive oil
8 radishes, sliced 1/4 inch thick
1/4 cup apple cider vinegar (can substitute with other fruit vinegar)
1 tbsp honey
Salt and freshly ground pepper to taste
1 tbsp fresh lemon juice
1 cup diced celery hearts
1/4 cup crumbled goat cheese (2 ounces)

Bring a large saucepan of salted water to a boil. Add the farro and boil over moderately high heat until tender, about 25 minutes. Drain and cool under running water. Shake well; transfer to a large bowl.

Meanwhile, in a nonstick skillet, heat the olive oil on medium. Add the radishes, vinegar and honey to the skillet, season with salt and pepper and simmer over low heat until the radishes are crisp-tender and glazed, 10 minutes. Stir in the lemon juice.

Scrape the radishes and dressing into the farro. Add the celery hearts and goat cheese. Season with salt and pepper and serve warm or room temperature.

Note: substitute farro for any grain.

Brown Sugar-Glazed Golden Beets

6 to 8 golden beets
4 tbsp brown sugar (light or dark, packed)
3 tbsp orange juice
1 tbsp butter
1/4 tsp salt
1/8 tsp black pepper (freshly ground)

To cook the Beets:

Cut the leaves and stem from the beets and scrub them under cold running water. Coat each whole beet with olive oil and wrap in foil. Place them in a baking pan and roast in a preheated 375°F oven for about 45 minutes to 1 hour, or until tender. Slip skins from the cooked beets and cut into 1/4- to 1/2-inch pieces.

To make the sauce:

In a large skillet or sauté pan, combine the brown sugar, orange juice, butter, salt, and pepper. Bring to a simmer over medium heat. Add the cooked, peeled, and diced beets to the sauce. Continue cooking, stirring constantly, until the liquid has evaporated and the beets are glazed with the sauce, about 5 to 7 minutes.

Note: Golden beets are a little sweeter than red beets, and no red stain.

Bruschetta

4 medium or 2 Large tomato
1 red onion
2 cloves garlic
1 bunch basil, chopped
1 tablespoon oregano
1/4 cup olive oil
2 tablespoons balsamic vinegar
salt and pepper to taste

Dice the tomatoes, red onion, and garlic and place in a bowl. Add remaining ingredients. Let sit for 1 hour or overnight.

Note: serve with crackers or toasted bread.

Cabbage and Kohlrabi Slaw with Yogurt Dressing

1 garlic clove
1 tsp plus 1 pinch kosher salt, more to taste
1/2 cup plain greek yogurt
1/2 cup extra-virgin olive oil
black pepper to taste
1 head cabbage, cored and shredded (6 cups)
4 medium kohlrabi (3/4 pound), peeled, and julienned or
coarsely grated (2 cups)
1/4 cup chopped parsley

Finely chop garlic. Sprinkle with a pinch of salt; using the flat side of a knife, mash garlic to a paste. In a small bowl, whisk together garlic paste, 1 teaspoon salt, yogurt and oil.

Season with pepper.

In a large bowl, combine cabbage, kohlrabi, dressing and parsley. Toss well to combine. Let stand 10 minutes. Taste and adjust seasoning; serve.

Note: tastes amazing on top of fish tacos!

Chickpeas and Swiss Chard with Greek Yogurt

2 carrots peeled and chopped into ½ inch pieces
3 tbsp olive oil, plus extra to serve
Salt and black pepper to taste
1 large onion, peeled and finely chopped
1 tsp caraway seed
1½ tsp ground cumin
7 to 8 oz swiss chard leaves, cut into strips
1 can chickpeas, drained and rinsed
1 tbsp fresh lemon juice.
2/3 cup Greek yogurt
Salt and Pepper

Heat the oven to 425°F. Mix carrots with a tbsp of oil, a quarter tsp of salt and a grind of pepper. Spread out on an oven tray lined with parchment paper and roast for 20 minutes; they should still be a little crunchy.

Put the remaining two tbsp of oil in a large frying pan on medium heat, then fry the onion, caraway and cumin for 10 minutes, stirring occasionally, until golden brown. Stir in the swiss chard, carrots, chickpeas, 1/3 cup water, half a teaspoon of salt and a good grind of pepper, and cook for 10 minutes, until the chard is soft and hardly any liquid is left in the pan. Turn off the heat, stir through the lemon juice, and serve with a generous spoonful of yogurt, a drizzle of oil and a wedge of lemon.

Note: Mix roasted garlic with yogurt for a change of taste.

Corn and Bean Salad

4 to 6 ears corn
1 can black beans– drained and rinsed
1 small red onion chopped
1/2 bunch scallion- chopped
1 red pepper- diced
1 bunch cilantro- chopped
1/4 cup lime juice
1/2 teaspoon salt
1/2 teaspoon pepper
olive oil

Cut corn off the cob. Sauté in olive oil.
Mix all ingredients together.

Note: For a change of flavor, swap in cannellini beans for black beans, parsley for cilantro, and red wine vinegar for lime juice.

Creamy Beet Soup

3-4 tbsp olive oil, divided
1 medium yellow onion, diced
2 large cloves of garlic, minced
2 cups diced beets (~3 large beets)
1 cup yellow potatoes, diced
1 cup carrot, diced
1 Granny Smith apple, peeled and diced
4 cups vegetable broth
1 tsp salt
1 tsp ground black pepper
2 tbsp freshly squeezed lemon juice
1 cup milk
3-4 tbsp fresh dill, chopped finely

Preheat the oven to 375°F. To make cleaning up easier, line a baking sheet with parchment paper. Wash beets, slice off each end and peel. Dice peeled beets into ½-inch pieces. Toss with 1-2 tbsp of olive oil to coat and sprinkle with some salt and pepper. Roast for 30-35 minutes, until fork tender. Stir once or twice while roasting.

Preheat a large soup pot over medium heat. Add 2 tbsp olive oil and once heated, add in onions and sauté for 5-6 minutes. Once onions are softened, add garlic, potatoes, carrots, salt, and pepper and stir well. Cook for 5 minutes, stirring occasionally.

Add roasted beets, apple, and broth to the pot. Bring to a boil, then lower to medium heat and cover. Simmer for 30



minutes, until potatoes are tender.

Carefully transfer soup to a heat safe blender and blend until smooth and creamy. Or, keep the soup in a pot and blend with an immersion blender. Add lemon juice and milk and blend for another 30 seconds.

Taste and adjust seasoning as desired. Pour soup back into the pot and stir in the fresh dill. Cook for additional 5 minutes over low heat.

Serve hot topped with a drizzle of olive oil, fresh dill and bread.

Note: Can be served with Creme Fraiche.

Creme Fraiche Recipe

1 pint (16 oz) heavy cream
3 tablespoons cultured buttermilk

Combine buttermilk and heavy cream in a non-reactive (glass or plastic, not metal) container. Cover and allow to rest at room temperature until thickened to desired texture, about 12 hours. Store in the refrigerator for up to 2 weeks.

Crisp Baby Bok Choy Greens, Arugula, and Radish in Tangy, Sweet, Sesame Soy Vinaigrette

- 4 Baby Bok Choy, rinsed and dried, then thinly sliced
(including leafy greens)
- 4 Bunch arugula, rinsed and dried then thinly sliced
- 2 Radishes, rinsed and dried then thinly sliced
- 1/2 cup shredded carrot
- 1 tbsp toasted sesame seeds, for garnish

Place sliced Bok Choy, arugula, radishes, and carrot into a large bowl and into the refrigerator while vinaigrette is prepared.

Sesame-Soy Vinaigrette

- 1 clove fresh garlic, pressed through garlic press
- 2 teaspoons toasted sesame seeds
- 1 tablespoon honey
- 1 tablespoon low-sodium soy sauce
- 3 tablespoons rice wine vinegar
- 1 tablespoon toasted sesame oil
- 3 tablespoons vegetable oil

In a small bowl, add all of the vinaigrette ingredients and whisk until well combined. Pour the vinaigrette over the Bok Choy greens and carrot, toss well to coat, and divide equally among plates, piling the greens high; sprinkle with about a teaspoon of the sesame seeds to garnish.

Crispy Baked Eggplant

2 pounds small to medium-size eggplant

2 large eggs

1 tablespoon water

3/4 cup finely grated parmesan cheese

3/4 cup plain panko breadcrumbs

1 teaspoon dried oregano

1 tablespoon chopped parsley

1/2 teaspoon each kosher salt and freshly ground pepper

Olive oil, for baking sheets

Optional: marinara sauce for dipping

For sweeter eggplant I recommend placing the slices in a colander and tossing with one tablespoon or so of salt. Allow the excess moisture to drain for 20-30 minutes, rinse well and blot dry.

