

Meal Plan Menu

Thursday:

Using either the green leaf lettuce or the lovelock lettuce heads, make a salad. Feel free to add some sliced radishes, kohlrabi, summer squash or beets to the salad. If you so choose, add a protein such as chicken or hard boiled eggs.

Honey Poppy Seed Dressing

From *The Practical Produce Cookbook* by Ray and Elsie Hoover

Ingredients:

1/3 cup vegetable oil
1/4 cup honey
2 tbsp. cider vinegar
2 tsp. poppy seeds
1/2 tsp. salt

Directions:

In a small bowl or jar with tight-fitting lid, combine all ingredients; shake well. Serve over a green salad or fresh fruit. Refrigerate. Makes about 2/3 cup.

Friday:

Try this [Roasted Beet Salad with beet greens](#). You can use this as a side to any entree of your choice.

Ingredients:

6 tbsp. extra-virgin olive oil
2 1/2 tbsp. red wine vinegar
1 tbsp. minced garlic
7 medium-large beets with greens
1 cup water
2 tbsp. chopped and drained capers (or you can substitute olives or pickles or just omit)
3/4 cup crumbled feta cheese (about 3 oz.)

Directions:

Preheat oven to 375°F. To make the dressing, whisk oil, vinegar and garlic in small bowl to blend. Season dressing generously with salt and pepper. Cut green tops off beets; reserve tops. Arrange beets in single layer in 13x9x2-inch baking dish; add 1 cup water. Cover; bake until beets are tender when pierced with knife, about 1 hour 10 minutes. Peel beets while warm. Cut beets in half and slice thinly. Transfer to large bowl. Mix in capers and 1/4 cup dressing. Season with salt and pepper. Cut stems off beet greens; discard stems. Wash greens. Transfer greens, with some water still clinging to leaves, to large pot. Stir over high heat until just wilted but still bright green, about 4 minutes. Drain greens; squeeze out excess moisture. Cool; chop coarsely. Transfer greens to medium bowl. Toss with enough dressing to coat. Season to taste with salt and

pepper. Arrange beets in center of platter. Surround with greens; sprinkle with feta. Drizzle with any remaining dressing.

Saturday:

Here is a new way to use up some of these zucchinis. Try this zucchini pizza crust below! Pair the zucchini crust pizza with a salad of whichever lettuce you hadn't used on Thursday.

Zucchini Crust Pizza

From *Moosewood Cookbook* by Mollie Katzen

Ingredients:

Olive oil and flour for the pan
2 cups packed grated zucchini
2 eggs, beaten
1/4 cup flour
1/2 cup grated mozzarella
1/2 cup grated parmesan
Optional: pinches of basil, marjoram, or other herbs
2 T olive oil

Topping suggestions:

Extra olive oil
Extra cheese
2-3 large garlic cloves, sliced
Sauteed mushrooms
Sliced olives

Directions:

Preheat oven to 400 degrees. Generously oil a 10 inch pie pan and coat lightly with flour. Combine zucchini, eggs, flour, mozzarella, parmesan, herbs and 1 T olive oil in a bowl and mix well. Spread into the prepared pan and bake for 35-40 minutes, or until golden brown. About halfway through the baking, brush with the remaining T of olive oil. Remove from oven. When it has cooled for about 10 minutes, use a spatula to loosen the crust from the pan, so it won't break later. Top with your favorite pizza items and bake at 400 degrees until heated through.

Sunday:

If you haven't already devoured your kale in the form of kale chips (see below), try this kale and gruyere panini. Although the recipe calls for gruyere, feel free to experiment with different cheeses.

