



# Farm Fresh Recipes by the Season

UNM Lobo Gardens  
Fall, 2018

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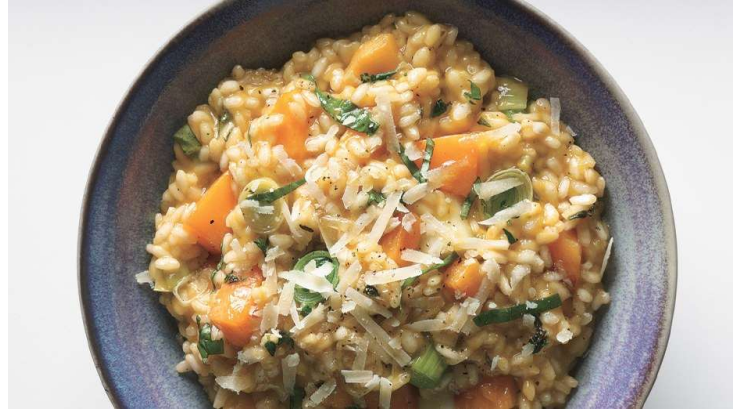
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# Risotto with Winter Squash & Leeks



This tasty risotto is delicious with any variety of winter squash.

## Ingredients

- 3 tablespoons olive oil, divided
- 4 cups 1/2-inch cubes peeled butternut squash (or other winter squash)
- 3 cups 1/2-inch-wide slices leeks (white and pale green parts only)
- 1 tablespoon chopped fresh thyme
- 2 cups arborio rice
- 4 14-ounce cans (or more) vegetable broth
- 1 cup chopped fresh basil
- 3/4 cup freshly grated Parmesan cheese plus additional (for serving)

## Directions

Heat 2 tablespoons oil in heavy large pot over medium-high heat. Add squash and sauté until beginning to soften and brown around edges, about 5 minutes. Transfer squash to medium bowl. Reduce heat to medium; add remaining 1 tablespoon oil, leeks, and thyme to same pot and stir until tender but not brown, about 5 minutes. Add rice and stir 1 minute. Add 1 cup broth and simmer until absorbed, stirring frequently, 3 to 4 minutes. Add remaining broth by 1/2 cupfuls, allowing each addition to be absorbed before adding next, stirring often, about 15 minutes. Return squash to pot. Continue to cook until rice is just tender but still very creamy, stirring gently and often, about 10 minutes longer (about 25 minutes total cooking time). Remove from heat. Stir in basil and 3/4 cup freshly grated Parmesan cheese. Season to taste with salt and pepper. Transfer to large bowl and serve with additional Parmesan cheese.

# Corn & Winter Squash Chowder



A hearty fall soup with sweet corn.

## Ingredients

- 2 tablespoons vegetable oil
- 1 1/2 pounds winter squash (such as butternut or buttercup), peeled, seeded, and cut into 1-inch chunks (about 5 cups)
- 1 medium onion, chopped
- 1 1/4 cups fresh corn
- 1 1/2 teaspoons curry powder
- Coarse salt and ground pepper
- 2 cans (14.5 ounces each) vegetable broth
- 1/2 cup heavy cream

## Directions

In a large heavy pot, heat oil over medium-high; add squash and onion. Cook until onion is soft, about 6 minutes. Add corn and curry powder; cook until curry is fragrant, about 2 minutes. Season with salt and pepper. Add broth and simmer until squash is tender, about 25 minutes. In a blender, blend half the soup until smooth. Return to pot and stir in cream; heat through over medium-low (do not boil).



# Potato Beet Latkes



## Ingredients

- 3 cups peeled, shredded potatoes
- 2 cups shredded beets
- ½ cup all-purpose flour
- 1 teaspoon salt
- ½ teaspoon baking powder
- 3 eggs
- 2 tablespoons olive oil

## Directions

1. Place potatoes and beets in a bowl. Squeeze out excess water with a cheese cloth or kitchen towel.
2. In another bowl, combine flour, salt and baking powder. Whisk eggs in a separate bowl and add to bowl with flour.
3. Add beet and potato mixture to bowl. Stir all ingredients well.
4. Heat olive oil in a large skillet over medium-high heat. Drop mixture into the pan using a spoon or ice cream scoop — the mixture will be very wet. Form latkes into rounder shapes once in the pan, using the sides of the spoon or scoop. Cook latkes until brown, about 3 to 4 minutes each side.
5. To warm latkes after cooking, place in oven on 350°F for 10 minutes.