Preheat the oven to 375 degrees F. Thoroughly coat a baking sheet with oil. Set aside. (You may need to use two sheets.)

In a shallow bowl, whisk together the eggs and 1 tbsp water. In another bowl (a pie plate works well), combine the panko, Parmesan, herbs, salt and pepper.

Cut the eggplants into thick rounds. About 1/2 inch thick so they have time to brown in the oven before they become too soft. Dip the eggplant slices in the egg mixture, letting the excess drip off. Dredge the dipped slices in the Parmesan mixture, pushing down gently to coat well.

Transfer the coated slices to the baking sheet.



Bake until golden brown on the bottom, 20-25 minutes.

Peek underneath using a spatula; if they aren't yet golden, give them a few more minutes and check again. Flip the slices and continue baking until lightly browned on the other side but still slightly firm, about 10 minutes more.

All ovens vary, so don't hesitate to adjust a few minutes either way. You want the first side to be golden brown; then worry more about doneness and texture than getting the second side equally browned.

Remove from the oven and serve as is or with a side of marinara sauce for dipping.

Note: For sweeter, less bitter eggplant, place the slices in a colander and tossing with one tablespoon or so of salt. Allow the excess moisture to drain for 20-30 minutes, rinse well and blot dry.

Cucumber Grain Salad

1 cup grain, Farro, Couscous or Brown Rice
2 cucumbers peeled, seeded and cut into bite size pieces
1/2 onion chopped small
1/4 cup chopped parsley
1 tomato chopped or red pepper chopped (optional)
1/2 cup olive oil
2 tablespoon lemon juice
1 clove garlic minced
salt and pepper to taste.

Cook grain as directed on the package, cool to room temperature. Combine all ingredients, refrigerate for 2 hours or overnight.

Note: Can be served as a side dish or add chickpeas or white beans and serve as a main dish.

Cucumber Salad

2 cucumber peeled seeded and cut into bite size pieces
1/2 white onion cut into small pieces
1 clove garlic minced
1/2 cup sour cream
1/2 cup plain yogurt
juice from 1 lemon
salt and pepper

Combine all ingredients and serve.

Note: For a change of flavor, add dill.

Dressing: Creamy

- 1 teaspoon Dijon or grainy mustard
- 1 1/2 tablespoons whole-milk plain yogurt
- Pinch salt
- Pinch granulated sugar
- Freshly ground black pepper
- 1 tablespoon Champagne or white wine vinegar

Whisk the mustard, yogurt, salt, sugar, and pepper together in a small bowl until combined. Add the vinegar and whisk until smooth. Toss with salad greens and serve.

Storage: Leftover dressing can be stored in an airtight container in the refrigerator for up to 5 days.

Dressing: Vinaigrette

¾ cup good olive oil
¼ cup Red wine Vinegar
1 clove garlic minced
1 teaspoon oregano
1 tsp salt
Freshly ground black pepper

Whisk all ingredients until combined.

Storage: Leftover dressing can be stored in an airtight container in the refrigerator.

Note: Red wine vinegar can be substituted for lemon juice.

Eggplant Dip

1 medium eggplant, see note for prep
1 large clove garlic, grated or finely minced
1 lemon, juiced
1 teaspoon cumin
pinch of sea salt
2 tablespoons of parsley finely chopped
olive oil (for roasting)

Preheat oven to 375°.

Arrange eggplant on a baking sheet and drizzle with olive oil and a pinch of sea salt. Roast for 20 to 30 minutes, turning once or twice, until the eggplant is softened and golden brown. Remove from pan, stack and wrap the rounds in foil to lock in moisture – wait 5 minutes.

Peel away most of the skin of the eggplant (a little is OK) and add flesh to a food processor. It should be soft and tender and the skin should come off easy.

Add lemon juice, garlic, cumin, a pinch of salt and mix until creamy. Add parsley last and pulse to incorporate.

Taste and adjust seasonings as needed. Serve cold or room temperature.

Serve with pita and/or pita chips and veggies. Will keep covered in the fridge for several days.

Note: Slice your eggplant into 1/4 inch rounds and sprinkle with sea salt and place in a colander in the sink to drain any excess liquid. After 30 minutes, rinse well and then pat dry between two towels.

Eggplant Oreganata

4 purple or white finger eggplant
1 plum tomato, diced
2 tablespoon Olive oil
1 clove of garlic chopped very small
Oregano to taste
Mozzarella Cheese (optional)

Cut eggplant in half lengthwise. Place skin side down on a baking sheet.

Top with remaining ingredients. Bake 15 to 20 minutes in a 350 degree preheated oven.

Note: Top with fresh mozzarella for the last 5 minutes of baking.

Escarole and Beans

3 tablespoons olive oil, divided

2 large heads escarole

salt and pepper to taste

1/4 teaspoon crushed red pepper flakes

1 clove garlic, minced

1 (16 ounce) cans cannellini beans, drained and rinsed

Heat 2 tbsp olive oil in a large skillet over medium heat. Stir in garlic. Toss in escarole, turning to coat with oil. Season with salt, pepper, and crushed red pepper flakes. Cook, stirring occasionally, about 10 to 15 minutes, or until tender. Add beans and cook for an additional 10 to 15 minutes.

Note: Can be served with parmesan cheese.

Farro and Pickled Rhubarb Salad

3/4 cup farro
2 heirloom carrots, peeled and sliced
2 oz. Arugula
2 stalks celery, thinly sliced
1/2 stalk rhubarb (throw away the leaves)
1/4 cup onion, diced small
1 1/2 tablespoon white wine vinegar
2 tablespoon honey
1/2 cup water
2 tbsp olive oil
salt and pepper to taste

Cut and discard any rhubarb leaves or woody stems ends. Cut the rhubarb into 1/2 inch thick pieces. Place in a heat-proof bowl. Add the farro to a pot of water, bring to a boil and simmer covered for 25 to 30 minutes. Drain thoroughly and return to the pot. In a small pot, combine the honey, vinegar, and 1/2 cup of water; season with salt and pepper. Heat to a boil on high. Once boiling, carefully transfer to the bowl of rhubarb. Set aside to cool for at least 10 minutes, stirring occasionally.

In a large pan, heat 2 tsp of olive oil on medium high until hot. Add the carrots and season with salt and pepper.

Cook, stirring occasionally, 8 minutes, or until lightly browned and softened. Add the onion and celery, cook 5 more minutes stirring frequently until fragrant. Add the arugula and season with salt and pepper, continue to cook until wilted. Add to the pot of cooked farro, rhubarb and 1/4 of the pickling liquid, drizzle with olive oil, stir to combine; season with salt and pepper to taste.

Fresh Pea and Roasted Garlic Coulis

2 cups fresh peas
1 cup ricotta cheese
1/2 cup grated parmesan cheese
1/2 bulb roasted garlic
Grated zest of 1/2 lemon
Juice from 1/2 lemon
2 tablespoons chopped fresh basil
Freshly ground pepper
Salt to taste
2 tablespoons extra-virgin olive oil

Cut top of garlic, drizzle with extra virgin olive oil, wrap in aluminum foil and bake in a 375 degree oven for 40 to 50 minutes. Let it cool.

Add the peas to a large pot of well-salted boiling water. Make sure the water covers the peas. Boil the peas for about 1 minute. Remove the peas and run under cold water. Drain.

In a food processor, combine the ricotta, lemon zest, lemon juice, parmesan, the roasted garlic bulb (just squeeze out of garlic skin), olive oil, and basil. Drain the peas and add them to the food processor. Pulse just until the mixture comes together; you want to keep a little texture and not make it totally smooth. Season with salt and pepper as desired.

Note: Use fresh peas, not frozen.

Fried Cubanelle Peppers

12 Cubanelle peppers

Enough oil to fry peppers in based on depth of pan

Salt and pepper to taste

Heat olive oil in pan on medium high heat. Add peppers once oil is hot enough to fry but not so hot as to burn. Add peppers to hot oil, flipping every 2 minutes or so, fry for about 15 total minutes until golden brown. Season with salt, and pepper to taste. Serve immediately as a snack, dinner topping, or chill and stuff inside a sandwich for lunch tomorrow.

Note: The oil used for cooking is now flavored. Save it for other uses: add some herbs and make a great dipping oil.

