



The Dreyer Flyer

Week 23 Harvest

Escarole, Zoup!, Cannellini Beans, Broccoli, Radish, Jonagold Apples, Delicata Squash, Red Peppers, Carrots, Boston Lettuce

Market Box: Escarole, Cannellini Beans, Zoup!, Broccoli, Whole Wheat Breadsmith Dough, Hand Ladled Ricotta, Israeli Couscous, Delicata Squash, Garlic Garlic Seasoning, 1/2 dozen Pumpkin Spice Donuts, Red Pepper

Escarole and Bean Soup

Giada DeLaurentiis/Food Network

Ingredients

2 tablespoons olive oil
2 garlic cloves, chopped
1 pound escarole, chopped
Salt
4 cups low-salt chicken broth or ZOUP!
1 (15-ounce) can cannellini beans, drained and rinsed
1 (1-ounce) piece Parmesan
Freshly ground black pepper
6 teaspoons extra-virgin olive oil
Serving suggestion: crusty bread

Directions

Heat 2 tablespoons of olive oil in a heavy large pot over medium heat. Add the garlic and saute until fragrant, about 15 seconds. Add the escarole and saute until wilted, about 2 minutes. Add a pinch of salt. Add the chicken broth, beans, and Parmesan cheese. Cover and simmer until the beans are heated through, about 5 minutes. Season with salt and pepper, to taste. Ladle the soup into 6 bowls. Drizzle 1

teaspoon extra-virgin olive oil over each. Serve with crusty bread.

Broccoli & Cheese Stromboli

Handletheheat.com

Recipe Rundown

Taste: Cheese and broccoli, what a winning combination. Oh, and the salted crust is pretty darn good too.
Texture: The pizza dough is crisp on the outside, soft inside, and encases warm, melting cheese filling. Heaven.
Ease: Like I said above, much easier to prepare if you have pizza dough ready to go.
Appearance: It looks like a loaf of bread stuffed with cheese. Mmm.
Pros: Like having a pizzeria in your own kitchen. Also, this would be a fun recipe to make with kids.
Cons: None.

Would I make this again? I'll definitely make stromboli again, next time with a different filling for fun.

Broccoli & Cheese Stromboli
Makes one 12-inch stuffed roll; serves

4-6

From [Pizza](#) by Brigit Binns

Ingredients:

- salt
- 1 1/2 cups (3 oz) broccoli florets
- 2/3 cup whole-milk ricotta cheese
- 2 oz sliced provolone cheese, torn into small pieces
- 2 tablespoons coarsely chopped fresh basil leaves
- 1 ball thin-crust pizza dough (recipe follows), at room temperature
- all-purpose flour for dusting
- salt & freshly ground black pepper
- olive oil for brushing
- coarse sea salt for sprinkling

Place a [pizza stone](#) on a rack in the lower third of the oven and preheat to 400 F. Let the pan stone heat for 45-60 minutes.

Fill a saucepan with one inch of water and bring to a simmer. Place broccoli in a mesh strainer or [steamer](#)

[basket](#) and place over the simmering water, not letting the broccoli touch the water. Cover and steam for 5-7 minutes until crisp tender. Remove strainer or basket from saucepan and let cool. Coarsely chop the broccoli and set aside. In a large bowl combine the ricotta, provolone, and basil. Mix well. Place a large sheet of parchment paper on a pizza peel or large rimless baking sheet and place the ball of dough in the center. Dust the top of the dough with flour and, using a rolling pin, roll out to a 9-by-12-inch rectangle of even thickness. If the dough springs back, let it rest, uncovered, for a few minutes then continue. Cover the dough rectangle with a clean kitchen towel and let rise for 10 minutes. With the long side of the dough facing you, spread the cheese mixture evenly over the dough, leaving a 1-inch border uncovered on all sides. Scatter the broccoli evenly over the cheese and season generously with salt and pepper. Starting with the long edge nearest you, gently roll up the dough, lightly compressing the filling. Crimp firmly to seal, but avoid pressing down too hard. Turn the stuffed roll seam side down, cover with a clean kitchen towel, and let rise for 5 minutes. Brush the roll lightly with olive oil, cut a few small steam vents in the top, and sprinkle with coarse sea salt. Carefully slide the roll-topped parchment onto the hot pizza stone. Bake until golden brown, about 25 minutes. Using the pizza peel or a rimless baking sheet, remove the stromboli from the oven and transfer to a cutting board. Let the stromboli stand for 15 minutes then use a serrated knife to slice it crosswise into rounds.

