



CSA Recipes - Week of September 24th

Sweet Potato Breakfast Hash

Adapted from Jenné Claiborne, Sweet Potato Soul <https://sweetpotatosoul.com/2019/05/sweet-potato-breakfast-hash.html>

Ingredients:

2 tablespoons coconut or olive oil
½ (60g) green bell pepper, diced
½ (60g) red bell pepper, diced
1 (27g) jalapeño, sliced and diced
½ (61g) red onion, diced
4 cloves garlic, minced
½ (226g) pound sweet potatoes, rinsed thoroughly and diced into 1" cubes
¾ cup (195g) cooked black beans (if canned, rinsed well)
2 teaspoons paprika
¾ teaspoon sea salt, to taste
¼ teaspoon freshly ground black pepper

Directions:

In a pan over medium high heat, heat 1 tablespoon of oil.

Add in the green bell pepper, red bell pepper, jalapeño and the red onion. Sauté and cook down for about 8 minutes until the red onions are translucent. Scoop the mixture aside in a small bowl. Add the other tablespoon of oil into the pan and heat up.

Add in the sweet potatoes and stir to combine. Reduce heat to medium and let the sweet potato crisp and cook through, for about 10-12 minutes. Stir occasionally, ensuring not to burn the sweet potatoes.

After sweet potatoes are cooked through, and back in the previously cooked bell pepper mixture and the black beans. Add the paprika, sea salt and the black pepper over and stir to combine. Cook for about another 3 minutes to let the black beans heat through. Taste and adjust seasonings for taste, then remove from heat. Serve with slices of avocado and enjoy!

Sautéed Greens

Adapted from *Jubilee: Recipes from Two Centuries of African American Cooking* by Toni Tipton-Martin

Ingredients:

1 lb. braising / mixed greens
1 Tbsp. olive oil
½ cup chopped onion



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2 garlic cloves, minced
½ tsp. crushed red pepper flakes (or less to taste)
2 tsp. apple cider vinegar
2 tsp. maple syrup (optional)
Salt and black pepper

Directions:

Wash the greens, removing the stems and thick midribs (Or keep them and slice thinly - this is the farmer recommended option). Stack 2 or 3 leaves, roll tightly into a log and slice it in the ¾ inch wide ribbons. Repeat with the rest of the greens

In a large heavy skillet, heat the oil over medium heat. Add the onion and garlic and sauté until translucent, 2 to 4 minutes. Reduce the heat to medium lo. Add half the greens and sauté until limp, 2-3 minutes. Add the remaining greens and cook until tender 4-6 minutes (or less if using very tender greens).

Stir in the red pepper flakes, vinegar, and maple syrup (if using). Season to taste with salt and black pepper. Increase the heat to medium high and cook, stirring, until the flavors come together and the greens are cooked to your desired doneness.