Fried Green Tomatoes

8 medium (about 3 1/2 pounds) green tomatoes
3 1/2 tsp coarse salt
1 3/4 tsp freshly ground black pepper
5 large eggs, beaten
1/2 cup milk
3 cups all-purpose flour
4 cups panko (Japanese breadcrumbs)
1/2 cup cornmeal
4 cups olive oil
Aioli for serving

Trim 1/2-inch from the stem and blossom ends of tomatoes. Slice tomatoes 1/4-inch thick. Season tomato slices with 2 tsp salt and 1 tsp pepper; set aside.

In a shallow bowl, whisk together eggs and milk; set aside. In a second shallow bowl, whisk together flour, 1/2-tsp salt, and 1/4-tsp pepper; set aside.

Place panko in a shallow bowl along with cornmeal, remaining tsp salt, and 1/2-tsp pepper; stir to combine, set aside.

Working with one tomato slice at a time, coat tomatoes with flour mixture, shaking off excess. Coat with egg mixture, followed by breadcrumb mixture. Transfer to a wire rack set over a parchment-lined baking sheet; repeat process with remaining slices.



Heat 2 cups oil in a 10-inch skillet over medium-high heat until it reaches 350 degrees on a deep-fry thermometer.

Working in batches, carefully place tomatoes into the heated oil in a single layer. Fry until golden, turning once, 2 to 3 minutes per side. Drain on a paper towel-lined baking sheet. After frying half of the tomato slices, discard oil and heat remaining 2 cups oil in skillet; continue frying remaining tomato slices. Serve tomatoes immediately with aioli.

Note: Be careful when placing tomatoes in the hot oil as they are wet, and moisture can make oil splatter.

Garlic Scape Pesto

1/4 pounds garlic scape
1 tablespoon vegetable oil
1/2 teaspoon fine sea salt (plus more to taste)
1/4 cup pine nuts (or pistachios)
1/4 cup extra-virgin olive oil
1/4 cup freshly shredded Pecorino cheese or other hard,
flavorful grating cheese
salt to taste

Trim and discard the root ends of the garlic scape. Finely chop the garlic scape, rinse it thoroughly under cool running water in a colander and pat or spin it dry (I find chopping and then cleaning gets all the dirt out of the picture; if it's been a rainy spring, the dirt has a way of getting splattered in between the layers of the green garlic leaves).

In a large frying pan over medium-high heat, cook the vegetable oil, garlic scape, and 1/2 teaspoon of salt until the garlic scape is soft, about 3 to 5 minutes. Let it cool to room temperature.

In a blender or food processor, pulse the pine nuts or pistachios to chop. Set them aside in a bowl. Put the cooked green garlic in and pulse it, scraping down the sides as necessary, until it is bright green and smooth. With the motor running, drizzle in the olive oil. Pulse in the reserved nuts and cheese. Taste the mixture and add more salt, if you like.

Note: Garlic scapes have a very mild garlic flavor.

Green Tomato Soup

- 2 tablespoons extra-virgin olive oil
- 1 1/2 cups thinly sliced scallions (from 1 bunch)
- 1 tablespoon chopped garlic (2 cloves)
- 2 lb green unripe tomatoes, diced
- 1 cup low-sodium chicken or vegetable broth
- 2 cups water
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- Garnish: sour cream (optional)

Heat oil in a 3-quart heavy saucepan over moderate heat. Add scallions, garlic, and cook, stirring occasionally, until scallions are tender and lightly browned, 6 to 8 minutes.

Add tomatoes, broth and water, salt, and pepper and simmer, partially covered, until tomatoes are tender, 20 to 30 minutes.

Season soup with salt and pepper.

Note: Mix red and green tomatoes for a sweeter soup.

Grilled Radicchio Salad

3 small heads radicchio, quartered lengthwise
1/4 cup extra-virgin olive oil, plus more for brushing
1 tablespoon red wine vinegar
1 tablespoon balsamic vinegar, plus more for drizzling
1 teaspoon Dijon mustard
1/2 teaspoon salt
1/4 teaspoon freshly ground pepper
4 ounces Gorgonzola cheese

Preheat a gas grill to medium-high or prepare a medium-hot fire in a charcoal grill.

Rinse the radicchio quarters and pat them dry. Brush the radicchio quarters with oil and place the heads on the grill rack. Cover, and cook, turning as necessary, until grill-marked but still crunchy in the middle, 2 to 3 minutes per side. Transfer to a plate.

In a small bowl, whisk together the 1/4 cup olive oil, the vinegars, mustard, salt, and pepper. Divide the grilled quarters among plates and crumble the Gorgonzola over the top. Drizzle with the balsamic vinaigrette and serve.

Note: Substitute romaine lettuce for radicchio.

Honey-Lemon Dressing

- 1 tablespoon plus 2 teaspoons fresh lemon juice
- 1 teaspoon finely grated lemon zest
- 1 tablespoon local honey
- 1/2 teaspoon chopped basil
- 1/4 cup extra-virgin olive oil
- Kosher salt and freshly ground pepper

In a small bowl, whisk the lemon juice with the lemon zest, honey and basil. Whisk in the olive oil and season with salt and pepper.

Note: Honey is a natural immune booster!

Sautéed Kale with Lime

3 tablespoons olive oil

1 large leek, thinly sliced

1 bunch green and 1 bunch red kale, ribs and stems removed, leaves torn into 2" pieces

2 tablespoons lime juice and zest of 1 lime

Kosher salt and freshly ground black pepper

Heat olive oil in a large skillet over medium-high heat. Add leek and cook, stirring often, until soft, about 4 minutes. Working in batches, add kale, tossing and letting it cook down slightly before adding another handful or two, and adding a splash of water if the pan looks dry. Add lime, zest and cook, tossing often, until kale is wilted and tender, 5–8 minutes; season with salt and pepper.

Note: Add red pepper flakes for a little spice.

Kohlrabi Fritters

For the kohlrabi fritters:

- 4 kohlrabi
- 2 carrots
- 2 eggs
- 1/2 a small onion
- 1/2 tsp salt
- 1/2 tsp old bay
- 1/2 cup vegetable oil, enough for 1/4-inch depth in a large skillet)
- Pepper to taste

For the avocado cream dipping sauce:

- 1 firm-ripe avocado, halved, pitted and cut into large chunks
- 1/4 cup sour cream
- 3 tbsp grated Parmesan
- Juice of 1 lime
- pinch of cayenne pepper
- Salt and pepper to taste

Cut the leaves off the kohlrabi and peel the bulb. Peel 2 carrots. Shred the kohlrabi, carrots, and onions in a food processor, or by hand using a grater. Squeeze the shredded vegetables in a tea cloth (or with your hands) to remove moisture, then add to a medium bowl with the egg, salt, and old bay. Mix to combine.



Place the oil in a large skillet (enough for 1/4-inch depth). Heat the oil over medium high heat, then place small patties of the fritter mixture into the oil. Fry on one side until browned, then fry on the other side. Remove and place on a plate lined with a paper towel to drain excess oil.

For the avocado cream dipping sauce:

Remove the avocado pit, and scoop out the flesh with a spoon. In a small bowl, mix the avocado, sour cream, Parmesan cheese, lime juice, and salt to make the avocado cream (or blend the ingredients together in a food processor).

To serve, Serve fritters with avocado cream. Note: These fritters are best eaten warm the day of making; they don't save well. Like anything made with avocado, the avocado cream sauce will become brown after exposure to air. Make sure to cover the surface with plastic wrap when storing.

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Leek and Goat Cheese Cakes

1 tbsp garlic, chopped
4 cups sliced leeks
1 tbsp sour cream
3/4 cup goat cheese
1/2 tsp tabasco sauce
salt
pepper
1/3 cup olive oil for sauté pan
1 cup flour
1 cup bread crumb
2 eggs beaten

Sauté leeks and garlic in olive oil. Cook until very soft and dry. Let cool completely.

In a bowl combine leeks, goat cheese, sour cream, Tabasco, salt and pepper. Form into patties. Mixture works best when chilled.

Dredge patties in flour, then egg, then bread crumbs. Sauté in olive oil.

Mixed Green and Yellow Beans

1/2 lb. green beans
1/2 lb. yellow wax beans
2 cloves sliced garlic
3 tablespoon olive oil
1 orange or yellow pepper cut in strips
1/2 tsp. crushed red pepper flakes
1/2 tsp. Salt

Wash and trim ends of green beans and yellow wax beans. Bring water to boil in a large pot add beans and cook for 10 to 12 minutes; drain.

