**ASIAN CABBAGE SALAD**

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| ***Get Vocal About Local…*** | **Wightmans Farms 2016 CSA – Week 4 6/7-6/11** |
| FARMFRESH |  |
|  | **Zucchini/Cucumbers/Cabbage/Scallions(Large Only)/Lettuce/Kale/Rhubarb/Brocco-leaves-young Spring Broccoli/Peas** |

This Asian cabbage salad recipe is flavorful, easy to make, and packed with veggies. It's the perfect addition to any potluck or barbecue, and is great with shredded chicken as well.

Author: Katherine Martinelli

Recipe Type: Salad

Yield: 6 to 8 servings

Ingredients

* ¼ cup soy sauce
* ¼ cup mirin (sub white wine vinegar)
* 2 tablespoons water
* 1 teaspoon sesame oil
* 1 tablespoon brown sugar
* 1 tablespoon olive oil
* ½ large white **cabbage**, shredded
* 1 carrot, grated
* 1 **zucchini**, sliced very thin
* ½ bell pepper, cut into matchsticks
* 1 cup sliced **scallions**
* ¼ cup almond slivers, toasted
* 2 ounces (60g) quick cooking Asian egg or ramen noodles, broken up
* 1 tablespoon sesame seeds, toasted

Directions

1. Put the soy sauce, mirin, water, sesame oil, and brown sugar in a small pot over low heat. Heat, stirring, just until the sugar has fully dissolved. Whisk in the olive oil and set aside to cool.
2. Put the cabbage, carrot, zucchini, pepper, scallions, almond slivers, and uncooked noodles in a salad bowl. Pour half of the dressing over and toss vigorously until every piece of vegetable is coated. Add more dressing until the salad is well dressed. The remaining dressing will keep in a sealed container in the fridge for at least 1 week.
3. Garnish with the sesame seeds and serve (salad can be made up to a few hours ahead and refrigerated; simply omit the noodles and toss in just before serving.)

Notes

Gluten free (be sure to check the soy sauce, noodles, etc.), Parve, Vegan, Vegetarian

**ZUCCHINI CHIPS**

Recipe type: Appetizer, Snacks

Prep time:  10 mins

Cook time:  2 hours

Total time:  2 hours 10 mins

Serves: 50+ zucchini chips

Ingredients:

* 1 large zucchini
* 2 tbsp. olive oil
* Kosher salt
1. Preheat oven to 225 degrees Fahrenheit. Line two large baking sheets (I used two 17" baking sheets) with silicon baking mats or parchment paper.
2. Slice your zucchini on a mandolin. Mine had 1, 2, or 3 for thickness and I used 2.
3. After you slice your zucchini, place the slices on a sheet of paper towels and take another paper towel and sandwich the zucchini slices and press on them. This helps draw out the liquid so it'll cook a bit faster.
4. Line up the zucchini slices on the prepared baking sheet tightly next to each other in a straight line, making sure not to overlap them.
5. In a small bowl, pour your olive oil in and take a pastry brush to brush the olive oil on each zucchini slice.
6. Sprinkle salt throughout the baking sheet. **Do NOT over-season, in fact, it's better to use less salt initially because the slices will shrink; so if you over-season, it'll be way too salty! You can always add more later.**
7. Bake for 2+ hours until they start to brown and aren't soggy and are crisp.
8. Let cool before removing and serving.
9. Keep in an airtight container for no more than 3 days.

**THAI ZUCCHINI AND CUCUMBER NOODLE COLLARD GREEN WRAPS WITH ALMOND BUTTER SAUCE**

**Ingredients**

* For the wraps:
* 5 large collard green leaves, stems removed(you can also use the broccoli leaves)
* 1 large zucchini, Blade C, noodles trimmed
* 1 medium cucumber, Blade C, noodles trimmed
* 1/4 cup cilantro leaves
* 1 large bell pepper, sliced thinly (1/4" thick)
* 1/2 cup shredded red cabbage
* For the peanut sauce:
* 1 teaspoon shredded ginger
* 1 garlic clove, mashed to a paste
* 1/2 cup creamy almond butter (I like Justin's)
* 1.5 tablespoon fresh lime juice
* 2 tablespoons soy sauce, low-sodium
* 1 teaspoon honey
* 2 tablespoons water

