

The Dreyer Flyer



Zucchini, Bok Choy, Cucumbers, Breadsmith Scones, Purple Kale, Scallions, Lettuce, Kohlrabi, honey, spinach

Sports Nutrition and Oxidative Stress Discussion with

Dr Laura

Wednesday June 8th 6.30-8 pm

What should you be eating for optimal athletic performance?

Our dietary needs are dependent on a number of factors:

Age / Gender / Endurance or High Intensity / Activity Level / Physical Fitness / Body Composition

Nutrient Categories: Carbohydrates, fats, protein, water, vitamins, minerals

\$10pp call 908.276.1290 to be put on guest list

Cooking Class & Italian Lesson with Filomena from

Ciao Amici

Friday - June 17th Time: 6:30pm - 8:30pm

\$60/person, includes all materials and ingredients to make your own pizza. We will enjoy the pizzas that are made throughout the evening with popular toppings from various Italian regions.

Antipasto and salads will be served

Wine tasting from Tomsello Winery, also for purchase at a discount for the evening.

This is an intimate gathering and a true cooking class. Guests will be making their own pizzas while being guided by Filomena.

Due to space and cooking tool constraints we can only accommodate a small group.

To secure a space call Ciao Amici at 908.931.9100

Gianna's Zucchini Pancakes

From Cranford's own Jr. Chef who is competing in the 1st Ladies Healthy Lunch Challenge

Ingredients:

- 1 1/2 cups of grated zucchini
- 1/4 cup of grated carrots

1/4 cup of grated apples

3-4 Tbsp grated onion

1/2 Tbsp minced garlic

1 Tsp garlic salt

1 Tsp salt

1/2 Tsp black ground pepper

1/2 Tsp onion powder

1/2 Tsp baking powder

6-8 Tbsp flour

1 Tbsp chopped basil

2 beaten eggs

Directions:

Peel and then grate the zucchini, carrots, apple, and onion. Absorb extra

liquid from zucchini with a paper towel. Add ingredients together leaving the last 2 tablespoons of flour last to slowly add as needed until the ingredients are well combined but still moist.

Heat pan to medium heat with oil (1/4-1/2 cup combined equal parts extra virgin olive oil and vegetable oil) as needed to fry. Spoon full tablespoon of zucchini mixture into pan and spread into a flattened pancake. Pan fry each side until golden brown 1-2 minutes per side. Allow excess oil to drain by placing on paper towel once off the heat. Add salt to taste. Can top with 1 tsp sour cream if desired. Enjoy!

Kale Slaw with Toasted Walnuts

6 Servings

Yields: 6 servings | Serving size: 1 cup

| Calories: 158 | Total Fat: 15 g |

Saturated Fats: 2 g | Trans Fats: 0 g |

Cholesterol: 0 mg | Sodium: 105 mg |

Carbohydrates: 5 g | Dietary fiber: 1 g

| Sugars: 3 g | Protein: 1 g |

SmartPoints: 6 |

Ingredients

- 1/4 cup minced walnuts
- 1 bunch kale
- 1 large carrot, peeled and shredded
- 1/3 cup red wine vinegar
- 1/3 cup fruity extra virgin olive oil
- 1 tablespoon honey
- 1/2 teaspoon ground ginger
- 1 clove garlic, minced
- 1/2 teaspoon freshly ground black pepper
- 1/4 teaspoon kosher or sea salt salt, more to taste

Directions

Preheat oven to 325 degrees. Place walnuts on a cookie sheet and toast until fragrant, about 10 minutes. Cool to room temperature.

Cut center stalk away from leaves and discard. Rinse kale and pat dry with a paper towel. Using a knife, cut kale leaves into thin strips. Add kale leaves, 2 tablespoons red wine vinegar, 1

tablespoon olive oil, and 1/4 teaspoon salt to a large mixing bowl. Using your hands, rub kale until it begins to wilt, about 3 minutes. Add carrot shreds, toss and set aside.

Add to a blender, remaining red wine vinegar and olive oil along with honey, ginger, garlic, black pepper and kosher salt to taste, blend until combined.