Heat olive oil in a skillet over medium heat; add garlic, bell pepper strips, crushed red pepper flakes, and salt; stir-fry 5 to 10 minutes. Add beans and toss until hot.

Pasta with Peas

3 cups fresh peas
2 tablespoon unsalted butter
1 small yellow onion, minced
3/4 cup water
1 lb. pasta, such as fettuccini
1 cup Parmesan cheese, grated
Kosher salt and freshly ground black pepper, to taste
1 cup reserved pasta water

Combine peas, butter, onion, and 3/4 cup of water in a 12" skillet over medium-high heat. Cook until water has evaporated and peas are cooked, about 15 to 20 minutes.

Meanwhile, bring a large pot of generously salted water to a boil; add pasta, and cook until al dente, 10 minutes (or as directed on package). Drain, reserving 1 cup of water.

Add pasta, some of the reserved pasta water, parmesan, sugar, salt, and pepper to skillet with peas and toss to coat.

Transfer to a serving platter and serve immediately.

Note: Add reserved water only as needed.

Polenta with Sauteed Escarole

For the Escarole:

1 or 2 heads of escarole
3 to 4 cloves garlic
3 tbsp olive oil
Red pepper flakes (optional)
Salt

Trim off the base. Remove the outer leaves if they appear damaged. Separate the leaves. Soak and thoroughly rinse to remove all dirt and grit. You might have to do this a couple of times.

Set a large pot of salted water to boil. In the meantime, slice 3-4 cloves of garlic. Coarsely chop the escarole leaves.

Once the water has started boiling, add the chopped escarole and simmer for about 8 to 10 minutes. The total time will vary based on how tough the leaves are. Drain partly, reserving some of the liquid.

Drizzle 3 tablespoons of olive oil in a large skillet set over medium heat, add the sliced garlic (3-4 cloves) and sauté for 1 minute or until the garlic is fragrant and just beginning to turn golden. Take care not to let the garlic brown. If desired, add a pinch or two of crushed red pepper.

Remove from heat.

Next, add the drained escarole to the pan of sauteed garlic along with a couple of tablespoons of the drained liquid.

The oil might splatter a little so be careful.



Return the pan to medium heat and simmer for about 15 to 20 minutes until all the liquid has evaporated. If there is still a bit of liquid, raise the heat to cook it off.

Finally, season with salt and pepper to taste.

For the Polenta:

4 cups water

1 teaspoon fine salt

1 cup uncooked polenta or corn meal

½ cup freshly grated Parmigiano-Reggiano cheese
(Optional)

Place water on the stove over medium heat. Pour polenta slowly into water, whisking constantly until all polenta is stirred in and there are no lumps. Reduce heat to low and simmer, whisking constantly, until polenta starts to thicken, about 10 minutes. Polenta mixture should still be slightly loose. Cover and cook for 30 minutes, whisking every 5 minutes. When polenta is too thick to whisk, stir with a wooden spoon. If polenta becomes too thick, thin it with 1/2 cup water, stir well and continue cooking. Polenta is done when texture is creamy and the individual grains are tender. Turn off heat and if desired mix 1/2 cup Parmigiano-Reggiano cheese into polenta until the cheese has melted . Taste for salt.

To serve, place a spoon of polenta in a bowl, top with escarole. Shave Parmigiano-Reggiano over the top.

Note: Polenta will set as it cools.

Roasted Acorn Squash with Parmesan Cheese & Garlic

2 pound acorn squash - halved lengthwise, seeded, and
cut into 3/4-inch slices

1/4 cup grated Parmesan cheese

8 sprigs fresh thyme

2 tablespoons olive oil

1 clove garlic minced

1/2 teaspoon kosher salt, or to taste

1/4 teaspoon ground black pepper, or to taste

Preheat the oven to 400 degrees. Toss squash slices, Parmesan cheese, thyme, garlic, olive oil, salt, and pepper together in a bowl until the squash is evenly coated; spread into a baking sheet. Roast in a preheated oven 20 minutes on one side, flip and roast an additional 10 to 20 minutes, until golden brown and tender.

Note: Acorn skin is edible; however, it stays a little hard.

Roasted Baby Carrots with Balsamic Vinegar

1 bunch baby carrots
2 tablespoons olive oil
1 tablespoon balsamic vinegar
salt and pepper to taste

Preheat the oven to 350 degrees. Wash and peel carrots leaving 1/4 inch of the green stem. Coat in olive oil, salt, and pepper and spread evenly on a baking sheet. Bake for 20 to 30 minutes or until soft. Add the balsamic vinegar and serve.

Roasted Beets with Balsamic Glaze

3 or more red or yellow beets, medium sized, scrubbed clean, green tops removed.

1/2 cup balsamic vinegar

2 tsp sugar

1 tsp grated orange zest

Salt

Freshly ground black pepper

Place Beets in a pot and cover with water, bring to a boil and cook for approximately 40 minutes. Once the fork tines go in easily, the beets are tender and cooked. Drain and set aside to cool slightly.

While the beets are cooling, prepare the balsamic glaze. In a small, shallow sauté pan, add the balsamic vinegar and sugar. Heat on high until the vinegar has reduced to a syrup consistency. Remove from heat.

After the beets have cooled for several minutes, but are still warm to the touch, peel off the outer skins and discard. Cut the beets into bite-sized-sized pieces.

Place in a serving bowl. Pour balsamic glaze over the beets. Stir in grated orange zest, and add salt and pepper to taste.

Note: Be careful when peeling the beets as they can stain.

Roasted Brussels Sprouts

1 1/2 pounds Brussels sprouts
2 tablespoons extra-virgin olive oil
1/4 teaspoon fine sea salt

Preheat the oven to 425 degrees. If desired, line a large, rimmed baking sheet with parchment paper for easy cleanup.

To prepare your Brussels sprouts, slice off the nubby ends and remove any discolored or damaged leaves. Cut each sprout in half from the flat base through the top.

On your baking sheet, combine the halved sprouts, olive oil and salt. Toss until the sprouts are lightly and evenly coated. Arrange the sprouts in an even layer with their flat sides facing down.

Roast the sprouts until they are tender and deeply golden on the edges, about 20 to 25 minutes.

Note: Add a sprinkle of parmesan cheese in the last 5 minutes of cooking.

Roasted Butternut Squash with Dried Cranberries

4 cups cubed butternut squash
1/4 to 1/2 cup dried cranberries
1/4 cup brown sugar
1/4 cup maple syrup
olive oil
salt and pepper

Preheat the oven to 350 degrees. Peel and cube butternut squash; add salt, pepper and olive oil.

Place a single layer on a cookie sheet and roast 25 to 30 minutes at 350 degrees. Remove from the oven and flip them. Add brown sugar, maple syrup, cranberries, Bake an additional 5 to 10 minutes.

Note: Add pecans for a little crunch if desired.

Roasted Carrots with Thyme

1 bunch Carrots (can use baby or regular, and orange colored or rainbow)

1 Tbsp. fresh Thyme, leaves removed from stem and chopped

2 Tbsp. Olive oil

Salt and pepper

Peel and slice carrots (if using baby carrots, leave whole), toss in a bowl with olive oil, salt, pepper and thyme leaves removed from the stem and chopped.

Lay in a single layer in baking pan.

Bake in a 375° oven for 30 minutes, flipping after 15 minutes.

Roasted Kohlrabi

4 kohlrabi bulbs, peeled
1 tablespoon olive oil
1 clove garlic, minced
salt and pepper to taste
1/3 cup grated Parmesan cheese
Parsley

Preheat an oven to 450 degrees F (230 degrees C). Cut the kohlrabi into 1/4 inch thick slices, then cut each of the slices in half. Combine olive oil, garlic, salt and pepper in a large bowl. Toss kohlrabi slices in the olive oil mixture to coat. Spread kohlrabi in a single layer on a baking sheet.

Bake in the preheated oven until browned, 15 to 20 minutes,

stirring occasionally in order to brown evenly. Remove from the oven and sprinkle with Parmesan cheese. Return to the oven to allow the Parmesan cheese to brown, about 5 minutes. Sprinkle with parsley and serve.

Note: Roasted Kohlrabi tastes like roasted potato.

Roasted Mixed Heirloom or Red and Yellow Grape Tomato

2 pints tomato
1/4 cup olive oil
1 clove garlic
1 teaspoon oregano
2 tablespoon chopped basil

Cut the tomato in half and combine in a bowl with olive oil, garlic, oregano. Place in a shallow baking pan cut side down and roast 10 to 15 minutes in a 350 degree preheated oven. Place in a bowl and add basil. Can be served over pasta or grilled chicken, or combine with wild rice or farro to make a cold salad.

