

CSA CHEF DEMO

BEAT THE HEAT

SUMMMER RECIPES



CHARRED EGGPLANT DIP WITH TOMATO CUCUMBER SALAD

Recipes from Chef Tanya at The Food Connection

CHARRED EGGPLANT DIP

Ingredients:

- 3 Small to Medium Eggplants
- 1/2 Cup Tahini
- Juice and Zest of 1 Lime
- 2 Garlic Cloves, Minced
- 1 Teaspoon Ground Coriander
- 1 Teaspoon Salt
- 2 Tablespoons Chopped Mint Leaves
- 1 Tablespoon Olive Oil
- Red Pepper Flakes for Topping

Directions:

1. Preheat the oven to 375 degrees F.
2. Poke the eggplants all over with a fork and place on a foil-lined baking sheet. Roast for 45 minutes.
3. Broil eggplant for 3 more minutes to get a little char on the skin. Let cool for about 10 minutes.
4. Halve the eggplants vertically, scoop out the flesh and put it in a fine mesh strainer. Discard the skins.
5. Press down on the flesh so that the extra moisture comes out of the eggplant. Keep the flesh and discard the liquid.
6. Place flesh into a food processor or blender. Add tahini, lime juice and zest, garlic coriander, and salt. Blend until completely smooth, about 2 minutes. To serve, garnish with mint, red pepper flakes, and olive oil.

TOMATO CUCUMBER SALAD

Ingredients:

- 1 Pint Ripe Cherry Tomatoes, Halved
- 1 Cucumber, Diced
- 1 Small Yellow Onion, Diced
- Zest and Juice of 1 Lemon
- 3 Tablespoons Mint, Thinly Sliced
- 3 Tablespoons Parsley, Thinly Sliced
- 3 Tablespoons Olive Oil
- Salt

Directions:

1. In a large bowl, combine tomatoes, cucumber, onion and lemon zest.
2. Stir in herbs, olive oil, and lemon juice until thoroughly combined.
3. Taste and season with salt.



HIGH PROTEIN GARDEN VEGGIE MIX WITH HOMEMADE DRESSING

Recipes from Chef Tanya at The Food Connection

HIGH PROTEIN GARDEN VEGGIE MIX

Ingredients:

- 1 Can Chickpeas (15 oz.), Drained
- 1/2 Small Red Onion, Minced
- 2 Stalks Celery, Minced
- 1/4 Cup Shredded Carrots
- 1/2 Cup Finely Chopped Red Bell Pepper
- 1/4 Cup Chopped Olives or 2 Tablespoons Capers
- 3 Tablespoons Fresh Dill, Chopped
- 1/4 - 1/3 Cup Cottage Cheese Goddess Dressing (recipe below)
- 1/4 Cup Toasted Sunflower Seeds

Directions:

1. Add your chickpeas to a medium bowl and mash with a fork.
2. Add your onion, celery, carrots, pepper, pickles, and olives or capers.
3. Add goddess dressing and stir until ingredients are coated and bound together.
4. Fold in sunflower seeds and dill.
5. Salt and adjust any ingredients to taste. Use as a sandwich or wrap filling, add to lettuces, cooked and cooled grains, or by itself with crudité and crackers.

COTTAGE CHEESE GODDESS DRESSING

Ingredients:

- 16 Ounces Cottage Cheese
- 1 Avocado
- 2 Tablespoons Chives, Roughly Chopped
- 1/4 Cup Basil, Roughly Chopped
- 1/4 Cup Parsley, Roughly Chopped
- 2 Cloves Garlic
- 1/2 Lemon, Juiced
- 1 Tablespoon Red Wine Vinegar
- 1 Dash Worcestershire Sauce
- 1/2 Teaspoon Honey
- Pinch of Sea Salt

Directions:

1. Halve and pit the avocado and add to a blender or food processor.
2. Add cottage cheese and fresh herbs.
3. Add lemon juice, garlic, Worcestershire, red wine vinegar, sugar, and salt.
4. Process, then taste and re-season as desired.



SEASONAL POPSICLES

Recipes from Chef Tanya at The Food Connection

BLACKBERRY YOGURT POPSICLES

Ingredients:

- 1 Pint Fresh Blackberries
- 1/2 Cup Granulated Sugar (more or less depending on the sweetness of the blackberries)
- 2 Cups Sweetened Vanilla Yogurt
- 1 Pinch Salt
- 1/2 Teaspoon Cinnamon, Nutmeg, or Allspice

Directions:

1. Lightly smash blackberries with a potato masher and add sugar. Allow to sit for a few minutes and smash again. IF you want to remove seeds, push the mixture through a fine mesh sieve.
 2. Place yogurt in a bowl and add salt and spice.
 3. Stir to mix just until swirled and streaked. Divide mixture into popsicle molds and freeze 4-6 hours depending on mold size.
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BASIL CANTALOUPE POPSICLES

Ingredients:

- 2 Cups Cantaloupe, Chopped
- 2 Tablespoons Chopped Basil
- 1 Cup Coconut Milk, Full Fat or Lite
- 2 Tablespoons Honey or Sorghum
- 1 Pinch Salt

Directions:

1. Blend cantaloupe, basil, coconut milk, and honey or sorghum until smooth.
2. Pour into popsicle molds and freeze at least 4 hours or overnight. Unmold and enjoy!

