



## A Place on Earth CSA Notes 102820

**In your share this week:** Watermelon Radish; Kohlrabi or Cabbage; Broccoli; Carrots; Bok Choy; Turnips; Sweet Potatoes; Delicata Squash; Potatoes; Peppers; Eggplant; Garlic; Onions; Tomatoes; Chard; Dill

**Chicken & Dumplings** is one of my family's favorite dishes when we all get together. It takes some time, and takes a huge roasting pan to cook enough dumplings for the 20 children/spouses/grandchildren of the Fitzgerald clan. I found a quick and easy version that uses store-bought gnocchi instead of dumplings, and it is a real winner. In addition to leftover chicken (or turkey), it can take in many different vegetables to make the incredibly rich broth: carrots, celery, turnips, parsnips, rutabagas, chopped greens, onions, etc. You can use fresh or shelf staple gnocchi, and it simply goes into the broth at the last few minutes, making it so easy. The dish that used to take 2+ hours now takes about 45 minutes or less. And the leftovers are delicious! The recipe is adapted from one by Alexa Weibel, New York Times. It's OK to substitute a vegetarian option for the chicken but try to use real butter.

### Easy Chicken & Gnocchi Dumplings

3 tablespoons unsalted butter  
2 med. carrots or 8 ounces butternut squash, peeled & chopped into 1/2-inch pieces (about 1 cup)  
1 leek, trimmed, white and pale green part halved lengthwise & chopped (or 1 chopped onion)  
2 medium celery stalks, peeled and sliced 1/2-inch thick (about 2/3 cup)  
3 garlic cloves, finely chopped  
1 tablespoon finely chopped fresh rosemary  
2 teaspoons fresh thyme leaves  
1 teaspoon poultry seasoning (optional)  
Kosher salt and black pepper  
3 tablespoons all-purpose flour  
5 cups chicken stock (made from Minor's stock base is excellent)  
1 cup heavy cream or half and half  
1 (16-ounce) package fresh or shelf-stable store-bought gnocchi  
2 cups shredded or diced cooked chicken  
Fresh tarragon, parsley, or dill, for garnish

In a large pot, melt the butter over medium heat. Add the carrots, leek, celery, garlic, rosemary, thyme, and poultry seasoning, if using. Season generously with salt and pepper, and cook, stirring occasionally, until vegetables are slightly softened, about 5 minutes.

Sprinkle with the flour, then cook, stirring, 2 minutes. (This cooks the flour to soften its raw flavor.) Gradually stir in the stock and cream and bring to a boil over high heat.

Once the mixture boils, stir in the gnocchi, reduce the heat to medium and cook until gnocchi and vegetables are tender, about 5 minutes. Stir in the chicken in the last couple of minutes. Season to taste with salt and pepper. Divide among bowls and top with fresh tarragon and more black pepper, if desired.

**Watermelon Radish:** If you have not tried this radish, you may first think it's just a large turnip. When you cut it up, you see a center as bright pink as the inside of a watermelon. To use, peel with a potato peeler and slice into your salads. Note that the greens may be stripped from the large stems and cooked with the turnip greens.

**More About Main Dish Salads** I discussed last week: most people think that you need more protein than you need for a healthy life, so they never think of a salad as a complete meal. With the hardy greens we have received recently, including the tender chard, cabbage and bok choy leaves that will keep crisp for a couple of days in a lightly dressed salad, it is quite easy to add a little protein to the salad to make it a main dish salad. The DRI (Dietary Reference Intake) of protein is 0.36 grams of protein per pound (0.8 grams per kg) of body weight. This amounts to:

56 grams per day for the average sedentary man  
46 grams per day for the average sedentary woman

And remember that you have 3 meals + snacks to make up the total protein grams/day. If you want to make your salad a main dish, consider adding some of these foods to make a main dish salad:

¼ cup peanuts = 7 g. protein  
¼ cup cooked chickpeas = 10 g. protein  
¼ cup cottage cheese = 4.5 g. protein  
1 egg = 6 g. protein  
1-ounce Swiss cheese = 8 g. protein  
3 oz. tuna = 24 g. protein

You get the idea: at 12-15 grams of protein per meal, there are lots of ways to build a main dish salad!

Since chickpeas are such a good way to get protein for your salads, you may want to consider having on hand these marinated chickpeas, which you can make from canned or cooked chickpeas. I often keep these made up in the fridge to add to salads:

### **Marinated Chickpeas**

3 to 4 cups cooked chickpeas (from about 10 ounces dried chickpeas, cooked and drained, or two 15-ounce cans chickpeas, drained), see Note  
½ cup extra-virgin olive oil  
6 tablespoons sherry vinegar or white wine vinegar  
1 small shallot, finely minced  
1 medium garlic clove, finely minced or pressed through a garlic press

Kosher salt and freshly ground pepper

Combine all ingredients in a medium bowl; season to taste with salt and pepper. Allow chickpeas to marinate in the refrigerator for at least a few hours, or up to 1 week. Flavor will improve with time.

