

EASY MEALS FROM THE FARMERS MARKET

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Pistachio Pesto Pasta

A GREAT DINNER, TO-GO PICNIC STAPLE OR THE PERFECT PACKED LUNCH

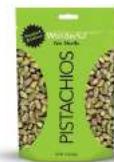
Work time: 15 min
Total time: 25 min
Make 6 servings

1 cup packed flat-leaf parsley
3 cups packed baby arugula
3/4 cup roasted, salted pistachios
1/4 cup fresh lemon juice
1/2 cup olive oil
1/2 tsp kosher salt
2 cups julienned zucchini
1 lb penne pasta, cooked

1. In a food processor combine the parsley, 2 cups of the arugula, 1/2 cup pistachios, lemon juice, olive oil and salt. Blend until mixture is very finely chopped.
2. Combine cooked pasta, pesto and zucchini and toss in

remaining arugula. Sprinkle with remaining pistachios to serve.

• Eat immediately or pack pasta in a to-go container and chill until ready to eat.



The task of shelling each pistachio to get to the green, sweet deliciousness is quite a chore!

I like to use Wonderful Pistachios No Shells because they are already shelled, roasted and salted. Pistachio pesto is easy to make when half of the work is done for you.



Veggie Spring Rolls

EAT SALAD RIGHT OUT OF YOUR HAND!

Work time: 40 min

Total time: 50 min

Make 10 rolls

1/4 lb green beans, sliced in half lengthwise

1/4 cup rice wine vinegar

2 tbsp fish sauce (nam plah)

2 tbsp sugar

2 tbsp chopped unsalted peanuts

2 tbsp chopped mint

1 tsp grated fresh ginger

10 spring roll wrappers

10 leaves Boston or Bibb lettuce

4 oz (3 cups) pea shoots or

broccoli sprouts

1 bunch chives

1/4 lb each cucumber, jicama

and baby zucchini, cut into strips

1. Blanch green beans by cooking them in boiling water for 1 to 2 min; cool immediately in ice water. Drain and set aside.

2. In a bowl, stir together vinegar, fish sauce, sugar, peanuts, mint, ginger and 2 tbsp water; set aside.

3. Pour 1 cup warm water into a shallow dish. Dip spring roll wrappers in water one at a time, gently shaking off excess water. Place wrappers between clean, damp paper towels and let stand for 10 min. Brush any dry edges with a little water.

4. Place a lettuce leaf on the bottom half of a wrapper and top with 2 to 3 green beans, a small pile of pea shoots and chives, and a few strips each of cucumber, jicama and zucchini. Fold a roll tightly like a burrito, leaving the top end open. Repeat with remaining ingredients. Serve immediately with dipping sauce.



Veggie Ricotta Tarts

CREATE ANY FLAVOR COMBINATION YOU LIKE!

Work time: 45 min
Total time: 1 hr 10 min
Make 8 tarts

1 recipe Basic Tart Crust* dough, or prepared pastry crust
3/4 lb Various vegetables
Sliced Prosciutto
1/2 cup part-skim ricotta

3/4 cup (2 1/2 oz) grated Parmesan
1/2 cup heavy cream
1 clove garlic, finely minced
3 large eggs
1/2 tsp kosher salt
1/2 tsp ground black pepper
Herbs for garnish

1. Prepare vegetables: for asparagus, sliced onions, cauliflower, broccoli rabe, zucchini or eggplant: Toss with olive oil, kosher salt and pepper, then roast at 375°F until just tender. For mushrooms, mustard greens, peas or scallions: Saute in olive oil until just wilted or tender. Set aside.
2. Heat oven to 375°F. Roll tart dough to about 3/16 inch thick

and cut into pieces to fill 8 4-inch-diameter tart pans or rings. Place pans on a baking sheet and blind bake until crusts are golden brown. Set aside.
3. In a mixing bowl whisk together the ricotta, Parmesan, cream, garlic, eggs, salt and pepper until smooth. Divide between baked tart shells, filling each with about 1/4 cup of the mixture. Top tarts with vegetables and prosciutto, return to oven and bake until filling is set, 25 to 30 min. Cool slightly, then remove tart rings and use a spatula to slide tarts from pan bases. Serve with herbs and extra Parmesan.
*recipe on following page

Basic Tart Crust

FOR VEGGIE RICOTTA TARTS

Work time: 15 min

Total time: 1 hr 20 min

Makes 8 small tarts

2 1/2 cups all-purpose flour

1 tsp kosher salt

2 sticks (1 cup) very cold unsalted butter, cut into pieces

1 egg yolk

1. In a food processor combine flour and salt. Add butter and pulse until butter is the size of peas. Whisk together the yolk and 1/2 cup cold water. Drizzle the liquid into the food processor while pulsing to combine. Pulse until dough holds together when you pinch it, adding liquid as needed.

2. Turn dough onto a sheet of plastic wrap and form into a ball. Divide in half and wrap each half in plastic wrap, flattening into a disk. Chill until cold or ready to use, about 30 min.

3. On a floured surface roll dough until it's 3/16 inch thick and large enough to cut or fit in the tart pan (s). (Pinch edges of dough as you roll to prevent cracks and tears.) Place dough into tart pan; gently lift into place without stretching and press into pan. Use the heel of your hand or a rolling pin to trim the edges flush with the pan. If blind baking, freeze crust about 20 min.

4. For blind baking, heat oven to 375°F. Line the chilled crust with aluminum foil, pressing foil into the corners. Fill with pie weights or dried beans and place on a baking sheet. Bake until crust is set and just starting to brown, about 30 min. remove foil lining and weights and return crust to oven to brown evenly, 5 to 10 min more. Cool completely, then remove from tart pan.

