

# UK HEALTH & WELLNESS

## CSA CHEF DEMO

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### If You Can't Take the Heat Recipes



# CHILLED BORSCHT SOUP

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Recipe from Chef Tanya at The Food Connection

## Ingredients

- 3 large red beets or 5 small beets
- 2 quarts water or vegetable stock
- 1 quart buttermilk
- 1 medium onion or 3 green onions
- 4 cucumbers
- Salt to taste
- 1 tsp honey
- 1 small bunch dill
- 4-6 boiled eggs (optional)



## Directions:

1. Boil beets, drain, and let them cool.
2. Boil 2 quarts of water and let it cool. Mix cooled water with 1 quart of buttermilk in a large pot.
3. Shred beets and add them to the pot with water/buttermilk mixture.
4. Add salt and honey. You may want to add in small amounts, taste, and adjust depending on the sweetness of your beets.
5. Next add sliced green onions, dill and diced cucumbers.
6. Place completed soup in the fridge to let it cool completely.
7. Enjoy it with half of a boiled egg. You can also serve it with a dollop of sour cream or yogurt.

# CABBAGE WITH SOY DRESSING

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Recipe adapted from *Asparagus to Zucchini Fairshare CSA Coalition* cookbook

## Ingredients

- 1 lb. firm tofu, drained, dried in paper towels and cubed
- 4 tbsp. soy sauce, divided
- 1 tbsp. + 2 tsp. sesame oil, divided
- ½ tsp. crushed red pepper flakes
- 1 - 2 cups very thinly sliced Napa cabbage
- 1 carrot, cut into matchsticks-size pieces
- ½ red bell pepper, cut into matchstick-size pieces
- 3 green onions, finely chopped
- 2 tsp. lime juice
- 1 clove minced garlic
- 1 tsp. sugar



## Directions:

1. Steam tofu over simmering water 10 minutes.
2. Mix 2 tbsp. soy sauce, 1 tbsp. sesame oil, and pepper flakes; toss with tofu and marinate, tossing occasionally, 1-3 hours.
3. Combine cabbage, carrots, bell peppers, and onions.
4. Mix remaining 2 tbsp. soy sauce, remaining 2 tsp. sesame oil, sesame seeds, lime juice, garlic, sugar, and 2 tsp. water in another bowl.
5. Toss with vegetables and tofu (include the marinade, too).

Makes 4 servings.

# SUMMER BREAD SALAD

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Recipe adapted from *Asparagus to Zucchini* Fairshare CSA Coalition cookbook

## Ingredients

- 1 ½ - 2 cups chopped baby zucchini
- 1 - 1 ½ cups chopped tomatoes
- ½ cup crumbled feta cheese
- ¼ cup chopped sweet or green onion
- ¼ cup chopped imported olives (black or green)
- ¼ - ½ cup chopped fresh basil
- ¼ cup extra-virgin olive oil
- 3 tbsp. wine vinegar
- 2 tsp. minced garlic
- salt and freshly ground black pepper to taste
- 5-6 cups firm-textured bread cubes (sourdough, pita, etc.) dried or toasted



## Directions:

1. Toss all ingredients except bread in a large bowl.
2. Let stand at room temperature to develop flavor, tossing occasionally, 30-60 minutes.
3. Toss in bread just before serving.

Makes 4-6 servings.