Garlic Roasted Carrots

6 Servings

This is really the best and easiest way to roast carrots. All you need is 5 min prep. It's just that quick and easy!

Ingredients:

- 1 bunch carrots, tops trimmed
- 2 tablespoons olive oil
- 2 tablespoons balsamic vinegar
- 5 cloves garlic, minced
- 1 teaspoon dried thyme
- 1 Kosher salt and freshly ground black pepper, to taste
- 2 tablespoons chopped parsley leaves

Directions:

1. Preheat oven to 375 degrees F. Lightly oil a baking sheet or coat with nonstick spray.
2. Place carrots in a single layer onto the prepared baking sheet. Add olive oil, balsamic vinegar, garlic and thyme; season with salt and pepper, to taste. Gently toss to combine.
3. Place into oven and bake for 35-40 minutes, or until tender.
4. Serve immediately, garnished with parsley, if desired.

Israeli Couscous Salad with Smoked Paprika

Ingredients

Dressing:

1/3 cup extra-virgin olive oil
 2 tablespoons white balsamic vinegar
 1 1/2 teaspoons smoked paprika
 1 teaspoon kosher salt
 1/2 teaspoon freshly ground black pepper

Couscous:

1 tablespoon extra-virgin olive oil
 1 1/3 cups (8 ounces) Israeli couscous, sometimes called pearl couscous
 1/2 teaspoon kosher salt
 2 cups packed baby spinach leaves, coarsely chopped
 12 ounces grape tomatoes, cherry tomatoes, or baby heirloom tomatoes of assorted colors, halved (about 2

cups)

4 ounces (about 1 cup) feta, coarsely crumbled or chopped into 1/2-inch pieces

1 cup jarred red bell peppers, drained and coarsely chopped
 1/2 cup chopped fresh flat-leaf parsley
 1/3 cup slivered almonds, toasted
 1/4 cup chopped fresh mint
 Kosher salt and freshly ground black pepper

Directions

For the dressing: Whisk the oil, vinegar, paprika, salt and pepper in a small bowl until smooth.
 For the couscous: Heat the oil over medium-high heat in a large saucepan. Cook the couscous, stirring frequently, until golden, 4 to 5 minutes. Add 2

Delicata Squash & Ricotta Toasts

BY STACY LADENBURGER /

Ingredients

Delicata squash
 Sliced
 Good bread
 Garlic
 Olive oil
 Red pepper flakes
 Ricotta cheese
 Flaky sea salt and pepper

Instructions

Toss sliced Delicata squash with olive oil, red pepper flakes, salt and pepper and roast at 375° until tender. Toast good bread and rub with garlic. Spread ricotta cheese thickly across toast and top with squash slices, olive oil, flaky sea salt and pepper.

Stuffed Peppers with Israeli Couscous and Pesto

Ingredients

- 5 tablespoons extra virgin olive oil
- 1 cup Israeli couscous
- Salt to taste
- 1 large garlic clove (more to taste)

- 1 cup fresh basil leaves
- ¼ cup freshly grated Parmesan
- 3 large yellow peppers, cut in half lengthwise and seeded
- 2 cups tomato purée or homemade tomato sauce
- Freshly ground pepper to taste
- Fresh basil leaves for garnish

Instructions:

1. Heat one tablespoon of the olive oil over medium-high heat in a medium saucepan. Add the couscous. Stir until the couscous begins to color and smell toasty. Add 2 cups water and salt to taste. Bring to a boil. Reduce the heat, cover and simmer 15 minutes or until the couscous is tender. Drain.
2. Turn on a blender or a food processor fitted with the steel blade. Drop in the garlic. When it is chopped and adhering to the sides of the blender jar or food processor bowl, stop the machine and scrape down the sides. Add the basil leaves and salt to taste. Turn on the machine, and add the remaining olive oil. Process until smooth. Add the cheese, and blend until incorporated.
3. Preheat the oven to 350 degrees. Oil a lidded casserole large enough to accommodate all of the peppers. Combine the couscous and pesto. Stir together. Taste and adjust seasonings, adding salt and pepper to taste. Fill the halved peppers with this mixture, and arrange in the casserole. Pour the tomato sauce or purée into the dish. Cover and bake 45 minutes to an hour until the peppers are soft but still hold their shape. Remove from the heat, and serve hot or at room

temperature, with some of the tomato sauce spooned over the top. Garnish with basil leaves.

