

Wightman's Farms

Onions, Potatoes, Corn, Tomatoes, Apples, Red Peppers,
Zucchini, Cucumber

Roasted Red pepper Hummus

Ingredients:

1 large roasted red pepper

2 15-oz. cans of chickpeas

1 15-oz. can white beans

1/2 cup olive oil

2 teaspoons onion powder

2 teaspoons paprika

1 teaspoon cumin

Salt and pepper, to taste

To roast the red pepper, preheat oven to 400*. Once the oven is preheated, place the red pepper on a baking sheet. Place a small amount of olive oil in your hands and rub it all over the red pepper. Once it is covered in oil, place the baking sheet in the oven. Roast the pepper for about 20 minutes, and then flip it and roast another 20 minutes. The skin should be charred when it is done roasting.

Remove it from the oven and completely cover it in aluminum foil. Let it sit under the foil for about 20 minutes. When you remove the foil, the pepper should be very soft and smaller in size. Peel the skin off (it should come off easily) and remove any seeds from the center of the pepper.

Place all beans and the pepper in a food processor. Pulse a few times to begin to break down the beans. Turn the processor on and begin to stream in the oil. As you stream the oil in, everything will begin to blend well and get very smooth. Add the seasoning and then blend until completely smooth.

Serve with veggies, crackers, pita or on sandwiches!

Zucchini-Fingerling Potato Frittata (Adam's Heirlooms.com)

ingredients

- 1 medium zucchini or yellow summer squash, sliced
- Salt
- 4-5 tablespoons extra-virgin olive oil, or more as needed
- 1 1/2 pounds potatoes, thinly sliced
- 1 large onion, halved and thinly sliced
- 1/4 pound smoked Canadian bacon or ham, diced
- 6 eggs
- Freshly ground black pepper
- 1 cup grated Cheddar

Combine the zucchini and 1 teaspoon salt in a colander and toss well. Set aside to drain for 30 minutes. Heat 3 tablespoons of the oil over medium-high heat in a large, well-seasoned cast-iron skillet or ovenproof nonstick skillet. Add the potatoes and onion, reduce the heat to medium-low, and cook, flipping and stirring occasionally, until the potatoes are soft, about 20 minutes. Increase the heat to medium-high and continue cooking, tossing occasionally, until the potatoes are brown, about 5 minutes. Remove the potatoes with a slotted spoon but keep the skillet on the burner. Transfer the zucchini to a clean kitchen towel and pat dry. Add the zucchini and Canadian bacon to the skillet and sauté over medium-high heat, until the zucchini is just tender, about 4 minutes. Remove the zucchini and Canadian bacon with a slotted spoon. Keep the skillet over the heat. Beat the eggs and pepper to taste in a medium bowl until well blended. Fold in the potatoes, zucchini and Canadian bacon, and cheese.

Preheat the oven to 350°F. Add 1 to 2 tablespoons of the remaining oil to the skillet as needed to lightly coat the bottom. Pour in the egg mixture, reduce the heat to medium-low, and cook without stirring until the bottom is set, about 10 minutes. Transfer the skillet to the oven and bake until the top is set, 5 to 15 minutes, checking every 5 minutes. Place a serving plate on top of the skillet and carefully invert. The frittata should fall out of the pan. Cut into wedges and serve.

How To Caramelize Onions: What You Need

Ingredients

- 2-4 yellow onions
- 2 tablespoons butter, extra-virgin olive oil, or a mix
- 2 tablespoons white or red wine, vegetable or chicken stock, balsamic vinegar, or water
- Salt
- Stainless steel or cast-iron skillet
- Stiff spatula

Instructions

- Slice the onions: Trim the tip and root from the onions, cut them in half and remove the skins. Slice the onion from root to stem into thin slices. (Alternatively, you can dice the onions.)

