



CSA Recipes - Week of October 22nd

Turnip & Arugula Salad

Adapted from <https://www.nhk.or.jp/dwc/recipes/detail/337.html>

Ingredients:

6 turnips
1 bunch arugula
1 tbsp rice wine / sushi / or white wine vinegar
1 tbsp sesame oil
1 tbsp soy sauce

Directions:

Make the dressing: In a bowl, mix together the sushi vinegar, sesame oil, and soy sauce.

Cut each turnip into quarters. Bring a small pot of water to a boil and dip the turnip quarters in using a slotted spoon or a strainer for approx. 15 seconds.

Roughly chop the arugula into bite size pieces. Place the arugula and turnips into the bowl with the dressing, and toss to coat. Serve in a small salad bowl.

Kale Caesar Salad

Adapted from Kardea Brown / <https://www.foodnetwork.com/recipes/kale-caesar-salad-8323902>

Ingredients:

1 large bunch kale
1/2 cup grated Parmesan
1/4 cup mayonnaise
2 tablespoons olive oil
2 teaspoons Worcestershire sauce
2 cloves garlic, grated
1 anchovy filets
Zest and juice of 1/2 a lemon
Kosher salt and freshly cracked black pepper

Directions:

Cut the kale into a chiffonade. Wash and dry thoroughly, then add to a large bowl.

Combine the Parmesan, mayonnaise, olive oil, Worcestershire sauce, garlic, anchovies, lemon zest and juice in a large bowl and whisk until smooth. Taste, then add salt and pepper if needed. Pour the dressing over the kale and toss until coated. Serve immediately, or refrigerate for up to 3 hours.