Note: Can be served over pasta or grilled chicken, or combined with wild rice or farro to make a cold salad.

Roasted Pepper Tomato Soup

4 large peppers
4 large tomatoes
1 large Spanish onion
6 cloves garlic
1 tablespoon thyme
olive oil
salt and pepper

Cut the 4 sides and bottom off the peppers. Cut the tomatoes in half. Remove stem end. Cut Spanish onion in 8 pieces.

Roast each vegetable on a separate baking sheet:

Place peppers skin side down.

Place tomatoes cut side up. Drizzle with olive oil and sprinkle with salt, pepper and thyme.

Place the whole peeled garlic cloves inside the slices of cut peppers. Put extra olive oil in the cups with the garlic.

Roasting Time:

Peppers and onions - approx. 20 minutes

Tomatoes - approx. 30 minutes. Roast vegetables until they start to brown on the edges.

Place all vegetables in a food processor. Blend in batches.

You can also use a food immersion blender. Blend until smooth. May add water if too thick.

Note: Can be used as a pasta sauce.

Roasted Potato Salad with Roasted Garlic Dressing

1 lb assorted potatoes
3 garlic cloves
1 tsp fresh rosemary, chopped
1 tsp fresh thyme, chopped
1/4 cup olive oil
1 tsp salt
1/2 tsp pepper

Preheat the oven to 375 degrees. Wash potatoes and chop into bite sized cubes. Chop fresh rosemary and thyme. Combine potatoes, herbs, salt and pepper and coat with half of the olive oil. Peel garlic cloves and wrap in foil with a drizzle of olive oil. Spread potatoes on a cookie sheet in one even layer. Place a garlic foil packet on the cookie sheet. Bake for 15-20 minutes, remove the garlic and toss the potatoes with a spatula. Bake for another 10-15 minutes or until soft. Mix the roasted garlic with the remaining olive oil until a paste forms. Coat the potatoes with the garlic and olive oil mixture and enjoy!

Note: Roasted garlic has a milder taste compared to raw garlic.

Roasted Potatoes with Garlic and Onions

2 pounds potatoes (Peeled and cut in 1 inch pieces)
1 large sweet onion (cut into large pieces)
2 to 3 cloves garlic (smashed and minced)
1 tablespoon salt
1/2 teaspoon black pepper (freshly ground)
2 tablespoons parsley chopped
3 tablespoons extra virgin olive oil, plus more for pan

Preheat the oven to 400 degrees.

Line a large shallow baking pan with parchment paper, lightly grease the paper with olive oil. Combine all ingredients in a large bowl, toss to coat thoroughly. Arrange in the paper-lined baking pan and bake in the preheated oven for 40 to 50 minutes, turning every 10 to 15 minutes, until potatoes are tender and nicely browned.

Note: If short on time, toss everything together and microwave for 15 minutes, then bake for 20 minutes.

Roasted Radicchio with Blue Cheese and Brown Butter Vinaigrette

3 heads radicchio (about 1-1/2 lb.), quartered lengthwise through the root
2 tbsp. olive oil
Kosher salt and freshly ground black pepper
2 oz. crumbled blue cheese
1 to 2 tbsp brown butter vinaigrette (recipe follows)
Crumbled, cooked pancetta (optional)

Position a rack in the center of the oven and heat to 450°F.

Toss the radicchio wedges on a large rimmed baking sheet with the oil, 1/2 tsp. salt, and 1/4 tsp. pepper. Arrange cut side down in a single layer. Roast for 20 minutes. Flip and roast until the radicchio is wilted, 10 to 15 minutes more.

Bunch the radicchio together and sprinkle with 2 oz. crumbled blue cheese. Roast until the cheese just starts to melt, 1 to 2 minutes.

Serve drizzled with brown butter vinaigrette and sprinkled with pancetta, if you like.



For The Brown Butter Vinaigrette:

- 1 tbsp. finely diced shallot.
- 1 tbsp. aged balsamic vinegar
- 1 tbsp. red wine vinegar
- 4 tbsp. brown butter
- Salt and pepper

In a small bowl or jar, let the shallot sit in the vinegars for 15 minutes. Add the brown butter, a generous pinch of salt and pepper. Stir or shake to combine, then taste with a leaf lettuce and adjust the seasoning as needed.

Cover and refrigerate for up to three days. When making this dressing with brown butter instead of olive oil, bring to room temperature before using.

Note: How to brown butter:

Melt the butter:

Heat a thick-bottomed skillet on medium heat. Add the butter (if you slice it, it will melt more evenly) whisking frequently. Continue to cook the butter.

Watch for brown specs and nutty aroma:

Once melted the butter will foam up a bit, then subside. Watch carefully as lightly browned specks begin to form at the bottom of the pan. Smell the butter; it should have a nutty aroma.

Remove from heat. Pour into a bowl to stop the butter from cooking further and perhaps burning.

Use browned butter immediately or store covered in the refrigerator for future use.

Salsa

Yields about 2 cups

2 small red onion, chopped

1/2 teaspoon salt

Juice of 2 limes

2 green jalapeño peppers, seeded and finely chopped

4 medium tomatoes, chopped

1 cup fresh corn

1/2 cup chopped cilantro

Place the chopped onion in a bowl, sprinkle with the salt, squeeze the lime juice over, and set aside for 15 to 20 minutes. Add the chopped peppers, tomatoes, corn, and cilantro to the onion mixture, and stir.

Note: Add chopped mango or pineapple for a little sweetness.

Sautéed Swiss Chard with Leeks, Garlic, and Lemon

2 tablespoons olive oil

4 garlic cloves, thinly sliced

2 leeks, thinly sliced

1 teaspoon crushed red pepper flakes

2 large bunches Swiss chard; ribs and stems removed and reserved, leaves torn into 2" pieces (about 12 cups)

Kosher salt and freshly ground black pepper to taste

3 tablespoons fresh lemon juice

Heat oil in a large skillet over medium heat. Cook garlic and leeks stirring occasionally, until soft, about 6 minutes.

Add red pepper flakes and half of Swiss chard, season with salt and pepper, and cook, tossing often, until wilted, about 6 minutes. Add lemon juice and remaining chard and cook, tossing, just until all chard is wilted, about 4 minutes; season with salt and pepper.

Note: If you would like to use the stems for texture, sauté in olive oil for 15-20 minutes and add to the skillet with the leeks.

Southern Italian Sauteed Chickory

- 1 large bunch of chicory. (around 1 pound)
- 2 tbsp extra virgin olive oil
- 2 cloves of garlic, minced
- 1/4 tsp hot pepper flakes (optional)
- 4 anchovy fillets in oil (optional)
- 2 tbsp raisins
- 2 tbsp pine nuts
- sea salt to taste

Wash the chicory greens, cut into 2-inch pieces and cook in boiling unsalted water for 10 minutes, stirring occasionally.

Drain the chicory and rinse under cold water. Then, squeeze out the excess moisture using your hands.

In a large frying pan, add oil, garlic, hot pepper flakes and anchovy fillets. Stir for 30 seconds on medium heat until the anchovies dissolve and the garlic is starting to sizzle and turn slightly gold.

Add greens, raisins, pine nuts. Toss gently for 2 to 3 minutes.

Add salt, to taste.

Note: Serve hot or room temperature.

Spaghetti Squash Bake

3 cups cooked spaghetti squash
4 oz ricotta cheese
1 egg, lightly beaten
1 teaspoon minced garlic
1/2 teaspoon dried oregano
2 tablespoon parsley
1/2 teaspoon salt
1/4 teaspoon black pepper
1 cup shredded mozzarella
1/4 cup Parmesan cheese
1/4 cup chopped cooked spinach (or swiss chard)
extra mozzarella and Parmesan for topping

The recipe requires 3 cups cooked spaghetti squash. The first 3 steps describe how to cook spaghetti squash:

Preheat the oven to 425 degrees. Cut the squash in half and scrape out the seeds. Place the squash in a baking pan cut side down and add 1 cup water. Cook until soft, approximately 45 minutes. Flip the squash so that the cut side faces up – that will speed up the cooling. After squash cools, scrape squash with a fork to remove flesh in long strands and transfer to a bowl. **Important:** Strain water out of the spaghetti squash by squeezing with your hands over the sink. Try to get rid of as much liquid as you can.

