



## August 31, 2016

### Harvest Fair

It's the busiest time of year at local farmers' markets as summer begins to turn into fall. Take advantage of the season's bounty with these simple side dishes:

Roasted spaghetti squash takes place of starchy noodles in our Spaghetti Squash with Kale Pesto, our healthier spin on a tried-and-true classic. Our Kale Pesto uses kale, parsley and almonds instead of the traditional basil and pine nuts for a more economical recipe that doesn't skimp on taste.

Our Jalapeno Lime Potatoes are an easy way to add bold flavour to any meal. They're excellent served warm as a side dish, or cold as a salad. If you can't use your grill, roast the potatoes in the oven at 400°F.

A simple marinade of Worcestershire, balsamic, soy sauce and olive oil can be used with carrots, zucchini, peppers, or any hard vegetable for our Savoury Grilled Vegetables. Cook on the grill, or roast in the oven at 450°F.

---

### **SPAGHETTI SQUASH WITH KALE PESTO**

#### **Ingredients:**

1 spaghetti squash (about 2 lb), halved lengthwise and seeded  
1 tbsp canola oil  
1/4 tsp salt  
1/4 tsp freshly ground pepper  
1/2 cup Kale Pesto (recipe below)  
Freshly grated Parmesan cheese

#### **Method:**

1. Preheat oven to 400°F.



2. Brush cut sides of squash halves with oil. Sprinkle with salt and pepper.
3. Place squash halves, cut side down, in a parchment paper-lined rimmed baking sheet.
4. Bake, turning squash halves over after 20 minutes, until squash is tender, about 40 minutes.
5. When cool enough to handle, use a fork to pull squash strands free from shell halves; discard shell halves. There should be about 4 cups squash.
6. Transfer squash to a bowl. Add Kale Pesto and toss to combine.
7. Serve topped with Parmesan cheese. *Serves 6.*

---

## **Kale Pesto**

### **Ingredients:**

- 1 cup coarsely chopped kale leaves
- 1/4 cup fresh basil leaves
- 1/4 cup fresh parsley leaves
- 1/4 cup extra-virgin olive oil
- 3 tbsp slivered almonds, toasted
- 3 tbsp freshly grated Parmesan cheese
- 1 tbsp fresh lemon juice
- 1 clove garlic, chopped

### **Method:**

1. Place all ingredients in a blender; purée until almost smooth. May be refrigerated for up to 3 days or frozen for up to 1 month. *Makes about 3/4 cup.*

---

## **JALAPENO LIME POTATOES**

### **Ingredients:**

- 2 lb unpeeled baby red potatoes, halved (about 6 cups)



1 jalapeno pepper, finely chopped (with seeds)  
2 tbsp grapeseed oil or canola oil  
1 tsp ground cumin  
1 tsp smoked paprika  
1 tsp salt  
1 cup chopped fresh cilantro  
2 tbsp fresh lime juice  
1 tsp grated lime peel

**Method:**

1. Combine potatoes, jalapeno pepper, oil, cumin, paprika and salt in a bowl.
2. Place potato mixture in centre of a large piece of heavy-duty foil. Bring edges of foil together to form a packet; close all edges with tight double folds.
3. Cook over medium heat on natural gas barbecue, turning packet over after 15 minutes, until potatoes are tender, about 30 - 35 minutes. Remove from heat.
4. Open packet and transfer potato mixture to a heatproof bowl. Add cilantro, lime juice and lime peel; toss to coat. *Serves 6.*

---

**SAVOURY GRILLED VEGETABLES**

**Ingredients:**

2 tbsp (25 mL) Worcestershire sauce  
2 tbsp (25 mL) balsamic or red wine vinegar  
2 tbsp (25 mL) soy sauce  
2 tbsp (25 mL) olive oil  
3/4 tsp (3 mL) freshly ground pepper  
8 cups (2 L) assorted vegetables, cut into chunks

**Method:**

To prepare marinade, combine all ingredients except vegetables in a heavy zip-lock plastic bag. Add vegetables and squeeze bag to coat vegetables with marinade; seal bag. Let stand



for 15 minutes. Remove vegetables from marinade; discard marinade. Grill vegetables in a grill wok or on a grill topper over medium heat on natural gas barbecue, stirring occasionally, for 10 - 15 minutes or until tender. *Serves 6 - 8.*