# Quinoa, Beet and Arugula Salad



## Ingredients

- ½ pound beets, peeled and sliced
- 1 cup red quinoa
- 2 cups water
- ½ cup olive oil
- ½ cup red wine vinegar
- 1 ½ teaspoons white sugar
- 1 clove garlic, crushed
- 1 teaspoon salt
- ¼ teaspoon ground black pepper
- 2 green onions
- 3 ounces arugula, chopped
- 5 ounces goat cheese (or feta), crumbled

## Directions

Place a steamer insert into a saucepan, and fill with water to just below the bottom of the steamer. Cover pan and bring the water to a boil. Add beets, cover pan, and steam until just tender, 7 to 10 minutes. Set aside.

Bring quinoa and 2 cups water a saucepan over high heat. Reduce the heat to medium-low, cover, and simmer until the quinoa is tender and the liquid has been absorbed, about 15 minutes. While the quinoa is cooking, whisk olive oil, red wine vinegar, sugar, garlic, salt, and black pepper together in a large bowl.

Remove quinoa from heat, then immediately add half of the vinegar dressing while fluffing the quinoa with a fork; reserve remaining dressing. Cover and refrigerate quinoa until cool, at least 1 hour.

Stir green onions, arugula, goat cheese, beets, and remaining dressing into cooled quinoa mixture. Toss lightly before serving.

# Roasted Lemon Pepper Asparagus



## Ingredients

- 2 tablespoons olive oil
- 1 tablespoon lemon juice
- 1 tablespoon dried thyme
- Dash freshly ground pepper
- 2 heaping teaspoons minced garlic
- 2 pounds trimmed asparagus

## Directions

Preheat oven to 425°F. In a small bowl, combine oil with lemon juice, thyme, pepper and garlic. Place asparagus in baking dish and toss with herb mixture. Bake for 10 to 15 minutes, until tender.



# 5-Minute “Quick Steamed” Collard Greens

## Ingredients

- 1 pound collard greens, chopped

### Mediterranean Dressing

- 1 tsp lemon juice
- 1 medium clove garlic, pressed or finely chopped
- 1 tbsp extra virgin olive oil
- Sea salt and black pepper to taste
- 1 ½ tbsp sunflower seeds

### Optional

- ½ red onion, sliced (add to steamer with collard greens)
- 6 kalamata olives
- 3 tbsp pumpkin seeds
- 5 drops soy sauce
- Dash of cayenne pepper

## Directions

Fill bottom of steamer with 2 inches of water. While steam is building up, cut off thick stem ends and slice Collard Greens leaves into 1/8- inch slices (thick stems can be saved for soup). Let them sit for 5-10 minutes before steaming. Chop or press garlic and slice onions and let sit for at least 5 minutes. When water has come to a full boil add onions to the bottom of the steamer basket and place Collard Greens on top. Cover with a tight-fitting lid and steam for 5 minutes for al dente Collard Greens. Transfer to a bowl and toss Collard Greens with the remaining ingredients while they are still hot. (Mediterranean Dressing does not need to be made separately.)



# Pasta with Corn and Cherry Tomatoes

Simple summer pasta dish with corn and cherry tomatoes.



## Ingredients

- Extra-virgin olive oil
- 3 cloves garlic, smashed
- Pinch crushed red pepper
- 1 pint cherry tomatoes, cut in half
- 1 1/2 cups chicken or vegetable stock
- Kosher salt
- 2 ears corn, kernels cut off the cob
- 1/2 pound fresh pasta (such as tagliatelle)
- 1/2 cup grated parmesan
- 6 basil leaves, sliced thinly

## Directions

Bring a large pot of well-salted water to a boil. Coat a large saute pan with olive oil and add the garlic and the crushed red pepper. Bring the pan to a medium-high heat. When the garlic has turned a golden brown, remove it and discard. Add the grape tomatoes, half the stock, and season with salt. Simmer the pan until the tomatoes have wilted and let off their juices. Add the corn and the remaining stock and simmer until the corn is cooked through.

