

Recipes and Ideas

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Sugar Snaps
Swiss Chard
Celery
Yellow Squash
Zucchini
Patty Pan Squash
Cucumbers
Onions

Sausage Risotto with Swiss Chard

1 bunch Swiss chard, tough bottom stems removed, leaves cut into 3/4-inch pieces
4 tablespoons (butter, divided)
1 small onion, chopped
1 large garlic clove, finely chopped
6 oz mild Italian sausage (about 1 1/2 links), casings removed
2 cups arborio rice (13 to 14 ounces)
1 cup dry white wine
5 cups low-salt chicken broth
3/4 cup (packed) freshly grated Parmesan cheese plus additional for serving

Cook greens in boiling salted water just until wilted, about 1 minute. Drain; cool.

Melt 1 tablespoon butter in large saucepan over medium heat; add onion and garlic. Sauté until onion is translucent, about 5



photo by Logan Beal

Summer squash flowering in the stacks.

minutes. Add sausage; sauté until brown, breaking up with spoon, about 3 minutes.

Add rice; stir 1 minute. Add wine; reduce heat to medium-low. Simmer until wine is almost absorbed. Add 1 cup broth. Stir until broth is almost absorbed.

Add remaining 4 cups broth by 1/2 cupfuls, allowing broth to be absorbed before adding more. Mix in greens after 10 minutes. Cook until rice is tender and

mixture is creamy, 25 minutes total. Mix in cheese and remaining 3 tablespoons butter. Season with salt and pepper.

Serve risotto, passing additional cheese.

Courtesy of bonappetit.com



Have a recipe with farm ingredients you are willing to share with other members? Email it to Jacob at leech@fwcrd.org.

Gamble Creek Farm

At the Center for Integrated Agriculture

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Tilapia & Summer Vegetable Packets

1 cup quartered cherry tomatoes
1 cup diced summer squash
1 cup thinly sliced red onion
12 green beans, trimmed and cut into 1-inch pieces
1/4 cup pitted and coarsely chopped black olives
2 tablespoons lemon juice
1 tablespoon chopped fresh oregano
1 tablespoon extra-virgin olive oil
1 teaspoon capers, rinsed
1/2 teaspoon salt, divided
1/2 teaspoon freshly ground pepper, divided
1 pound tilapia fillets, cut into 4 equal portions

Preheat oven to 425°F. Combine tomatoes, squash, onion, olives, lemon juice, oregano, oil, capers, 1/4 teaspoon salt and 1/4 teaspoon pepper in a bowl.

Place green beans in a separate microwavable bowl with 1 tablespoon water. Cover and microwave on High until the beans are just beginning to cook, about 30 seconds. Drain and add to the other vegetables.

To make a packet, lay two 20-inch sheets of foil on top of each other; generously coat the top piece with cooking spray. Place one portion of tilapia in the center of the foil. Sprinkle with some of the remaining 1/4 teaspoon salt and pepper, then top with about 3/4 cup of the vegetable mixture.

Bring the short ends of the foil together, leaving enough room in the packet for steam to gather and cook the food. Fold the foil over and pinch to seal. Pinch seams together along the sides. Make sure all the seams are tightly sealed to keep steam from escaping. Repeat with more foil, cooking spray and the remaining fish, salt, pepper and vegetables.

Bake the packets directly on an oven rack until the tilapia is cooked through and the vegetables are just tender, about 20 minutes. To serve, carefully open both ends of the packets and allow the steam to escape. Use a spatula to slide the contents onto plates.

Courtesy of EatingWell.com



Roasted Salmon with Chile Minted Cucumbers

1 cucumber, sliced thin
1/2 fresh red chile, sliced thin
1 handful fresh mint leaves
1/2 cup rice vinegar
1 teaspoon sugar
Sea salt and freshly ground black pepper
1 (6-oz) salmon fillet, without skin
1 tablespoon sesame seeds
2 tablespoons extra-virgin olive oil

Combine the cucumber, chile, and mint in a mixing bowl. Pour in the vinegar, sprinkle with the sugar, salt, and pepper. Toss everything together so the cucumbers are well coated in the vinegar, the cucumbers will soften and the flavors deepen as it sits.

Preheat the oven to 350 degrees F.

Season both sides of the salmon with a fair amount of salt and pepper. Sprinkle the top of the salmon with the sesame seeds. Place a cast iron or regular ovenproof skillet on the stove over medium heat. Coat the pan with the oil and when it is nice and hot, lay the salmon in the pan, sesame seed-side down.

Sear the salmon for 3 minutes, then stick it in the oven and roast for 10 minutes until it's just cooked through. Serve the salmon on a pile of the chile minted cucumbers.

Courtesy of FoodNetwork.com



Sweet & Sour Celery

1 bunch celery, leaves removed, stalks cut on the diagonal into 1-inch slices
1 Tbs. sugar
1/4 tsp. salt
1/8 tsp. cayenne pepper
1/4 cup cider vinegar
1 tbs. finely chopped sweet red pepper
Pour enough water into a large skillet to fill about 1/4-inch deep. Add celery, sugar, salt and cayenne pepper. Cover, leaving the lid slightly ajar, and bring to boil. Cook until celery is tender and liquid has evaporated, about 5 minutes. Remove from heat; stir in the vinegar. Transfer to a serving dish and scatter sweet pepper over the top. Serve immediately. Four servings.

Courtesy of Mariquita.com