

## **Meal Plan Menu**

### ***Thursday:***

With these hot and humid days, a fresh, cool salad is perfect! Try this cabbage salad below; it includes a lot of the items you are getting in your share this week or leftover from last.

### **Thai Summer Salad with Chinese Cabbage**

#### *Ingredients:*

#### **SALAD**

3 cups torn napa or savoy (Chinese) cabbage  
1/2 cup (1/8-inch) julienne-cut yellow squash  
1/2 cup (1/8-inch) julienne-cut zucchini  
1/2 cup (1/8-inch) julienne-cut red bell pepper  
1/2 cup (1/8-inch) julienne-cut yellow bell pepper  
1/2 cup (1/8-inch) julienne-cut seeded peeled cucumber  
1/2 cup shredded carrot  
1/2 cup chopped fresh cilantro  
1/4 cup thinly sliced green onions  
1/4 cup grated radishes  
1 minced seeded jalapeno pepper

#### **DRESSING**

3 Tablespoons freshly squeezed lime juice  
1 Tablespoon fish sauce  
1 Tablespoon water  
1 1/2 teaspoons granulated white sugar  
1/2 teaspoon chile- garlic paste

#### *Directions:*

1. To prepare the salad, combine the salad ingredients in a large bowl.
2. To prepare the dressing, combine dressing ingredients in a small bowl and whisk together until sugar dissolves.
3. Drizzle dressing over salad and toss well. Serve immediately.

### ***Friday:***

Pick a protein and caramelize some green beans as a side.

### **Caramelized Green Beans**

#### *Ingredients:*

6 T (3/4 stick) unsalted butter  
1 lb. green beans, trimmed  
Kosher salt and freshly ground black pepper

*Directions:*

1. Melt butter in a large skillet over medium-low heat. Add green beans and season lightly with salt and pepper to taste.
2. Cook beans, turning often with tongs, until they are caramelized, about 45 minutes. Taste and season, if necessary, with salt and pepper.
3. Using a slotted spoon, transfer the beans to a serving platter. Pour the butter and pan juices over the beans and serve promptly.

*Saturday:*

If you are up for it and still have a lot of squash to get through, try pickling it to save for the winter months when you are craving some summer time vegetables. Otherwise, my favorite thing to do is slice up the squash and cook it in a pan over medium heat with salt, pepper, and olive oil. Garlic and onions are always a nice touch.

**Pickled Squash**

Submitted by a CSA member from the [Food Network](#)

*Ingredients:*

- 10 cups sliced squash, such as zucchini and yellow summer squash
- 2 cups sliced onions
- Kosher salt, for sprinkling vegetables
- 2 cups white vinegar
- 3 cups sugar
- 1 1/2 tablespoons pickling spice
- 1/2 teaspoon crushed red pepper, optional

*Directions:*

In a large pot or bowl, layer sliced squash and sliced onions, and sprinkle each layer generously with kosher salt and let sit for 1 hour. Drain well.

In a large non-reactive pot, combine vinegar, sugar, pickling spice, and crushed red pepper and bring to a boil. Add squash and onions and return to a boil.

Divide vegetables between sterilized jars and ladle enough pickling liquid over vegetables to come within 1/2 inch from top of jar. Wipe rims of jars clean, cover with lids and screw tops in place.

Process jars in a hot water bath for 10 minutes. Remove jars from water bath and cool. Jars should seal as they cool. Any jars that do not seal should be refrigerated and consumed within 2 weeks.

*Sunday:*

Ever tried a cucumber soup before? Check out these two chilled cucumber soups below.

### **Chilled Cucumber-Mint Soup with yogurt or sour cream**

From *Farmer John's Cookbook*

#### *Ingredients:*

4-6 cucumbers, peeled, seeded, and chopped (About 4 cups)  
1-2 cups water  
2 cups plain yogurt (or 1 cup plain yogurt combined with 1 cup sour cream)  
1 clove garlic, peeled and smashed  
Several mint leaves (you-pick perennial herb beds)  
2 Tablespoons fresh dill or 1 tsp dried  
1 Tablespoon honey  
1-2 teaspoons salt  
2 scallions, finely chopped (about 1/3 cup)

#### *Directions:*

1. Combine the chopped cucumber, 1 cup water, yogurt, garlic, mint, dill, honey and 1 teaspoon salt in a blender or food processor. Purée the ingredients, adding more of the water until the soup is a consistency you like. Season with more salt to taste.
2. Transfer the soup to a large bowl and chill for several hours. Garnish each serving with chopped scallions.

