

# COOK WITH A FARMER

## VEGGIE HASH

---



# HOLIDAY HASH

Recipe from Chef Tanya at The Food Connection

## Ingredients:

- 1 large **sweet potato**, parcooked, peeled, and diced
- 1 medium **delicata or other winter squash**, deseeded, sliced, and parcooked
- 1 large **carrot**, peeled and diced or thinly sliced
- 1 rib **celery**, diced or thinly sliced
- 1 bunch **kale or other greens**, stemmed, and chopped
- 2 cloves **garlic**, minced
- 1 small or ½ large **onion**, diced
- ½ **bell pepper**, diced
- ¼ **cabbage**, sliced chopped
- 1 small crown of **broccoli**, chopped
- 1 bulb **fennel**, cored and sliced
- 2 tablespoons oil
- Salt and pepper, to taste
- Optional toppings:
  - Roasted pumpkin seeds
  - Fresh herbs (i.e. thyme, sage, dill, parsley)
  - Fried Egg
  - Grated parmesan or Romano cheese



## Directions:

1. Heat a large sauté pan or skillet on medium high heat.
2. Coat a skillet with oil (just enough to cover the bottom), add onion, carrot, celery and pepper.
3. Sauté 4-5 minutes or until onion is translucent.
4. Add garlic and sauté 1 minute more.
5. Add fennel, broccoli, and cabbage, and sprinkle with a pinch of salt.
6. Sauté 4 minutes until cabbage starts to wilt.
7. Turn heat down to medium and add diced squash and sweet potato. Keep veg moving around pan to prevent sticking, adjusting heat.
8. Lastly, add winter greens and sauté just long enough to wilt, about 3-4 minutes.
9. Remove from the heat, add a spoon or two of **vinaigrette** (view recipe on page 3).
10. Taste, season and serve with optional toppings.



COOK WITH A FARMER: VEGGIE HASH

# APPLE CIDER TURMERIC VINAIGRETTE

Recipe from Chef Tanya at The Food Connection

## Ingredients:

- ¼ cup **reduced apple cider**
  - Boil 1 cup of cider until reduced by ¾ and it gets slightly thicker and syrupy.
- 6 tablespoons **apple cider vinegar**
- ¾ cup **extra virgin olive oil**
- 2 tablespoons **honey**
- 1 teaspoon **kosher salt**
- ½ teaspoon **fresh ground pepper**
- 1 ½ teaspoons **turmeric**
- 1 teaspoon **Dijon mustard**



## Directions:

1. Place all ingredients in a lidded canning jar and shake vigorously.  
(In larger quantities, you may use a blender.)
2. Taste and adjust as needed. Normally vinaigrettes are 1:3 or 1:2 parts oil to vinegar and can be adjusted based on preferences and how tart you would like it.