



CSA Recipes - Week of September 10th

Sweet Potato Salad

Adapted from *Jubilee: recipes from two centuries of African American Cooking* by Toni Tipton-Martin

Ingredients:

1.5 pounds sweet potatoes, washed and cut into $\frac{3}{4}$ inch cubes (peel if desired)
 $\frac{1}{4}$ cup olive oil
1 Tbsp. maple syrup
2 Tbsp. orange juice
1 Tbsp. balsamic vinegar
1 Tbsp. minced fresh ginger
Pinch ground nutmeg
 $\frac{1}{4}$ tsp. salt (more to taste)
 $\frac{1}{4}$ cup chopped green onions
 $\frac{1}{4}$ cup chopped parsley
2 Tbsp. coarsely chopped toasted pecans
 $\frac{1}{4}$ cup raisins (black/golden, or a mix of both)
Black pepper to taste

Directions:

In a large pot, combine the sweet potatoes (chopped into $\frac{3}{4}$ inch cubes) and enough lightly salted water to cover. Bring to a boil, then reduce the heat and cook until just tender, about 10 – 15 minutes. Drain and allow the potatoes to cool to room temperature.

In a small bowl, whisk together the oil, maple syrup, orange juice, vinegar, ginger, nutmeg, and salt.

Add the onions, parsley, pecans, and raisins together in a large salad bowl with the cooked potatoes. Gently stir in the dressing, tossing just until combined. Season to taste with more salt and pepper. Refrigerate until ready to serve.

Baby Bok Choi Stir Fry

Adapted from The Omnivore's Cookbook <https://omnivorescookbook.com/baby-bok-choy-stir-fry/>

Ingredients:

1 large bunch baby bok choy
1 Tbsp. peanut oil (or vegetable oil)
2 Tbsp. soy sauce
1 tsp. sugar
2 Tbsp. garlic, minced



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Toasted sesame seeds (optional)

Directions:

Heat 1 tablespoon of oil in a large skillet (nonstick or carbon steel) over medium-high heat until hot. Add the garlic and stir a few times until fragrant

Add the baby bok choy, stir, and cook for 1 to 2 minutes, until the bok choy is evenly coated with oil.

Add sugar and swirl in the soy sauce. Stir a few times to mix the sauce.

Cover and reduce to medium heat. Cook for 30 seconds to 1 minute, until the baby bok choy turns tender, but not to the point of being mushy. You can uncover the pan to check on the progress in the meantime.

Uncover the pan. Carefully taste the baby bok choy. Let cook for another 30 seconds or so to absorb the sauce. Once done, stop the heat and immediately transfer the baby bok choy to a serving plate. Sprinkle with toasted sesame seeds, if using.