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Chocolate Beet Brownies

These brownies are rich, chewy and secretly nutritious!

1/2 cup butter (or 1/4 cup butter and 1/4 cup applesauce)
4 oz. unsweetened chocolate
4 eggs
1 cup brown sugar (packed)
1 cup applesauce
1 tsp. vanilla
1-1/2 cup unbleached white flour
1/2 tsp. salt
1/2 tsp. nutmeg
1 tsp. cinnamon
1 tsp. baking powder
1 cup cooked beets or 15 oz. can beets packed in water, drained and mashed;
1/2 cup finely chopped almonds
1/2 cup wheat germ
Melt butter and chocolate over low heat. Set aside to cool. In a separate bowl, beat eggs until light in color and foamy. Add sugar and vanilla and continue beating until well creamed. Stir in chocolate mixture, followed by applesauce and beets. Sift together flour, salt, spices and baking powder and stir into creamed mixture. Fold in wheat germ and almonds. Turn into greased 9x13-inch pan and bake at 350 degrees for 30 to 40 minutes. Cool before cutting into squares.

While I had fun developing the chocolate beet recipe, it's a treat to see the expression on people's faces when I tell them what's in the recipe. - a note from the author of this recipe.

<http://www.plantea.com/chocolatebeetbrownies.htm>

ANDY'S FAVORITE CABBAGE

sliced green cabbage
sliced onion (red, green or white)
olive oil
salt

pepper
white wine
Sauté the onion and cabbage in oil, then add wine, salt and pepper. This is a magnificent dish.
www.mariquita.com/recipes/cabbage.html

Giant Crusty and Creamy White Beans with Chard

1/2 pound medium or large dried white beans, cooked
3 tablespoons olive oil or clarified butter
Fine grained sea salt
1 onion, coarsely chopped
4 cloves garlic, chopped
1 chard, washed and roughly chopped, or 1 bunch kale, cut into wide ribbons
Fresh ground black pepper
Extra virgin olive oil for drizzling
Freshly grated parmesan for topping
Drain the beans, then heat the oil or butter over med-high heat in the widest skillet available. Add the beans to the hot pan in a single layer. If you don't have a big enough skillet, just do the sauté stop in two batches or save the extra beans for another use. Stir to coat the beans with the oil/butter, then let them sit long enough to brown on one side, about 3 or 4 minutes, before turning to brown the other side, also about 3 or 4 minutes. The beans should be golden and a bit crunchy on the outside and soft and creamy on the inside. Salt to taste, then add the onion and garlic and cook for 1 or 2 minutes, until the onion softens. Stir in the greens and cook until just beginning to wilt. Remove from the heat and season to taste with a generous dose of salt and pepper. Drizzle with a bit of top-quality extra virgin olive oil, and sprinkle with freshly grated parmesan. Serves 6-8 as a side dish.
Adapted from Super Natural Cooking by Heidi Swanson

Sesame Cabbage

1/2 cup raw sesame seeds
1/4 tsp salt
1 dried red chili
1 head Cabbage, chopped
3/4 cup water
1 tsp salt
"Popu"
1 1/2 tbs oil (olive, sesame, canola, etc.)
1 dried red chili, cracked

1 pinch fenugreek
1/4 tsp mustard seed
1 tsp cumin seed
Dry roast sesame seeds and dried red chili in a pan over medium heat. Stir often until majority seeds are brown. Remove from heat and cool. Once cool, grind in a food processor or blender with 1/2 tsp of salt. Excess ground sesame can be stored in the refrigerator for further use. To cook cabbage over medium heat, add chopped cabbage to 3/4 cup boiling water + 1 tsp salt. Cook until cabbage is desired texture. Once cooked, drain excess liquid. Add 1/4-1/2 cup ground sesame. Turn off heat. Prepare the "popu" in a separate pan by combining all ingredients, heating over medium heat and waiting for mustard seeds to crackle. Once ready, add to cabbage, stir and heat over low heat for 1 minute. The "popu" can be prepared when the cabbage is nearly finished.

Rice with Cabbage & Ground Beef

1/2 to 1 pound ground beef
1 cup onion, chopped
1 cup green pepper, chopped
4 cups canned tomatoes
1 cups cabbage, shredded
3 cups cooked rice
1 teaspoon salt
1/2 teaspoon each: dried oregano, dried basil, garlic powder
1/2 cup sour cream
1 cup mozzarella cheese, shredded
Sauté meat, onions and green pepper in skillet until meat is browned and vegetables are soft. Drain excess fat. Stir in tomatoes, cabbage, rice and seasonings. Cover and continue cooking until cabbage is crisp-tender, 10 to 15 minutes. Stir in sour cream and sprinkle cheese on top. Cover until cheese is melted.
Variation: Omit sour cream and add 1 small chopped hot pepper, 1/4 teaspoon cayenne pepper and a few drops of hot sauce to the meat mixture along with other seasonings.
Serves 6 to 8.
Adapted from "Simply in Season," Mary Beth Lind and Cathleen Hockman-Wert, Herald Press, 2005.