- Melt the butter: Place your skillet over medium heat and melt the butter.
- Add the onions: Add all the onions to the pan and stir them gently to coat with butter.
- Caramelize the onions: Check the onions every 5 to 10 minutes. Stir the onions and scrape up any fond that forms on the bottom of the skillet. Exact cooking times will vary with the number of onions you're cooking, their liquid and sugar content, and their age:
 - *Around 10 Minutes:* Onions will start to soften and turn translucent in spots. They will release a lot of liquid into the pan.
 - *Around 20 Minutes:* Onions will be very soft and starting to break down. Some onions will start to show spots of caramelization and you may see some fond starting to build up in the pan. They will also start to *smell* caramelized. Adjust the heat if the onions seem to be cooking too quickly or you notice any burnt spots.
 - *Around 30 Minutes:* Onions should be light blonde in color and starting to become jammy. More fond is starting to build up, but it should still be fairly easy to scrape it up with the evaporating liquid from the onions.
 - *Around 40 Minutes:* Onions are golden and starting to smell very caramelized. Taste one — if you like the way they taste, you can stop now! For even deeper caramelized flavor, continue cooking.
 - *Around 50 Minutes and Beyond:* Continued cooking will result in darker, richer, even more caramelized onions. Continue checking the onions every 5 to 10 minutes until they reach your desired level of caramelization. The fond may start to build up on the bottom of the pan — let it be unless it looks like it's starting to burn (in which case, deglaze the pan with a little water).
- Deglaze the pan and salt the onions: When your onions have finished cooking, pour 1/4 cup wine, broth, balsamic vinegar, or water. As the liquid bubbles, scrape up the fond and stir it into the onions. Use additional liquid as necessary to scrape up all the fond. Salt the onions to taste.

Cool and store the onions: If you're not using the onions immediately, let them cool in the pan, then transfer them to a storage container. Caramelized onions can be kept refrigerated for around a week or frozen for up to three months.

Baked Stuffed Tomatoes with Feta and Roasted Red Peppers

- 4 ripe but firm medium tomatoes
- 4 ounces crumbled feta cheese
- 2 medium fire-roasted red, yellow, or orange bell peppers from a can or jar, chopped
- 1/4 cup chopped pickled banana peppers
- 2 medium cloves garlic, minced
- 1/2 teaspoon dried oregano
- 1/4 teaspoon crushed red pepper
- Freshly ground black pepper
- 1 tablespoon extra-virgin olive oil

Directions

1. Adjust oven rack to lower-middle position and preheat oven to 350°F.
2. Core and hollow out tomatoes, using a melon baller or a teaspoon. Set upside down on paper towels and allow to drain.
3. Meanwhile, combine feta, roasted peppers, pickled peppers, garlic, oregano, and crushed red pepper in a medium bowl. Season with black pepper and gently stir to combine.
4. Fill tomatoes with feta mixture. Nestle stuffed tomatoes together, right side up, in an 8-by-8-inch baking dish and drizzle with olive oil. Bake until tomatoes are tender and slightly wrinkled and the filling is warm, about 25 minutes. Serve warm.

Kale & Apple Salad (Foodnetwork.com)

- 2 tablespoons fresh lemon juice
- 2 tablespoons extra-virgin olive oil
- Kosher salt
- 1 bunch kale, ribs removed, leaves very thinly sliced
- 1/4 cup dates
- 1 Paula red apple
- 1/4 cup slivered almonds, toasted
- 1 ounce pecorino, finely grated (1/4 cup)
- Freshly ground black pepper

Directions

Whisk together the lemon juice, olive oil and 1/4 teaspoon salt in a large bowl. Add the kale, toss to coat and let stand 10 minutes.

While the kale stands, cut the dates into thin slivers and the apple into thin matchsticks. Add the dates, apples, almonds and cheese to the kale. Season with salt and pepper and toss well.

Read more at: <http://www.foodnetwork.com/recipes/food-network-kitchens/kale-and-apple-salad-recipe.html?oc=linkback>

We hope you enjoy this week's CSA harvest!