(Optional, if you prefer not to use your hands...steam kale just until wilted, add carrot shreds. Add all remaining ingredients, except walnuts, in a blender and blend until combined and smooth. Add to kale and carrots, toss to combine...sprinkle on walnuts).

Add toasted walnuts to Kale, drizzle with dressing and toss to combine.

Thai zucchini and cucumber noodle

collard green wraps w/ almond

butter sauce

Ingredients

- For the wraps:
- 5 large collard green leaves, stems removed
- 1 large zucchini, Blade C, noodles trimmed
- 1 medium cucumber, Blade C, noodles trimmed
- 1/4 cup cilantro leaves
- 1 large bell pepper, sliced thinly (1/4" thick)
- 1/2 cup shredded red cabbage
-
- For the peanut sauce:
- 1 teaspoon shredded ginger
- 1 garlic clove, mashed to a paste
- 1/2 cup creamy almond butter (I like Justin's)
- 1.5 tablespoon fresh lime juice
- 2 tablespoons soy sauce, low-sodium
- 1 teaspoon honey
- 2 tablespoons water

Instructions

1. In a food processor, blend all of the ingredients for the peanut sauce until creamy. Set aside.

2. Lay out a collard green leaf. Spread over with a heaping spoonful of the almond butter sauce and spread out, leaving 1" around the corners for rolling. On top, add the zucchini, cucumber, cilantro, bell pepper and cabbage. Carefully roll like a burrito and secure with toothpicks. Repeat with remaining collard green leaves and then slice both in half and serve with any remaining peanut sauce for dipping.

Cold Chinese type sesame noodles with cucumber

Serves 2

INGREDIENTS

- 2 tablespoons dark (Asian) sesame oil
- 1 tablespoon soy sauce
- 1 tablespoon white-wine vinegar or rice vinegar (not seasoned)
- 1/4 teaspoon sugar
- 1/4 teaspoon salt, or to taste
- 1/8 teaspoon dried hot red pepper flakes
- 6 ounces capellini
- 1/2 seedless cucumber, cut lengthwise into thin spears and crosswise into thin slices (about 1 cup)
- 1 scallion, minced, or 1 tablespoon minced fresh coriander
- 1 1/2 teaspoons sesame seeds, toasted lightly and cooled

PREPARATION

1. In a small bowl stir together oil, soy sauce, vinegar, sugar, salt, and red pepper flakes until sugar and salt are dissolved.
2. In a large saucepan of salted boiling water cook capellini until

tender and drain in a colander. Rinse noodles under cold water until cool and drain well.

3. In a large bowl toss noodles with sauce, cucumber, and scallion or coriander until combined well and divide between 2 plates. Sprinkle noodles with sesame seeds.

Zucchini Chips

Recipe type: Appetizer, Snacks

Prep time: 10 mins

Cook time: 2 hours

Total time: 2 hours 10 mins

Serves: 50+ zucchini chips

Ingredients:

- 1 large zucchini
- 2 tbsp. olive oil
- Kosher salt

1. Preheat oven to 225 degrees Fahrenheit. Line two large baking sheets (I used two 17" baking sheets) with silicon baking mats
2. Slice your zucchini on a mandolin. Mine had 1, 2, or 3 for thickness and I used 2.
3. After you slice your zucchini, place the slices on a sheet of paper towels and take another paper towel and sandwich the zucchini slices and press on them. This helps draw out the liquid so it'll cook a bit faster.
4. Line up the zucchini slices on the prepared baking sheet tightly next to each other in a straight line, making sure not to overlap them.
5. In a small bowl, pour your olive oil in and take a pastry brush to brush the olive oil on each zucchini slice.
6. Sprinkle salt throughout the baking sheet. **Do NOT over-**

season, in fact, it's better to use less salt initially because the slices will shrink; so if you over-season, it'll be way too salty! You can always add more later.

7. Bake for 2+ hours until they start to brown and aren't soggy and are crisp.
8. Let cool before removing and serving.
9. Keep in an airtight container for no more than 3 days.

