

# NEWSLETTER

2024 CSA

WEEK 15



## Broccolini

Welcome to week 15. Highlight this week is Broccolini, also known as 'baby broccoli'. Broccolini, is a hybrid vegetable that was first grown in Japan in the 1990's. The intention was to produce a vegetable that combined the tender, delicate stalks of Chinese broccoli with the familiar taste and health benefits of traditional broccoli. Broccolini has a milder, sweeter flavor than broccoli, and also cooks more quickly. It's ideal for stir-fries, sautéing, or quick roasting, and is a versatile addition to a variety of dishes.

I am sharing a recipe that uses broccolini, along with eggplant, parsley, and bell pepper from the box. Hope you enjoy it.

Thank you for supporting your local organic farm!

-Ruby, G.

### in the box

Parsley	bunch
Potatoes - Purple Majesty	1.5 lbs
Shallots	2 each
Broccolini	bunch
Eggplant	2 each
Pepper - Red Bell	2 each
Salad Mix	1/2 lb bag
Pepper - Jalapenos	4 each
Italian Prunes	pint

### Roasted Broccolini & Eggplant with Bell Pepper & Parsley Pesto

<i>Ingredients:</i>	<b>For Bell Pepper &amp; Parsley Pesto</b>
<b>For Roasted Vegetables</b>	1 red bell pepper, roasted & peeled
1 bunch of broccolini, trimmed	1 cup fresh parsley leaves
1 medium eggplant, cut into 1 inch cube	¼ cup almonds or pine nuts, toasted
1 red bell peppers, cut into strips	2 cloves garlic
3 tbsp olive oil	¼ cup grated Parmesan cheese (optional)
1 tsp garlic powder	Juice of 1 lemon
1 tsp smoked paprika	Salt & pepper to taste
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#### 1. Prepare the Roasted Vegetables:

Preheat your oven to 400°F. In a large bowl, toss the broccolini, eggplant, and bell pepper with olive oil, garlic powder, smoked paprika, salt, and pepper. Spread the vegetables out on a baking sheet in a single layer. Roast for 20-25 minutes, or until the eggplant is tender and the broccolini is crispy at the edges, stirring halfway through for even cooking

#### 2. Make the Bell Pepper & Parsley Pesto:

If you haven't roasted the bell pepper yet, roast it under a broiler or on a grill until the skin is charred. Place it in a bowl covered with plastic wrap to steam, then peel off the skin and remove the seeds. In a food processor or blender, combine the roasted bell pepper, parsley, nuts, garlic, Parmesan cheese (if using), lemon juice, and a pinch of salt and pepper. Pulse until the mixture is finely chopped. With the processor running, slowly drizzle in the olive oil until the pesto reaches your desired consistency. Adjust seasoning as needed.

#### 3. Assemble & Serve:

Transfer the roasted vegetables to a serving platter. Drizzle or spoon the bell pepper and parsley pesto over the top. Garnish with additional parsley if desired, and serve warm or at room temperature.

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