

Patty's Rendition of the Coconut-Butternut Squash Soup

from Member Patty K, Raleigh

Ingredients:

- 1 large butternut squash (peeled and cubed)
- 4 cups veggie broth
- 1 tbsp of butter
- 1/2 large onion (chopped fine)
- 1 can of coconut milk
- fresh crushed black pepper
- 1 tsp ginger
- 1 tbsp curry

Directions:

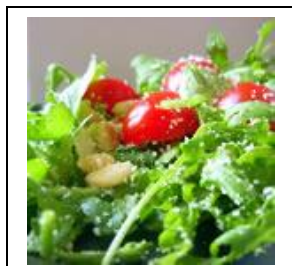
1. Boil butternut squash cubes in the broth for 10 minutes.
2. Remove the squash & broth from the pan.
3. Sauté the onion in butter until it's soft; add the ginger, curry & black pepper.
4. Add the onion to the squash/broth and puree it (however you do, either in food processor, blender, or stick blender like I have; just be careful not to splatter super hot liquid all over yourself, not fun).
5. Add coconut milk and stir/heat thoroughly.

Have a nice day and please pass on our sincere appreciation to the farmers and Coordinators. We LOVE the food we get from you guys so much! ~ Ben & Patty K, Raleigh

Easy Arugula Salad

INGREDIENTS:

- 2 cups young arugula leaves, washed and dried (if large, tear to bite-size)
- 2 cups Romaine, washed, dried and torn into bite-sized pieces
- 1 cup cherry tomatoes, halved
- 1/4 cup pine nuts
- 2 tablespoons olive oil
- 1 tablespoon red wine vinegar
- Salt to taste
- Freshly ground black pepper to taste
- 1/4 cup grated Parmesan cheese



DIRECTIONS:

1. In a large plastic bowl with a lid, combine arugula, cherry tomatoes, oil, vinegar and Parmesan cheese. Season with salt and pepper to taste. Cover and shake to mix.
2. Divide salad onto plates, and top with pine nuts.

Laurie's notes: *Substitute cored, chopped apples and/or washed, dried raspberries for the cherry tomatoes.*

Easy Apple Crunch

Ingredients:

- 6 cups sliced tart apples, peeled or not
- 1 cup sifted all-purpose flour
- 1/2 to 1 cup sugar, depending on tartness of apples
- 1 teaspoon baking powder
- 1/2 teaspoon salt
- 1 egg
- 1/3 cup melted butter
- 1/2 teaspoon ground cinnamon

Preparation:

Butter an 8-inch square baking dish. Arrange sliced apples in the prepared baking dish. In a bowl, combine flour, sugar, baking powder, salt, and egg; blend well. Sprinkle mixture over apples. Drizzle melted butter evenly over crumb mixture. Sprinkle with cinnamon. Bake at 350° for 30 to 40 minute. Serve warm, with ice cream or whipped topping.

Browned Butter Smashed Potatoes with Butternut Squash

Ingredients:

- 1 pound (3 medium) yellow-flesh potatoes, cut into 3/4-inch chunks
- 1 small butternut squash (about 1 pound), peeled, seeded and cut into 1-inch chunks
- Salt
- 3 tablespoons butter, divided
- 8 to 10 fresh (2- to 3-inch) sage leaves, stacked and cut across into 1/4-inch strips
- 1/2 cup milk (approximate)
- Freshly-ground black pepper, to taste

Preparation:

In a 3-quart saucepan over high heat, add potatoes and squash chunks with water; add 1 teaspoon salt. Bring just to boil; reduce heat to medium, cover, and cook until tender, approximately 12 to 15 minutes. In a small frying pan or saucepan, add 2 tablespoons of the butter and the sage. Tilting pan and watching closely, cook about 3 minutes, until butter foams and begins to brown; remove from heat and keep warm. When potatoes and squash are cooked, remove from heat and thoroughly drain the water off. Reduce heat to low, return pan with the drained potatoes and squash to burner, and shake 1 to 2 minutes; remove from heat. Roughly mash with hand masher leaving mixture chunky. Gently mix in remaining 1 tablespoon butter and enough milk for consistency desired. Season with salt and pepper. Spoon into a large serving bowl and drizzle with brown butter/sage mixture. Makes 4 servings (about 4 cups).

