

OLYMPIA FOOD CO-OP'S
PRODUCE NEWSLETTER

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What's For Dinner?

This month I thought I'd share something I often do in my head while I'm working in the produce department; essentially, I try to challenge myself to imagine all the different dishes I could make incorporating the same produce items. So here **I present to you 3 ways to use the same 3 produce items. When you're wondering "What's For Dinner?", let your imagination inspire your belly and taste buds...3 easy recipes follow, hope you enjoy them all!**-Erin, OFC Produce Manager



Leeks- These have been coming from Washington and have been so gorgeous and tender. Don't forget to slice them vertically down the middle and then rinse well to get all the dirt out!

Red Peppers- These have been a great price and have been crispy, juicy, and, sweet. For easy seed removal, slice down the middle and then pull out the seeds clusters from the top of each half.



Local Greens-- Look for kale, spinach, collard greens, arugula, and bok choy. Remember that very soft greens should be added in the last few minutes of cooking to retain color and texture.

Recipe #1

Erin's Easy Frittata



olive oil

1 leek, chopped

2 cloves garlic, minced

1 yellow potato, chopped into small dice

1 red bell pepper, chopped

1/2 bunch of greens, chopped into ribbons

1/2 tsp salt

1 tsp cumin

1/2 cup grated or crumbled cheese

8 eggs, whisked

Heat oven to 400F. Sauté leeks and garlic in a bit of olive oil in a cast iron skillet (or other pan that is stove top **and** oven safe). When they have softened, add potatoes, cumin, and salt. Stir well and cook until potatoes are almost soft, stirring occasionally. You will probably need to add a little water periodically to help the potatoes get soft and to keep them from sticking. Once the potatoes are nearly soft, add the red peppers. Stir and continue cooking, Once the red peppers are soft, add the greens. Stir and continue cooking until greens are wilted and soft. Sprinkle the cheese on top of the vegetable sauté. Pour the whisked eggs over the top, and tilt the skillet as needed to make sure everything is covered. Allow to cook on the stovetop for a few minutes. Place frittata in heated oven and cook for 8-12 minutes. Remember that a cast iron pan gets really hot, so the frittata will continue cooking a little even after you remove it from the oven. You want the top of the frittata to be set but not over-cooked). When the frittata is done, remove from oven and allow to cool for about 10minutes. Cut into slices and serve with a green salad.

Recipe #2

Smoky Greens and Beans

adapted from Bon Appétit, November 2009

- 2 tablespoons olive oil
- 2 leeks, chopped
- 2 garlic cloves, chopped
- 1 red pepper, chopped into small pieces
- 1 14 1/2-ounce can diced tomatoes in juice
- 1 1/2 teaspoons smoked paprika (see note)
- 1 14 1/2-ounce can vegetable broth
- 8 cups coarsely chopped assorted greens (such as kale, collard greens, or spinach)
- 1 15-ounce can cannellini (white kidney beans), drained
- Grated Manchego or Parmesan cheese (optional)

Heat oil in heavy large pot over medium high heat. Add leeks and sauté until soft and beginning to brown, about 5 minutes. Add garlic; stir 1 minute. Add tomatoes with juice and paprika; stir 1 minute. Add broth and greens (if using any very soft greens-like arugula or spinach,-wait until the end to add) ; bring to boil, stirring often. Reduce heat to medium-low, cover, and simmer until greens are wilted and tender, stirring occasionally, about 15 minutes (if using soft greens, add greens after the dish has already cooked for 10 minutes). Stir in beans and simmer 1 minute to heat through. Divide among bowls; sprinkle with cheese, if desired.



Recipe #3

Greens and Rice Casserole

- 3 1/2 cups cooked brown rice
- 1 Tbsp olive oil
- 1 large leek, chopped
- 3 cloves garlic, finely chopped
- 1 large red pepper, chopped
- 1 large bunch chopped greens
- 1 tsp salt
- 1/2 tsp nutmeg
- 1 tsp prepared mustard
- 1/2 cup chopped walnuts
- 2 eggs, lightly beaten
- 1 cup milk
- 1 cup grated cheese (I used sharp cheddar)
- 1 can chickpeas, drained and rinsed

Preheat the oven to 350 F and oil a 13 x 9 pan.

Heat the olive oil in a large skillet. Add the leek and garlic and cook, stirring occasionally, until softened. Add the red pepper, and cook until almost soft. Add greens and salt and cook until the greens are wilted and tender.

Transfer to a large bowl and stir in the rice, chickpeas, nutmeg, mustard, half the walnuts, eggs, milk, and half the cheese. Mix well, then pour into casserole dish.

Top with remaining cheese and walnuts. Bake for about 35 minutes, until beginning to brown on top. Serve with a green salad.

