

Crème de la Crop

What do I get?

Quantity represents ½ membership

Epicureans: 3 lemons, 1 lb red seedless grapes, 2 grapefruit Star Ruby, 5 apples Pinata/Pinova, 2 pears D'Anjou

Standard: (2 lemons or 1 xtra grapefruit Star Ruby), 1 grapefruit Star Ruby, 5 apples Pinata/Pinova, 3 pears D'Anjou

Kiwi Colada

Recipe Adapted From Coastal Living, November 2006, Jan Robinson

Yield: Makes 2 1/2 cups

Ingredients

1 1/2 cups small ice cubes or crushed ice

3 tablespoons light rum

3 tablespoons Midori liqueur

1/4 cup cream of coconut

2 kiwifruit, peeled

1/4 cup pineapple juice

2 tablespoons whipping cream

Kiwi slices

Preparation

Process ice and next 6

ingredients in a blender until

smooth. Garnish with kiwi

slices, if desired.

Avocados with Warm Bacon Parsley Vinaigrette

Recipe Adapted From Sunset

Magazine, APRIL 2009

Time: 20 minutes. Crunchy bacon brings out the smokiness of a good Hass avocado, and the sharp vinaigrette helps cut its richness.

Yield Serves 4

Ingredients

1/3 pound thin-sliced bacon
2 firm-ripe avocados, each pitted, peeled, and cut into 4 to 6 wedges
3 garlic cloves, minced
2 tablespoons fresh lemon juice
1 teaspoon sugar
Kosher salt
Freshly ground black pepper
2 tablespoons chopped flat-leaf parsley

Preparation

1. Cook bacon in a large frying pan over medium-low heat until crisp. Drain on paper towels; let cool. Remove pan from heat and discard all but 2 tbsp. bacon fat. Divide avocado wedges among 4 plates.
2. Heat reserved bacon fat over medium heat. Add garlic, 1/4 cup water, the lemon juice, and sugar and simmer 1 minute, stirring. Season with salt and pepper. Stir in parsley and crumble in bacon. Immediately pour over avocado wedges and serve.

Note: Nutritional analysis is

perserving. Nutritional Information

Calories:270 (83% from fat)

Protein:
Fat:25g (sat 5.7)
Carbohydrate:8.6g
Fiber:2.5g
Sodium:211mg
Cholesterol:14mg

Shrimp and Kiwi Fruit Salad

Recipe Adapted From Sunset Magazine, Mickey Strang, Mckinleyville, California, February 2002

A friend who grows kiwi fruit keeps Mickey Strang's kitchen well supplied. As a result, the fruit turns up in a number of dishes. This salad is a favorite of Strang's husband.

Yield: Makes 4 servings

Ingredients

About 1/4 teaspoon hot sauce
2 tablespoons lemon juice
8 ounces shelled cooked tiny shrimp, rinsed and drained
4 kiwi fruit (12 to 14 oz. total)
2/3 cup matchstick-size pieces peeled jicama
1/2 cup thinly sliced celery
1/2 cup thinly sliced green onions (including tops)
4 large butter lettuce leaves, rinsed and crisped
Lemon wedges
Salt

Preparation

1. In a large bowl, mix 1/4 teaspoon hot sauce, lemon juice, and shrimp.
2. Peel kiwi and slice crosswise 1/4 inch thick. Add kiwi, jicama, celery, and green onions to bowl; mix gently.
3. Place a lettuce leaf on each plate. Spoon shrimp mixture equally onto leaves. Place lemon wedges alongside. Add juice from lemon wedges, more hot sauce, and salt to taste.

Nutritional Information

Calories:118 (7.6% from fat)
Protein: 13g
Fat:1g (sat 0.2)
Carbohydrate:15g
Fiber:4.1g
Sodium:157mg
Cholesterol:111mg

Chicken-and-Avocado Soup with Fried Tortillas

Recipe Adapted From *Food & Wine Magazine*, 1998

Here's a silky soup that doesn't rely on cream for its creamy texture; pureed avocados do the job nicely. It doesn't rely on long cooking for its full flavor, either--the soup's in the pot for less than ten minutes.

