

Carolina-Style Laguna Farm Saute Mix

1 to 1 ½ pound Laguna Farm Saute Mix
2 cups chopped canned tomatoes with juices, or 3 cups chopped fresh tomatoes
1 cup minced onion
1 1/2 teaspoons ground cumin
2 garlic cloves, pressed or minced
1 teaspoon Tabasco or other hot pepper sauce, or 1/4 teaspoon crushed red pepper
1/2 teaspoon salt
Black pepper to taste

Stack greens and slice crosswise into 1/8-inch strips. Combine tomatoes, onion, cumin, garlic, Tabasco and salt in a saucepan, cover, and cook on medium heat for 5 minutes. Add greens, cover and gently simmer, stirring frequently, for 10 to 15 minutes, until greens are tender. (*Cooking time will vary with type and tenderness of the greens.*) Add pepper to taste as serve.
Serves 4 to 6.

Adapted From "Moosewood Restaurant Low-Fat Favorites," The Moosewood Collective, Clarkson Potter, New York, 1996.

NOTE: If you like these flavors then this is a great recipe to "use up all the remaining veggies in my refrigerator".

Wilted Laguna Farm Saute Mix with Sesame

12 to 16 ounces Laguna Farm Saute Mix
1 tablespoon soy sauce
2 teaspoons dark sesame oil
Freshly ground pepper, to taste
1 tablespoon toasted sesame seeds

Rinse the greens (do not dry) and place in a stir-fry pan. Cover and cook over medium heat. Use just the water clinging to the leaves, until just wilted 2 to 3 minutes. Add water if necessary.
Drain well in a colander.
Heat the soy sauce and oil in the stir-fry pan. Add the greens and stir-fry until heated through, 1 or 2 minutes. Season with pepper and toss in the sesame seeds. Serve at once.
Serves 4 as a side dish.

Laguna Farm Saute Mix and Raw Summer Squash Salad with Lemon, Capers & Parsley

1 clove garlic
Salt
1/2 cup fresh lemon juice
1/2 cup extra-virgin olive oil
1 pound summer squash (any variety)
Freshly ground black pepper
4 cups Laguna Farm Saute Mix loosely packed baby arugula (or baby arugula or a mixture of chopped Swiss chard/beet greens)
1/2 cup fresh flat-leaf parsley leaves
1/2 cup chopped chives, cut into 1/2-inch lengths
2 tablespoons capers, rinsed well
1/4 cup finely grated Parmigiano Reggiano, plus a chunk to shave for garnish

Mash the garlic to a paste with a pinch of salt. Place in a small bowl and whisk in lemon juice. Let sit for 5 to 10 minutes and then whisk in olive oil.
Cut squash diagonally into very thin ovals, 1/16- to 1/8-inch thick. Place in a medium bowl, season with salt and pepper, and gently toss with about two thirds of the vinaigrette. Combine the greens, herbs and capers in a separate bowl, season with salt and pepper and toss with just enough vinaigrette to coat. Layer about 1/3 of the squash on a platter, scatter 1/3 of the greens on top and sprinkle with 1/3 of the grated cheese. Repeat, making 3 layers. Garnish with shaved Parmesan. Serves 6 to 8.

Easy Fennel & Basil Salad

1-2 bulbs fennel, chopped
5 celery stalks, chopped
2 tablespoons chopped fresh basil leaves
2 tablespoons red wine vinegar
2 teaspoons olive oil
1/2 teaspoon salt
1/4 teaspoon ground black pepper
Combine all ingredients in a medium bowl and toss to combine.
From www.foodnetwork.com, by Robin Miller, 2005.

Grated Turnip and Apple Salad

1 cup peeled and grated raw turnips
1 cup peeled and grated tart green apples
1/2 cup chopped fresh parsley
Juice of 1 large lemon

1 tablespoon vegetable oil
Salt and freshly ground pepper to taste
Combine everything, toss, cover, and chill.
Serves 4 to 6.

From the "Kid's Corner" - What If Your Child Will Not Eat Laguna Farm Saute Mix?

Not all children are excited about their parents serving all the wonderful produce each week from the farm. What if your child will not eat greens? A favorite trick is to puree a small amount of any kind of greens, and add it to hamburgers, chili, pizza or spaghetti sauce - any food which will successfully hide the tell-tale green sign. Heavy flavored foods most readily conceal the flavor of the greens. Each time you cook, add a little more, until your child is eating a serving of greens with their meal. Not only is it good for your child, it is good for you, too!

CSA Vegetable Scramble

1 tablespoon olive oil
chopped garlic scapes, to taste
chopped scallion, to taste
1 cup coarsely chopped vegetables (use whatever combination you like from this week's harvest)

3 large basil leaves, chopped
2 egg whites, plus one whole egg
1 to 2 tablespoons water or milk
salt and pepper to taste

Heat oil in small skillet over medium heat. Add garlic scapes and scallions. Saute about 30 seconds. Add chopped vegetables and saute, stirring constantly, until vegetables are thoroughly hot. Whisk together the eggs and water or milk. Stir in chopped basil. Pour egg mixture into pan with vegetables. Cook, stirring, until eggs are cooked through. Season to taste and serve hot. Serves 1.

Basil-Garlic Vinaigrette

2 tablespoons champagne vinegar
6 tablespoons extra virgin olive oil
1/2 cup fresh basil leaves
1/2 teaspoon salt
1 clove garlic, coarsely chopped
Combine everything in a blender and blend until smooth. *From www.writerguy.com/deb.*