

## Roasted Okra! Courtney's most favorite recipe EVER!

Did you choose to add-on okra this week? Lucky you! This recipe is so yummy the okra may not make it to the table.

1 share okra  
1-2 tbsp oil, like olive or coconut  
Yah's seasoning, Chef Bobby's Espresso Rub or Cajun seasoning (recipe below)

Place okra in ziplock bag. Add oil and seasoning of your choice to ziplock bag. Squeeze out air and seal. Toss and shake until okra are coated. Pour out onto baking sheet. Roast for 10-20 minutes at 400F. *Note:* Okra becomes softer the longer it roasts. Try it at 10 minutes and adjust time to personal taste.

**Cajun Seasoning:** In a glass jar, with a tight-fitting lid, mix the following: 1 ½ cups salt, 3 Tbsp black pepper, 2 Tbsp garlic powder, 1 tsp onion powder, 1 tsp ground nutmeg, 2 tsp dried parsley, 4 Tbsp ground cayenne pepper, 2 Tbsp chili powder. Try it on seafood, poultry and of course, our yummy veggies.

## Vanilla Ice Cream with Peach-Basil Topping

Ingredients  
2 whole Peaches, Pitted and Chopped  
2 cups Sugar  
2 cups Water  
18 whole Basil Leaves, Washed  
Vanilla Or Strawberry Ice Cream

### Preparation Instructions

Place chopped peaches in a bowl. Set aside.  
In a saucepan, combine sugar and water. Stir to combine. Turn on heat to medium-high and boil for 3 to 5 minutes, until syrup is thicker but not yet starting to turn color. Remove from heat and allow to cool for a couple of minutes.  
Pour warm syrup in a blender. Throw in basil leaves. Pulse once quickly for larger chunks of basil; blend for a few seconds for more of a green syrup.  
Pour basil syrup over chopped peaches. Allow to sit a few minutes, then spoon mixture over vanilla or strawberry ice cream.  
(Can refrigerate sauce and use later.)

### Quick Tip!

\* To slice meat into thin strips, as for Chinese dishes - partially freeze and it will slice easily.

## Boiled Edamame

Ingredients:

1 lb fresh edamame in pods, or frozen edamame in pods  
2 Tbsp and more salt (The desirable amount of salt vary, depending on the amount of water to boil edamame.)

Preparation:

Cut off the stem end of each pod. Wash edamame well and put in a bowl. Sprinkle a pinch of salt and rub edamame with salt. (If you are using frozen edamame, please start from the next step.) Boil lots of water in a large pot. Add about 2 Tbsp of salt in the boiling water. Put edamame in the boiling water and boil for 3 to 4 minutes, or softened. Drain edamame in a colander. Taste one edamame and if it's not salty enough, sprinkle more salt over boiled edamame. Spread the edamame on a flat tray to cool.

## ITALIAN HERB SEASONING

1 tsp. Oregano  
1 tsp. Marjoram  
1 tsp. Thyme  
1 tsp. Basil  
1 tsp. Rosemary  
1 tsp. Sage

## VEGGIE PASTA

Kristin Harper, Area Manager

Toss together with olive oil, salt and pepper:

1 onion, sliced  
2 peppers, julienne  
2 zucchini, cubed  
2 squash, cubed  
Put on cookie sheet and roast at 450 degrees for 15 min.

Cook and drain 1 box ziti or penne. (Can only cook about 1/2 time if you want since it will also bake in oven.)

Put all veggies and penne in baking dish with 1 cup grated mozzarella, 1 cup grated fontina cheese and 3 cups marinara sauce. Bake at 450 degrees for 20 min.

## ROASTED CABBAGE WITH SIMPLE BALSAMIC REDUCTION

Start to finish: 10 minutes' preparation, 30 minutes to roast.

