# · BACK TO OUR ·

12 recipes using fresh produce from Cal-Organic Farms



#### THE STORY OF CAL-ORGANIC FARMS BEGAN IN 1984,

with a quarter acre of lettuce and an idea of doing things differently. More than three decades later, we have expanded the business to include approximately 60 different yearround and seasonal vegetable and fruit items. Today the business has grown to thousands of certified organic acres. It still remains family owned and operated, while promoting family values and integrity every day. Cal-Organic works hard to provide personal service and to find solutions for all of our customers' needs. Our goal is to constantly advance the technology of organic agriculture to the highest levels and to provide you with the finest quality organic produce all year-round.

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## • EASY BLUEBERRY COMPOTE •

#### 4 SERVINGS • PREP TIME: 10 MINUTES • COOKING TIME: 10 MINUTES

can be frozen

# Ingredients

1 cupblueberries, frozen½ cuporange juice¼ cupsugar1 Tbsp.packed brown sugar1 tsp.pure vanilla extract

## Directions

In a small saucepan over medium-high heat, combine blueberries, orange juice, sugars, and vanilla extract stirring constantly until the mixture begins to boil. Reduce heat and simmer for about 5-7 minutes or until mixture is slightly reduced and thickened.

# • GRILLED BEETS with WILTED GREENS.

#### 4 SERVINGS • PREP TIME: 20 MINUTES • COOKING TIME: 1 HOUR

## Ingredients

6 medium beets, greens attached to beetroot
3 Tbsp. olive oil, plus extra for drizzling
<sup>1</sup>/<sub>4</sub> tsp. salt

<sup>1</sup>/<sub>4</sub> tsp. cracked black pepper

2 sprigs fresh thyme

2 tsp. butter

- 1. Prepare your grill for indirect cooking at medium-high heat.
- 2. Remove greens from the beetroot and set aside. Scrub the beets and trim the ends. In two batches of three beets each, place the beets on a sheet of aluminum foil. Drizzle each batch with olive oil and season with salt and pepper. Add a sprig of thyme to each foil packet, cover the beets with foil and fold the edges to secure.

- Cook the beets in the foil packets, on indirect heat with the lid closed for 45 to 55 minutes. To check for doneness, pierce beets with a skewer or the tines of a fork.
- 4. Remove the foil packets from the grill, and let rest for about 10 minutes.
- Meanwhile, rinse the beet greens and shake to dry. Heat a splash of olive oil and butter in a skillet. Sauté the beet greens until just wilted then season lightly with salt and pepper.
- 6. Carefully open up the foil, and peel the skin off the beets using paper towels. Cut the beets into wedges and divide the beets and greens among plates. Drizzle with olive oil and serve.



# · OVEN-ROASTED CARROTS with THYME ·

#### 4 SERVINGS • PREP TIME: 20 MINUTES • COOKING TIME: 20 MINUTES

# Ingredients

7-8	medium carrots, tops trimmed
1 Tbsp.	olive oil
1	small bundle fresh thyme
¼ cup	honey
1 Tbsp.	butter
½ tsp.	ground ginger
½ tsp.	salt

- 1. Preheat oven to 400°F. Line a baking tray with aluminum foil.
- 2. Rinse carrots and slice in half lengthwise. Arrange carrots on prepared baking tray and drizzle olive oil and top with a bundle of thyme sprigs. Toss the carrots to coat completely. Place carrots in oven and roast for 20 minutes or until tender crisp, stirring once or twice.
- 3. Meanwhile, combine the honey, butter and ginger in a small saucepan. Bring to a boil, then reduce heat and simmer gently for two minutes.
- 4. Remove carrots from the oven and season with sea salt. Transfer to a serving dish and drizzle with honey ginger glaze. Serve immediately.



# ·WATERMELON SALAD with GREEN ONIONS.

#### 6 SERVINGS • PREP TIME: 15 MINUTES

## Ingredients

5 lb watermelon
¼ cup green onions, green and white parts sliced thin
3 Tbsp. fresh mint, minced
3 Tbsp. red wine vinegar
½ tsp. salt
¼ tsp. cracked black pepper
½ cup extra-virgin olive oil

- 1. Cut the flesh from the melon and cut into bite-size pieces, removing and discarding the seeds; set aside in a big bowl with the onions and mint.
- 2. In a small bowl, combine the vinegar, salt, pepper, and whisk until salt is dissolved. Slowly whisk in the olive oil, a few drops at a time. Taste and adjust seasonings as necessary.
- 3. Drizzle the dressing over the melon mixture and toss gently until everything is coated and evenly mixed.





