

Heavenly Hills Harvest



Recipes of the Week

Merritt's Quinoa Salad with Mixed Greens

This is a new favorite of mine and my variation of a recipe that I found on the internet. I have served it twice now to rave reviews. It is a great way to use mint and dill and has a very light dressing. The key is to really chop the herbs and greens.

1 cup quinoa, cooked and cooled (*I suggest a 1:1.5 cooking ratio and to wash and soak the quinoa first. I have gotten mine at Fred Myer in the bulk section.*)

1 bunch mixed greens (*can use any of the greens or a combination of what you get in your share*)

3 tablespoons mint, finely chopped

3 tablespoons dill, finely chopped

3 tablespoons cilantro, finely chopped (*optional*)

1/2 small onion, finely chopped (*can add the green tops too!*)

Dressing:

3 tablespoons lemon juice

1/4 cup olive oil

1/2 teaspoon chopped fresh garlic (*can use powdered*)

a splash of Balsamic vinegar (*optional*)

salt and pepper to taste

De-stem and finely chop the greens and herbs. Mix with cooked quinoa and dressing. Serve chilled or can even serve slightly warm/room temp as the warm quinoa can slightly wilt the greens. This is a real crowd pleaser and so healthy. If you have not discovered the ancient grain, *Quinoa*, try this recipe!

Nick's Refrigerator-Pickled Stems

This is a nice way to save the stems from various greens if you don't like cooking with them. Take a Mason jar or other canning jar and fill it with the stems. Pour in a couple spoonfuls of sugar (more or less to taste), a bunch of chopped dill, and I like to add some chopped mint. Fill halfway with white vinegar, and the other half with boiling water. Cap and let sit in the fridge for 4-5 days, then enjoy. Tastes just like pickles!

Rachel's Cold Pasta Salad with Stems

Wondering how to utilize stems from your greens? Here's a tasty solution and a great summer snack! Feel free to alter the recipe to your taste. The idea for this recipe came from my mom's cold pasta salad recipe. I just created my own version in order to use more fresh produce from the farm.

24 ounces of veggie spiral noodles

Red Russian Kale and Swiss Chard stems, chopped (*The amount of stems depends on taste and what you have in your kitchen. Generally, you can use 3-4 handfuls of chopped stems. You can also use stems from beets.*)

1 block of marble jack cheese, cut into cubes (*or cheese of your choice*)

1 bunch of dill, chopped

fresh pea pods (or use other fresh veggies)

1 ½ cups of mayo made with olive oil, or until pasta salad is lightly coated
(1/2 the fat and calories of regular mayonnaise)

Cook noodles and rinse in cold water. Let cool before mixing in other ingredients. After mixing everything together, cover and keep cool in the refrigerator. Enjoy!

Baguette with Grilled Summer Vegetables, Fromage Blanc, and Basil

A recipe from Everyday Greens by Annie Somerville

Makes 4 sandwiches

Reduced balsamic vinegar

1 each red and yellow pepper, cut into strips

2 or 3 zucchini, about 1 lb, sliced diagonally

garlic oil*

salt and pepper

1 baguette

4 to 6 oz fromage blanc or chevre, about ½ cup

10 to 15 whole basil leaves

Make reduced balsamic vinegar. Prepare grill. Brush veggies with garlic oil* and salt and pepper. Grill until tender, 2 to 3 min on each side. Brush warm zucchini with reduced vinegar and set aside. Cut baguette in half lengthwise and spread cheese on both sides. Place peppers on the bottom half, layer the zucchini on top, and sprinkle with salt and pepper. Arrange the basil over the veggies and cover with top of baguette. Slice diagonally into 4 sandwiches.

*Garlic Oil

To make, mince a few garlic cloves, and cover with extra-virgin olive oil. You can use it right away or let it steep for 30 minutes to create more intense garlic flavor. We add 1 tablespoon minced garlic to every ½ cup oil, but it's up to you – use as little or as much garlic as you like. Strain out the garlic and store the oil in a tightly sealed container in the refrigerator.

Arugula and Mozzarella Spiked Florida Tomatoes with Basil Vinaigrette

4 Servings

4 medium sized Florida tomatoes
1 pound fresh mozzarella cheese
1 bunch fresh Florida arugula (or basil)

Vinaigrette

1/3 cup olive oil
2 tablespoons apple cider vinegar
1 tablespoon honey
2 tablespoons chopped fresh basil
1 clove garlic, minced
Kosher salt and fresh ground pepper to taste

For vinaigrette

In a medium sized mixing bowl, whisk together the olive oil, vinegar, honey, basil, and garlic until completely emulsified. Taste and adjust seasoning with kosher salt and fresh ground pepper.

For tomato

Rinse tomatoes under cold running water and pat dry with clean paper towels. With a sharp serrated knife, cut each tomato into an even number of wedges. Then make a horizontal cut near the tip of each wedge, being careful not to cut all the way down. Set aside sliced tomatoes.

Cut mozzarella into slices that will fit into the slices made in the tomatoes. (Try to fit one piece of mozzarella into a tomato to see what size you'll need to cut the rest.) To assemble, insert a slice of mozzarella into each tomato wedge. Arrange wedges on a plate and top with arugula or basil leaves. Garnish with basil vinaigrette. Season with kosher salt and fresh ground pepper to taste. Serve at room temperature.

Italian Heirloom Pole Bean Pasta

This makes a wonderful and light summer pasta dish.

Italian Heirloom Pole beans, chopped
Parmesan or Mizithra cheese, grated
basil
olive oil
garlic
prosciutto or pancetta (Italian bacon)

Mix together in pasta.