**Instructions**

1. In a food processor, blend all of the ingredients for the peanut sauce until creamy. Set aside.
2. Lay out a collard green leaf. Spread over with a heaping spoonful of the almond butter sauce and spread out, leaving 1" around the corners for rolling. On top, add the zucchini, cucumber, cilantro, bell pepper and cabbage. Carefully roll like a burrito and secure with toothpicks. Repeat with remaining collard green leaves and then slice both in half and serve with any remaining peanut sauce for dipping.

**COLD CHINESE-STYLE SESAME NOODLES WITH CUCUMBER**

YIELD

Serves 2

INGREDIENTS

* + 2 tablespoons dark (Asian) sesame oil
	+ 1 tablespoon soy sauce
	+ 1 tablespoon white-wine vinegar or rice vinegar (not seasoned)
	+ 1/4 teaspoon sugar
	+ 1/4 teaspoon salt, or to taste
	+ 1/8 teaspoon dried hot red pepper flakes
	+ 6 ounces capellini
	+ 1/2 seedless cucumber, cut lengthwise into thin spears and crosswise into thin slices (about 1 cup)
	+ 1 scallion, minced, or 1 tablespoon minced fresh coriander
	+ 1 1/2 teaspoons sesame seeds, toasted lightly and cooled

 PREPARATION

* 1. In a small bowl stir together oil, soy sauce, vinegar, sugar, salt, and red pepper flakes until sugar and salt are dissolved.
	2. In a large saucepan of salted boiling water cook capellini until tender and drain in a colander. Rinse noodles under cold water until cool and drain well.
	3. In a large bowl toss noodles with sauce, cucumber, and scallion or coriander until combined well and divide between 2 plates. Sprinkle noodles with sesame seeds.

**CUCUMBER KALE SALAD**

Ingredients:

* 2 cucumbers, shredded
* 1 bunch kale, stems removed and sliced thinly

Dressing

* ¼ cup olive oil
* 2 Tablespoons Dijon mustard
* 2 Tablespoons miso
* Juice of 2 limes
* 2 Tablespoons agave
* Salt and pepper to taste

Instructions:

1. Place cucumber and kale in a large salad bowl.
2. Whisk together all dressing ingredients in a small bowl.
3. Pour a few tablespoons of dressing on salad and toss. Add more if needed; store any unused dressing in small jar for 1 week in the refrigerator. Serve and enjoy salad with your loved ones!

**LIGHTENED UP CREAMY CUCUMBER KALE SALAD**

Serves: 2

INGREDIENTS

* 2 cups shredded or chopped fresh kale
* 1 large field cucumber
* 2 mini cucumbers
* ¼ cup thinly sliced onion
* For the Dressing:
* ¼ tsp salt
* ¼ tsp pepper
* 1 tablespoon white vinegar
* 2 tablespoons organic mayonnaise
* ⅛ tsp [stevia](http://www.amazon.com/gp/product/B00430EJR8/ref%3Das_li_tl?ie=UTF8&camp=1789&creative=9325&creativeASIN=B00430EJR8&linkCode=as2&tag=nutinthekit-20&linkId=Z4XENE5NZWQCP5NN) (or ½ tsp [honey](http://www.amazon.com/gp/product/B006MWDFUC/ref%3Das_li_tl?ie=UTF8&camp=1789&creative=9325&creativeASIN=B006MWDFUC&linkCode=as2&tag=nutinthekit-20&linkId=N6KDJG24GQEQHLF3))

INSTRUCTIONS

1. Slice the cucumber, onion, and chop the kale. Add to a large bowl.
2. In a small bowl add the dressing ingredients and adjust the sweetener/vinegar to taste preference (I like a tangier dressing over a sweet one). Whisk until smooth.
3. Pour the dressing over the cucumber onion and kale and toss well to coat.
4. Place in the fridge for 20 or more minutes to chill.
5. Enjoy!