- 4 cups chopped red cabbage (in 1-inch pieces)
- 4 cups chopped green cabbage (in 1-inch pieces)
- 2 tablespoons olive oil
- ½ teaspoon salt
- ¼ teaspoon pepper

### SIMPLE BALSAMIC REDUCTION (20 minutes)

- 1 ½ cups balsamic vinegar
- 3 tablespoons brown sugar
- 2 garlic cloves, crushed and peeled

Heat oven to 450 degrees F

**For the cabbage:** Core and chop all cabbages and mix together in a large roasting pan. Drizzle oil, salt and pepper over cabbage, and toss to mix well.

Roast for 30 minutes, uncovered, stirring once halfway through. Cabbage is done when still crisp-tender and edges begin to caramelize. Remove from oven, and drizzle with Simple Balsamic Reduction to taste, if desired. Yield: 6 to 8 servings.

**For the reduction:** In a small pot, combine vinegar, sugar and garlic. Bring to a moderate boil, and boil 5 minutes to reduce mixture by half.

Reduce heat to low, and simmer 5 minutes or until sauce has thickened (about as thick as pancake syrup). Remove and discard garlic, and serve. (Leftovers can be refrigerated in an airtight container for up to one week.)

Makes about ¾ cup.

From Beverly Mills and Alicia Ross' Desperation Dinners

## Two little tips to share .. Last year I froze my tomatoes by just popping them in a freezer bag.

When I got ready to use them for cooking soups, stews and sauces, I took as many as I needed out of the freezer. Before they defrost completely (and this is only about 10 minutes) the skins just slip right off you can cut off the core and they are ready to use.

Also did you know that you can cube and **roast butternut squash without peeling it?** Wash the outside and the skin is actually edible... we have been enjoying it roasted with a bit of olive oil, and any combination of nutmeg, cinnamon, powdered ginger and allspice... Yum

Debbie Orol, RN  
 Certified Holistic Health Coach  
**THE PRODUCE BOX** Member

### Quick Tip!

\* A dampened paper towel or terry cloth brushed downward on a cob of corn will remove every strand of corn silk.

## Swordfish with Korean Melon, Cucumber and Heirloom Cherry Tomato Relish

SERVES 2

½ - ¾ pound swordfish steaks

4 tablespoons olive or canola oil, divided

½ small Korean melon

2 medium Persian organic cucumbers

Large handful of heirloom cherry or grape tomatoes

1 anchovy fillet

1 teaspoon lime juice

Juice of one lemon, divided

¼ teaspoon lemon zest

3 tablespoons chopped cilantro

½ teaspoon honey

1 teaspoon finely chopped Thai basil or mint leaves

Salt

Freshly ground pepper

Mixed lettuces and arugula (optional)

Prepare the fish: Rinse and pat dry the fish. Sprinkle liberally with coarse salt. Drizzle on a tablespoon of oil and gently rub it in. No more than thirty minutes before cooking, squeeze the juice of a lemon (reserving one tablespoon for the relish) over the steaks.

Mash the garlic clove with the back of a fork in a small bowl. Add 3 tablespoons of oil. Set aside.

Trim and dice the cucumbers into ½" cubes. Put in a colander and sprinkle well with kosher salt. Let sit for at least a half an hour, tossing every so often.

Peel and dice the melon into cubes slightly larger than the diced cucumber. Cut the tomatoes in half and put into a serving bowl with the melon cubes.

Mash the anchovy fillet in small jar with a lid. Add the lime and the reserved tablespoon of lemon juice, the lemon zest, the cilantro, the honey and the Thai basil or mint. Whisk to combine thoroughly.

Add the oil, reserving the mashed garlic for another use (or chop and add it, if you like raw garlic in your dressing). Put the lid on the jar and shake well.

When the cucumbers have sat for at least thirty minutes, rinse, drain and lightly pat dry. Add to the bowl with the melon and the tomatoes.

Add the dressing and toss to combine well.

Preheat your broiler or get your grill fired up.

Just before cooking the fish, test the relish for salt and correct if necessary. Add freshly ground pepper, to taste.

When your oven or grill is good and hot, cook the fish for a few minutes on each side, depending on its thickness.

Serve with the melon and cucumber relish, over the mixed greens, if using.