

Crème de la Crop

What do I get?

Quantity represents ½ membership, Subject to change

Epicureans: 2 White Acorn Squash, 10 Long Narrow Cayenne Peppers, Nasturtiums, (2 oz Bag of Basil or Swiss Chard)

You choose One: (Bag or Mixed Salad Greens, 3 small Eggplants or Cutting Celery)

You Choose 3 Of The Following (4 Sweet Peppers, Green Snap Beans, Broccoli/Cauliflower, Brassica Cooking Greens, Cabbage, Tomatillos, 2 ears of Sweet Corn, Mini Orange Sweet Peppers, & Radishes)

Standard: 2 Green Acorn Squash, 10 Long Narrow Cayenne Peppers, (2 oz Bag of Basil or Swiss Chard)

You Choose 3 Of The Following (4 Sweet Peppers, Green Snap Beans, Broccoli/Cauliflower, Brassica Cooking Greens, Cabbage, Tomatillos, 2 ears of Sweet Corn, Mini Orange Sweet Peppers, & Radishes)

Mashed Acorn Squash with Sunflower Seeds

Recipe Adapted From Robin Miller 2006

Ingredients

2 acorn squash, cut in 1/2 and seeded
1/3 cup lowfat sour cream or more as needed
1 teaspoon ground cumin
1/2 teaspoon garlic powder
Salt and freshly ground black pepper
1/4 cup shelled dry-roasted sunflower seeds

Directions

Place the acorn squash halves in a microwave-safe dish and cover with plastic wrap.

Microwave on HIGH until the flesh is tender, 5 to 7 minutes.

Using a spoon or ice cream scoop, remove the flesh from the squash and transfer to a large bowl. Add the sour cream, cumin, and garlic powder and mash together with a fork until blended and smooth, adding more sour cream, as necessary, to create a nice consistency. Season with salt and pepper.

Spoon the squash onto plates and top with sunflower seeds just before serving.

Chicken and Watercress Salad with Almonds and Feta

Bon Appétit June 2009 by Jill Silverman Hough



photo by: Elinor Carucci

yield: Makes 4 servings

Supermarket roast chicken can be easily dressed up, as in this lovely salad. Look for almond oil at some supermarkets and at specialty foods stores.

1/4 cup white balsamic vinegar

1 large shallot, chopped

3 tablespoons almond oil, walnut oil, or grapeseed oil

3 tablespoons grapeseed oil

3 large bunches watercress, thick stems trimmed

2 fully cooked chicken breast halves, meat torn into bite-size pieces

3/4 cup crumbled feta cheese

4 apricots, pitted, each half cut into wedges

1/4 cup sliced almonds, toasted

Combine vinegar and shallot in medium bowl. Whisk in both oils. Season dressing to taste with salt and pepper.

Place watercress, chicken, cheese, and apricots in large bowl. Add dressing; toss. Divide salad among 4 plates. Sprinkle each with almonds.

Use Nasturtiums leaves and flowers in the above recipe.

Squash Rings with Honey-Soy Glaze

Bon Appétit October 1999



photo by: Beth Galton

yield: Makes 4 servings

Nonstick vegetable oil spray
2 1 1/4- to 1 1/2-pound acorn squash
3 tablespoons honey
1 tablespoon reduced-sodium soy sauce
2 teaspoons rice vinegar
1 1/2 teaspoons minced peeled fresh ginger
1 garlic clove, minced

Preheat oven to 450°F. Line large baking sheet with foil. Spray with nonstick vegetable oil spray. Cut off both ends of each squash. Cut each squash crosswise into 4 rings. Scoop out seeds and discard. Place squash rings in single layer on prepared baking sheet. Cover baking sheet tightly with foil. Bake until squash begins to soften, about 15 minutes.

Meanwhile, whisk next 5 ingredients in small bowl to blend. Remove foil from squash. Brush half of honey mixture over squash. Sprinkle with salt and pepper. Bake uncovered 10 minutes. Brush remaining honey mixture over squash; continue to bake until squash is brown, tender and glazed, about 10 minutes.

Sauteed Greens with Cannellini Beans and Garlic

Bon Appétit | April 2008 Molly Stevens

A great side, but also a nice vegetarian dinner when made with vegetable broth and served over rice.

