

CSA CHEF DEMO

SATISFYING

SUMMER SALAD



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Recipe from Amanda Veneman at Flik Hospitality Group

Ingredients:

- 1/2 - 1 can Chickpeas, rinsed and drained
- 2 cups Seasonal Veggies, diced small
- 2 tablespoon Fresh Basil, chiffonade
- 2 tablespoon Parsley, chopped (could also use cilantro or other Italian herbs)
- 2 teaspoon Fresh Mint, chiffonade
- 2 tablespoon Lemon Juice
- 2 tablespoon Olive Oil
- 1/4 teaspoon Crushed Red Pepper Flakes
- 1/4 teaspoon Kosher Salt
- 1/4 teaspoon Ground Black Pepper
- 1/2 - 1 head lettuce, chopped



Preparation:

1. Rinse and drain chickpeas and set aside.
2. Cut all the veggies in small, bite sized pieces.
3. Prepare herbs. Chiffonade basil and mint by layering leaves, then rolling into a cylinder, and cut into small strips. Chop parsley or other herbs fine.
4. In a bowl, whisk together the lemon juice, olive oil, crushed red pepper, salt, and black pepper until combined to make a simple vinaigrette.
5. In serving bowl, combine the veggies, chickpeas, dressing, and herbs, and toss until combined. Let sit for at least 1 hour or overnight for flavors to marinate.
6. Right before serving, chop head lettuce and mix into salad.

Yields: 6 1/2 cup servings.



QUICK-PICKLED BEETS

Recipe adapted from [The Pioneer Woman](#)

Ingredients:

- 4 - 6 large Beets
- 2 cups Apple Cider Vinegar
- 2 cups Water
- 1/2 cup Sugar
- 3 - 4 Garlic Cloves, sliced in thirds
- 1/4 tsp. whole black pepper corns
- 1 tbsp. salt
- Optional: 1 tbsp. Lemon Juice, cinnamon stick, 1/4 tsp. whole allspice



Preparation:

1. Remove the top and root from the beet. Leave beet whole. Wash well.
2. Add beets to an empty pot and fill so the water is level with the tops of the beets.
3. Bring to a boil and then reduce to medium high-heat for 30-40 minutes until beets are fork tender or "al dente".
4. Remove beets from the water and let cool for 5 - 10 minutes. Once they are at room temperature use a towel or gloves to remove the skin with your hands. It should peel off easily. Wash hands quickly if you are not using a towel or gloves.
5. Chop beets into bite-sized pieces and place in mason jars.
6. In a medium pot, add the remaining ingredients to make your pickling liquid. Bring to a boil. Whisk frequently to dissolve the sugar.
7. Once it's at a boil. Pull it off the heat and pour this mixture into the mason jars.
8. Let the jars cool to room temperature and then place in the fridge for 12 - 24 hours.

Yields: 4 - 6 Pint Mason Jars.



SATISFYING SALAD TEMPLATE RECIPE

Recipe Template from Amanda Veneman at Flik Hospitality Group

1 Pick 2 or more of any veggie.

Chop all veggies into equal, bite-sized pieces. Par-cook anything you don't want to eat raw.



2 Make a simple vinaigrette.

Add one part oil, one part lemon or lime juice, and salt and pepper to a jar with a lid. Shake until well combined.



3 Chop up fresh herbs.

Mince herbs (i.e. basil, parsley, cilantro, mint, green onion, etc.) and stir into salad.



4 Bulk it up with a fiber-packed ingredient.

This is optional. Consider mixing in garbanzo beans, cooked whole grains like whole wheat orzo, quinoa, or lentils to make it more filling.



STORAGE GUIDE

Food	How to Store	How Long	Uses
Beets	Remove leafy tops from the roots. Store roots in a loose plastic bag in the crisper drawer of the fridge. Use greens if they are in good condition and cook similar to other seasonal greens	Beet greens can be used within 2-4 days. Roots can be stored up to 2 weeks	Add the leaves to pasta, frittata, stir fry. Try preparing the roots by roasting, pickling, or shredding them for a slaw. Beets pair well with goat or blue cheese and balsamic vinegar
Cauliflower	Place in a breathable bag in the crisper drawer of the fridge	Up to 1 week	Make cauliflower "steaks", pizza crust, add to a curry, or roasting cauliflower with favorite spices
Head Lettuce	Wrap head lettuce in a damp paper towel and place in a loose plastic bag in the crisper drawer of the fridge.	Up to 7 - 10 days	Use for lettuce wraps, spring rolls, smoothies, or grill
Herbs	Remove any bands or ties. Store soft-stemmed herbs (i.e. parsley, cilantro, mint, etc.) in a jar of water in the door of the fridge. Store woody-stemmed herbs (i.e. thyme, sage) in an airtight container in the fridge.	5-7 days in the fridge, may be dried and ground, or infused into oil or vinegar for longer shelf life	Use herbs in marinades, salad dressings, pesto, aioli . Add leftovers to stock or freeze in ice cube trays with olive oil for soups
Onions	Store in a dry, dark place away from other produce including potatoes. (i.e. Onions emit ethylene and can cause potatoes to spoil more quickly.)	2 weeks or longer	Use as a base with carrots and celery for a mirepoix (meer-pwah) to serve as a foundation for soup, stews, and other dishes. Save skins and trimmings for stock
Summer Squash	Store in a plastic bag in the crisper drawer of the fridge.	Up to 1 week	Raw in a salad, add to quiche or fritters, or zoodles with a spiralizer. Keep it longer by chopping into cubes and placing it directly into a freezer bag without blanching to use in 3 - 4 months.