# • BAKED CAULIFLOWER with TURMERIC • CHERRY TOMATOES and SHALLOTS

#### 6 Servings • prep time: 20 minutes • cooking time: 1 hour 15 minutes



## Ingredients

I head	cauliflower, outer leaves
	removed and cut into florets
6	medium shallots, peeled
	and left whole
8 oz.	cherry tomatoes, rinsed
	and halved
3	bay leaves
½ cup	water
¼ cup	extra virgin olive oil
1 Tbsp.	lemon juice
1½ Tbsp.	ground turmeric
½ tsp.	ground sweet paprika
¼ tsp.	ground cumin
½ tsp.	salt
¼ tsp.	cracked black pepper
¼ cup	parsley, finely chopped

- Preheat oven to 375°F. In a large mixing bowl, combine the cauliflower, shallots, tomatoes, and bay leaves.
- 2. In a separate bowl, combine the water, oil, lemon juice, turmeric, sweet paprika, cumin, salt and pepper together; whisk to incorporate. Drizzle over vegetables and toss to coat.
- 3. Roast in preheated oven for 40 to 45 minutes or until cauliflower florets are golden and caramelized.
- 4. Sprinkle chopped parsley over the top and serve.

## ·CAULIFLOWER PIZZA·

#### 4 SERVINGS • PREP TIME: 30 MINUTES • COOKING TIME: 20 MINUTES

## Ingredients

1 head	cauliflower, coarsely chopped
3⁄4 cup	shredded mozzarella cheese
3⁄4 cup	grated Parmesan cheese
½ tsp.	garlic powder
½ tsp.	dried oregano, plus more for garnish
½ tsp.	dried thyme
½ tsp.	dried basil
4	egg whites
1 tsp.	salt
½ tsp.	freshly ground pepper
·½ cup	pizza sauce
4 oz.	mozzarella cheese, <i>sliced thin</i>
1	Roma tomato, <i>sliced thin</i>
-4 Tbsp.	green olives, <i>pitted</i>
½ tsp.	capers, for garnish

#### Directions

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- 1. Preheat oven and pizza stone (or foil lined baking sheet) to 450°F.
- 2. Place cauliflower florets in food processor and pulse until finely chopped with no chunks.
- 3. Transfer chopped cauliflower to bowl and microwave for 6–8 minutes until cooked through. Place the cooked cauliflower in a clean kitchen towel and squeeze out as much water as possible. Place the drained cauliflower in a bowl, add mozzarella cheese, Parmesan cheese, garlic powder, dried herbs, egg whites, salt and pepper and mix it well, mashing the cauliflower especially well with the back of a wooden spoon.



- Spray pizza stone or baking sheet with cooking oil. Place the cauliflower pizza "dough" on the pizza stone or baking sheet and shape into pizza crust. Place in oven for 15–20 minutes until golden brown and crispy.
- 5. Add sauce, cheese, tomatoes, olives, capers and a sprinkling of dried oregano. Place under broiler until cheese is melted.

## · GREEK STYLE ROASTED RED POTATOES·

#### 4 SERVINGS • PREP TIME: 25 MINUTES • COOKING TIME: 50 MINUTES

# Ingredients

- 5 cups small red potatoes, *halved*¼ cup olive oil
  1 tsp. salt
  ¼ tsp. freshly ground pepper
  ¼ tsp. paprika
- 1 tsp. dried oregano
- 2 tsp. fresh parsley, minced

- 1. Preheat the oven to 425°F.
- 2. In a large mixing bowl add potatoes, oil, salt, pepper, paprika, and dried oregano and mix well.
- 3. Spread potatoes onto a lined baking sheet and roast in the preheated oven for 25-27 minutes. The potatoes are done when they are slightly browned and fork tender. Remove from heat and sprinkle with fresh minced parsley before serving.



## • SPICY ROASTED KALE CHIPS•

#### 6 servings • prep time: 8 minutes • cooking time: 15 minutes

## Ingredients

1 bunch (8 oz.) fresh kale 1 Tbsp. olive oil 1 tsp. salt <sup>1</sup>/<sub>2</sub> tsp. freshly ground pepper

- 1. Preheat oven to 350°F. Line a large baking pan with parchment paper.
- 2. Wash the kale and spin dry in a salad spinner or blot dry using paper towels. Kale must be completely dry or it will not crisp up.

- 3. Trim the stems and cut away the thick inner stem that runs up the center of the kale leaf. Discard stems and roughly tear leaves into chip-size pieces.
- 4. Place kale on oiled and foil-lined baking sheet; drizzle with olive oil. Using your clean hands, mix oil into kale until all of the pieces are coated. Arrange kale in a single layer and season with salt and pepper.
- Bake for 12 to 15 minutes, or until crisp. Watch closely and do not over cook, as kale will be bitter. Kale should be crispy and crackly but not browned.