**PEA& PESTO ZUCCHINI NOODLES**Gluten-Free

Serves 3 to 4

***Ingredients***

2 cups basil leaves
3 cloves garlic, peeled
1/3 cup pine nuts
1 cup extra virgin olive oil
1/2 cup fresh grated Parmesan cheese
3 large **zucchini**
15 oz can of chickpeas, drained and rinsed
1 cup frozen green peas, cooked (use your fresh peas) according to package directions

***Directions***

1. Roughly chop basil leaves.  In food processor, combine garlic and basil.  Slowly drizzle in 1/2 cup olive oil while food processor is on low.  Stop often to scrape down the sides.  Gently blend in remainder of olive oil and the pine nuts.  When all ingredients are well-combined, add in cheese and blend until just combined.  Do not over blend cheese.  Let sit for 20 minutes.

2. Make the zucchini noodles by following the instructions of your particular spiralizer.  Steam zucchini noodles for approximately 4 minutes, or until tender, but not mushy.  You can do this on the stove top or in the microwave.  Drain the zucchini and squeeze out any excess liquid in a tea towel.

3. While the zucchini noodles are steaming, place pesto sauce, chickpeas, and cooked green peas in a large skillet over medium-low heat.  Simmer for approximately 2 to 3 minutes.

4. Add the drained zucchini noodles to the pan.  Continue to simmer for an additional 8 to 10 minutes, or until warm and the sauce has reached your desired thickness.

5. Enjoy on a gorgeous spring or summer day!

**GRILLED CABBAGE**

*Don't be surprised if even your kids like this grilled treat. It's easy to cook this alongside steaks or burgers on the grill, as long as you start the cabbage wedges first.*

INGREDIENTS

SERVINGS 4UNITS US

* 1head [cabbage](http://www.food.com/about/cabbage-210)
* 4teaspoons [butter](http://www.food.com/about/butter-141)
* 4slices [bacon](http://www.food.com/about/bacon-352)
* Spice mix
* 1teaspoon [salt](http://www.food.com/about/salt-359)
* 1⁄2teaspoon [garlic powder](http://www.food.com/about/garlic-powder-501)
* 1⁄4teaspoon [pepper](http://www.food.com/about/pepper-337)
* 2tablespoons grated [parmesan cheese](http://www.food.com/about/parmesan-cheese-467)

DIRECTIONS

1. Cut cabbage into four wedges.
2. Place each wedge on a piece of doubled heavy-duty aluminum foil.
3. Spread cut sides with butter.
4. Mix spices together in a small container and sprinkle all of the mixture equally over each wedge.
5. Wrap bacon around each wedge.
6. Fold foil around cabbage, sealing each wedge tightly.
7. Grill cabbage, covered, over medium heat for 40 minutes or until the cabbage is tender, turning twice.

**RHUBARB CRISP**

*Mom's recipe! Easy to make and easy to eat.*

INGREDIENTS

SERVINGS 4

* 4cups [rhubarb](http://www.food.com/about/rhubarb-289), cut into 3/4 " pieces
* 1cup [sugar](http://www.food.com/about/sugar-139)
* 1⁄4cup [flour](http://www.food.com/about/flour-64)
* 1⁄2teaspoon [cinnamon](http://www.food.com/about/cinnamon-324)
* 1cup [flour](http://www.food.com/about/flour-64)
* 1cup [brown sugar](http://www.food.com/about/brown-sugar-375)
* 1⁄2cup [rolled oats](http://www.food.com/about/oatmeal-465)
* 1⁄2cup melted [butter](http://www.food.com/about/butter-141)

DIRECTIONS

1. Combine rhubarb, sugar, flour and cinnamon and put into 8" x 8" x 2" glass baking dish.
2. Combine flour, brown sugar, rolled oats and melted butter and sprinkle streusel over rhubarb mixture.
3. Bake at 375 for 35 minutes.