THE PRODUCE BOX

This recipe is easy because you don't have to cook the sweet potatoes first. This came from an old (1940's) cookbook my Grandma gave me. –

Michelle Gemmell, Neighborhood Coordinator

Sweet Potato Cake

2 1/2 C self-rising flour
1 tsp cinnamon
1 1/2 C oil
2 C sugar
4 eggs
1/4 C hot water
1 1/2 C raw sweet potatoes, peeled and grated (about 2 medium-sized)
1 C pecans, chopped
1 tsp vanilla

Mix together flour and cinnamon. In another bowl mix oil and sugar; add eggs, one at a time, beating well after each addition. Add water and sweet potatoes; mix well. Add pecans and vanilla. Add flour mixture; beat until smooth. Pour into three 9" layer pans (grease and flour to prevent sticking). Bake at 350 degrees for 30-35 minutes. Frost with coconut-pecan frosting.

*I bake this in a 9"x13" pan for about 40 minutes. I don't frost it, as my family likes it "as is."

Vegetable Stir Fry

INGREDIENTS

¼ cup vegetable oil, divided
1 cup chopped bok choy
1 cup yellow squash
1 cup peeled, chopped white sweet potato
1 cup chopped green pepper
1 large carrot
1 medium yellow onion, chopped
1 vegetable bouillon
2 tablespoons soy sauce
2 1/2 tablespoons water
¼ cup chopped onion
½ tablespoon salt ash of ground pepper
1 tablespoon cornstarch
1 1/2 cloves garlic, crushed
2 teaspoons chopped fresh ginger root, divided

DIRECTIONS:

1. In a large bowl, blend cornstarch, garlic, 1 teaspoon ginger, and 2 tablespoons vegetable oil until cornstarch is dissolved. Mix in chopped veggies, (except onion), tossing to lightly coat.
2. Heat remaining 2 tablespoons oil in a large skillet or wok, over medium heat. Cook vegetables in oil for 2 minutes, stirring constantly to prevent burning. Stir in soy sauce and water. Mix in onion, salt, and remaining 1 teaspoon ginger. Cook until vegetables are tender but still crisp.

Creamy, Light Macaroni & Cheese from Cooking Light

Shared by Raleigh Member Cheri T

Ingredients

3 cups cubed peeled butternut squash (about 1 [1-pound] squash)
1 1/4 cups fat-free, lower-sodium chicken broth
1 1/2 cups fat-free milk
2 garlic cloves
1 teaspoon kosher salt
1/2 teaspoon freshly ground black pepper
2 tablespoons fat-free Greek yogurt
1 1/4 cups (5 ounces) shredded Gruyère cheese
1 cup (4 ounces) grated pecorino Romano cheese
1 pound uncooked cavatappi
Cooking spray
1/2 cup panko (Japanese breadcrumbs)
2 tablespoons chopped fresh parsley

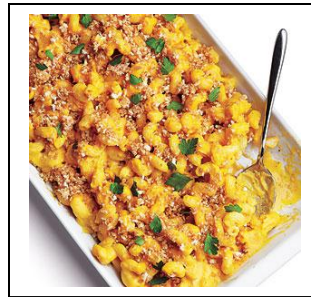


Photo by: Photo: Randy Mayor; Styling: Lindsey Lower

1/4 cup (1 ounce) finely grated fresh Parmigiano-Reggiano cheese, divided

1 teaspoon olive oil

Preparation

1. Preheat oven to 375°.
2. Combine squash, broth, milk, and garlic in a medium saucepan; bring to a boil over medium-high heat. Reduce heat to medium, and simmer until squash is tender when pierced with a fork, about 25 minutes. Remove from heat.
3. Place the hot squash mixture in a blender. Add salt, pepper, and Greek yogurt. Remove the center piece of blender lid (to allow steam to escape); secure blender lid on blender. Place a clean towel over opening in blender lid (to avoid splatters). Blend until smooth. Place blended squash mixture in a bowl; stir in Gruyère, pecorino Romano, and 2 tablespoons Parmigiano-Reggiano. Stir until combined.
4. Cook pasta according to package directions, omitting salt and fat; drain well. Add pasta to squash mixture, and stir until combined. Spread mixture evenly into a 13 x 9-inch glass or ceramic baking dish coated with cooking spray.
5. Heat oil in a medium skillet over medium heat. Add panko, and cook for 2 minutes or until golden brown. Remove from heat; stir in remaining 2 tablespoons Parmigiano-Reggiano cheese. Sprinkle evenly over the hot pasta mixture. Lightly coat topping with cooking spray.
6. Bake at 375° for 25 minutes or until bubbly. Sprinkle with parsley, and serve immediately.