Once you have your cooked spaghetti squash:

Preheat the oven to 400 degrees. Coat a 1 1/2 to 2 quart baking dish with cooking spray. In a large bowl, combine all ingredients; mix well. Place mixture in prepared baking dish. Top with mozzarella and parmesan. Bake 35 to 40 minutes, or until browned on top.

Spaghetti Squash Lasagna Boat

- 1 spaghetti squash
- 1 teaspoon olive oil
- 2 garlic cloves, minced or grated
- 1 tablespoon parsley chopped
- 3/4 cup ricotta cheese
- 1/4 cup parmesan cheese
- 1 cup shredded mozzarella cheese
- 2 1/2 cups marinara sauce (or Bolognese)
- Salt and pepper to taste

Preheat the oven to 350 degrees. Cut the spaghetti squash in half lengthwise and scrape out all the seeds and membrane. Put the spaghetti squash cut side down in a 9×13 baking dish.

Roast uncovered for about 40 minutes. Remove from the oven and allow to cool for at least 10 minutes.

While the spaghetti squash is cooling, make the filling by combining the ricotta cheese, garlic, parsley, parmesan cheese, and season with a pinch of salt and pepper. Once the spaghetti squash are cool enough to touch, scrape the noodles out with a fork, and transfer the noodles to a medium size mixing bowl. Turn the oven up to 425 degrees.

Layer in squash as follows: marinara sauce, 1/4 of spaghetti squash noodles, marinara sauce, ricotta mix, mozzarella, 1/4 of the spaghetti squash noodles, marinara sauce, ricotta mix, mozzarella, marinara sauce, mozzarella. Repeat with the second spaghetti squash. Bake them uncovered in the same baking dish for 15 minutes, or until the cheese is melted and golden brown. Allow to cool for 5 minutes before eating.

Spicy Glazed Bok Choy

½ cup butter
4 heads bok choy
4 tbsp golden caster sugar
3 oranges, juiced
splash Grand Marnier (optional)
coriander seeds 1 tsp, crushed
star anise 1, crushed

Take 3 tbsp of butter and heat in a large frying pan. Cut the bok choy length way from tip to toe then put in the pan, cut-side down. Cook until colored and golden then take out and put cut-side up in a roasting tray.

Dot with the remaining butter, sprinkle with the sugar then pour over the orange juice and Grand Marnier. Add the coriander seeds and star anise, season and cover with a damp piece of baking paper.

Heat the oven to 350°F for 20-30 minutes or until tender.

Note: Check the liquid isn't drying up during this time. If it does, add a splash of orange juice.

Spicy Spinach and Kohlrabi Salad

2 bunches Spinach, julienne
1 kohlrabi, sliced into matchsticks
1 radish grated if possible
1/4 cup peanuts, chopped

Ingredients for the dressing:

1 Tablespoon peanut butter
1 Tablespoon grape seed jalapeno pepper oil
1½ Tablespoons soy sauce
2 Tablespoons rice vinegar

Mix all the ingredients for the dressing until well combined.
Set aside.

Mix spinach, kohlrabi, radish, and peanuts with the dressing. Serve immediately.

Note: For a more mild flavor, use extra virgin olive oil.

Stuffed Artichoke

2 (approximately 1-pound) artichokes

1/4 cup olive oil

2 tablespoons garlic,

1/3 cup dry white wine

4 cups fresh breadcrumbs

1/2 cup Italian parsley

2 tablespoons Parmesan cheese

Sea salt and freshly ground black pepper to taste

Fill a steamer pot with a few inches of water, and place a steamer basket on top. Cover the pot and bring the water to a boil. Turn the heat to low and let it simmer.

Use a Chef's knife to cut off 1 to 2 inches from the top of each artichoke, and enough off of the bottom to form a nice base. Remove any especially tough outer leaves and discard them. Then use kitchen scissors to cut off the sharp tips of the leaves.

Using your hands, carefully pull the leaves away from the middle of the artichoke - just enough so that you can see down to the choke. Use a spoon to reach down and gently scrape away and discard all of the fuzz, to reveal a clean heart. This will take a bit of muscle, but must be done.

Place the artichokes, stem-end up, in the steamer basket, cover, and steam until they are almost as tender as you like them, about 30 minutes. (They'll finish cooking in the oven.) Check for doneness by pulling off an outer leaf: it



should come off fairly easily. Set them aside to cool.

While the artichokes are steaming, preheat the oven to 375 degrees. Place olive oil in a large sauté pan over low-medium heat. Add the garlic and cook until soft, about 1 minutes. Pour in the wine. Stir and let this simmer on low heat for about 4 minutes. Add the breadcrumbs and parsley, stir to blend and remove from the heat. Season to taste with salt and pepper. If stuffing is too dry add a little more oil. Set aside to cool.

Place the artichokes, sitting on their bases, in a baking dish. Use a spoon and/or your hands to carefully fill the center of each artichoke with the stuffing -- fill it to maximum capacity! Then fill all of the spaces between the leaves as much as possible. Sprinkle the top of each one with 1 tablespoon of the Parmesan.

Place the stuffed artichokes in the preheated 375 degree F oven and bake until the breadcrumbs are golden and the cheese has melted, 20 to 30 minutes.

Stuffed Zucchini

2 large zucchini, cut in half lengthwise
1/4 cup olive oil
1 clove garlic, minced
1 small onion, chopped
2 medium vine-ripened tomatoes, chopped
Kosher salt and freshly ground black pepper
1 cup Parmesan, finely grated
1 cup mozzarella, shredded
1 cup breadcrumbs
2 eggs
2 tablespoons chopped fresh parsley

Preheat the oven to 400 degrees. With a teaspoon, scoop out the flesh from the interior of the zucchini so they resemble boats. Save the zucchini flesh. Place the zucchini boats in a 9x13 inch casserole dish. Chop the zucchini flesh and set aside.

In a medium sauté pan over medium-high heat, add the olive oil and let heat. Add the garlic, onion, chopped zucchini flesh, tomatoes and some salt and pepper. Cook until softened, about 8 minutes.

In a medium bowl, add the eggs, Parmesan, mozzarella, breadcrumbs and parsley; mix to combine. Add sautéed vegetable and mix well.

Spoon mixture into the zucchini boats. Place in the oven and bake until golden on top, 30 to 35 minutes.

Sweet & Sour Refrigerator Pickles

These can be eaten right away, but the flavor is better after about a week.

8 cups sliced cucumber (Kirby work best)
2 onion sliced
2 red bell peppers sliced
1 tablespoon pickling or canning salt
2 cups cider vinegar
2 cups sugar
2 teaspoons celery seed
2 teaspoons mustard seed

In a large bowl, combine the cucumber slices, onion, and peppers. Sprinkle with the salt and set the bowl aside for 1 hour. Drain and discard the liquid. In a bowl or jar with a lid, combine the vinegar, sugar, seeds and whisk until the sugar is dissolved. Pour the liquid over the cucumbers.

Transfer the cucumber to a glass or plastic covered container for storage and refrigerate. These will keep up to 3 months in the refrigerator. Makes about 4 quarts.

Note: These can be eaten right away, but the flavor is better after about a week.

Sweet Rhubarb Focaccia

Ingredients for Dough:

- 1 ¼ teaspoons active dry yeast
 - ¼ cup extra-virgin olive oil, more as needed
 - 1 teaspoon kosher salt
 - ½ teaspoons sugar
 - 1 ⅓ cups all-purpose flour, more as needed
 - ⅓ cup whole wheat flour
- YIELD: 1 ball of dough for a 9-inch focaccia

To Make Dough:

Place ½ cup lukewarm water (105°F to 115°F) in a large bowl or the bowl of a stand mixer. Sprinkle yeast over it. Let stand until foamy, about 5 minutes.

Stir oil, salt and sugar into the yeast mixture. Stir in all-purpose and whole-wheat flour until a soft dough forms (you may need to add more all-purpose flour).

Turn dough out onto a floured surface. Knead until it is smooth and elastic, about 10 minutes, or knead in a stand mixer with a dough hook attached for about 5 minutes. If using a stand mixer, finish dough by hand, on a floured surface, for 1 minute. Add more all-purpose flour if dough feels very sticky (you want damp but not unworkable dough). Oil a large bowl. Place dough in bowl and turn to coat it lightly with oil. Cover bowl with a dish towel. Leave in a warm place until the dough has doubled in size, about 1 hour.

Transfer ball to a baking sheet and cover loosely with a towel. Let rest for 20 to 30 minutes.



