

J&T Todosciuk Farms & Greenhouses, LLC

Howell MI

July 6, 2014 Newsletter

This week's recipes contain:

*Sweet Green Basil, Spearmint, Bok Choy, Radishes,
Lettuce, Kale, Swiss Chard and Dandelion Greens*

Dandelion Green and Citrus Salad *www.athoughtforfood.net*

1 bunch dandelion greens, washed, dried and trimmed
1 pink grapefruit, segmented
1 orange, segmented
2 tsps honey
1 lime, juice and zest
1/4 tsp smoked paprika
1 tsp salt
2 tbsps olive oil
Pecan halves
1/4 small red onion, thinly sliced

In a bowl, whisk together the honey, lime juice, lime zest smoked paprika, salt and olive oil. Cut the dandelion greens in half and transfer to the bowl with the dressing. Toss the greens with the dressing and let sit for 10 minutes. Transfer the dandelion greens to a platter and top with grapefruit and citrus segments, pecan halves, and red onion.

Crustless Swiss Chard Quiche *www.food.com*

1 teaspoon olive oil
1/2 sweet onion
1/2 bunch swiss chard
2 1/2 cups shredded cheese
4 eggs
1 cup skim milk
salt
pepper

Preheat oven to 375 degrees. Wash and dry swiss chard. Cut off the very ends of the stems. Roughly chop (leaving stems intact) the chard. Add onion and Chard to the oil and saute until stems are tender (do not overcook). Add salt & pepper to taste. Meanwhile, grate 2.5 cups of cheese. Use whatever varieties you want/have. Be creative! I used Swiss, Cheddar, Parmesan, and Cojito. Wisk eggs. Add milk and cheese. Fold in the onion/chard mixture. Add salt & pepper to taste, if necessary. Pour into a pie dish that has been sprayed with nonstick

cooking spray. Bake for 35-45 minutes or until golden brown and no liquid seeps when you poke it with a knife.

Kale, Cashew & Mint Slaw *www.shutterbean.com*

1 bunch lacinato kale, shredded
2 cups cabbage, shredded
2 scallions, finely chopped (both white & green parts)
1/2 bunch fresh mint, roughly chopped
1/2 cup roasted cashews, chopped (peanuts can be used)
2 tablespoons agave syrup
2 tablespoons toasted sesame oil
4 tablespoons rice wine vinegar
1 inch piece ginger, grated
1 clove garlic, minced
salt & pepper

Chop the kale, cabbage, scallions & mint and set aside in a large bowl. In a small bowl add the agave syrup, sesame oil, rice wine vinegar, ginger and garlic and stir. When ready to toss, add the chopped nuts to the large bowl and pour the dressing over the kale cabbage mixture. Thoroughly coat the kale, season with salt & pepper to taste.

Beef & Bok Choy Hot Pot *recipes.sparkpeople.com*

Water, tap, 2.25 cup
Beef broth - 1 cup
Rice Vinegar, 1/3 cup
Kikkoman Lite Soy Sauce, 1/3 cup
Brown Sugar, 1 tbsp
Veggie Oil, 1 tbsp
1 lb. beef stew meat
1 1/4 cup chopped green onions
Garlic, 2 clove
Ginger Root, 1 tsp chopped
Bok Choy - sliced - 3 cups
Carrots, raw, 1.5 cup, sliced thin
Rice Noodles, 2 cups

Combine first 6 ingredients and whisk - set aside.



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Heat oil in pan and brown meat - add garlic & ginger for the last few minutes. Add broth mixture and green onions. Bring to a boil, and then simmer for 1 1/2 hours - till meat is tender. Stir in bok choy and carrot - cook for another 5 minutes. Serve over cooked rice noodles.

Radish & Basil Egg Salad
www.spachethespatula.com

8 large eggs
1/2 cup non-fat Greek yogurt
2 tbsp dijon mustard
1 tbsp whole grain mustard
1 bunch of radishes, thinly sliced
2 tbsp sliced fresh basil
salt and freshly ground pepper
bread
baby arugula

Preheat oven to 320 degrees. Place the eggs in the cups of a mini muffin tin. Bake in the oven for 30 minutes. Remove eggs and immediately place in an ice bath. When cool enough to handle, peel the eggs. Roughly chop the eggs and place in a bowl with the yogurt, mustards, radishes, and basil. Stir to combine, then season, to taste, with salt and pepper. Scoop egg salad onto one slice of bread, top with arugula, then the second slice of bread.

BLT Grilled Pizza
www.huffingtonpost.com

Pizza Dough:
3 1/2 to 4 all-purpose flour
1 envelope Fleischmann's Pizza Crust Yeast
1 tablespoon sugar
1 1/2 teaspoons salt
1 1/3 cups very warm water (120 to 130 degrees Fahrenheit)
1/3 cup oil
Additional flour for rolling
Additional oil for grilling

Toppings:
1 cup mayonnaise
2 teaspoons dijon mustard
2 teaspoons Minced Garlic
Freshly ground lack Pepper
2 cups shredded mozzarella cheese

16 strips crisp bacon
2 large tomatoes, thinly sliced or seeded and chopped
1/2 cup shredded Parmesan cheese
2 cups chopped lettuce

Start charcoal fire or preheat gas grill to medium-high heat.

Combine 2 cups flour, undissolved yeast, sugar and salt in a large bowl. Add very warm water and oil; mix until well blended, about 1 minute. Gradually add enough remaining flour to make a soft dough. Dough should form a ball and will be slightly sticky. Knead* on a floured surface, adding additional flour if necessary, until smooth and elastic, about 5 minutes. Divide dough into 8 portions. Pat or roll dough on a well-floured counter to about 8-inch circles; they do not need to be perfect. Brush both sides of crust with additional oil. Using hands, lift each crust carefully and place on grill. Cook for 3 to 4 minutes until bottom is lightly browned and top looks set. Using long handled tongs, remove crust from grill, grilled side up, to a platter or baking sheet.

Combine mayonnaise, mustard, garlic and black pepper. Spread lightly over crust. Crumble 2 strips of bacon and sprinkle over crust. Top with about 1/4 cup mozzarella cheese, a few tomato slices and 1 tablespoon Parmesan cheese. Repeat with remaining pizzas. Carefully slide each pizza onto the grill. Cook an additional 3 to 4 minutes until bottom of crust is browned and cheese is melted. Remove from oven and sprinkle with lettuce. Serve immediately.

Dandelion Berry Smoothie
www.fitsugar.com

1/2 cup sliced strawberries
1/2 cup blueberries (fresh or frozen)
1/2 cup dandelion greens
1/2 cup crushed ice
1/4 cup plain yogurt
1/4 cup milk of your choice (I used coconut milk)
1 tbsp. white chia seed (optional)
1 tsp. coconut butter

Place all ingredients in blender and blend until smooth.