

**Member Elizabeth W, Raleigh, shares this idea:**

Here's a good use for extra winter squash. I usually wait until I have enough winter squash to fill my largest fasting pan and then peel it, cut into large chunks, toss it with olive oil, salt and pepper, and roast at 385, tossing every 10 minutes until soft. This yields enough to serve as a side for one meal with some leftover.

With a cup or so of the leftovers, make the following recipe that reminds me of squash ravioli without all the fuss.

In a large, shallow sauté pan, make a cream sauce using chicken stock (~1/2 cup), half and half (~1/4-1/2 cup) and four ounces of Gorgonzola. Reduce the sauce and season with salt, pepper and freshly grated nutmeg. Before serving over pasta, fold in the cooked squash. Adjust the amounts to suit your tastes. Variations - sauté mushrooms or cubed chicken or both and build the sauce in the pan with the sautéed items.

Remember, each component should be seasoned properly or the final product will turn out bland.

Finish the dish with grated Parmesan or some extra crumbled Gorgonzola and a grating of nutmeg.

## Whole carrot salad - Tabouleh style

**Ingredients:**

- 3 carrots with their leaves
- 4 fresh mint leaves (can be replaced with another herb, to taste)
- 1 handfull of raisins
- 1 dash olive oil
- 1 dash lemon juice 1 pinch salt

**Preparation:**

Chop the carrot roots (with their peel on if they are organic) in the food processor (pulse) until they have a couscous texture. Put aside in a bowl. Chop finely the carrot leaves with a knife, like you would do with parsley. Remove the hard stems if there are any. Add to bowl with the carrot "couscous", raisins and chopped mint leaves. Season to taste with lemon juice, olive oil and salt. The carrot leaves taste delicious, so don't hesitate to put in more.

Courtney,

Here is what I did with my apples...



Crustless Apple Cinnamon Cheesecake.

**Donna N, Member**

## Eggplant and Spicy Sausage Stew



Eggplant and Spicy Sausage Stew

*Diana Ratray*

Serve this delicious, hearty stew with fresh hot baked cornbread or crusty bread and a simple green salad for a delicious family meal.

**Ingredients:**

- 1 cup chopped onion
- 1/2 cup sliced carrots
- 1/2 cup sliced celery
- 2 medium eggplants, peeled and cubed
- 1 red bell pepper, diced
- 12 to 16 ounces spicy sausage or andouille, thinly sliced
- 4 cloves garlic, minced
- 5 cups chicken broth
- 1 can (15 ounces) small red beans or white beans, drained
- 1 cup chopped spinach or escarole
- 2 cans (14.5 ounces each) diced tomatoes with liquid
- 1 teaspoon Cajun or Creole seasoning
- 1 teaspoon paprika
- 1 teaspoon salt
- Dash leaf oregano
- 2 tablespoons chopped fresh parsley

**Preparation:**

Sauté onions, carrots, celery, eggplant, bell pepper, sliced sausage, and garlic in olive oil until lightly browned. Add broth, beans, tomatoes, greens, and seasonings; simmer for 30 to 45 minutes, until vegetables are tender.

**Submitted by Member Vicki F**

## Zucchini Oven Chips



### Ingredients

1/4 cup dry breadcrumbs  
 1/4 cup (1 ounce) grated fresh Parmesan cheese  
 1/4 teaspoon seasoned salt  
 1/4 teaspoon garlic powder  
 1/8 teaspoon freshly ground black pepper  
 2 tablespoons fat-free milk  
 2 1/2 cups (1/4-inch-thick) slices zucchini (about 2 small)  
 Cooking spray

### Preparation

Preheat oven to 425°. Combine first 5 ingredients in a medium bowl, stirring with a whisk. Place milk in a shallow bowl. Dip zucchini slices in milk, and dredge in breadcrumb mixture. Place coated slices on an ovenproof wire rack coated with cooking spray; place rack on a baking sheet. Bake at 425° for 30 minutes or until browned and crisp. Serve immediately.

## Chicken and Sweet Potato Stew

From Neighborhood Coordinator Amy Landis

4 boneless, skinless chicken breast cut into bite sized pieces  
 2 sweet potatoes peeled and cubed  
 2 Yukon gold potatoes peeled and cubed  
 2 medium carrots peeled and cut into 1/2 inch slices  
 1 can stewed tomatoes  
 1 tsp paprika  
 1 tsp celery salt  
 1 tsp salt  
 1/2 tsp ground black pepper  
 1/8 tsp nutmeg  
 1/8 tsp cinnamon  
 1 cup non-fat, low sodium chicken broth  
 1/4 cup fresh basil, chopped

Combine all ingredients and cook on low for 6-8 hours or high for 3-4 hours. 4 1/2 quart crock-pot.

## Apple Crostata

Submitted by Member  
 Cheri T, Raleigh



### Ingredients

#### For the pastry:

1 cup all-purpose flour  
 2 tablespoons granulated or superfine sugar  
 1/4 teaspoon kosher salt  
 1/4 pound (1 stick) very cold unsalted butter, diced  
 2 tablespoons ice water

#### For the filling:

1 1/2 pounds of your favorite Produce Box apples (3 large)  
 1/4 teaspoon grated orange zest  
 1/4 cup flour  
 1/4 cup granulated or superfine sugar  
 1/4 teaspoon kosher salt  
 1/4 teaspoon ground cinnamon  
 1/8 teaspoon ground allspice  
 4 tablespoons (1/2 stick) cold unsalted butter, diced

### Directions

For the pastry, place the flour, sugar, and salt in the bowl of a food processor fitted with a steel blade. Pulse a few times to combine. Add the butter and pulse 12 to 15 times, or until the butter is the size of peas. With the motor running, add the ice water all at once through the feed tube. Keep hitting the pulse button to combine, but stop the machine just before the dough becomes a solid mass. Turn the dough onto a well-floured board and form into a disk. Wrap with plastic and refrigerate for at least 1 hour.

Preheat the oven to 450 degrees F.

Flour a rolling pin and roll the pastry into an 11-inch circle on a lightly floured surface. Transfer it to a baking sheet.

For the filling, peel, core, and cut the apples into 8ths. Cut each wedge into 3 chunks. Toss the chunks with the orange zest. Cover the tart dough with the apple chunks leaving a 1 1/2-inch border.

Combine the flour, sugar, salt, cinnamon, and allspice in the bowl of a food processor fitted with a steel blade. Add the butter and pulse until the mixture is crumbly. Pour into a bowl and rub it with your fingers until it starts holding together. Sprinkle evenly on the apples. Gently fold the border over the apples to enclose the dough, pleating it to make a circle.

Bake the crostata for 20 to 25 minutes, until the crust is golden and the apples are tender. Allow to cool. Serve warm or at room temperature.