Pasta with Bok Choy, Lemon and

Feta

- 1 head of bok choy, stem removed, rinsed under cold water and dried between layers of paper towels
- kosher salt
- 3 tbsp. Olive oil
- 6 cloves garlic, minced
- 1/2 tsp. crushed red pepper flakes
- 1 lemon
- 12 oz. shells, mezze rigatoni or other medium sized pasta
- 4 oz of feta

Instructions:

1. Bring a large pot of water to boil and add about 2 tbsp. kosher salt. Using a large knife, chop the bok choy head widthwise into three or four equal sized parts.
2. Drop the bok choy into the pot and cook 3 minutes. Use a slotted spoon to remove the greens to a bowl, then transfer to an ice bath to stop the cooking.
3. When the greens are cool, gently squeeze as much water as you can from them and set aside. Keeping the water boiling, add a liberal amount of salt, followed by the pasta.
4. Cook the pasta per the directions for al dente, about 8 to 9 minutes. Drain. In the meantime, heat the olive oil in

a medium skillet over medium heat.

5. Add the garlic and sauté. When it is fragrant, add the crushed red pepper and zest from your lemon, stirring to combine and merging the flavors in the pan.
6. Add the bok choy and toss in the oil to coat and warm through, then immediately remove the skillet from heat. Return the pasta to its cooking pan and set on the stove over medium high heat.
7. Transfer the contents of the skillet to the pasta and gently combine. Squeeze the lemons over the pot, stirring in the juice. Cook 1 minute, then transfer to your serving bowl
8. Add the feta cheese and serve hot. from The Pitiful Dish

Super Simple Bok Choy

Ingredients

- 1 tablespoon vegetable oil
 - 2 cloves garlic crushed & chopped
 - 1 head bok choy
 - salt to taste
1. Heat the oil in a large skillet or wok over medium heat, and cook the garlic in the hot oil until fragrant, 1 to 2 minutes.
 2. Slice the bottom of the bok choy and rinse & pat dry.
 3. Mix in the bok choy, and cook and stir until the green parts of the leaves turn bright green and the stalks become slightly translucent, 5 to 8 minutes. Sprinkle with salt to serve.

Cook's Notes:

- If you want a more robust flavor, feel free to add some soy sauce or oyster sauce to the finished product, but personally I like to let the simple but delicious taste of the bok choy shine through.

Bok Choy and Radish Slaw

INGREDIENTS

- 1 head bok choy (about 1 pound), cored and very finely sliced
- 1 red onion, thinly sliced
- ½ pound daikon, peeled and cut into fine strips
- 1 bunch radishes, thinly sliced
- ½ cup fine strips of basil
- ½ cup fine strips of mint
- ½ cup lime juice
- 1 tablespoon Dijon mustard
- 6 tablespoons fish sauce (see note)
- ¾ cup vegetable oil
- Kosher salt and freshly ground black pepper to taste

PREPARATION

1. In a large bowl, toss the bok choy, onion, daikon, radishes, basil and mint. Set aside.
2. In a blender, combine the lime juice, mustard and fish sauce and blend on high. While the motor is running, slowly drizzle in the oil until it is fully incorporated. Pour the mixture from the blender over the cabbage mixture and toss to coat. Season with salt and pepper. Refrigerate for 30 minutes.
3. Remove the slaw from the refrigerator and drain excess liquid. Serve with roast lamb or beef.

Martha Stewart's Bok Choy Soup

INGREDIENTS

- 4 cups broth (or ZOUP!)
- 2 cups water
- 2 stalks celery, thinly sliced (about 1/2 cup)
- 4 scallions, thinly sliced, white and light-green parts separated
- 2 cloves garlic, thinly sliced
- 1 1-inch piece ginger, peeled and julienned
- 1 small serrano or jalapeno chile, stemmed and thinly sliced (about 1 tablespoon)
- 1 pound boneless skinless chicken-breast halves

- 1 head bok choy (about 12 ounces), stalks sliced crosswise into 1/2-inch pieces, leaves left whole
- 3/4 teaspoon fish sauce
- Coarse salt
- Lime wedges, for serving

DIRECTIONS

1. Combine broth, water, celery, scallion whites, garlic, ginger, and chile in a medium [saucepan](#); bring to a boil over high heat. Reduce heat to medium, add chicken, and cook at a bare simmer until a thermometer inserted into thickest part of meat reaches 160 degrees, about 13 minutes. Remove chicken from broth. When cool enough to handle, tear into 1-inch pieces and divide among 4 bowls.
2. Meanwhile, add bok choy to broth. Simmer until just tender, about 5 minutes. Stir in fish sauce; season with salt. Ladle soup over chicken and sprinkle with scallion greens. Serve with lime wedges.

