

FIELD *notes*

UCSC Farm
Community Supported Agriculture
Twelfth Harvest: 8/18/15 & 8/21/15

Chicken Avocado Lime Soup

- 1-1/2 lbs boneless skinless chicken breasts
- 1 T olive oil
- 1 C chopped green onions (including whites, mince whites)
- 2 jalapeños, seeded and minced (leave seeds if spicy is desired)
- 2 cloves garlic, minced
- 4 (14.5 oz) low-sodium chicken broth
- 2 tomatoes, seeded and diced
- 1/2 tsp. ground cumin
- Salt and freshly ground black pepper
- 1/3 C chopped cilantro
- 3 T fresh lime juice
- 3 medium avocados, peeled, cored and diced
- Tortilla chips, Monterey jack cheese, sour cream (optional)

In large pot heat 1 T olive oil over medium heat. Once hot, add green onions and jalapeños and sauté until tender, about 2 minutes, adding garlic during last 30 seconds of sautéing. Add chicken broth, tomatoes, cumin, season with salt and pepper to taste and add chicken breasts. Bring to boil over medium-high heat, then reduce heat to medium, cover and allow to cook, stirring occasionally, until chicken has cooked through 10-15 minutes (cook time varies based on thickness of chicken breasts). Reduce to warm heat, remove chicken from pan and let rest on cutting board 5 minutes. Shred chicken and return to soup. Stir in cilantro and lime juice. Add avocados just before serving (if you don't plan on serving the soup right away, add avocados to each bowl individually, about 1/2 an avocado per serving). Serve with tortilla chips, cheese and sour cream if desired.

www.cookingclassy.com

FIELD *notes*

UCSC Farm
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Fourth Harvest: 6/23/15 & 6/26/15

Cilantro Pesto

1/2 C Blue Diamond Sriracha Flavored Almonds
3/4 C roughly chopped cilantro, tightly packed
1-1/2 C roughly chopped Bok Choy leaves, lightly packed
1 tsp fresh lime zest
1 tsp fresh lime juice
1 tsp fresh garlic, minced
1 tsp fresh ginger, minced
1-1/2 tsp rice vinegar
1 T plus 1-2 tsp reduced-sodium soy sauce
Pinch of pepper
2 T olive oil

Place almonds in a small food processor and process until broken down into small pieces. Add cilantro and Bok Choy and process until broken down and combined with the almonds, scraping down as necessary to make sure almonds mix into the greens.

Add in the lime zest, lime juice, garlic, ginger, rice vinegar, soy sauce and pepper and continue processing until creamy and combined.

With the food processor running, stream in the olive oil and process until mixture runs through the processor smoothly, and is creamy.

www.foodfaithfitness.com via foodgawker.com

FIELD *notes*

UCSC Farm
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Nineteenth Harvest: 10/11/11 & 10/14/11

Cilantro Pesto

- 1 (16 ounce) package farfalle pasta
- 1 bunch fresh cilantro
- 5 cloves garlic, minced
- 1 tablespoon white wine vinegar
- 1/4 cup grated Parmesan cheese
- 1/2 teaspoon cayenne pepper
- 1/2 cup walnuts or pecans
- Salt to taste
- 1/2 cup olive oil

Bring a large pot of salted water to a boil. Add the pasta, and return water to a boil. Cook pasta for 8 to 10 minutes, or until al dente; drain well.

In an electric food processor or blender, blend cilantro, garlic, vinegar, Parmesan cheese, cayenne pepper, nuts, and salt. Add 1/4 cup of the olive oil, and blend the pesto. Add more olive oil until the pesto reaches desired consistency.

Pour pesto in a small saucepan and warm over low heat, stirring constantly, until pesto begins to simmer. Pour over cooked pasta and toss.

Lindsey's at the Summit / Jeffrey Heicksen

FIELD *notes*

UCSC Farm
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Third Harvest: 6/19/12 & 6/22/12

Cilantro Chutney

- 2 bunches fresh cilantro, leaves picked from stems
- 2 tablespoons minced fresh ginger root
- 1 teaspoon cumin seeds
- 2 green chile peppers
- 2 tablespoons lemon juice
- 2 tablespoons tomato sauce
- 1 tablespoon water, or as needed

Blend the cilantro, ginger, cumin, green chile peppers, lemon juice, and tomato sauce in a food processor or blender until finely ground. Stir water into the mixture to give a sauce-like consistency as desired.

Source: Allrecipes.com

FIELD *notes*

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Thirteenth Harvest: 8/28/12 & 8/31/12

Salsa Cruda *Makes about 4 cups*

- 6-8 medium-sized vine-ripe tomatoes (2 pounds)
- 1/2 medium yellow onion (sweet varieties are best)
- 2-3 fresh jalapeño chiles
- 1/2 cup chopped cilantro
- salt to taste

Cut the tomatoes into small dice, using a sharp, serrated knife. Don't use the food processor for this, as it will turn the tomatoes into soup. If the tomatoes are very, very juicy, you could drain them a few minutes in a colander.

Finely chop the onion. Cut the jalapeños in half lengthwise, remove the ribs and seeds, and chop them finely. Remove the cilantro leaves from their stems and chop them roughly.

Toss all ingredients together in a bowl, add salt to taste, and lemon, if desired.

Source: The New Vegetarian Epicure by Anna Thomas