### **Chilled Cucumber Soup with Dill**

#### *Ingredients:*

5 cucumbers  
1/2 cup chopped parsley  
6 scallions, chopped  
2 tablespoons chopped fresh dill  
1/4 cup fresh lemon juice  
1 quart buttermilk  
1 pint yogurt  
Salt and freshly ground pepper

#### *Directions:*

Peel cucumbers and cut them in half, scraping out seeds. Sprinkle the cucumbers with salt and let them stand 30 minutes. Drain excess water.

Chop the cucumbers coarsely and put the pieces in the blender along with scallions, dill, lemon juice, buttermilk, and yogurt. Blend at high speed. Season with salt and pepper to taste. Chill well before serving.

#### ***Monday:***

Pair with a protein of your choice to make it a more complete meal.

## **Parmesan Cauliflower Tater Tots**

From Eating Well magazine

### *Ingredients:*

1 medium head cauliflower (about 2 lbs), trimmed and broken into small florets  
5 Tbsp all purpose flour  
1/4 cup grated Parmesan cheese  
3/4 tsp freshly ground pepper  
1/2 tsp salt  
2 large egg whites, whisked until frothy  
3/4 cup coarse dry whole-wheat breadcrumbs (panko)  
Canola or olive oil cooking spray

### *Directions:*

1. Bring a large pot of water to boil. Add cauliflower and boil until tender, 10 to 12 minutes. Drain in a colander, shaking to remove excess water. Return the cauliflower to the pot and dry over medium-low heat, stirring with a wooden spoon, about 3 minutes. Remove from heat. Using a potato masher, mash the cauliflower until it resembles clumpy rice. Transfer to a large bowl to cool, stirring occasionally.
2. Stir flour and cheese into the cooled cauliflower. Season with pepper and salt. Stir in egg whites. Line an 8 inch square baking dish with plastic wrap, allowing the wrap to hang over the edges. Spread the cauliflower mixture into the pan, compacting it into an even layer. Cover with plastic wrap and chill in the freezer until very cold, 1 to 2 hours.
3. Preheat oven to 400 F. Coat a large baking sheet with cooking spray.
4. Spread breadcrumbs on a plate. Gently turn the cauliflower mixture out onto a cutting board, removing the plastic wrap. Cut it into 36 evenly sized pieces. Roll the pieces in the breadcrumbs, turning to coat all sides. Place on the baking sheet, about 1 inch apart.
5. Coat the tots with cooking spray. Bake, turning once halfway through, until browned, 35 to 45 minutes.

Serves 6, 6 tots each.

### ***Tuesday:***

Not everyone has been getting eggplant at the same time as there just hasn't been enough for both farm and campus, which means there often has not been a recipe for it included in the week. But here is an eggplant recipe to try if you get an eggplant or for the next time you have them.

## **Baked Stuffed Eggplant**

From Alice Waters' *Chez Panisse Vegetables*

Use small and pretty eggplants. Cut them in half and scoop out about half the pulp. Make a stuffing by chopping the pulp and combining it with pitted black olives, chopped garlic, salt-packed anchovy fillets, capers, parsley, and marjoram. Mix in bread crumbs soaked in milk and squeezed dry. Mound the stuffing in the eggplants and put them in an earthenware gratin dish, drizzle generously with olive oil, and bake, loosely covered, in a preheated 350° oven for an hour.

Optional stuffings can include: rice, ground beef or sausage and other chopped up vegetables. Don't feel limited by what the recipe calls for. Add or switch it up however you like.

### ***Wednesday:***

As a side dish to your entree, try grilling the green onions. Heck, while you're at it, just throw whatever other veggies you have left on the grill too!

### **Grilled Green Onions**

From [food.com](http://food.com)

#### *Ingredients:*

1 bunch green onion  
1/2 teaspoon garlic salt  
1/2 teaspoon black pepper  
2 tablespoons butter

#### *Directions:*

1. Wash the onions thoroughly.
2. Place whole onions on a sheet of foil.
3. Place the butter over the onions.
4. Sprinkle with garlic salt and pepper.
5. Fold the foil over the onions and seal the edges so the butter steams the onions.
6. Place on a hot grill until warmed through, about 10 minutes.
7. Be careful when opening, the steam will be hot.