



## Timken Farm 2006 Spring Recipes

### **Spring Greens in Orzo with Feta & Walnuts**

2 cups dried Pasta or grains (orzo works well, or fusilli, I also enjoy it with brown rice)

A bunch of Greens (use spinach, kale or mustards or a combination to taste)

a few leeks, cut lengthwise and across into small pieces or use yellow onion

4+ tablespoons Olive oil, butter or broth (adjust for your dietary needs)

1/2 cup Walnuts or pine nuts, both are delicious in this meal

1/2 cup Feta cheese crumbled

Salt to taste

Balsamic

While pasta or grains are cooking as directed, sauté leeks or yellow onions in butter or olive oil until soft (you can also use a plain broth for lower fat and cholesterol). Add greens until wilted just 1-3 minutes and toss in nuts let them warm and toast slightly. Add salt if desired (I use a teaspoon or so). Mix greens and leeks with warm strained pasta or grains toss with feta, drizzle with balsamic. Add salt to taste and more broth or olive oil to desired consistency. Serve with a salad. Enjoy!

### **Vashon Spring Wrap**

First make the dressing:

Olive oil and Balsamic vinegar 1/4 C each or to taste

3 T Mayo

2 Garlic cloves chopped

3 pinches-o-Dill

1 T Mustard

1 T Honey

Stir into thick creamy consistency

Heat tortillas up individually and melt grated cheese onto them (If you don't want your tortillas to get crispy put a few drops of water in the heated fry pan under the tortilla then quickly add grated cheese and turn way down to simmer with a lid on for less than a minute Remove from heat and pack a bunch of chopped raw greens, (kale, mustard, spinach, lettuces.. any or all) onto tortilla. Slather on dressing. Wrap like a burrito (tucking in ends first to avoid blow outs)

### **Boc Choy, Simply**

a splash of olive oil in a fry pan

Add chopped garlic and onion and heat slowly till caramelized

Mix in boc choy cut into strips (lengthwise)

Drizzle on tamari

When the stalks are soft and limp it's done!

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### **Heather's Basic Vinegar Greens & Slow Beans**

Beans- these are great to make a big batch of and eat all week. I use dried black beans generally but black eyed peas are great or white beans would be fine. Soak beans in water overnight, rinse and cover with fresh water. Add whole garlic cloves, salt, pepper, cumin, paprika, grated clove, chili powder or cayenne. I put in a jar of last seasons tomato sauce, a bit of oil and onions. Bring to a boil then reduce heat and cook until soft. The cooking process is long and slow. Stir here and there and taste and season as you go. Add water if necessary until they are good and done. Serve them with the greens for dinner, the next day throw extra beans in a tortilla with lettuce and cheese, warm through. Also, you can puree the beans with oil and use as a dip with corn chips. At the end of the week you can cook them with whatever veggies including greens you might have left in a veggie broth and serve as soup with corn chips and sour cream garnish, grate some radish on top.

Greens-Sauté garlic and onion in butter and olive oil add salt and sugar let caramelize. Tear up lots of your favorite greens and toss them in with a splash of water. When wilted add vinegar, I use apple cider or rice vinegar. Cook a moment more and serve with beans. I enjoy the beans and greens over brown rice in a bowl. And Grate radish on top, it's delicious.

Quick and easy: If you don't have the time to make the slow beans, serve the greens with brown rice and warmed flavored tofu, toss in tamari at the last moment while you sauté the greens to bring this easy dish together.

### **Luscious & Lovely Broccoli Pasta Sauce**

You need: broccoli, olive oil, butter, garlic, mozzarella (one or two balls), flat leaf parsley, and grated parmigiano-reggiano. I enjoy a short pasta with this richly textured sauce, a rigatoni, fusilli or penne.

Rinse and chop broccoli including stems and leaves. Bring a minimal pot of water to a boil, add salt and broccoli, cook until bright green, just a few minutes, until just tender. Marvel at the color of the water, I do. Drain with a slotted spoon, chop fine. Cook pasta in the same water till al dente.

In a skillet add oil and butter and chopped garlic, approximately 1 tablespoon each. Cook until garlic looks translucent, add broccoli and salt to taste. Drain pasta and keep a cup or so of the cooking liquid.

Add the drained pasta to the skillet with the broccoli, turn a few times, then add the mozzarella chopped fine, a handful of chopped parsley, the reserve cooking water and finish with grated parmigiano. Briskly turn the pasta until mozzarella has softened and cooking liquid is absorbed-transfer to a warm bowl and serve.

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### **Fried Vashon Cabbage**

1 onion, finely chopped  
6 or so tablespoons oil  
1/2 teaspoon salt  
Tomato- You can use paste, fresh or sauce.  
1/2 teaspoon curry powder  
1 medium cabbage, thinly shredded  
Baby carrots

Sauté onion in oil until lightly browned. Add tomato, salt, curry powder, stir over medium heat a few minutes. Mix in cabbage and carrots. Pour in 1/2 cup of water. Cover, reduce, heat, and simmer until liquid is absorbed and cabbage is still slightly crunchy. You can also add a thinly sliced potato-I enjoy adding flavored tofu for protein.

### **Parsley, Scallion & Miso Dressing**

2 Scallions  
4 tablespoons Parsley  
2 Tbls rice vinegar  
2 Tbls miso barley  
1/2 cup water

Combine ingredients in blender and puree until smooth. Pour over rice/noodle and vegetable dish