Delicious Roasted Broccoli Recipe Tastefully Simple

ingredients

- 1 head Fresh Broccoli
- 2 Tbsp Olive Oil (or TS Garlic Infused Oil)
- 2 tsp **Garlic Garlic Seasoning or 1 medium fresh garlic clove minced**

directions

Rinse broccoli & let dry prior to using. Preheat oven to 375 degrees. Chop broccoli (or use pre-cut broccoli) & put into gallon size ziploc bag. Add olive oil, Garlic Garlic and Garlic Pepper to bag. Seal bag and shake well, until broccoli is coated. Pour onto ungreased baking pan. Bake on top rack of oven for 30 minutes. Enjoy! Leftovers warm up well.

Sautéed Escarole with Toasted Pearl Couscous and Poached Eggs

Myrecipes.com

Serves 4

ingredients

1 cup pearl couscous
About 5 tbsp. extra-virgin olive oil, divided
About 3/4 tsp. kosher salt, divided
2 garlic cloves, thinly sliced
2 large heads (1 1/4 lbs. total) escarole, stem ends trimmed, leaves rinsed and drained (leave some water on leaves)
1/2 cup reduced-sodium chicken broth
About 1/2 tsp. pepper
1/4 cup distilled white vinegar
4 large chicken eggs
About 1/2 cup finely grated parmesan cheese

Preparation

1. Toast couscous in 1 tbsp. oil in a medium saucepan over medium heat, stirring occasionally, until mostly

golden, 7 to 8 minutes. Add 1/4 tsp. salt and 2 cups water bring to a boil. Cover, reduce heat, and simmer until barely tender, 8 to 10 minutes. Drain.

2. Cook garlic in remaining 1/4 cup oil in a large frying pan over medium heat until softened but still pale, 2 to 3 minutes. Add escarole and cook until it begins to wilt, 2 to 3 minutes. Add couscous and stir to coat, then add broth and 1/2 tsp. pepper and cook 2 to 3 minutes more. Season with about 1/4 tsp. salt and pepper to taste and keep warm.

3. Fill saucepan used for couscous three-quarters full of water, add vinegar, and cook over high heat until bubbles barely break the surface. Reduce heat to medium-low. Crack eggs into water and give water a gentle stir to ensure eggs aren't sticking to pan. Cook 3 minutes for runny yolks. With a slotted spoon, transfer eggs to paper towels. Sprinkle with about 1/4 tsp. salt and pepper to taste.

4. Divide escarole mixture among 4 soup plates and set an egg on each. Drizzle with more oil and sprinkle with parmesan.

Broccoli, Ricotta and Golden Garlic Pizza

(makes one 8 or 9-inch pie)

pizza dough for 1 pie (Breadsmith whole wheat or plain will do!)
8-10 cloves garlic, chopped or sliced
6 tablespoons extra-virgin olive oil
about 1 cup finely chopped broccoli florets
about 4 oz. ricotta
salt and pepper

Follow pizza dough recipe and prepare an 8 or 9-inch pan with the dough. Preheat oven to instructed temperature. Heat the garlic and olive oil over a very low flame. Add a couple pinches of salt and cook for about 10-12 minutes, or until the garlic is just turning orangeish-brown and looks soft and

more translucent. Remove from heat. Toss the chopped vegetables in the pan and season with a little more salt to taste and freshly ground pepper.

Evenly scatter the mixture onto the pizza dough. Top with an even scatter of the ricotta.

Bake for about 6-8 minutes or however long it takes to cook the dough through. Let cool a moment before serving

Instructions For Breadsmith Pizza Dough

Remove the dough from the refrigerator and let it come to room temperature on the counter.