Yield 4

Ingredients

3 1/2 tablespoons cooking oil
4 6-inch corn tortillas, halved and cut crosswise into 1/4-inch strips
1 clove garlic
1 jalapeño chile, seeds and ribs removed
2 ripe avocados, preferably Haas, skin and pit removed
1 tablespoon lime juice
1/4 teaspoon Tabasco sauce, plus more to taste
3 1/2 cups water
1 1/2 teaspoons salt
1/4 teaspoon fresh-ground black pepper
1 onion, chopped
3 cups canned low-sodium chicken broth or homemade stock
1 pound boneless, skinless chicken breasts (about 3), cut into approximately 1 1/2-by-1/4-by-1/4-inch strips

Preparation

1. In a large pot, heat 2 tablespoons of the oil over moderately high heat. Add the tortillas and cook, stirring frequently, until brown and crisp, 3 to 4 minutes. Remove the tortillas from the pot and drain on paper towels.

2. In a blender, combine the garlic, jalapeño, avocados, lime juice, Tabasco, 1 1/2 cups of the water, 1/2 teaspoon of the salt, and the pepper. Puree until smooth.

3. Heat the remaining 1 1/2 tablespoons oil in the pot over moderate heat. Add the onion and cook, stirring frequently, until translucent, about 5 minutes. Add the broth and the remaining 2 cups water and 1 teaspoon salt. Bring to a simmer. Stir the chicken into the pot; cook until just done, 2 to 3 minutes. Add the avocado puree. Heat through, about 2 minutes. Serve the soup topped with the crisp tortilla strips.

Wine Recommendation: Rich avocados demand a full-bodied white wine. This is a great opportunity to drink one of those big, oaky California chardonnays that can overpower less flavorful foods.

Notes: Even easier: Use broken-up tortilla chips in place of the fried tortilla strips.

Campanelle With Roasted Grapes and Feta

Recipe Adapted From *Health Magazine*, APRIL 2008, Marge Perry,

Prep: 6 minutes; Cook: 17 minutes.

Yield: Makes 6 servings (serving size: 1 cup)

Ingredients

Cooking spray
8 ounces uncooked campanelle (bellflower-shaped pasta) or farfalle
3 cups seedless grapes (any combination of red, green, and black)
1 tablespoon plus 1 teaspoon olive oil, divided
1/4 teaspoon salt
1 cup chopped onion
1/2 teaspoon chopped fresh thyme
1/2 cup less-sodium chicken or vegetable broth
1/2 cup dry white wine
1 cup crumbled feta cheese

Preparation

1. Preheat oven to 400°. Coat a baking sheet with cooking spray.
2. Cook pasta according to package directions; drain.
3. Toss grapes with 1 teaspoon olive oil and 1/4 teaspoon salt. Place on baking sheet. Roast 5–7 minutes, or until first few grapes begin to split. Remove from oven and let stand.
4. Heat remaining olive oil in a nonstick skillet over medium-high heat. Add onion and thyme; cook until onion is softened, about 4 minutes. Pour in broth and wine; boil 5–6 minutes, or until sauce is amber-colored and no longer tastes of "raw" wine.
5. Combine pasta and sauce; toss with grapes and feta.

Nutritional Information

Calories:323
Fat:9g (sat 4g,mono 4g,poly 1g)
Cholesterol:22mg
Protein:10g
Carbohydrate:47g
Fiber:3g
Iron:2mg
Sodium:456mg
Calcium:147mg

Apple Pancakes

Recipe Adapted From,
Southern Living Magazine,
January 2001

Yield

16 (4-inch) pancakes

Ingredients

- 2 cups all-purpose flour
- 1/4 cup sugar
- 1 teaspoon baking soda
- 1/4 teaspoon salt
- 2 cups buttermilk
- 2 large eggs
- 2 tablespoons butter, melted
- 1 large Granny Smith apple, peeled and chopped

Preparation

Combine first 4 ingredients in a large bowl; make a well in center of mixture.

Stir together buttermilk, eggs, and butter. Add to dry ingredients, stirring just until moistened. Fold in apple.

Pour 1/4 cup batter for each pancake onto a hot, lightly greased griddle. Cook until tops are covered with bubbles and edges look cooked; turn and cook other side.