



**Winnepesaukee
Woods Farm**

Summer CSA 2017: Week 16

In your share this week:

Roasted Shrimp with Spaghetti Squash

Taken from marthastewart.com

1 spaghetti squash, halved lengthwise

olive oil

1 pound shrimp, peeled and deveined

2 T fresh parsley, chopped

1 T lemon juice, plus wedges for serving

salt and pepper to taste

Preheat oven to 375 degrees. Season squash with salt and pepper. Place cut side down in a 9-by-13-inch baking dish. Add 3/4 cup water and roast until tender when pierced with a knife, about 45 minutes. Let cool. Meanwhile, on a rimmed baking sheet, toss shrimp with 1 teaspoon oil; season with salt and pepper. Roast until cooked through, 8 to 10 minutes. Scoop out seeds from squash and discard. With a fork, scrape flesh into a large bowl. Add shrimp and any cooking juices, lemon juice, and 1 tablespoon oil; toss to combine. Season with salt and pepper, top with parsley, and serve with lemon wedges.

Spaghetti Squash Burrito Bowls

Taken from makingthymeforhealth.com

1 spaghetti squash

1 bell pepper, chopped

1 T oil

1 red onion, chopped

1 c black beans, cooked, rinsed, and drained

1 c corn

1 c salsa

1 c cilantro, chopped

salt and pepper to taste

1/2 t cumin

1/2 c shredded cheese of choice

Preheat the oven to 375°F and line a cookie sheet with foil OR fill a 9 x 13" glass baking dish with about an inch of water. Wash the spaghetti squash and then slice off the stem at the top (if it is too hard to cut, try cutting a few slices in it and microwaving it for 5 minutes to help soften it). Cut each squash in half lengthwise and then use a spoon to scrap out the seeds and the darker yellow strands that the seeds are attached to. Rub a little bit of high heat oil on the inner edges of the squash and then place each half face down on the baking sheet/dish. Roast in the oven for 30-45 minutes, depending on the size. You can test to see if it's done by scraping the inside with a fork. Strands should come loose as you scrape all the way down to the flesh. While the squash is roasting, prepare the filling by warming one tablespoon oil in a large pan over medium heat. Sauté the red onion for a few minutes and then add the peppers and jalapeno. Sprinkle with salt + pepper and cumin and cook to desired softness, about 6-7 minutes. When the squash is done cooking, allow it to cool for a few minutes before handling. Turn the oven to broil and then transfer the squash to a surface where you can scrape the inside and begin stuffing. Scrape about 3/4 of the inside out onto a dish and then layer the filling inside (black beans and corn, peppers and onion, salsa and cilantro). Top with the spaghetti squash and press down then add another layer of filling. Sprinkle green onion on top and then finish with shredded cheese. Broil in the oven for about 5 minutes so that the cheese is bubble and golden brown then serve!

Broccoli with Garlic Butter and Cashews

Taken from Open Hands Farm	1 t white vinegar
1 lb broccoli, cut into florets	2 cloves garlic minced
1/4 c butter	1/4 c chopped cashews
2t brown sugar	
2 T soy sauce	

Place the broccoli into a large pot with about 1 inch of water in the bottom. Bring to a boil, and cook until bright green, or until tender but still crisp. Drain, and arrange broccoli on a serving platter. While the broccoli is cooking, melt the butter in a small skillet over medium heat. Mix in the brown sugar, soy sauce, vinegar, pepper and garlic. Bring to a boil, then remove from the heat. Mix in the cashews, and pour the sauce over the broccoli. Serve immediately.

Broccoli Salad with Bacon and Cranberries

Taken from sugarspunrun.com	Dressing:
1 lb broccoli cut into florets	3/4 c mayonnaise
1 c sharp cheddar cheese	1/4 c sour cream or yogurt
2/3 c dried cranberries	1 1/2 T white wine vinegar
1/2 c crumbled bacon	3 T sugar or honey
1/2 c sunflower seeds	salt and pepper to taste.

1/3 c onion chopped	
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Combine broccoli florets, cheddar cheese, dried cranberries, bacon, sunflower seeds, and onion in a large bowl. In a separate, small bowl, whisk together mayo, sour cream, vinegar, sugar, salt, and pepper until smooth and well-combined. Pour dressing over broccoli combination and toss or stir well.

Balsamic Roasted Carrots

Adapted from In Season	chopped fresh parsley
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1 lb carrots cut into 1 inch thick pieces	
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2 T olive oil	
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2 T balsamic vinegar	
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salt and pepper to taste	
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Preheat oven to 400 degree F. Rinse your carrots and pat dry. Put carrots in a large bowl for tossing. In a small glass bowl add the balsamic vinegar, then slowly add the olive oil while whisking. Whisk until ingredients are well combined. Now pour the balsamic mix over top off the carrots. Toss the carrots until well coated. Pour them onto the cookie sheet. Place in oven and roast them for about 30 to 40 minutes, depending on how crisp or soft you like your carrots, and how thick they are. Flip halfway through, to get a nice caramelised coating on both sides. Remove from oven. Transfer to a bowl. Sprinkle with coarse salt, pepper and parsley.