



## SAVORY SUMMER COUSCOUS SALAD

—Adapted from my week 8's newsletter from 2018  
<http://blog.gatheringtogetherfarm.com/2018/07/31/csa-2018-week-8-beyond-nutrition-food-flame-friends/>

### INGREDIENTS

- 1 cup reduced-sodium chicken/ veg. broth
- 1 cup uncooked couscous
- 1 head **lettuce**, sliced thinly
- 1-2 medium **cucumber**, halved and sliced
- 3-5 **carrots**, grated or sliced into matchsticks
- 1/2 cup crumbled feta cheese
- 1/4 cup chopped **onion**
- A good pile of roughly minced fresh **basil**
- Halved **cherry tomatoes**, tossed in last
- Sautéed **zucchini & shallots**
- Olive oil to taste
- Lemon juice to taste
- 1/2 tsp Salt
- 1/2 tsp Pepper
- Other dressing additions to play around with that I commonly use in this dish: toasted sesame oil, tamari or soy sauce, apple cider vinegar, spicy chile oil, avocado

### DIRECTIONS

1. In a small saucepan, bring broth to a boil. Stir in couscous. Remove from the heat; cover and let stand for 5-10 minutes or until water is absorbed. Fluff with a fork and set aside to cool slightly.
2. Slice up 1-2 zucchini and 1-2 shallots and sauté on medium high, stirring/tossing as needed until browned and beautiful. Salt after you've turned off the pan, otherwise your zukes will be mush.
3. In a large bowl, combine the cucumber, carrot, beet, onion, parsley, and lettuce. Stir in couscous. Toss in the zuke-shallot sauté.
4. In a small bowl, whisk the oil, lemon juice and seasonings. Pour over couscous mixture; toss to coat. Add more of anything to taste. Serve immediately or cover and refrigerate until chilled
5. I like to serve this with cheese, more fresh basil (or whatever herb is on hand), & sunflower seeds on top

## THE BEST NAPA-CABBAGE, GARLIC-BASIL, APPLE- WALNUT SLAW EVER

—Adapted from LB's home kitchen

### INGREDIENTS

- ½-1 head **napa cabbage**, chopped into thin strips
- 4-5 **carrots**, grated
- 1 apple, chopped into small chunks or thin slices, whichever
- 1-2 cups walnuts, roughly chopped
- Handful of dried raisins, if you're into that kind of thing
- **DRESSING**
- 1-2 cups mayo (store-bought or home-made)
- 3-5 fat garlic cloves, minced
- 1/3-1/2 bu. **basil**, minced
- ½ lemon, juiced
- Salt & pepper to taste

### DIRECTIONS

1. Slice your head of napa cabbage in half lengthwise. Depending on the size of your head, you may only need to use one half of it for this dish. Let your largest bowl be the deciding factor of how much can fit. Cut the half lengthwise again, and then slice another lengthwise cut to make long quarters. Chop down each strip finely to make thin, shredded slices. Place in a large bowl.
2. Grate carrots on a cheese grater and add into the large bowl. Mix around evenly with your hands and then set aside.
3. In a medium bowl, plop in your mayo.
4. Mince your garlic and toss it onto the mayo, along with salt, pepper, lemon juice, and your minced basil. Stir until well-mixed, dip a finger in to taste. If it needs more of anything, add it. Remember, you're going for strong, it has a lot of crisp sweet veg to coat.
5. Stir in the garlic-basil mayo into the shredded veg in the big bowl until mixed through.
6. Chop apples and walnuts and toss in last. Enjoy!

*This slaw is delicious served right away, later that night, the next day, and the day after that! I always have a container of slaw in the fridge in the summer to munch on, and the type of cabbage and specific ingredients vary each time. Just yesterday I added grated gold beets and it was delicious!*