## • SWISS CHARD PATTIES•

#### 4 SERVINGS • PREP TIME: 15 MINUTES • COOKING TIME: 5 MINUTES

## Ingredients

1 head	Swiss chard, steamed
2 Tbsp.	flour
¼ cup	breadcrumbs
2 tsp.	ground cumin
1	garlic clove, crushed
2 Tbsp.	chopped flat-leaf parsley
3	green onions, thinly sliced
2	eggs, lightly beaten
3	carrots, peeled and grated
1 tsp.	salt
¼ tsp.	freshly ground pepper
¼ cup	olive oil

### Directions

- 1. Heat a stockpot of 4 inches of water to boil with a steam basket inside. Slice the Swiss chard in ribbons and place in the steam basket. Cover the pot and steam the chard for 10 minutes or until fully wilted. Remove Swiss chard from the steam basket and place in a kitchen towel. Squeeze the greens to remove any excess water and set aside.
- 2. In a medium size bowl combine the flour, breadcrumbs, cumin, garlic, parsley and green onions.
- 3. In another medium size bowl add egg and steamed Swiss chard and mix well. Add green onion mixture to fritter mixture and combine. Season with salt and pepper.
- 4. In a non-stick frying pan heat oil over medium heat. Once the oil is warm, one at a time, drop a flattened spoon full of the fritter mixture into the pan to cook. Do not overcrowd the pan. Only cook 4-6 fritters at a time depending on



the size of the frying pan. Cook the fritters for 3-5 minutes per side then flip and finish cooking. Once finished cooking, remove the fritters to a paper towel lined plate and serve warm.

• fresh.

# • ARUGULA SALAD with GRILLED CHICKEN • OLIVES and RED ONIONS

#### 4 SERVINGS • PREP TIME: 20 MINUTES • COOKING TIME: 20 MINUTES



## Ingredients

- <sup>1</sup>/<sub>4</sub> cup olive oil, *divided* 2 Tbsp. chopped fresh oregano
- 2 Tbsp. red wine vinegar
  - 1 tsp. salt
  - <sup>1</sup>/<sub>2</sub> tsp. freshly ground pepper
    - 4 skinless boneless chicken breast halves
    - <sup>1</sup>/<sub>2</sub> red onion, peeled, cut through root end into <sup>1</sup>/<sub>2</sub>-inch wedges
- 3 cups baby arugula leaves
- 1/4 cup pitted olives, halved

- 1. Prepare grill for direct grilling at medium-high heat.
- In a small bowl, make the dressing by combining ¼ cup oil, oregano and vinegar, whisk to incorporate. Season to taste with salt and pepper.
- 3. Rinse chicken under cold running water and pat dry with paper towels. Brush chicken and onion wedges with some of the remaining oil; sprinkle with salt and pepper. Grill chicken until cooked through, 7 to 8 minutes per side, and onion until tender, 3 to 4 minutes per side. Transfer to cutting board; let rest 5 minutes before slicing into bite-size strips.
- Meanwhile, arrange arugula in a large bowl or on large platter. Add chicken, onions and olives to the greens. Toss with dressing and season with more salt and pepper if necessary.

# · SAUTÉED KALE with GARLIC and ONIONS·

#### 4 SERVINGS • PREP TIME: 5 MINUTES • COOKING TIME: 15 MINUTES

## Ingredients

- 8 cups fresh kale, *stems trimmed* 3 Tbsp. olive oil 3 cloves garlic, *peeled and finely chopped* <sup>1</sup>/<sub>4</sub> yellow onion, *finely chopped* <sup>1</sup>/<sub>2</sub> cup vegetable stock - salt to taste - freshly cracked black pepper, *to taste*
- 2 Tbsp. red wine vinegar

- 1. Rinse the kale and roughly chop. Heat the olive oil in a large saucepan or skillet with a cover. Add the garlic and onion and cook until fragrant, about 5 minutes.
- 2. Increase the heat to high; add the vegetable stock and chopped kale, tossing to coat. Cover and steam for about 5 minutes. Remove cover and continue cooking, stirring frequently, until all the liquid has evaporated.
- 3. Season with salt, pepper and red wine vinegar and serve.



# • FARM FRESH TOMATO with AVOCADO • CHILI, and LIME

#### 4 SERVINGS • PREP TIME: 15 MINUTES

# Ingredients

- 2-3 medium tomatoes, sliced
  - 1 avocado, sliced thin
  - 1 red Fresno chili pepper, *sliced thin*
- <sup>1</sup>/<sub>4</sub> cup cilantro leaves
- 2 Tbsp. olive oil
  - ½ lime
  - 1 tsp. salt

- 1. Slice the tomatoes and arrange on a plate. Slice the avocado and place over the tomato slices. Next, slice the chili pepper and sprinkle over the tomatoes and avocado. Garnish the plate with cilantro leaves.
- 2. Dress the salad with olive oil and a squeeze of lime juice. Season with salt and serve immediately.





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