**Tip**

*Dried chickpeas will absorb marinade flavors better than canned, though both will work. To cook chickpeas from dry, soak dry chickpeas in lightly salted water overnight at room temperature (leave enough room to allow them to double in volume). The next day, drain the chickpeas and simmer them in a large pot of lightly salted water with a bay leaf and a few black peppercorns until tender, about 30 minutes. Drain them then dress them while they're still warm.*

**Roasted Vegetables:** Denise Amos sent me one of her favorite recipes, and it offers a use for roasted vegetables in a salad, not a side. Sounds good! If you don't have Herbes de Provence, substitute oregano, thyme, or a mixture.

**Roasted Vegetable Salad**

1 onion, cut into wedges  
2 carrots  
2 parsnips or rutabagas  
2 beets, peeled  
2 turnips, peeled  
2 tablespoons extra virgin olive oil  
¼ teaspoon Herbes de Provence  
¾ teaspoon salt  
½ teaspoon freshly ground black pepper

8 ounces baby arugula  
1 ripe pear, halved, cored, cut into thin wedges  
4 ounces goat cheese  
½ cup chopped walnuts, toasted

Preheat oven to about 350 degrees. Cut vegetables into ¼" or larger pieces. In a large bowl, combine onions, carrots and parsnips, beets, and turnips. Add the oil, Herbes de Provence, salt and pepper; toss to coat evenly. Scatter the vegetables on a large nonstick rimmed baking sheet and roast for about 20 minutes. Turn the vegetables over and roast until they are fork tender and beginning to brown, about 15 minutes longer. Set the vegetables aside to cool.

In a salad bowl, combine the arugula, pear slices and toss well. Add the Apple Cider vinaigrette and cooled vegetables. Serves 4.

**Apple Cider Vinaigrette** (combine all ingredients and shake before adding to salad.)

3 tablespoons apple cider vinegar  
1 tablespoons honey  
¼ teaspoon salt and freshly ground black pepper

1/3 cup extra virgin olive oil

**Sweet Potatoes:** I mentioned last week that sweet potato season is one of my culinary favorites, but my sister Doey Kirk claims that she hates them, but buys sweet potatoes for doggie treats. This is how she makes them: Using long thin sweets instead of fat ones (that fit in a mandolin,) scrub and cut with a mandolin (or hand cut, ¼” or less in thickness). Place on a cookie sheet with parchment and bake at 200 degrees for about 2 hours. Turn them over and bake for another 1-2 hours. Check periodically so they don’t overcook. Turn off oven and leave in oven overnight. She says that dogs visit her house just for these treats.

**Butternut Squash:** This is one of those wonderful winter squashes that seem to last for eons in the pantry, especially if it is somewhat cooler. Of course, it is delicious split in half, seeds removed, and roasted on a baking sheet at 400 degrees. But butternut and other winter squash may be used in main dishes, soups, casseroles, and desserts. I have shared this recipe another year, but it is so good that I hope you will try; it’s combines chicken with the unlikely combination of butternut squash. You probably think of butternut as a sweet squash, but it becomes savory when combined with savory ingredients. It is topped with French toast and baked for a rich, savory main dish pie that is high in nutrients, but low in fat, and *not* sweet!

**Chicken Butternut Pie with French Toast Crust:**

2 cups cooked, diced chicken  
2 tablespoons butter  
1 chopped onion  
1 medium butternut squash, peeled and seeded  
2 cups chicken broth  
2 tablespoons flour  
Salt and pepper to taste  
1/2 teaspoon, each, dried basil, and thyme  
½ cup milk  
6 slices thick French bread  
2 eggs, beaten

Grease a 2-quart casserole dish. Peel butternut squash and remove seeds. Cut into ½” cubes. Cook the squash in a little water until almost tender. Set aside. Sauté onion in butter until golden. Add flour, stirring for 5 minutes. Stir in chicken broth and stir until slightly thick. Add butternut squash, chicken, salt, pepper, and herbs, mixing well. Simmer for 5 minutes; pour into casserole dish.

Mix ½ cup milk with the eggs; dip and lightly soak bread into egg mixture. Place bread over the top of the casserole and bake in a preheated oven at 425 degrees for 20 minutes, or until nicely browned. Serves 6.

Do you have a recipe you think others would like to try? Please send them to me and I’ll share with others.

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