PURPLE KALE CHIPS

Prep time: 3 mins

Cook time: 20 mins

Total time: 23 mins

Serves: 4

INGREDIENTS

- 1 bunch fresh kale (if you can find purple, even better)
- about a teaspoon extra virgin olive oil
- pinch of sea or kosher salt

INSTRUCTIONS

1. Preheat oven to 350 degrees F.
2. Chop or tear kale in bite-size pieces, making sure to discard thick stems.
3. Rinse thoroughly and dry with lettuce spinner and paper towel. If you don't have a lettuce spinner, lay the kale between paper towels and gently press, and wipe pieces that still appear moist. This is

an important step to ensure the kale gets crispy.

4. Place in large bowl and with hands rub olive oil on the leaves, making sure to cover all the leaves.
5. Sprinkle a little salt and mix again with hands.
6. Place on baking sheet for about 20 minutes, or until the leaves are crisp.
7. Enjoy!

Roasted Kohlrabi

"Kohlrabi is a vegetable that reminds me of a potato crossed with an artichoke heart. I roast it with garlic and Parmesan cheese."

- 4 kohlrabi bulbs, peeled
- 1 tablespoon olive oil
- 1 clove garlic, minced
- salt and pepper to taste
- 1/3 cup grated Parmesan cheese
-

Directions

1. Preheat an oven to 450 degrees F (230 degrees C).
2. Cut the kohlrabi into 1/4 inch thick slices, then cut each of the slices in half. Combine olive oil, garlic, salt and pepper in a large bowl. Toss kohlrabi slices in the olive oil mixture to coat. Spread kohlrabi in a single layer on a baking sheet.
3. Bake in the preheated oven until browned, 15 to 20 minutes, stirring occasionally in order to brown evenly. Remove from oven and sprinkle with Parmesan cheese. Return to the oven to allow the Parmesan cheese to brown, about 5 minutes. Serve immediately.

How Do You Prep Kohlrabi?

While the kohlrabi bulbs are what you'll usually see being sold, don't pass up an opportunity to pick them up if

you see the greens still attached — they're delicious and can be eaten raw in salad if they're young and tender, or sautéed or steamed like mustard greens.

Kohlrabi needs little prep, but you should always peel off the tough outermost layer of the bulb with a vegetable peeler first.

From:
stepshapartmentkitchen.com

I'm so late to the fritter game, I know, but with this week's farm share yielding yet another kohlrabi, I knew that simply sautéing or roasting wasn't going to cut it. Armed with carrots, zucchini, kohlrabi, I set out to do what any food blogger would do. I frittered it. Kohlrabi is a root vegetable that looks kind of funky. Even though it's a root vegetable, it's not as hard as a potato or carrot - it's more like a green apple or jicama and tastes like a blend of turnip and cabbage. It can come in green or purple colors. Because the texture is so crisp, it can be eaten raw or cooked, as long as you peel through the thick fibrous outer layer. Frittering is the easiest way to prepare a quick dinner, is fairly healthy, and a great way to use up leftover vegetables. I ran all my vegetables through the mandolin (but if you have a food processor with the shredder attachment, use that!). Since zucchini contains a lot of water, I salted it and wrung out the moisture using a cheesecloth, but this step is only necessary if using vegetables with a lot of moisture.

