

J&T Todosciuk Farms & Greenhouses, LLC

Howell MI

June 15, 2014 Newsletter

This week's recipes contain:

Rhubarb, Red Leaf Lettuce, Green Romaine Lettuce, Onions, Mixed Baby Mustard Greens, Mixed Baby Turnip Greens, Kale, Mixed Baby Kale, Mixed Baby Mizuna, Lemon Basil and Dill

Baby Greens with Pears, Nuts and Parmesan

www.weightwatchers.com

Points Plus - 5

- 1/2 cup(s) canned cranberry sauce, whole-berry or jellied
- 2 Tbsp red wine vinegar
- 2 Tbsp water
- 1 Tbsp olive oil
- 1 tsp Dijon mustard
- 1/8 tsp table salt, or to taste
- 1/8 tsp black pepper, freshly ground, or to taste
- 8 cup(s) fresh mixed baby greens
- 3 medium pear(s), ripe but firm, cored and thinly sliced
- 2 oz honey roasted almond(s), walnuts or pecans (about 6 Tbsp)
- 6 Tbsp (grated) parmesan cheese, shaved (use a microplane or vegetable peeler to get paper-thin shavings)

In a medium bowl, whisk together cranberry sauce, vinegar, water, oil and mustard; season to taste with salt and pepper.

Place greens in a large serving bowl. Add dressing, pears and nuts; toss to mix and coat. Scatter shaved Parmesan on top.

Note: Thinly sliced apples make a great substitute for the pears.

Rhubarb Custard Bars

Cooking Light - May 2002

Crust:

- 1 1/2 cups all-purpose flour
- 1/2 cup sugar
- 1/8 teaspoon salt
- 9 tablespoons chilled butter, cut into small pieces
- Cooking spray

Filling:

- 1/3 cup all-purpose flour
- 1 1/2 cups sugar

- 1 1/2 cups 1% low-fat milk
- 3 large eggs
- 5 cups (1/2-inch) sliced fresh

Topping:

- 1/2 cup sugar
- 1/2 cup (4 ounces) block-style fat-free cream cheese
- 1/2 cup (4 ounces) block-style 1/3-less-fat cream cheese
- 1/2 teaspoon vanilla extract
- 1 cup frozen fat-free whipped topping, thawed
- Mint sprigs (optional)

Preheat oven to 350°.

To prepare crust, lightly spoon 1 1/2 cups flour into dry measuring cups; level with a knife. Combine 1 1/2 cups flour, 1/2 cup sugar, and salt in a bowl. Cut in butter with a pastry blender or 2 knives until mixture resembles coarse meal. Press mixture into a 13 x 9-inch baking dish coated with cooking spray. Bake at 350° for 15 minutes or until crust is golden brown.

To prepare filling, lightly spoon 1/3 cup flour into a dry measuring cup; level with a knife. Combine 1/3 cup flour and 1 1/2 cups sugar in a large bowl; add milk and eggs, stirring with a whisk until well blended. Stir in rhubarb. Pour rhubarb mixture over crust. Bake at 350° for 40 minutes or until set. Cool to room temperature.

To prepare topping, place 1/2 cup sugar, cheeses, and vanilla in a bowl; beat with a mixer at medium speed until smooth. Gently fold in whipped topping; spread evenly over baked custard. Cover and chill at least 1 hour. Garnish with mint sprigs, if desired.

Crunchy Spring Salad with Dill Dressing

www.thekitchn.com

For the salad:

- 1 cup sugar snap peas, trimmed
- 2 small radishes, thinly sliced (I use a mandoline)
- 2 small stalks celery, sliced crosswise into bite-size pieces
- 4 cups mixed leaf lettuce and romaine lettuce



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chopped into bite-size pieces
For the dressing:
1 tablespoon white wine vinegar
1/4 teaspoon salt
2 tablespoons minced fresh dill
1/2 tablespoon Dijon mustard
1/2 teaspoon minced shallot
1/4 cup extra-virgin olive oil

Place all the salad ingredients in a large bowl and set aside.

In a small bowl, whisk together the vinegar and salt until the salt dissolves. Add dill, mustard and shallot and whisk to combine. Slowly drizzle in olive oil, whisking constantly, until dressing is smooth and emulsified. Pour dressing over salad and toss until all ingredients are evenly coated.

Additional Notes: Salad will keep, dressed and refrigerated, for up to 6 hours. For longer storage, keep chopped and assembled salad ingredients covered in the refrigerator up to 1 day ahead and toss with dressing just before serving.

WOK SAUTÉED MIZUNA WITH MINCED CHICKEN

www.wholefoodsmarket.com

1 egg white, lightly beaten
1 1/2 teaspoon tamari or soy sauce
2 cloves garlic, finely chopped
1 pound boneless, skinless chicken breast, very finely chopped
2 teaspoons canola or peanut oil
1/3 cup finely chopped carrot
1/3 cup finely chopped yellow onion
1/4 cup finely chopped water chestnuts
1/2 teaspoon chile paste with garlic
1 tablespoon lime juice
1 pound mizuna, trimmed
1/4 cup finely chopped green onions

In a medium bowl, mix egg white with 1/2 teaspoon of the tamari, garlic and chicken. Cover and refrigerate for 1 hour.

Heat 1 teaspoon of the canola or peanut oil in a wok or large skillet over high heat. Add chicken mixture and cook, stirring constantly, 4 to 6 minutes, or until chicken is cooked through and appears opaque.

Transfer chicken to a plate and set aside. Heat remaining 1 teaspoon oil in wok. Add carrots, onions and water chestnuts and cook, stirring constantly, for 1 minute. Add remaining 1 teaspoon tamari, chile paste, lime juice and mizuna and cook, stirring often, until slightly wilted. Return chicken to wok and toss well. Garnish with green onions and serve.

Rhubarb Strawberry Smoothie

shewearsmanyhats.com

1½ cup strawberry, frozen (but you could just as easily use fresh, cut up)
1½ cup rhubarb, frozen (ditto on using fresh)
1½ tablespoons honey (orange blossom honey is perfect for this recipe; substitute sugar or other sweetener if needed)
1½ cup milk (i used fat-free, but low fat, or regular is fine)
2/3 cup acai or pomegranate juice

In a blender, mix all together until smooth.

Lemon Basil Muffins

www.livingherbs.com

1 cup unbleached flour
1 cup whole wheat flour
1 tbsp baking powder
1/4-cup sugar
1 cup milk
1 egg
1 tbsp canola oil
3 tbsp plum flavored baby food
1/4-cup chopped Lemon Basil leaves

Preheat oven to 400° degrees.

Grease the bottom of a 12-muffin pan or line with cupcake papers. Make a dry mixture by combining flours, baking powder and sugar. Make a wet mixture by combining remaining ingredients. Pour wet ingredients into the dry mixture and stir only until flour is moistened. Pour mixture into muffin pan and bake for 20 minutes or until a toothpick comes out clean when inserted into a muffin.