While the corn is cooking add the pasta to the pot of salty boiling water. Cook the pasta until the water comes back to a rolling boil plus 1 minute. Remove the pasta from the water and add it to the pan with the tomatoes and corn. Add about a half a cup of the pasta cooking water and cook until the water has evaporated and the sauce clings to the pasta. Remove the pan from the heat. Toss in the cheese, basil and a big drizzle of olive oil. Stir or toss the pasta vigorously.

# Cheesecake-Filled Strawberries



## Ingredients

- 1 cup part-skim ricotta cheese
- 1 cup low-fat cottage cheese
- 2 egg whites
- 1/3 cup sugar
- 1 teaspoon lemon zest, plus additional for garnish (optional)
- 1 teaspoon lemon juice
- 1 teaspoon vanilla extract
- 1/4 teaspoon kosher salt or coarse sea salt
- 1 tablespoon cornstarch
- 40 strawberries

## Directions

Preheat oven to 300°F. In a food processor, blend ricotta cheese and cottage cheese until smooth. Add the egg whites, sugar, lemon zest, lemon juice, vanilla, salt and cornstarch. Pulse for a few seconds so everything comes together. Liberally coat a 9-inch round pan with nonstick oil spray and pour the cheese mixture into the pan. Bake for 50 minutes. Remove cheesecake from the oven and let it cool. To cool more quickly, place the cheesecake in the freezer for about 15 minutes. While the cheesecake is cooling, wash the strawberries and slice off the tips to create a flat surface for the berries to stand on. Then, using a small knife, cut off the green stem and carve out a bit of the inner strawberry to make room to pipe in the cheesecake filling. When the cheesecake has cooled, scoop it into a zip-top bag (all at once or in small batches), and push the cheesecake down toward one corner. Using a pair of scissors, cut a small hole in the bottom corner of the bag to create an opening for the cheesecake mixture to flow out. Squeeze the cheesecake filling into each strawberry, using approximately 2 to 3 teaspoons per berry. Garnish with the additional lemon zest, if desired. Serves 10 (4 strawberries per serving).

# Swiss Chard & Summer Squash Frittata

Sauteed veggies mixed in with baked eggs.  
Can't go wrong here.



## Ingredients

- 1 lb. Swiss chard
- 1 summer squash, sliced thin
- 4 garlic cloves, minced
- 1 cup chopped onions
- 2 tsp. Olive oil
- 5 eggs
- 3 Tbs. chopped fresh basil (optional)
- 1/4 tsp. Salt
- 1/2 tsp. Ground black pepper
- grated Parmesan cheese (optional)

## Directions

Wash the Swiss chard, remove and discard the large stems, and finely chop the leaves.

In a 10 inch cast iron skillet, saute the garlic, summer squash and onions in 1 teaspoon of the oil for 3 minutes on medium heat. Add the Swiss chard, stir, cover, lower the heat, and cook for a bout 10 minutes.

Remove the skillet from the heat and drain the juice.

In a large bowl, beat the eggs, basil, salt, and pepper until blended. Stir in the sauteed Swiss chard. Coat the bottom of the skillet with the remaining tsp. of oil and return it to medium heat. When the skillet is hot, pour in the Swiss chard-egg mixture. Cook for 5 to 8 minutes, until the edges are firm and the bottom is golden and beginning to brown. Place in a preheated 400 degree oven and cook for about 5 minutes, until the eggs are fully cooked.

Serve immediately or at room temperature, topped with grated Parmesan if you wish.

