

For additional pumpkin recipes please see the 10-27-09 edition of the recipes at our website: <http://www.lagunafarm.com/wp-content/uploads/2009/10/recipes-10-27-09.pdf>

Carrot & Parsnip Chili

1 tablespoon olive oil
2 medium carrots, peeled, cut into 1/2-inch pieces
2 medium parsnips, peeled, cut into 1/2-inch pieces
1 medium onion, chopped
2 15-ounce cans red kidney beans, rinsed and drained (or soak and cook your own beans...really yummier and healthier)
4 teaspoons chili powder
1 28-ounce can whole tomatoes with juice
1/4 cup loosely packed fresh cilantro leaves, chopped
In 5-quart pot, heat olive oil over medium-high. Add carrots, parsnips, and chopped onion; cook 6 to 8 minutes, until vegetables are tender and beginning to brown, stirring occasionally. Meanwhile, on large plate, mash 1 cup of the drained beans. Add chili powder to vegetables in pot; cook 1 minute, stirring. Add tomatoes with juice, whole and mashed beans, and 2 cups water; heat to boiling on high, breaking up tomatoes with side of spoon. Reduce heat to medium and cook, uncovered 10 minutes, stirring occasionally. Stir in cilantro to serve.
Serves 4.
From "Good Housekeeping," October 2008.

Sauté Mix & Parsnips

1 cup onions, halved and sliced
1 cup parsnips, halved and sliced
1 tablespoon corn oil
1 cup water
2 tablespoons ginger, minced
1 bag Laguna Farm Sauté Mix
Sauté the onions and parsnips in oil for about 5 minutes, stirring occasionally to prevent burning. Add the water and ginger. Cover and simmer for 4 to 5 minutes. Add the sauté mix and continue cooking 4 to 5 minutes longer. Stir occasionally but keep the saucepan covered otherwise.
Serve hot.
Serves 4.
From *foodnunder.com*.

Orange Parsnips & Carrots

For 1 serving: cut 1 medium carrot and 1 small parsnip into 2-inch pieces. Mix 1/2 cup orange juice and 1 teaspoon honey in a small pan; bring to a boil over high heat. Stir in carrots and parsnips. Reduce heat, cover, cook 10 to 15 minutes. Remove cover and continue cooking until liquid reduces to about 1 1/2 tablespoons.
From "Healthy Cooking for Two (Or Just You)," *Frances Prices, R.D., 1995*.

Citrus Sauté Mix & Raisins

Coarse sea salt
1 bag Laguna Farm Sauté Mix
1 to 2 teaspoons extra-virgin olive oil
1 garlic cloves, minced

1/3 cup raisins
3 tablespoons fresh orange juice
Bring 2 quarts of water to boil in a large pot over high heat and add 2 teaspoons salt. Add the sauté mix and cook, uncovered, until softened. Prepare a large bowl of ice water to cool the greens. Remove the greens from the heat, drain, and plunge them into the ice water to stop the cooking and set the color. Drain. Warm the olive oil in a medium sauté pan over medium heat. Add the garlic and sauté for 1 minute. Add the collards, raisins, and salt to taste. Sauté for 3 minutes, stirring frequently, until the raisins are plump. Do not overcook; the collards should be bright green. Add the orange juice and cook for an additional 15 seconds. Season with additional salt to taste if needed and serve immediately.
From *www.mariquita.com*, adapted from "Grub: Ideas for an Urban Organic Kitchen" by Anna Lappé and Bryant Terry.

Asian Braising Greens with Rice

1 small onion, coarsely chopped
1 clove garlic, minced
1 teaspoon chopped fresh gingerroot
2 cups uncooked instant white or brown rice
2 cups reduced sodium chicken broth
1/4 cup reduced sodium soy sauce
1/8 teaspoon crushed red pepper
4 cups braising greens, (Laguna Farm Sauté Mix)
1/2 cup chopped green onion
2 tablespoons chopped cilantro
1/2 teaspoon toasted sesame seeds, (optional)

Spray a large skillet with vegetable cooking spray. Heat skillet over medium heat. Sauté onion for 5 minutes. Add garlic and ginger; sauté for 2 minutes. Stir in rice; brown lightly. Stir in broth, soy sauce and red pepper. Reduce heat to low. Cover and simmer until liquid is almost absorbed, about 10 minutes. Stir in greens; simmer until crisp yet tender, about 5 minutes. Stir in green onion and cilantro. Transfer to a serving bowl. Sprinkle with sesame seeds, if desired. Serve immediately.
Serves 4.
From *www.calpolyorgfarm.com*