For these kohlrabi zucchini fritters, I used:

- 1 medium kohlrabi, peeled and shredded
- 2 small carrots, peeled and shredded
- 1 large zucchini, peeled and shredded
- 1/2 small onion, peeled and shredded

- about 2/3 cup of flour
- 1 large egg
- 2 teaspoons salt
- couple grinds of freshley cracked black pepper
- 1/4 tsp baking soda
- vegetable oil for cooking

Generally speaking, the first four ingredients listed above are interchangeable with any vegetable. Kale, cabbage, chard, or potato would be tasty additions or substitutions. Also feel free to add any herbs (I love adding scallions when they're on hand) or spices (cumin, garam masala, turmeric, smoked paprika). Don't forget to wring out any super moist vegetables, as moisture will prevent the fritter from getting nice and crispy. To your shredded vegetables, coat and toss with the flour, salt, and baking soda. Crack the egg directly into the pan and using either a fork or chopsticks, mix it around until the entire thing is coated with egg. If it seems too dry to you, add another egg. Each piece should be lightly coated with the batter.

In a hot cast iron or heavy bottomed pan, heat up a small layer of vegetable oil over medium heat. When it's sizzling hot, add the lumps of veggies to your pan in small nests. Pat it down with a spatula. Let it cook until the bottom of golden brown, about 4 minutes. Flip and cook for another 4 minutes.

Transfer to a cooling rack lined with paper towels to absorb the excess oil. Serve warm, preferably topped with egg, a dollop of Greek yogurt mixed with lemon juice, or just sprinkled with salt.

Best Spinach Dip Ever

You can make a beautiful crudité with your cucumbers, zucchini, and kohlrabi

This recipe is from:
Food.com *This is my mother's recipe. I have no idea where she got it from, but everyone always*

raves about it and begs for the recipe. You can use vegetables, tortilla chips, or crackers to dip. I love this recipe because all the ingredients are fresh, not frozen. I hope you love it!

- 16ounces [sour cream](#)
- 8ounces [cream cheese](#), softened
- 12ounces [fresh spinach](#), washed and drained very well
- 1(8 ounce) envelope Lipton Onion Soup Mix
- 1/2[red onion](#), peeled and chopped

DIRECTIONS

1. Mix all ingredients together.
2. I add the spinach last because it gives the cream cheese longer to soften, making it easier to stir.
3. Cover and chill in the refrigerator until ready to serve.

About Bok Choy Salad...

"This is hands down the best salad that I've ever had. It is definitely a family favourite, and I urge you to just give this one a try. You would think that raw bok choy would give this salad a bitter taste, but the dressing makes all the difference."from allrecipes.com

Bok Choy Salad

- 1/2 cup olive oil
 - 1/4 cup white vinegar
 - 1/3 cup white sugar
 - 3 tablespoons soy sauce
 - 1 bunch bok choy, cleaned and sliced
 - 1 bunch green onions, chopped
 - 1/8 cup slivered almonds, toasted
 - 1/2 (6 ounce) package chow mein noodles
 -
1. In a glass jar with a lid, mix together olive oil, white

vinegar, sugar, and soy sauce. Close the lid, and shake until well mixed.

- Combine the bok choy, green onions, almonds, and chow mein noodles in a salad bowl. Toss with dressing, and serve.

Sesame and Peanut Noodles

Yield: 4 to 6 servings

Ingredients

3 tablespoons sesame seeds

12 ounces linguine

Peanut Dressing:

1/4 cup creamy peanut butter

3 tablespoons soy sauce

2 tablespoons rice vinegar

1 tablespoon canola oil

1 tablespoon grated fresh ginger

1 tablespoon honey

1 tablespoon Sriracha

1 teaspoon sesame oil

Zest and juice of 1/2 lime

Salad:

1/2 cup loosely-packed chopped fresh cilantro

2 green onions, sliced

1/2 head green cabbage, thinly sliced

1/3 red bell pepper, diced

1/4 cup roughly chopped skinless roasted peanuts, for garnish

Directions

Preheat the oven to 350 degrees F.

Place the sesame seeds in a pie tin and toast in the oven until light golden in color, 4 to 6 minutes, and set aside.

Meanwhile, cook the pasta until al dente. Do not overcook. Drain, reserving some of the starchy pasta water, rinse and set aside.

For the peanut dressing: Place the peanut butter in a large measuring cup and microwave to soften, 15 seconds.