Ingredients For Focaccia:

- 1 ball focaccia dough
- 5 ounces thinly sliced rhubarb (about 1 1/2 cups)
- 1 thinly sliced red onion
- 1/3 cup granulated sugar
- 3 tablespoons olive oil

Preparation:

Heat oven to 450°F.

In a small bowl, toss rhubarb and granulated sugar. Let stand, stirring occasionally, until fruit releases its juices and sugar dissolves, 20 to 30 minutes.

Strain rhubarb juices into a small pot and reserve rhubarb. Simmer juices over moderate heat until thick and syrupy, about 3 minutes. Pour olive oil into the bottom of a 9x13-inch baking pan. Pat dough evenly into the pan, leaving a small gap between the dough and edges of the pan. Dough should be about a half-inch thick. Scatter rhubarb and red onion over dough; brush generously with syrup. Bake until focaccia is golden brown, about 20 to 30 minutes.

Note: Depending on the temperature of your house, dough might take longer to rise.

Tomato Ricotta Tart

$\frac{3}{4}$ cup part-skim ricotta cheese
1 large egg, lightly beaten
2 cloves garlic, minced
 $\frac{1}{2}$ tsp kosher salt
 $\frac{1}{2}$ cup chopped fresh basil, divided
 $\frac{1}{2}$ cup gruyere cheese, shredded, divided
1 lb fresh tomatoes, seeded and cut into $\frac{1}{4}$ -inch
thick slices

optional:
fresh lemon juice
balsamic vinegar or glaze

Preheat the oven to 450°F and lightly spray a 9-inch pie pan with cooking spray. Place pie crust in pie pan, poke some holes at the bottom with a fork and bake for 10 minutes.

In a large bowl, combine ricotta, egg, garlic, salt, $\frac{1}{4}$ of the chopped basil, and $\frac{1}{4}$ cup of the gruyere cheese. Mix to combine then pour into an even layer in the pie pan with the crust.

Arrange tomato slices in a circular pattern over the ricotta mixture, slightly overlapping. Sprinkle the remaining $\frac{1}{4}$ cup of gruyere cheese on top. Bake for 25 minutes until the cheese on top is melted and filling is set. Let stand for 10 minutes, sprinkle with remaining $\frac{1}{4}$ cup of chopped fresh basil, then slice to serve.

Note: Serve warm. This can be kept for up to a week, covered in the refrigerator, and reheated.

Warm Roasted Fennel

2 large fennel bulbs
1 – 1 1/2 tbsp extra virgin olive oil
1/2 tsp salt

optional:
fresh lemon juice
balsamic vinegar or glaze

Preheat the oven to 400 degrees.

Line a large baking sheet with parchment paper (you may need two baking sheets depending on the size of the fennel). Cut off the fennel fronds. Cut the fennel in half vertically, and slice each half in 1/4" thick slices. Transfer them to a bowl. Add the olive oil and salt and toss well, making sure the fennel gets well coated. Arrange on the lined baking sheet and bake for 40 minutes or until tender.

Squeeze a little fresh lemon or drizzle some balsamic vinegar or balsamic glaze on top.

Watermelon Feta Soup

- 6 lbs yellow or red seedless watermelon, diced (9 cups)
- 2 tablespoons chopped fresh basil
- 1 tablespoon sugar
- 2 tablespoons fresh lemon juice
- 1 cup lightly sweet white wine (such as Riesling) OR
- 3/4 cup water mixed with 1/4 cup sugar
- 1 teaspoon grated ginger
- 8 teaspoons crumbled feta

Combine 1 cup of the watermelon with basil and sugar in a bowl. Set aside. Blend remaining 8 cups watermelon, lemon juice, wine, and ginger in a blender until smooth. Let sit for 30 minutes. Strain soup; divide among 8 bowls.

Top each with 1/8 cup reserved watermelon and 1 teaspoon feta.

Note: For a different taste, substitute mint for basil.

Wilted Kale with Dressing

4 tablespoons extra-virgin olive oil, divided
6 cloves garlic, minced
3/4 tsp kosher salt, divided
2 pounds kale (about 4 bunches), stemmed and coarsely
torn
1/3 cup water
1 cup thinly sliced shallots
2 teaspoons packed light brown sugar
1/4 tsp cayenne pepper
2 tbsp cider vinegar

Heat 1 tablespoon oil in a large pot over medium heat.

Add garlic and 1/2 teaspoon salt; cook, stirring, until fragrant, about 1 minute. Add one-third of the kale and stir until starting to wilt. Repeat with the remaining kale in two more batches. Stir in water. Cover and cook, stirring often, until tender, 8 to 10 minutes.

Meanwhile, heat the remaining 3 tablespoons oil in a small skillet over medium heat. Add shallots and cook, stirring often, until starting to brown, 2 to 3 minutes. Sprinkle with brown sugar, cayenne and the remaining 1/4 teaspoon salt; cook, stirring often, until golden brown, 2 to 4 minutes more. Remove from heat and carefully stir in vinegar. Pour the dressing over the kale and toss to coat.

Note: For an eye-catching version, use different colored kale.

Yukon Gold Roasted Garlic Mashed Potato

10 Yukon Gold potatoes
2 garlic bulb
2 tsp olive oil
salt and pepper to taste

Preheat oven to 375 degrees. Cut top of garlic off and drizzle with olive oil. Wrap in aluminum foil, place on a small baking pan, and cook in the oven for 30-45 minutes or until soft.

Peel and rinse potatoes. Put in a pot of water and bring to a boil. Cook until soft.

Mash potato with soft garlic, salt, and pepper until smooth.

Note: Yukon gold potatoes are very butter and rich in flavor.

Zucchini Noodle Pasta

4 medium zucchini (about 2 pounds)

5 tbsp extra virgin olive oil divided

1 tbsp minced garlic (3 to 4 cloves)

1/4 to 1/2 tsp crushed red pepper flakes (optional)

1 pint cherry tomato cut in quarters

1/2 cup shredded parmesan cheese, plus more for serving

1 cup basil leaves, torn into pieces

Salt, to taste

Using a spiralizer, julienne vegetable peeler, or a mandolin, trim and spiralize the zucchini. Cut extra long noodles so that they are about the length of spaghetti.

Add 3 tbsp olive oil, garlic, and red pepper flakes to a large, deep skillet. Turn to medium heat. When the oil begins to bubble around the garlic, add the zucchini noodles. Toss the noodles with pasta tongs and cook until al dente — they should be wilted, but still have a crunch; 5 to 7 minutes. Do not let the noodles cook any longer or else they will become mushy. As they cook, keep tossing so that all the zucchini noodles have a chance to hit the bottom of the skillet.

Stir in the tomatoes, basil, and parmesan cheese. Cook for three minutes. Add salt to taste. Use pasta tongs to transfer the noodles, tomatoes, and basil to a serving dish.

Top with parmesan cheese on top, serve immediately.

Zucchini, Yellow Squash, and Goat Cheese Tart

- 1 1/4 cups all-purpose flour
- 3/4 tsp salt, plus 2 tsp salt for zucchini, plus 1/2 tsp salt for cheese mixture, plus more to taste
- 10 tbsp (1 1/4 sticks) cold unsalted butter, cut into 1/2 inch cubes
- 1/2 tsp white wine vinegar
- 5 tbsp ice water
- 3/4 lb zucchini, unpeeled and sliced 1/8 inch thick
- 3/4 lb yellow squash, unpeeled and sliced 1/8 inch thick
- 2 tbsp good olive oil, divided
- 8 ounces plain creamy goat cheese, at room temp
- 1 tsp minced fresh thyme leaves
- 1/4 tsp grated lemon zest
- 1/2 tsp ground black pepper, plus more to taste

Place the flour, 3/4 tsp of salt, and the butter in the bowl of a food processor fitted with the steel blade and pulse 12 to 14 times, until the butter is the size of peas. With the processor running, pour the vinegar and ice water through the feed tube and continue to process and pulse until the dough just comes together. Dump out on a floured board, form into a disk, wrap in plastic, and chill for 30 minutes.

Meanwhile, place the zucchini and yellow squash in a colander set over a plate. Toss it with 2 teaspoons of salt and set aside for 30 minutes to drain.



Spread the zucchini and squash out on a clean dish towel, roll it up, and squeeze gently to remove some of the liquid. Put the zucchini slices and squash slices in separate bowls and toss with 1 tbsp of olive oil. With a fork, mash together the goat cheese, thyme, lemon zest, ½ tsp salt, and ¼ tsp pepper and set aside.