Spiced Greens with Almonds

This dish can also be made with kale, chard, turnip greens or radish greens. Combine what you have in this week's harvest to equal 2 pounds. This dish is good over pasta or as a stuffing for poultry, but it is also an excellent side dish with fish or chicken. The cheeses or nuts can be omitted, if desired.*

2 pounds fresh spinach, stems trimmed to base of leaves, or other greens or Laguna Farm Sauté Mix
3 tablespoons extra-virgin olive oil
1/2 cup minced onion
1 large clove garlic, minced
1/8 teaspoon ground cinnamon
pinch of freshly ground nutmeg
5 tablespoons blanched almonds, toasted and chopped
2 tablespoons currants
1/2 cup ricotta
Salt and pepper to taste
4 ounces grated Parmesan cheese
Wash the spinach but do not dry it. Set the spinach in a pot with the water that clings to its leaves and cook, covered, over medium heat until the leaves are wilted but still a bright green. Drain the spinach and shock it in ice water to stop the cooking. Drain again. Squeeze out the excess moisture and coarsely chop. Sauté the onion in the olive oil over medium heat until golden brown. Add the garlic and cook for another minute. Add the spinach, cinnamon, nutmeg, almonds, and currants. Sauté another two minutes, or until heated through. Stir in the ricotta and warm it through. Season with salt and pepper. Stir in the Parmesan cheese and serve.
Serves 4 to 6.

**If using greens with thick stems, remove the stems. The stems of chard can be cut into squares and cooked with the leaves.
From "The Splended Table," Lynne Rossetto Kasper, *www.culinate.com*.*

Green Surprise Dip

This is a great dip for raw vegetables, crackers or tortilla chips. Kids like too!
1 cup steamed kale, Swiss chard and/or beet greens or Laguna Farm Sa Mix
1 cup plain yogurt
1 cup cooked chickpeas
1/4 cup mayonnaise
2 cloves garlic
1/2 onion, chopped
1 tablespoon lemon juice, or to taste
1/2 teaspoon salt, or to taste
Place all ingredients in a blender or food processor and puree until the mixture reaches desired consistency.
Makes about 2 1/2 cups.
From "Simply in Season," *Mary Beth Lind and Cathleen Hockman Wert, 2005*.

Spanish Greens

2 tablespoons olive oil
3 cloves garlic, flattened or smashed
1 pound Swiss chard, kale, turnip greens, kohlrabi greens or Laguna Far Sauté Mix
Salt and pepper to taste
1/4 cup golden raisins
3 tablespoons toasted pine nut
Heat oil over high heat in a very large skillet. Add garlic cloves and stir- until just golden, about 30 seconds. Discard garlic. Toss in greens. Season with salt and pepper. Cover and wilt greens 2 to 3 minutes. Add raisins and pine nuts. Check for seasoning and serve.
Serves 2 to 4.
From "From Asparagus to Zucchini, A Guide to Cooking Farm-Fresh Seasonal Produce," *Madison Area CSA Coalition, 2004*.

Lentil Stew with Ham & Greens

1 1/2 tablespoons olive oil
1 cup chopped onion
3 garlic cloves, minced
5 cups fat-free, less-sodium chicken broth
1 cup dried lentils
1/2 cup chopped carrot
2 bay leaves
3 cups chopped greens (Laguna Farm Sauté Mix)
1 1/2 cups chopped baking potato
1 cup chopped smoked ham
1 14 1/2-ounce can diced tomatoes, drained
1 teaspoon dried basil
1/2 teaspoon dried thyme (I used fresh)
1/2 teaspoon black pepper
3 tablespoons chopped fresh parsley
Heat oil in a Dutch oven over medium-high heat. Add onion and garlic; sauté 5 minutes. Add broth, lentils, carrot, and bay leaves; bring to a boil. Partially cover, reduce heat, and simmer 20 minutes. Add greens, potato and ham; bring to a boil. Reduce heat; simmer 15 minutes or until potato is tender. Stir in tomatoes, basil, thyme, and pepper; simmer 10 minute. Discard bay leaves. Sprinkle with parsley.
Serves 5 (serving size about 1 1/2 cups).
From "Cooking Light Magazine."