Whisk in with the soy sauce, vinegar, canola oil, ginger, honey, Sriracha, sesame oil and lime zest and juice in a small bowl. Thin with the starchy pasta water if needed, 1 tablespoon at a time. (Dressing should be thick, but pourable.)

For the salad: Place the pasta in a large mixing bowl and add the cilantro and

vegetables and toss with the dressing. Top with the chopped peanuts and toasted sesame seeds and serve.

Recipe courtesy of Melissa d'Arabian

Cucumber & Kale Salad

Ingredients:

- 2 cucumbers, shredded
- 1 bunch kale, stems removed and sliced thinly

Dressing

- 1/4 cup olive oil
- 2 Tablespoons Dijon mustard
- 2 Tablespoons miso
- Juice of 2 limes
- 2 Tablespoons agave
- Salt and pepper to taste

- Place cucumber and kale in a large salad bowl.
- Whisk together all dressing ingredients in a small bowl.
- Pour a few tablespoons of dressing on salad and toss. Add more if needed; store any unused dressing in small jar for 1 week in the refrigerator. Serve and enjoy salad with your loved ones!

LIGHTENED UP CREAMY CUCUMBER KALE SALAD

Serves: 2

INGREDIENTS

- 2 cups shredded or chopped fresh kale
- 1 large field cucumber
- 2 mini cucumbers
- 1/4 cup thinly sliced onion
- For the Dressing:
- 1/4 tsp salt
- 1/4 tsp pepper
- 1 tablespoon white vinegar
- 2 tablespoons organic mayonnaise
- 1/8 tsp [stevia](#) (or 1/2 tsp [honey](#))

INSTRUCTIONS

- Slice the cucumber, onion, and chop the kale. Add to a large bowl.
- In a small bowl add the dressing ingredients and adjust the sweetener/vinegar to taste preference (I like a tangier

dressing over a sweet one).

Whisk until smooth.

- Pour the dressing over the cucumber onion and kale and toss well to coat.
- Place in the fridge for 20 or more minutes to chill.
- Enjoy!

5-INGREDIENT SPINACH PARMESAN ZUCCHINI NOODLES

You only need 5 ingredients and 20 minutes to make this healthy zucchini noodle recipe!

yield: SERVES 4

INGREDIENTS:

- 3 medium zucchini
- 2 tablespoons butter
- 2 cloves garlic, minced
- 2 cups packed spinach
- 1/4 cup freshly grated Parmesan cheese
- Salt and black pepper, to taste

DIRECTIONS:

- [Spiralize](#) the zucchini and set aside.
- Place a large skillet over medium-high heat. Melt the butter and add the garlic, cook for 1-2 minutes. Add in the zucchini noodles and spinach. Gently toss and cook until spinach leaves are wilted, about 2-3 minutes. Stir in 1/4 cup of the Parmesan cheese and toss until zucchini noodles are coated in the parmesan cheese. Season with salt and freshly ground black pepper, to taste.
- Remove from heat and serve.

Note-don't overcook the zucchini noodles and spinach or they will get soggy.

CUCUMBER NOODLES WITH PEANUT SAUCE

SERVES 2-4

INGREDIENTS:

For the Peanut Sauce:

- 2/3 cup creamy natural peanut butter
- 2 tablespoons rice vinegar
- 2 1/2 tablespoons gluten-free Tamari

(or soy sauce)

2 teaspoons sesame oil

2 teaspoons agave (or honey)

1 teaspoon fresh lime juice

1 clove garlic, minced

1 teaspoon finely grated ginger

Dash of red pepper flakes, to taste

1/3 cup warm water

For the Cucumber Noodles:

2 large seedless cucumbers

1/3 cup chopped fresh cilantro, for garnish

1/3 cup chopped peanuts, for garnish

DIRECTIONS:

1. First, make the peanut sauce. In a large bowl, combine peanut butter, rice vinegar, Tamari, sesame oil, agave, and lime juice. Whisk until smooth. Stir in garlic, ginger, and red pepper flakes. Whisk in the warm water until sauce is smooth.

2. Next, make the cucumber noodles. Adjust the julienne blade on a [mandoline](#) to the 1/8-inch-thick setting. Carefully run a cucumber down the blade, slicing the cucumber to form noodles. Continue with the other cucumber. If you don't have a mandoline you can use a [julienne peeler](#) to make the noodles or a [spiralizer](#).