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**GIANNA’s ZUCCHINI PANCAKES**

From Cranford’s own Jr. Chef who is competing in the 1st Ladies Healthy Lunch Challenge
Ingredients:

1 1/2 cups of grated zucchini
1/4 cup of grated carrots
1/4 cup of grated apples
3-4 Tbsp grated onion
1/2 Tbsp minced garlic
1 Tsp garlic salt
1 Tsp salt
1/2 Tsp black ground pepper
1/2 Tsp onion powder
1/2 Tsp baking powder
6-8 Tbsp flour
1 Tbsp chopped basil
2 beaten eggs

**Directions:**

Peel and then grate the zucchini, carrots, apple, and onion. Absorb extra
liquid from zucchini with a paper towel. Add ingredients together leaving
the last 2 tablespoons of flour last to slowly add as needed until the
ingredients are well combined but still moist.
Heat pan to medium heat with oil (1/4-1/2 cup combined equal parts extra
Virginia olive oil and vegetable oil) as needed to fry. Spoon full
tablespoon of zucchini mixture into pan and spread into a flattened
pancake. Pan fry each side until golden brown 1-2 minutes per side. Allow
excess oil to drain by placing on paper towel once off the heat. Add salt
to taste. Can top with 1 tsp sour cream if desired. Enjoy!

**KALE SLAW W/ WALNUTS**

6 Servings

*Yields: 6 servings*

**Ingredients**

* ¼ cup minced walnuts
* 1 bunch kale
* 1 large carrot, peeled and shredded
* 1/3 cup red wine vinegar
* 1/3 cup fruity extra virgin olive oil
* 1 tablespoon honey
* ½ teaspoon ground ginger
* 1 clove garlic, minced
* ½ teaspoon freshly ground black pepper
* ¼ teaspoon kosher or sea salt salt, more to taste

**Directions**

1. Preheat oven to 325 degrees. Place walnuts on a cookie sheet and toast until fragrant, about 10 minutes. Cool to room temperature.
2. Cut center stalk away from leaves and discard. Rinse kale and pat dry with a paper towel. Using a knife, cut kale leaves into thin strips. Add kale leaves, 2 tablespoons red wine vinegar, 1 tablespoon olive oil, and ¼ teaspoon salt to a large mixing bowl. Using your hands, rub kale until it begins to wilt, about 3 minutes. Add carrot shreds, toss and set aside.
3. Add to a blender, remaining red wine vinegar and olive oil along with honey, ginger, garlic, black pepper and kosher salt to taste, blend until combined.
4. (Optional, if you prefer not to use your hands...steam kale just until wilted, add carrot shreds. Add all remaining ingredients, except walnuts, in a blender and blend until combined and smooth. Add to kale and carrots, toss to combine...sprinkle on walnuts).
5. Add toasted walnuts to Kale, drizzle with dressing and toss to combine.
6. water until cool and drain well.
7. In a large bowl toss noodles with sauce, cucumber, and scallion or coriander until combined well and divide between 2 plates. Sprinkle noodles with sesame seeds.

**AUNT NORMA’S RHUBARB MUFFINS**

12 muffins



* 2 1/2 cups flour
* 1 teaspoon baking soda
* 1 teaspoon baking powder
* 1/2 teaspoon salt
* 1 1/4 cups brown sugar
* 1/2 cup vegetable oil
* 1 egg
* 1 teaspoon vanilla extract
* 1 cup buttermilk
* 1 1/2 cups diced rhubarb
* 1/2 cup chopped walnuts
* 1 tablespoon melted butter
* 1/3 cup white sugar
* 1 teaspoon ground cinnamon
* 
1. Preheat the oven to 350 degrees F (175 degrees C). Grease two 12 cup muffin pans or line with paper cups.
2. In a medium bowl, stir together the flour, baking soda, baking powder and salt. In a separate bowl, beat the brown sugar, oil, egg, vanilla and buttermilk with an electric mixer until smooth. Pour in the dry ingredients and mix by hand just until blended. Stir in the rhubarb and walnuts. Spoon the batter into the prepared cups, filling almost to the top. In a small bowl, stir together the melted butter, white sugar and cinnamon; sprinkle about 1 teaspoon of this mixture on top of each muffin.
3. Bake in the preheated oven until the tops of the muffins spring back when lightly pressed, about 25 minutes. Cool in the pans for at least 10 minutes before removing.