

CSA CHEF DEMO

THINK GREEN



GREENS PESTO WITH ZOODLES

Recipe from Chef Tanya at The Food Connection

Ingredients:

For the Pesto:

- 2 cups packed torn greens leaves (stems removed if necessary): arugula, spinach, kale, chard, mustard, carrots tops, etc. and the tenderest leaves possible.
- 1 cup packed fresh basil leaves (you may also use parsley, fennel fronds, or mint)
- 1 tsp. salt
- 1/4 cup extra virgin olive oil
- 1/4 cup toasted pine nuts (or walnuts, pistachios, pepitas, or pecans)
- 3 cloves garlic, chopped
- 1/2 cup grated Parmesan cheese , optional (leave out if freezing)
- Zest of half a lemon, optional
- Crushed red pepper, optional



For the Zoodles:

- 1 large or 2 small zucchini
- Dash of salt
- 1 tbsp. olive oil

Directions:

For the Pesto:

1. In a food processor, combine the greens, basil leaves or other herbs, and salt.
2. Pulse 10 to 12 times, until the leaves are finely chopped. With the motor running, drizzle in the olive oil.
3. Scrape down the sides of the processor. Add the nuts or seeds and garlic and process again, then add the cheese and pulse to combine. Taste, reseason, and add optional ingredients if using. Thin with more olive oil to desired consistency.

For the Zoodles:

1. Use a spiralizer, juliene, mandoline, or grater to create your zucchini noodles aka zoodles.
2. Add zoodles to a colander and salt them lightly and put a bowl underneath. Let them sit for up to an hour and then wring them out with a towel.
3. Add enough olive oil to coat the bottom of a skillet and cook zoodles for 1-2 minutes.
4. Take off the heat and add the pesto and toss the zoodles.

BAKED MEATLESS "MEATBALLS"

Recipe adapted from Wolff's Apple House

Ingredients:

- 1 large bunch fresh greens (at least ½ lb): kale, chard, beet greens, spinach, etc.
- ½ cup basil, cilantro, or parsley
- 3 tbsp. olive oil
- 1 small yellow onion, diced
- salt to taste
- 2 cloves garlic, chopped
- 1 tbsp. cumin seeds
- 1 cup breadcrumbs
- ½ cup crumbled feta cheese
- 1 egg



Directions:

1. Preheat oven to 350.
2. Remove stems from greens. Combine greens and herbs in a food processor and pulse several times, until pieces are very small but not pureed.
3. Heat oil in large skillet on medium-low heat and add onion and salt. Cook, stirring occasionally, until onions soften, about 5 minutes.
4. Add the garlic and cumin seeds and cook for a minute more.
5. Add the greens and herb mixture and sauté for 2 minutes or until wilted. Transfer to a large bowl and let cool.
6. Add the breadcrumbs and feta cheese. Mix well and taste to adjust seasoning, and then mix in the egg.
7. Line a sheet pan with parchment paper. Roll the mixture into 1" balls and place on the parchment paper. Bake for 20 minutes.
8. Serve immediately or at room temperature.

BAKED MEATLESS "MEATBALLS"

Uses for this recipe:

- Substitute for meatballs with pasta/zoodles.
- Put on a flatbread or sub bun, top with marinara and fresh mozz, then broil until melted and bubbly.
- Serve like falafel in pita with spinach, tzatziki yogurt sauce, tahini sauce, or hummus, and fresh tomato.
- Serve with hummus
- Place filling between two tortillas and griddle like a quesadilla, serve with chopped radish, salsa and sour cream.
- Squish filling into pre-made dumpling wrappers and pan-fry or poach.
- Add to frittata or egg cups.
- Top a grain bowl with veggies, greens balls, vinaigrette and mix.

