

CSA CHEF DEMO TACKLING VEG OVERLOAD



STUFFED SUMMER SQUASH ROLL UPS

Recipe from Chef Tanya at The Food Connection

Ingredients:

- 3 or 4 large summer squash or zucchini, sliced lengthwise, about 1/8 inch thick
(OR you could also thin slice eggplant, split and open roasted peppers, or use blanched and shocked greens)
- 2 tablespoons olive oil
- 1 cup ricotta cheese
- 3 ounces fresh mozzarella, chopped or grated
- 1 ounce parmesan, grated fine (or about 1/4 cup grated hard cheese)
- 1 large egg
- Zest of one lemon
- 1 cup tomato sauce or marinara
- Salt and pepper
- 1/4 cup chopped fresh herbs like basil, parsley, oregano, rosemary, and/or thyme
or 2 tablespoons pesto

Optional additions to ricotta mixture:

- 1/4 cup sauteed diced candy onions
- 1 large roasted sweet pepper, diced
- 1/4 cup chopped sundried or slow roasted tomatoes
- 1/2 cup additional sauteed squash or 10 squash blossoms, stemmed and sliced
- 1 cup greens, cooked, drained, and chopped



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Directions:

1. Preheat oven to 375° Fahrenheit. Line a baking sheet with parchment or a silicone liner. Brush with olive oil. Lay pieces of squash in a single layer, not touching, until the sheet is full. Brush with more olive oil and sprinkle with salt and pepper. Repeat until all pieces of squash are in pans, alternating the squash ends to get more on each pan. Roast for 5-7 minutes or until pliable, but not taking on any color. Remove from the oven and allow to cool. Leave oven on.
2. While squash is roasting make ricotta mix. Add ricotta to a medium bowl. Toss in cheeses, herbs and, lemon zest. Season with salt and pepper. If you are adding other optional ingredients, do so now before adding the egg and taste for seasoning. Reseason if necessary and add egg and stir well.
3. Take 2 small spoons and using them, add about a tablespoon of the filling on the larger end of each squash slice and roll the squash around the filling and to the end of the squash. Set aside with the seam of the small end on the bottom of each roll.
4. In a shallow baking pan or tart pan, coat the bottom of the pan with the tomato sauce or marinara to about ½ an inch up the pan. Place all your rolls on their sides in the pan, so that the other side is on top. The finished rolls look somewhat like little rosebuds in the pan.



OTHER STUFFED RECIPES

Shared by Chef Tanya at The Food Connection

Other Stuffed Recipes:

- Savory Zucchini Bars: <https://thekolleekitchen.com/grandmas-savory-zucchini-squares>
- Easy Stuffed Peppers: <https://iwashyoudry.com/easy-stuffed-peppers-recipe/>
- Easy Cabbage Rolls: <https://www.spendwithpennies.com/easy-cabbage-rolls>
- Stuffed Squash Blossoms: <https://www.youtube.com/watch?v=7EhDWK0yBxY>
 - Recipe in video description!



Savory Zucchini Bars



Stuffed Peppers



Cabbage Rolls



Stuffed Squash Blossoms

EASY COOKING TECHNIQUES



BLANCHING & SHOCKING GREENS

Cooking Tip from Chef Tanya at The Food Connection

What you need:

- Veggies
- Salt
- Water
- Ice cubes

Directions:

1. Cut items roughly the same size for uniform blanching.
 - a. Stem any greens ahead of time. Shell any legumes.
2. Fill pot $\frac{3}{4}$ full with water. Add 2 tablespoons of salt (kosher, reduce for iodized table salt) for every 4 quarts of water. Bring water to a boil on HIGH.
3. Add your vegetables in small batches, carefully. Don't overcrowd or you'll lower the temperature.
4. Boil anywhere from 1 to 5 minutes depending on vegetable. Test for doneness by removing a piece to let it cool enough to taste. It should be tender, but still firm enough to have to bite down.
5. Remove all the veggies with a slotted spoon and transfer to a large container of ice water.
6. Remove them from the ice water once cool to storage containers. Refrigerate or freeze.



OTHER HELPFUL RESOURCES

Shared by Chef Tanya at The Food Connection

Other Recipe Resources:

- Check out a Carrot Top Pesto and Quick Picking Recipe in our Make a Date with Your CSA Handout: <https://bit.ly/make-a-date-with-your-csa>
- Explore Chili Pickle Recipes: <https://myheartbeets.com/green-chilli-pickle/>
- Watch Other Recipe Demos on The Food Connection's YouTube Channel: <https://www.youtube.com/@ukfoodconnect/>

Storage Resources:

- American Heart Association Storage Guide: <https://www.heart.org/en/healthy-living/healthy-eating/add-color/produce-storage-infographic>
- Kentucky Farm Share Coalition Eating with the Seasons Postcard: https://www.kyfarmshare.org/_files/ugd/0d9875_f74aee0e4cbf47ae8f556235dccaaf6b.pdf

Preservation Resources:

- For Freezing Resources, go to the National Center for Home Preservation: <https://nchfp.uga.edu/#gsc.tab=0>
- For Canning Resources, visit the University of Kentucky Extension Canning Resources: <https://russell.ca.uky.edu/food-preservation>
- For Fermentation resources, take a look at this cookbook: <https://www.wildfermentation.com/wild-fermentation/>