3. Place cucumber noodles on a plate or in a bowl. Drizzle with peanut sauce and toss gently. Top with cilantro and peanuts. Serve and enjoy!

Note-for gluten-free make sure you use Tamari and for vegan make sure you use agave. You can substitute soy sauce for the Tamari and honey for the agave if you don't need the recipe to be gluten-free or vegan. We also had leftover peanut sauce!

A quick note about these amazing scones. They are baked specially for us. If you are to walk into the Breadsmith they do not sell plain scones! They are simply the best of all the scones and paired with our Kreimheld butter, honey or preserves they are a slice of heaven!!!

From: blog.englishteastore.com

The first five ways cover different methods of preparing your scones.

#1 — Baked into a traditional triangle shape, then sliced into two thin pieces, laid side by side on the plate and topped with fresh fruit.

#2 — Fresh from the oven (allow to cool enough so you don't burn your fingers when you pick them up), split in half, spread with butter/margarine, then put back together with a big spoonful of [lemon curd](#), marmalade, apple butter, or whatever, in-between.

#3 — Totally unadorned. Great if the scone is made with your favorite fruit added in. Mine is apricot.

#4 — Baked into the round, biscuit shape, then cut into quarters and drizzled with maple syrup (or [honey](#), if you prefer).

#5 — A sort of scone "grilled cheese," a great use for day-old scones, especially those in the triangle shape. Slice into two thin pieces, apply some butter or margarine, grill until a bit golden, put some sliced cheese (cheddar, American, etc.) between the pieces, and serve up with tomato slices, pickles, etc.

Scones all cozy on the bookshelf

The second five ways have to do with the setting or the method of eating the scones.

#6 — Put some in "scone containers" strategically placed around the house (on a bookshelf, in a drawer, etc.) for a quick scone break from vacuuming, [dusting](#), chasing the kids, whatever.

#7 — Risk a few singed fingertips by grabbing scones right off the baking sheet fresh out of the oven. Hot and fresh can't be beat!

#8 — Put a few in a baggie and carry them around in your purse, backpack, hip pocket, etc., and munch on one wherever you are (such as waiting in line at the DMV).

#9 — Bake and then freeze a few dozen to be "zapped!" in the microwave and slathered with your favorite topping as the urge strikes.

#10 — Set some up as a still-life, paint a picture first, then eat 'em. Big drawback here: They will be so scrumptious looking that you'll end up eating one, then say "Dang!" because you have to start your painting over. Then, you'll eat another one and have to start the painting over again. Then, they'll be all gone, so you'll have to stop painting to bake some more. I guess that's what they call "suffering for your art."

One-Pot peanut sesame noodles &

veggies

4-6 servings from: omyveggies.com

Ingredients

- 8 ounces linguine, uncooked
- 3 1/2 cups water
- 1 medium bok choy or 3 baby bok choy (about 1/2 pound), sliced (about 3 cups)
- 1 red bell pepper, thinly sliced
- 2 medium carrots, cut into coins (about 1 cup)

- 1 small yellow onion, halved and thinly sliced
- 3 medium cloves garlic, minced (about 1 tablespoon)
- 1 thumb-sized piece of ginger, peeled and minced (about 1 tablespoon)
- 1/4 cup Tamari-style soy sauce*
- 3 tablespoons sesame oil
- 2 tablespoon brown sugar
- 1/8 teaspoon crushed red pepper flakes (add more if you like more heat)
- 1/2 teaspoon kosher salt
- 1/2 medium Napa cabbage, thinly sliced (about 4 cups, loosely packed)
- 1 tablespoon rice vinegar
- Toppings: fresh cilantro, chopped salted peanuts, sliced scallions, and/or toasted sesame seeds

Instructions

1. To a large and heavy pot over high heat, add the linguine, water, bok choy, bell pepper, carrots, onion, garlic, ginger, soy sauce, sesame oil, brown sugar, red pepper flakes, and salt.
2. As soon as the mixture comes to a boil, set the timer for 9 minutes and cook, tossing constantly with tongs, taking care to make sure the pasta doesn't stick to the bottom of the pot. Once the 9 minutes is up, the veggies should be tender, the pasta cooked through, and it should have a saucy consistency, with most of the liquid having evaporated.
3. Remove from heat and add the cabbage and vinegar, tossing until cabbage wilts, about 30 seconds.
4. Serve, topping individual bowls with cilantro, peanuts, scallions, & toasted sesame seeds.

