



**Winnipесаaukee  
Woods Farm**

**Summer CSA 2017: Week 12**

*In your share this week:*

### Morrocan Couscous Salad

|                          |                           |
|--------------------------|---------------------------|
| 1 c water                | 2 lemons                  |
| 1 t tumeric              | 2 T fresh chopped parsley |
| 2 t coriander            | 1 zucchini diced          |
| salt and pepper to taste | 1 bell pepper diced       |
| 1 c couscous             | 1/2 onion diced           |
| 1/3 c olive oil          | 1/2 c currants or raisins |

In pan, combine water, tumeric, coriander, and 1 t salt. Bring to a boil. Place couscous in large bowl. Once spice mix has boiled, pour over couscous. Mix inth a fork. Cover with plastic and let stand 15 mins or until all liquid is absorbed. use hands to break up any clumps and fluff with a fork. Drizzle in olive oil and use a fork to mix well. Zest and juice the lemon, adding both to the couscous. Add zucchini, onion, bell pepper, curannts/raisin, and parsley. Season with salt and pepper. Cover and refrigerate several hours to allow flavors to blend. Let it come to room temperature before serving.

### Salad Turnip "Chips"

|                   |                       |
|-------------------|-----------------------|
| 3-6 salad turnips | 1 t sugar             |
| 3 T olive oil     | 1 t red pepper flakes |
| 1/2 t salt        |                       |
| 1/4 t pepper      |                       |

Thinly slice turnips into chips. Place in bowl with olive oil and toss, covering evenly. Add in salt, pepper, sugar, and red pepper flakes. Bake at 400 degrees for 20-25 minutes. Turn halfway through cooking time. Watch chips carefully as they will cook quickly due to thickness. Let cook 5-10 mins to continue crisping

### Tomato Basil "Salsa"

|                               |  |
|-------------------------------|--|
| 1 large tomato finely chopped |  |
| 2 T balsamic viinegar         |  |
| salt and pepper to taste      |  |
| 1/4 c finely chopped basil    |  |

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|--|--|
| 1 T Dijon mustard  |  |
| Stir all ingredients together and let sit in refrigerator for at least one hour. Use as a topping for crackers or dipping for chips. |  |
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## Black Bean and Zucchini Quesadillas

|   |                                   |
|---|-----------------------------------|
| 1 c black beans rehydrated and cooked or canned                           | Sour cream and avocado if desired |
| 1/4 c fresh salsa (chopped tomato, cilantro, onion, juice of half a lime) |                                   |
| 4 tortillas   |                                   |
| 1 c shredded cheddar cheese   |                                   |
| 1 zucchini thinly sliced  |                                   |

Combine beans and salsa. Place beans and salsa mix, zucchini, and cheese in layers on a tortilla placed on a baking sheet. Place under broiler for 5 mins or until cheese is melted.

## Beet Hummus, Cucumber and Goat Cheese Wrap

|                          |   |
|--------------------------|---|
| Hummus                   | salt and pepper to taste                      |
| 1 small beet, roasted    | For Wrap:                                     |
| 1 1/2 c cooked chickpeas | 1 carrot, cut into matchsticks                |
| 1/4 c lemon juice        | 1 cucumber cut into matchsticks or half moons |
| 1/4 c tahini             | 2 c lettuce mix                               |
| 2 T olive oil            | tortillas                                     |

Boil beets for 10-15 mins. Run under cool water and peel. Toss in olive oil, salt, and pepper. Roast at 400 for 15 mins. Prepare hummus by adding roasted beet to a food processor, add in tahini and lemon juice. Process for 1 minute. Add olive oil, garlic, and salt. Scrape sides and blend one minute more. Add chickpeas. Blend for 2 minutes or until smooth. Add a bit of water if needed to get the desired consistency. Create your wrap with beet hummus spread on tortilla, goat cheese crumbles, cucumber, carrots, and lettuce.

## Caramelized Broccoli with Garlic

|   |                          |
|---|--------------------------|
| Taken from Food and Wine                | salt and pepper to taste |
| 2 T olive oil                           | 1 T fresh lemon juice    |
| 1 head broccoli, head halved lengthwise |                          |
| 1/4 c water                             |                          |

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|--|--|
| 2 garlic cloves, thinly sliced   |  |
| pinch of red pepper flakes   |  |
| In a large, deep skillet, heat 1 tablespoon of the olive oil. Add the broccoli, cut side down, cover and cook over moderate heat until richly browned on the bottom, about 8 minutes. Add the water, cover and cook until the broccoli is just tender and the water has evaporated, about 7 minutes. Add the remaining 1 tablespoon of olive oil along with the garlic and the crushed red pepper and cook uncovered until the garlic is golden brown, about 3 minutes. Season the broccoli with salt and black pepper, drizzle with the lemon juice and serve |  |