

UK HEALTH & WELLNESS

CSA CHEF DEMO

Veg Up Your Summer Meals



KOHLRABI EGG CHEESE BREAKFAST TACOS

Recipe adapted from Alexandra Stafford on www.alexandracooks.com

Ingredients

- 2 tortillas of your choice
- 1 tablespoon olive oil or butter
- 1/2 cup grated peeled and grated kohlrabi
- 1/4 cup grated cheese of your choice
- 2 eggs
- Salt and pepper to taste
- Optional toppings for taco: hot sauce, lime, chopped raw veg, salsa.



Directions:

1. Warm the tortillas. 3 ways to do this are in a large nonstick skillet or griddle over medium heat or your toaster oven. Transfer tortillas to a plate.
2. Heat the olive oil or butter in a large nonstick skillet or griddle over medium heat. Sprinkle the kohlrabi into two piles in the pan, then use a spatula or fork to spread out each pile to about the size of your tortilla. You want the strands connecting but not clumped, like a snowflake. The more space between the kohlrabi, the crispier the final result.
3. Salt the kohlrabi, then evenly sprinkle the cheese over it. Bonus if some cheese comes into contact with the pan! It will create even more crispy texture.
4. Make an indent in the center of each pile and crack an egg right in there. Salt and pepper the eggs, then cover the skillet or each pile individually and cook until the egg white is cooked through, about 3 to 4 minutes.
5. Use a spatula to wiggle the kohlrabi and cheese loose from the skillet, then slide them onto your tortillas. Eat with optional toppings.

ZUCCHINI TORTILLAS

Recipe adapted from Todd + Diane at www.whiteonricecouple.com

Ingredients

- 1 to 1.25 lbs. zucchini or other summer squash (about 4 cups)
- ½ teaspoon kosher salt
- 1 egg, beaten
- 2 ounces grated parmesan cheese (a packed 1/2 cup)



Directions:

1. Coarsely grate the zucchini using a box grater or shredder attachment in a food processor. Transfer the strands to a colander or fine-meshed sieve and set the sieve into the sink or over a bowl if you want to save the liquid. (You can sprinkle some salt over the zucchini to help it drain, but keep in mind this will make the tortillas saltier.) Let stand for at least 15 minutes to drain.
2. Heat the oven to 450°F. Line an extra-large sheet pan or two standard-sized sheet pans with parchment paper.
3. Squeeze the zucchini and press it against the colander or sieve to remove as much moisture as possible. This is incredibly important to the success of the recipe!! You should have between 1/2 to 3/4 cup liquid by the time you finish squeezing.
4. Place the zucchini in a bowl. Add the egg and parmesan and stir to combine.
5. Use a 1/4-cup measure to portion the batter into five evenly spaced piles onto the prepared sheet pan(s). Spread each mound out into a thin circle, 6 to 7 inches in diameter.
6. Bake in the preheated oven for 12 to 15 minutes, or until the edges begin to crisp and the surface of each tortilla is golden.
7. Let the tortillas cool for one minute on the sheet pan, then carefully remove each tortilla and transfer to a plate to cool completely.
8. To freeze, place the tortillas in an airtight bag with the air squeezed out and transfer to the freezer for up to 2 months.

Makes 5 Tortillas.

NEW POTATO SALAD

Recipe from Chef Tanya at The Food Connection

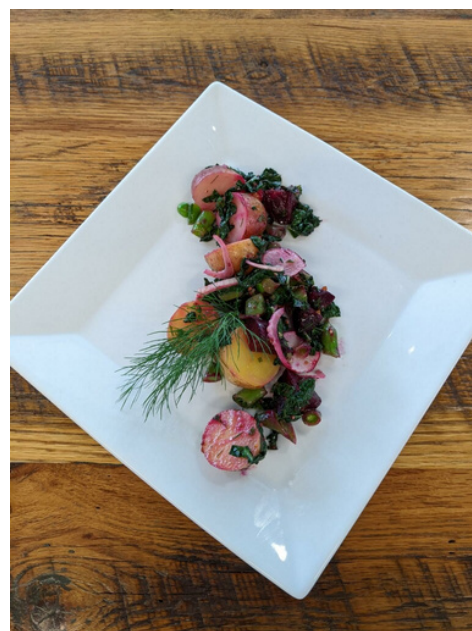
Ingredients:

Potato Salad

- 1 pound new potatoes or small waxy potatoes, washed and if large, cut into quarters or halves
- 3 spring onions, sliced
- 1 small bunch carrots or 1 large carrot, scrubbed clean
- 2-3 beets, roasted, peeled and cut into small wedges
- 1 or 2 garlic scapes (or one spring garlic, or 2 cloves bulb garlic)
- 1 bunch kale (or chard, collards, spinach, or root greens), stemmed, chopped and sauteed
- ½ pint sugar snap peas, tipped and any strings removed
- 1 bulb fennel, sliced, plus some fennel fronds
- 3-4 small radishes, sliced
- Oil for cooking
- Salt and pepper to taste
- Optional: fresh herbs such as dill, sage, thyme, or parsley.

