

Recipe Ideas

Use these recipes as a starting point for planning your own menu this week.

<i>Appetizer</i>	Veggie Cream Cheese	<i>Uses: Dill, Garlic Scapes, Radishes, Scallions</i>
<i>Appetizer</i>	White Bean & Garlic Scape Dip	<i>Uses: Garlic Scapes</i>
<i>Bread</i>	Olive Garden Breadsticks One of our family's favorite recipes. A great addition to a soup or salad meal.	
<i>Breakfast</i>	Easy Spinach Frittata Garlic scapes and scallions would be great additions to this recipe.	<i>Uses: Spinach</i>
<i>Condiment</i>	Creamy Dill Sauce	<i>Uses: Dill</i>
<i>Condiment</i>	Garlic Scape Dressing	<i>Uses: Garlic Scapes, Scallions</i>
<i>Condiment</i>	Pickled Scallions	<i>Uses: Scallions</i>
<i>Condiment</i>	Quick-Pickled Horseradish Kohlrabi	<i>Uses: Kohlrabi</i>
<i>Main Dish</i>	Marinated Chicken (Dry-Rub) Grilled chicken is a great addition to a salad to make a light spring meal.	
<i>Salad</i>	Crispy Apple and Kohlrabi Salad	<i>Uses: Kohlrabi</i>
<i>Salad</i>	Mini Romaine and Savory Granola Salad	<i>Uses: Romaine, radishes</i>

Appetizer

Veggie Cream Cheese

There are so many options with your veggies and herbs. Basically all these ingredients are optional, experiment with your own co

INGREDIENTS

1 garlic scape, finely chopped
1 scallion, finely chopped
1 carrot, shredded
1 radish, shredded
Dill or any fresh herb of your choice, finely chopped
1 8 ounce package cream cheese

DIRECTIONS

Combine all ingredients and mix by hand or in the food processor. Store in the fridge for up to 5 days. Enjoy on a bagel, as a dip or on toast.

Appetizer

White Bean & Garlic Scape Dip

INGREDIENTS

1 cup garlic scapes
2 15-ounce cans white cannellini beans, drained and rinsed
1/4 cup olive oil
1/4 cup water
1/4 cup parsley, chopped
salt and pepper to taste

DIRECTIONS

Bring a large pot of water to a boil and set out a bowl of ice water. Add the garlic scapes to the pot and boil for 30 seconds. Drain and plunge the scapes into the ice water.

Roughly chop most of the scapes and finely chop a few for topping the dip.

Add the garlic scapes, white beans, olive oil, water, and parsley to a food processor (or blender) and process until smooth.

Add more water if it's too thick. Taste the dip and add salt and pepper to taste. Serve topped with some garlic scapes, chopped parsley, and a drizzle of extra virgin olive oil.

Bread

Olive Garden Breadsticks

INGREDIENTS

1½ cups warm water
2¼ tsp. active dry yeast
2 Tbsp. sugar
3½ cups all-purpose flour
2 Tbsp. unsalted butter, melted
1 tsp. salt

Butter Topping:

½ cup unsalted butter
2 tsp. garlic powder
1 tsp. salt

DIRECTIONS

In a mixing bowl, dissolve sugar and yeast in warm water and allow to sit for 10 minutes to activate yeast. Add flour, salt and melted butter to yeast mixture; mix until fully combined. Knead dough for a few minutes just until dough is smooth in consistency. Do not over knead.

Spray a cookie sheet with cooking spray. Divide dough into 12 pieces and roll out into strips. Place on prepared cookie sheet. Cover dough and let sit in a warm place for 45 minutes to an hour to allow dough to rest and rise.

Preheat oven to 400°F. Bake breadsticks for 6-7 minutes. Meanwhile, melt ½ cup butter and stir in garlic powder and salt. Brush breadsticks with half the butter mixture, then bake for an additional 5-8 minutes. Brush the other half of the butter mixture on the breadsticks. Allow to cool for a few minutes before serving.

YIELD

12 breadsticks

Breakfast

Easy Spinach Frittata

A frittata is a great way to use a variety of greens throughout the season.