Preheat the oven to 400 degrees. Roll the dough out on a floured board to an 11-inch circle and place on a sheet pan lined with parchment paper. Spread the dough with the goat cheese mixture, leaving a ½-inch border. Lay the zucchini and squash slices, alternating in tightly overlapping circles, starting at the very edge of the pastry (the zucchini and squash will shrink when it bakes). Continue circles of zucchini and squash until the whole tart is covered.

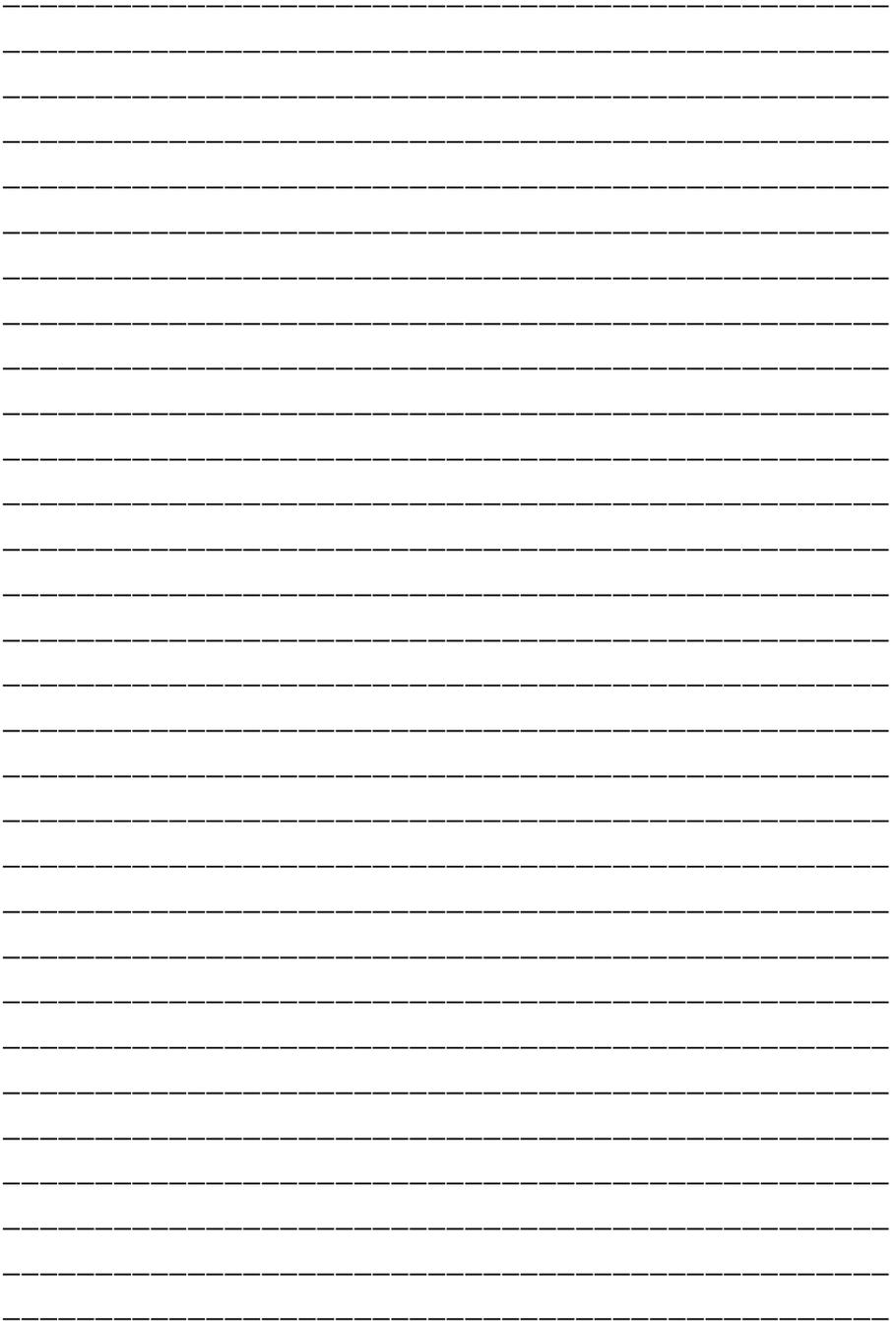
Drizzle with the remaining tablespoon of olive oil and sprinkle with pepper. Bake for 40 to 50 minutes, until the dough is golden brown.

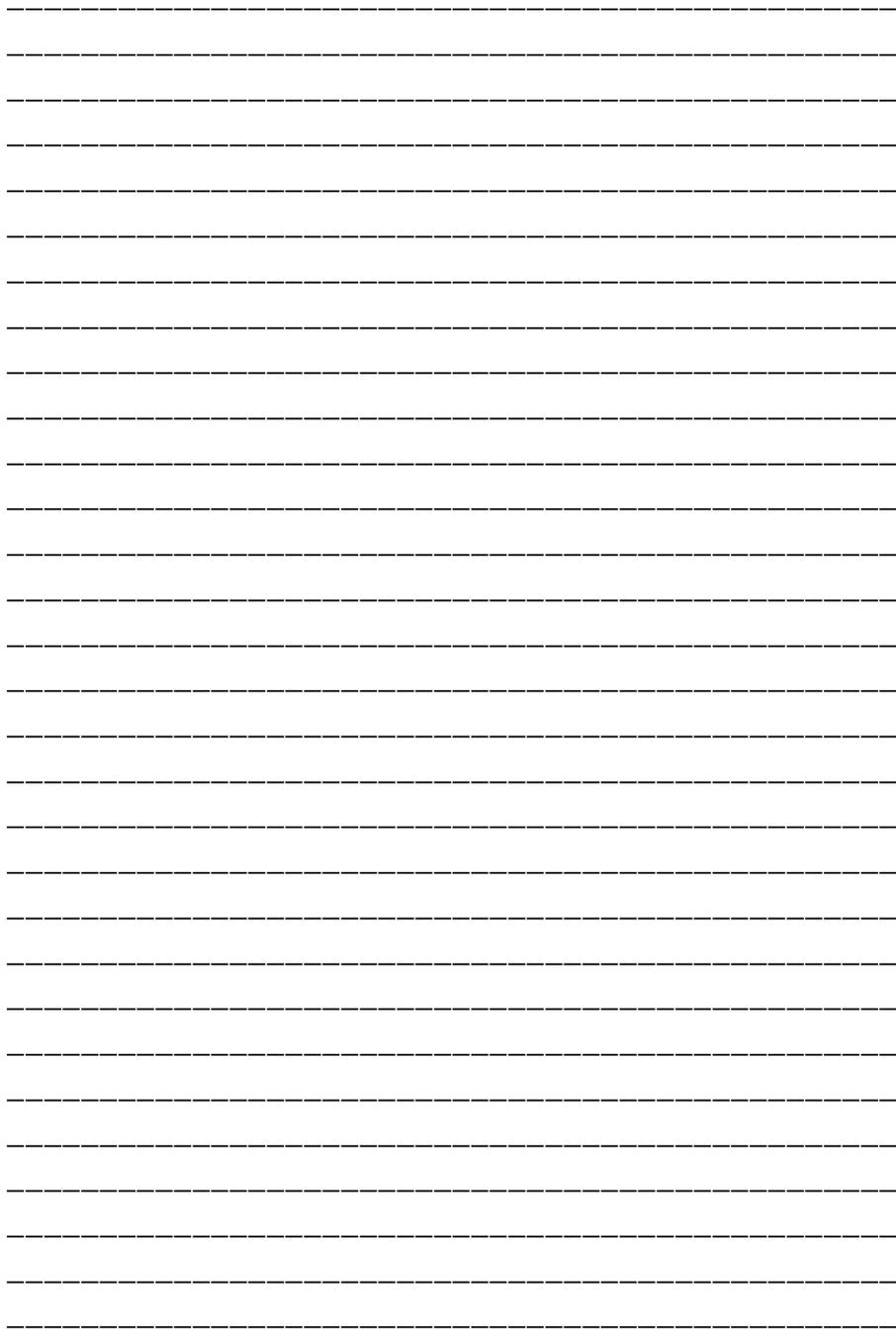
Cut in wedges and serve hot, warm, or at room temperature.

“Cooking is like painting or writing a song. Just as there are only so many notes or colors, there are only so many flavors — it’s how you combine them that sets you apart.”
— Wolfgang

Please enjoy these recipes in good health and happiness. Cooking can sometimes be intimidating, but with fresh, homegrown ingredients, you can do anything!

With love and gratitude,
Tee Conte, Head Kitchen Chef
& the Abma Family





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