



CSA Recipes - Week of September 3rd

Garlic Parmesan Roasted Delicata Squash

Adapted from Sheela Prakash / The Kitchn <https://www.thekitchn.com/delicata-squash-recipes-22949295>

Ingredients:

1 large or 2 medium winter squash (delicata, acorn, etc.)
2 Tbsp. Olive Oil
2 garlic cloves, grated
¼ cup grated Parmesan cheese
Salt & Pepper
Fresh chopped herbs (parsley, chives, basil, etc.) for garnish

Directions:

Arrange a rack in the middle of the oven and heat to 425°F. Trim the stem and bud end off the squash. Cut in half lengthwise; scrape out seeds and pulp. Slice into 1/4-inch-thick half moons.

Place the squash on rimmed baking sheet. Combine the olive oil and the garlic cloves in a small bowl; drizzle over squash. Season with salt and pepper; toss to combine. Spread in an even layer and roast, flipping halfway, until tender and caramelized, 25 minutes. Sprinkle with the grated Parmesan cheese; roast until melted and softened, 5 minutes more. Garnish with chopped herbs.

*check out the website link for 3 other variations on the roast squash recipe!

Fig & Arugula Salad

Adapted from Sweet Potato Soul <https://sweetpotatosoul.com/2014/03/fig-arugula-salad.html>

Ingredients:

2 tbsp balsamic vinegar
4 dried figs
1 tbsp minced shallot
4 tbsp extra virgin olive oil
Large bunch of arugula
½ avocado sliced
¼ cup toasted pumpkin seeds

Directions:

Place the vinegar, figs, shallot, and olive oil in a blender. Blend until smooth and thick. Scoop about ¼ cup of the dressing onto the arugula, and massage to coat. Toss with sliced avocado, and serve with toasted pumpkin seeds.