5 tablespoons extra-virgin olive oil, divided
3 garlic cloves, thinly sliced
1/4 teaspoon dried crushed red pepper
1 large bunch greens (such as spinach, mustard greens, kale, or broccoli rabe; about 1 pound), thick stems removed, spinach left whole, other greens cut into 1-inch strips (about 10 cups packed)
1 cup (or more) vegetable broth or low-salt chicken broth
1 15-ounce can cannellini (white kidney beans), rinsed, drained
1 teaspoon (or more) Sherry wine vinegar

Heat 4 tablespoons oil in large nonstick skillet over medium heat. Add garlic and dried crushed pepper; stir until garlic is pale golden, about 1 minute. Add greens by large handfuls; stir just until beginning to wilt before adding more, tossing with tongs to coat with oil.

Add 1 cup broth, cover, and simmer until greens are just tender, adding more broth by tablespoonfuls if dry, 1 to 10 minutes, depending on type of greens. Add beans; simmer uncovered until beans are heated through and liquid is almost absorbed, about 2 minutes. Stir in 1 teaspoon vinegar. Season with salt and pepper, and more vinegar if desired; drizzle with remaining 1 tablespoon oil and serve.

Roasted Acorn Squash with Chile Vinaigrette

Gourmet October 2006



photo by: Romulo Yanes

yield: Makes 4 servings
active time: 15 min
total time: 45 min

This late-season squash is roasted to coax out its subtle sugars before being mixed with citrus juice, chile, and cilantro.

2 (1 1/2 - to 1 3/4-lb) acorn squash
1/2 teaspoon black pepper
1 teaspoon salt
6 tablespoons olive oil
1 garlic clove

1 1/2 tablespoons fresh lime juice, or to taste
1 to 2 teaspoons finely chopped fresh hot red chile, including seeds
2 tablespoons chopped fresh cilantro

Put oven racks in upper and lower thirds of oven and preheat oven to 450F. Halve squash lengthwise, then cut off and discard stem ends. Scoop out seeds and cut squash lengthwise into 3/4-inch-wide wedges. Toss squash with black pepper, 3/4 teaspoon salt, and 2 tablespoons oil in a bowl, then arrange, cut sides down, in 2 large shallow baking pans. Roast squash, switching position of pans halfway through roasting, until squash is tender and undersides of wedges are golden brown, 25 to 35 minutes.

While squash roasts, mince garlic and mash to a paste with remaining 1/4 teaspoon salt. Transfer paste to a small bowl and whisk in lime juice, chile (to taste), cilantro, and remaining 1/4 cup oil until combined. Transfer squash, browned sides up, to a platter and drizzle with vinaigrette.

Pepper Steak and Rice Pilaf with Mushrooms

Recipe courtesy Rachael Ray
Recipe Adapted From Rachael Ray Show: 30 Minute Meals Episode: Steak Amplified

Mushroom Rice Pilaf:

1 tablespoon extra-virgin olive oil, eyeball it
1 tablespoon butter
10 white mushrooms, chopped
1 3/4 cups water
1 package rice pilaf mix (recommended: Near East brand), 6.09 ounces
2 tablespoons chopped parsley leaves

Pepper Steak:

2 tablespoons vegetable oil, 2 turns of the pan
2 pounds tenderloin tips or sirloin, cut into chunks
Coarse salt
2 tablespoons butter
2 green bell peppers, seeded, 2 inch dice
1/2 white onion, sliced
2 tablespoons all-purpose flour
1 tablespoon tomato paste
1/4 cup dry sherry – eyeball it
1 1/2 cups beef consomme
1 teaspoon coarse black pepper

Directions

In a medium pot over medium to medium high heat add a tablespoon of oil and a tablespoon of butter. When butter melts, add chopped mushrooms and saute 3 to 5 minutes. Add water and cover the pot. Add rice and pilaf packet to water. Stir to combine, reduce heat and cook 18 minutes. Add parsley, fluff with fork.

Preheat a large skillet over high heat. Add vegetable oil to really hot pan. Add meat and sear on all sides, 5 minutes. Season with salt and remove to a plate. Cover meat loosely with foil to hold heat. Reduce heat on pan to medium. Add butter to pan. Add peppers and a little onion. Saute peppers and onions 5 minutes. Sprinkle flour over vegetables and cook 1 minute longer. Whisk in sherry and start to pick up pan drippings. Whisk in consomme and continue whisking. Add tomato and black pepper. Slide meat back into the pan and coat with sauce. Reduce heat to low and simmer 5 minutes.

Spoon Pepper Steak over Mushroom Rice Pilaf and serve.