# Baked Apples Stuffed with Oatmeal



## Ingredients

- 1 cup old-fashioned oatmeal
- ½ teaspoon cinnamon
- 1 tablespoon dried cranberries
- 1 tablespoon honey
- 2 medium apples (Fuji or Honeycrisp)
- 1 cup hot water
- 4 teaspoons butter

## Directions

1. Preheat oven to 350°F.
2. In a small bowl, combine oatmeal, cinnamon, dried cranberries and honey.
3. Slice each apple in half with a paring knife and remove stems. Using a spoon or melon baller, scoop out seeds and create a rounded hole in each apple half's center.
4. Stuff each apple with 1 to 1½ tablespoons oatmeal mixture. Arrange apple halves in a 8-by-8 baking dish and pour 1 cup of hot water into the bottom of the dish. Top each apple half with 1 teaspoon butter, then loosely wrap dish with foil.
5. Bake for 20 minutes and remove foil. Bake another 5 to 10 minutes, until apples turn soft and oatmeal is fully cooked.
6. Remove from oven and serve warm.



# Burger Stuffed Green Chiles



## Ingredients

- ½ pound local ground beef
- 4-6 New Mexico-grown green chiles
- ½ medium chopped white onion
- Monterey Jack, queso blanco, or any favorite cheese, sliced
- Fresh tomato, sliced
- ½ tsp cumin
- ½ tsp paprika
- ½ tsp garlic powder
- ½ tsp chile powder
- 1 tsp lime juice
- Salt and pepper to taste

## Directions

1. Heat a skillet over medium heat and add a tablespoon of oil. At this point also either light a grill to medium heat, or the oven to 375F.
2. Wash and dry the whole chiles, onion, and tomatoes.
3. Carve your chiles into “boats”, making a cavity that is large enough to stuff, with closed ends to hold the stuffing in (*see photo above*). Discard the seeds and membrane, but save the pieces of chile flesh that you just cut out.
4. Chop the saved chile flesh and the onion. Add them to the heated oil in the skillet along with all of the spices (but not the lime juice). Cook for a few minutes over medium heat, stirring occasionally, until the onion starts to wilt.
5. Add your ground beef to the skillet and break into small pieces. Cook through, stirring well to distribute the onion, chopped chile, and spices.
6. Remove the ground beef mixture from the heat, and stir in the lime juice. Let sit until cool (you can make this ahead of time and store in your refrigerator until ready to assemble).
7. Stuff the chiles with the cooled beef mixture. Use your hands to make sure the filling reaches the ends of the chiles.
8. To cook the stuffed chiles, you can either grill them on a pre-heated grill that has been sprayed with nonstick oil, or bake them. To grill them, place the chiles directly on the grill and cook for about 20 minutes, until charred and a fork can pierce the chiles. To bake them, place the stuffed chiles in a lightly oiled casserole dish and bake for 20 to 25 minutes until soft.

9. After the chiles are cooked, cover with slices of cheese and cook a few minutes more, until the cheese is melted.
10. Serve your burger stuffed green chiles with a side of tomatoes and your favorite burger toppings.

# Sweet Potato & Pumpkin Casserole

## Ingredients

### Casserole

- 4 lbs sweet potatoes, scrubbed and cut into 2- to 3- inch pieces
- 1 can (15 ounces) Libby's 100% Pure Pumpkin
- ¼ cup packed brown sugar
- 3 tablespoons butter, softened
- 1 teaspoon kosher salt
- 1 teaspoon freshly ground black pepper
- 2 large eggs

### Topping

- 1/3 cup packed brown sugar
- 3 tablespoons all-purpose flour
- 1 tablespoon butter, melted
- Pinch of salt
- ½ cup chopped pecans

## Directions

1. Preheat oven to 350°F.

2. For casserole: place potatoes on microwave-safe plate. Microwave on HIGH (100%) power for 15 minutes or until potatoes are tender. Cool slightly; place in large bowl. Add pumpkin, sugar, butter, salt and pepper. With potato masher, smash until lumpy (cut any large pieces of skin into smaller pieces). Add eggs; smash until incorporated. Spoon into 13 x 9-inch or 3-quart baking dish.

3. combine sugar, flour, butter and salt in small bowl; stir until combined. Sprinkle evenly over casserole; top evenly with nuts. Bake for 25 minutes or until golden and heated through. Remove from oven. broiler. Broil casserole for 1 minute or until bubbly and nuts are toasted. Cool for 5 minutes before serving.