Prepare your stone, pan (lightly sprayed), or parchment paper (non-waxed).

Carefully stretch or roll the dough to the desired size. If the dough is at room temperature, it should not tear.

Let the stretched dough rise for 10 to 15 minutes if thicker crust is desired. Cover the dough with your favorite toppings.

Bake at 400 to 425 degrees for approximately 15 to 25 minutes.

Let cool slightly before cutting. Serve and enjoy!

Fluffy Pizza-Dough Dumplings

Oureverydaylife.com

Although light dumplings are usually raised with baking powder or baking soda, that's only been the case since the 19th century. Before that, they could only be achieved with a yeast-raised dough, so using pizza dough isn't that much of a stretch. Some cooks still prefer yeast-raised dumplings, because the dough is elastic and holds together as it cooks. When you remove the cooked dumplings, you're less likely to find a pot filled with sodden lumps of cooked-off dough. To use your pizza dough for light dumplings, just thaw the dough -- if necessary -- and pinch off walnut-sized or egg-sized balls.

Drop them into the pot, leaving some space for them to expand, and replace the lid.

If you HAVE NOT given roasted radish a try yet, then YOU MUST DO IT NOW, you truly do not know what you are missing. Raw uncooked radish are NOT for everyone. In fact, I kinda despise them. I'll only eat them once in a while because they remind me of my Papa Sal. BUT....give me bunches and bunches of roasted radish and I can eat them 'till the cows come home! Here is a great recipe with carrots but you can do them on their own as well!

Roasted Radish & Carrots

melissadarabian.net

1 bunch small to medium radishes, about 12

1 bunch carrots

1 tablespoon olive oil

1 teaspoon dried thyme

Kosher salt and freshly ground black pepper

Lemon half

Instructions:

Preheat the oven to 450 degrees F. Place the radishes and carrots on a baking sheet and toss with the olive oil, thyme, salt, and pepper. Roast until tender yet firm in the center, about 20 minutes. Squeeze with a little lemon juice and serve.

Yield: 4 servings

Market Box Suggestions:

Stuffed Pepper with Couscous

Escarole and Beans Soup

Broccoli Ricotta Pizza Pie

Broccoli Calzone

Garlic Broccoli

Take a little dough off and make dumplings with your soup

Delicata-roasted

CALENDAR OF EVENTS:

10/21-This Friday-FREE/Samples
Cooking Demo with Chef Richard-
10-2 how to get the most out of your
fall squash

10/22 This Saturday- 10/22 8am

The Great Pumpkin Workout

To sign up go to:

happyhourfitnessnj@gmail.com

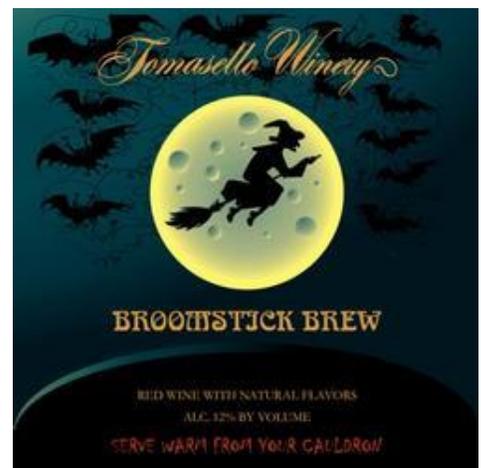
NOW!!!!Sign-up for **Thanksgiving
Dinner Demo and Dinner**

11/9-Wednesday 7pm \$15pp sign up at
the farm

This is a full Thanksgiving Dinner-you
will leave stuffed!

Place your Pie Order:

[http://dreyerfarms.com/thanksgiving-
pie-orders/](http://dreyerfarms.com/thanksgiving-pie-orders/)OR sign up at the farm



Tomasello Broomstick Brew is a delightful blend of red wine and mulling spices. Served warm from your Cauldron, this wicked concoction is perfect in front of a roaring fire with baked brie, toasted almonds and sugared apples. Delicious on Goblin nights when a howling wind chills your soul. Broomstick Brew warms your heart and embraces this special time of year. Serve best warm.