Vinaigrette

- 2 tablespoons whole grain mustard
- 2 teaspoons smooth Dijon mustard
- 2 tablespoons vinegar
- ¼ cup oil
- 1 tablespoon honey
- Salt and pepper to taste



NEW POTATO SALAD

Recipe from Chef Tanya at The Food Connection

Directions:

1. Turn oven on to 400 degrees. Toss potatoes in just enough oil to coat, and sprinkled with a liberal amount of salt and a pinch of pepper. Roast on a sheet pan until fork tender, about 30 minutes depending on size.
2. Repeat with the carrots and beets— you can do this whole if they are small, or cut into slices and roast. Remove the kale leaves from the stem and cut into ribbons or chop. Slice or dice the spring onions and the garlic.
3. If the peas are young and tender, merely slice them into bite-sized pieces. If they are more mature and taste a little starchy, you may want to blanch in salted boiling water for a minute, then shock in an ice bath. Drain and slice.
4. Remove fronds from the fennel bulb, but reserve a few. Remove the core and thinly slice the fennel, then roughly chop the fronds. Slice the radishes. If you are going to hold them for a while, store them in cool salted water to remove some of the harshness.
5. Heat a sauté pan over medium high heat and add just enough oil to coat the bottom of the pan. Carefully add the onions and garlic, sautéing for 3-4 minutes. Add the greens and sauté for 3 minutes or until they are wilted, bright green, and tender. Season with salt and pepper and then remove from the heat.
6. When the roasted veg are cool enough to handle, chop the potatoes into bite sized pieces and add to a large bowl. Slice the carrots and peel and chop the beets then add them to the bowl. Add in the peas, the fennel and fronds (reserving a few for garnish), the radishes, and the garlic/onion/greens mixture. Stir together, season with salt and pepper, and set aside.
7. Add the two mustards, the honey, the vinegar, oil, and a pinch of salt and pepper to a small jar with a tight fitting lid. Shake to bring the vinaigrette together. Taste and reseason. Toss just enough vinaigrette with the vegetables to coat them. Taste one last time for seasoning and adjust. Toss the last fennel fronds on top. Add other chopped fresh herbs as desired.

SPRING VEGETABLE TART

Recipe from Chef Tanya at The Food Connection

Ingredients

- Base – your choice of flatbreads, pizza crusts, or even baked off phyllo or pastry shells
- 16 oz strained yogurt
- 1 head of garlic
- 4 green onions
- Sprigs of your favorite fresh herbs such as chives, dill, cutting celery, parsley, sage, etc. – enough to equal about ¼ cup when chopped
- ¼ cup of cheese, grated
- Salt and pepper to taste
- About 2 cups of your favorite veggies, prepared in your favorite ways – small broccoli florets, roasted or caramelized onions, sliced or diced carrots, peas, bell peppers, halved or quartered grape tomatoes, sliced radishes, zucchini, squash, cauliflower, and greens

Directions:

1. Take a small strainer and line with cheesecloth or a coffee filter. Place the yogurt in the strainer and set the strainer over a bowl just large enough to hold it. Place in the fridge to drain, at least 2 hours and best if overnight.
2. Take the garlic bulb and remove all outer papery skin. Slice across the top, removing a tiny piece of the tip of each clove. Place in foil and drizzle with a little olive oil and sprinkle with salt. Roast at 350 degrees for 30 to 40 minutes or until the garlic cloves are dark amber color and completely soft.
3. You can also prepare your vegetables the night before as well, unless you are eating them all raw. You may want a mix of raw and cooked or parcooked vegetables.
4. After the yogurt has drained take it out of the fridge and unwrap it. It should be close to the consistency of cream cheese. Either in a food processor or with a hand mixer, cream the yogurt. Stop and squeeze the head of garlic into it, pressing out all the cloves. Add the onions and the herbs. Mix until well-blended. Fold in cheese, then season with salt and pepper.
5. Take your base and spread with the garlic herbed yogurt spread, leaving a thin border. Top with an artistic array of your favorite vegetables.

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