INGREDIENTS

6-8 large eggs
1/2 cup milk
1/2 tsp salt
1/4 tsp ground pepper
1 cup shredded swiss cheese (or cheese of your choice)
1 cup cherry tomatoes, halved
2 Tbsp. butter
1 small onion, diced
4 cups fresh spinach

DIRECTIONS

Preheat the oven to broil.

In a medium bowl, whisk together the eggs, milk, salt and pepper until smooth. Fold in the cheese and tomatoes and set aside.

In a 9-inch, oven-safe nonstick frying pan (cast iron works well) over medium heat, melt the butter. Add the onion and saute until softened, about 5 minutes. Add the spinach and cook until wilted, about 2 minutes. Pour the egg mixture over the spinach, and cook until almost set, 2 to 4 minutes.

Transfer the pan to the oven and broil until golden brown on top, 5 to 7 minutes. Remove from the oven and turn out onto a serving plate.

YIELD

4-6 servings

Condiment

Creamy Dill Sauce

This sauce or dressing stores in the fridge all week and is great as a dressing or dip for those other veggies!

INGREDIENTS

1¼ cup plain greek yogurt
½ cup mayonnaise
¼ cup finely chopped dill
1 Tbsp. lemon juice
salt and pepper to taste

DIRECTIONS

Put all ingredients in a blender or a bowl and combine until creamy and everything is combined. Use for salads or as a dip for crisp vegetables. Store in an airtight container in the refrigerator.

Condiment

Garlic Scape Dressing

INGREDIENTS

2 garlic scapes, finely chopped
2 green onions
1 tsp honey
2 tsp Dijon mustard
¼ cup red wine vinegar
1 Tbs lemon juice
Dash of salt
1/8 tsp black pepper
½ cup olive oil

DIRECTIONS

Gather the ingredients. In a blender, combine the garlic scapes, onions, honey, mustard, red wine vinegar, lemon juice, salt, and pepper. Blend until smooth. With the blender on low, slowly add the olive oil until well blended.

Store in the refrigerator for 5-7 days.

YIELD

8 servings

Condiment

Pickled Scallions

Great exit strategy for these gems! Can be made ahead!

INGREDIENTS

1 bunch scallions
2 tsp mustard seeds
1 tsp coriander seeds
½ tsp cumin seeds
1 cup white wine vinegar
½ cup sugar
1 Tbs kosher salt

DIRECTIONS

Trim both ends of scallions and cut in half crosswise. Pack into a 1-pint heatproof jar.

Toast mustard, coriander, and cumin seeds in a dry small saucepan over medium-low heat, tossing often, until fragrant, about 2 minutes. Add to jar.

Bring vinegar, sugar, and salt to a simmer in same saucepan over medium heat, stirring to dissolve sugar and salt. Pour brine over scallions and seal jar. Chill at least 1 day before using.

YIELD

1 pint

Condiment

Quick-Pickled Horseradish Kohlrabi

Try these horseradish kohlrabi pickles for a spicy kick on roast beef sandwiches, cheese boards, and more!

INGREDIENTS

1 Tbsp. salt
½ Tbsp. honey
1½ cups apple cider vinegar
1½ cups water
1 large bulb of kohlrabi, or two medium
2 tsp. fresh horseradish, grated
3 cloves garlic
1 tsp. mustard seed

DIRECTIONS

Peel and slice kohlrabi into thin strips. Place slices with horseradish, garlic, and mustard seed in a heat-safe jar or container. Heat salt, honey, vinegar, and water in a nonreactive saucepan, stirring frequently until honey and salt dissolve. Bring to a light boil and pour over kohlrabi. Place fermentation weights on the jar if needed to keep the kohlrabi submerged. Hold in a safe place to cool to room temperature before storing in the fridge, where it can be kept for up to a month.

Main Dish

Marinated Chicken (Dry-Rub)

INGREDIENTS

3 Tbsp. extra-virgin olive oil
2 Tbsp. Chesapeake-Style rub (see below)
8 small chicken legs

DIRECTIONS

In a small bowl, combine olive oil and rub to make a paste, then rub all over chicken legs. Let sit 20 minutes.