Sauté Kale with Kohlrabi

yield: Makes 8 servings

active time: 25 min

total time: 45 min (includes cooling)

It's amazing how a splash of citrus and a handful of pistachios can transform a pair of humble brassicas—kale and kohlrabi both belong to that genus—into a bright, fresh, and lively dish. Although this recipe represents the letter *k*, it could just as easily have been *g*, for green. Or great.

Ingredients

- 1 1/4 pound kohlrabi, bulbs peeled
- 1/2 teaspoon grated lime zest
- 2 tablespoons fresh lime juice
- 1/4 cup extra-virgin olive oil, divided
- 2 pounds kale (2 bunches), stems and center ribs discarded
- 5 garlic cloves, finely chopped
- 1/3 cup salted roasted pistachios, chopped
- Equipment: an adjustable-blade slicer

Very thinly slice kohlrabi with slicer. Whisk together lime zest and juice, 2 tablespoons oil, and 1/2 teaspoon each of salt and pepper in a large bowl. Toss kohlrabi with dressing.

Finely chop kale. Heat remaining 2 tablespoons oil in a 12-inch heavy skillet over medium-high heat until it shimmers. Sauté garlic until pale golden, about 30 seconds. Add kale by the handful, turning and stirring with tongs and adding more kale as volume in skillet reduces. When all of kale is wilted, sauté with 1/2 teaspoon salt until just tender, about 3 minutes.

Transfer to a bowl and cool to room temperature. Toss kale with kohlrabi and pistachios.

Zucchini Linguine with Herbs

SERVINGS: 8 shredded [zucchini](#) and scallions just like the linguine in this lush dish: She tosses them all in a buttery sauce with [lemon thyme and tarragon](#) and finishes the dish with pecorino cheese.

INGREDIENTS

- 4 pounds small zucchini
 - 6 tablespoons unsalted butter
 - 4 scallions, thinly sliced lengthwise
 - Salt and freshly ground pepper
 - 1 1/2 pounds fresh linguine or spaghetti
 - 2 tablespoons chopped tarragon or chervil, plus more for garnish
 - 1 tablespoon chopped lemon thyme
 - 1 teaspoon finely grated lemon zest
 - 8 ounces young pecorino cheese, freshly grated (2 cups), plus more for garnish
1. Using a mandoline, julienne the zucchini lengthwise, stopping when you reach the seedy centers. You should have 12 packed cups of zucchini strands.
 2. In a very large, deep skillet, melt the butter. Add the zucchini and scallions, season with salt and pepper and cook over moderately high heat, stirring occasionally, until the zucchini is just softened, about 8 minutes.
 3. Meanwhile, in a large pot of boiling salted water, cook the pasta until al dente. Drain, reserving 1 cup of the water.
 4. Add the pasta to the skillet along with the chopped tarragon, thyme, lemon zest and pecorino cheese and toss well. Add the reserved pasta water & cook over moderately high heat, stirring, until the sauce is slightly thickened, about 3 mins. Transfer to plates, garnish w/ tarragon and grated cheese & serve.

MARKET BOX

Zucchini

Cucumber

Bok Choy

Kale

Scallions

Scones

Preserves/Jam

Kreimheld Butter

Soy Sauce

Sesame Seeds

Casa de Trevi Pasta

Meal Possibilities

Zoodles with Marinara

Pasta with peanut sauce
and sesame

Scones w/ butter and
preserves

Kale Chips

Cucumber Noodles w/
peanut sauce

Cucumber Kale Salad
Pasta with Marinara
(you can grate some of
the zucchini in it)

Bok Choy Salad

Zucchini Linguine w/
herbs

One pot sesame noodles
w/ veggies