Kale and Gruyere Panini

From Eating Well magazine

Ingredients:

1 Tbsp extra virgin olive oil
1 small onion, finely chopped
3 Tbsps balsamic vinegar
1 clove garlic, minced
8 cups chopped kale
1/4 cup water
1/4 tsp salt
8 slices country bread, preferably whole wheat, 1/4 inch thick
Olive oil cooking spray
1 cup shredded Gruyere or fontina cheese
1 medium tomato, cut into 8 thin slices

Directions:

1. Heat oil in a large skillet over medium heat. Add onion and cook, stirring frequently, until golden brown, 5 to 7 minutes. Add vinegar and cook until almost evaporated about 1 minute. Add garlic and cook, stirring, until fragrant, about 30 seconds. Add kale, water, and salt (the pan will be full). Stir, cover and cook, stirring occasionally, until the kale is wilted and the water has evaporated, about 5 minutes. Remove from heat.

2. To prepare panini: Preheat panini maker to high. Coat one side of each slice of bread with cooking spray. With the sprayed side down, spread the kale mixture on 4 slices of bread (about 1/2 cup per sandwich). Top each with 1/4 cup cheese and 2 slices tomato. Top with remaining bread, sprayed side up. Press in the panini maker until crispy, 3 to 5 minutes.

No panini maker? To make on stovetop, heat 1 tsp oil in a large nonstick skillet over medium heat. Place 2 sandwiches in the pan. Place a medium skillet on top and add four 15-oz cans to weigh it down. Cook the sandwiches, turning once, until golden brown, 2 to 3 minutes per side. Repeat with the remaining sandwiches.

Serves 4, 1 panini each.

+++

Crispy Kale Chips

From "Eating Locally" by Janet Fletcher

CSA Farmers who grow kale say that many of their shareholders lack recipes for this highly nutritious leafy green. Kale chips to the rescue. Roasted in the oven, the leaves crackle when you eat them and dissolve like snowflakes on the tongue. No matter how many batches you make, they will disappear in an instant. The DeLaney Community Farm blog credits Bon Appétit magazine for the idea.

Ingredients:

1/2 pound Tuscan kale or curly kale

1 Tbs extra virgin olive oil
Kosher or sea salt

Directions:

1. Preheat the oven to 250°F. With a knife, separate the kale leaves from their tough central rib and discard the ribs. Wash and thoroughly dry the kale leaves. Put them in a large bowl, drizzle with the olive oil, sprinkle with salt, and toss to coat them evenly with the oil. Arrange them on baking sheets in a single layer.
2. Bake, in batches if necessary, until the leaves become fully crisp, 25-30 minutes. You can serve them immediately or let them cool. They will stay crisp for at least a couple of hours.

Monday:

Leftovers day!

Tuesday:

Weather permitting...grill out today! Although cabbage will keep for a while in the fridge, you can use it in coleslaws, grilled, roasted, cooked or even turned into sauerkraut. Try this grilled cabbage recipe below. You can also use some of your kohlrabi and radishes in a kohlrabi slaw. Pair with your favorite protein on the grill.

Grilled Cabbage

From allrecipes.com

Ingredients:

1 large head cabbage, cored and cut into 8 wedges
8 teaspoons butter
1/4 cup water
1/2 teaspoon garlic powder, or to taste
1/2 teaspoon seasoned salt, or to taste
ground black pepper to taste

Directions:

Preheat an outdoor grill for medium-high heat and lightly oil grate.
Arrange the cabbage wedges into the bottom of a large metal baking dish. Pour the water into the dish. Place a teaspoon of butter on each cabbage wedge. Season liberally with garlic powder, seasoned salt, and pepper. Cover the dish with aluminum foil.
Place the dish on the preheated grill; cook until cabbage is tender, about 30 minutes.

+++

Kohlrabi Slaw

Ingredients:

Kohlrabi, cut into matchsticks

Apple, cut into matchsticks*

Olive oil

Fresh lemon juice

Salt and pepper

Directions:

Mix kohlrabi and apple matchsticks (both peeled or not) with olive oil and fresh lemon juice.

Season with salt and pepper.

**Variation:* Substitute Radishes in your share for the apple! Add a tablespoon of honey to the lemon juice and olive oil dressing for a bit of sweetness.

Wednesday:

Clear that fridge out! Get ready for more yummy vegetables coming your way Thursday.