Heat grill to medium-low or oven to 450 F. Grill chicken, covered, turning occasionally, until cooked through, 30 to 35 minutes, or roast on rimmed baking sheet until cooked through, 20 to 25 minutes.

Chesapeake-Style Rub

16 bay leaves, finely crushed (2 tsp.)
1 Tbsp. paprika
2 tsp. celery seed
1 tsp. ground ginger
1/2 tsp. dry mustard
1/8 tsp. ground nutmeg

YIELD

4 to 6 servings

Salad

Crispy Apple and Kohlrabi Salad

INGREDIENTS

2 small kohlrabi, cut into matchsticks about ¼-inch wide
1 large apple, cored and cut into matchsticks about ¼-inch wide
½ cup grated gouda cheese (optional)
¼ cup fresh tarragon leaves
3 Tbsp. toasted sunflower seeds
Lemon zest, to taste
1 to 2 Tbsp. extra-virgin olive oil, to taste
1 to 2 Tbsp. lemon juice, to taste
Salt and freshly ground black pepper, to taste

DIRECTIONS

In a large serving bowl, combine the kohlrabi and apple matchsticks. Add the cheese, if using, and the tarragon leaves and sunflower seeds. Shave lemon zest liberally over the bowl.

Drizzle in 1 tablespoon olive oil and 1 tablespoon lemon juice, then sprinkle lightly with salt and black pepper. Use your hands to gently toss the salad, then add another drizzle of olive oil and lemon juice if the salad seems dry. Finish with another light sprinkle of salt and pepper and serve immediately.

HOW TO TOAST YOUR OWN SUNFLOWER SEEDS: If you only have raw, unsalted sunflower seeds at home, toast them in a small skillet over medium heat with a pinch of salt. Cook, stirring frequently, until they're turning lightly golden on the edges, about 5 minutes.

STORAGE SUGGESTIONS: This salad keeps well for a day or two, provided that you use enough lemon juice to prevent oxidation.

YIELD

4 servings

Salad

Mini Romaine and Savory Granola Salad

INGREDIENTS

2 heads mini romaine lettuce, ends removed and sliced
2 cucumbers, thinly sliced
3 radishes, thinly sliced
1 shallot, thinly sliced
Savory granola, for serving (see below)

For the shallot vinaigrette:

1 small shallot, finely chopped
1 Tbsp. Dijon mustard
1/4 cup extra-virgin olive oil
Juice of 1 lemon (about 3 Tbsp.)
Salt and black pepper
1 Tbsp. rice vinegar

For the savory granola:

1 1/2 cups rolled oats
1/2 cup pumpkin seeds
1/2 cup sliced almonds
1/2 cup puffed quinoa
2 Tbsp. sesame seeds
2 egg whites
1/3 cup extra-virgin olive oil
1 Tbsp garlic powder
1 tsp. salt
1 tsp. dried oregano
1/4 tsp. black pepper

DIRECTIONS

Combine lettuce, cucumbers, radishes, and sliced shallot in a large bowl.

To make vinaigrette: In a small bowl, whisk together chopped shallot, mustard, oil, lemon juice, 1/4 teaspoon salt, 1/4 black pepper, and rice vinegar until combined.

To make savory granola: Preheat oven to 350 F. Line a baking sheet with parchment paper. Combine oats, pumpkin seeds, sliced almonds, puffed quinoa, and sesame seeds in a large bowl. In a small bowl, whisk together egg whites, olive oil, garlic powder, salt, oregano, and pepper. Pour wet ingredients into dry ingredients and mix until dry ingredients are completely coated. Spread mixture on baking sheet and flatten with a spatula. Bake for 30 minutes. Stir granola around with spatula and bake for an additional 15 minutes, until granola is golden brown and toasted. Let granola cool completely before storing in an airtight container at room temperature. It should stay good for about 3 weeks.

Pour dressing over salad and toss to combine. Top with savory granola.

YIELD

4 to 6 servings