



2023 CSA NEWSLETTER

WEEK 14

At the farm

Week 14 CSA box is here. New this week is Purple Kale, along with basil, shishito peppers, eggplant, and other flavorful vegetables and fruit. Purple kale is a visually striking variety of kale with sweet and milder flavor compared to other varieties of kale. It is often preferred by those who find traditional green kale too bitter. It is perfect for salads and quick sautés.

For recipe, I am including a dish that uses several items from the box. Eggplant & basil stuffed chicken with purple kale salad makes a delightful main course. You can add more vegetables to the salad and sauté them along with kale in this recipe to add colors and crunch. Hope you enjoy it!

Ruby

In the box

Purple Kale	Bunch
Zucchini	3 or 4 each
Basil	Bunch
Shishito Pepper	Pint
Slicing Tomatoes	2 or 3 each
Eggplant	Each
Red Onion	Each
Scallions	Bunch
Red Raspberries	½ pint



Eggplant & Basil Stuffed Chicken with Purple Kale Salad

Ingredients : For stuffed chicken		Ingredients : For kale salad	
2 boneless, skinless chicken breasts	2 cloves garlic, minced	2 cups purple kale, stems removed and leaves thinly sliced	¼ cup lemon juice
1 medium eggplant, diced	½ cup mozzarella cheese, shredded	½ cup tomatoes, chopped	1 clove minced garlic
½ cup fresh basil leaves, chopped	Salt & Pepper to taste	¼ cup red onion, thinly sliced	Salt & pepper to taste
	Olive oil for cooking		

Preparing Stuffed Chicken: Preheat oven to 375 degree F. In a large skillet, heat a couple of tablespoons of olive oil over medium heat. Add the diced eggplant and cook until it becomes tender and slightly golden, about 5-7 minutes. Stir in the minced garlic and chopped basil, and cook for an additional 2 minutes. Season with salt and peppers. Remove from heat and let it cool slightly.

While the eggplant mixture cools, carefully slice each chicken breast horizontally, creating a pocket in the center without cutting through other side. Stuff each chicken breast with the eggplant and basil mixture, and sprinkle shredded mozzarella cheese on the top. Close the stuffed chicken breast and season with salt and pepper, and drizzle with a bit of olive oil. Heat the skillet over medium-high heat and sear the stuffed chicken breasts for a bout 2-3 minutes on each side, until they develop a golden crust. Transfer the seared chicken breasts to a baking dish and bake in the preheated oven for about 20-25 minutes or until the chicken is cooked through and the cheese on top is melted and bubbly.

Purple Kale Salad: While the chicken is baking, prepare the purple kale salad. In a separate pan, heat olive oil over medium heat. Add minced garlic and cook until fragrant. Add the chopped purple kale to the pan and sauté until it wilts, tossing it with garlic infused oil. Season the kale with lemon juice, salt and pepper to taste. Add halved cherry tomatoes and thinly sliced red onion to the salad for extra flavor.

Serving: Once the chicken is done baking, remove from oven. Serve along side purple kale salad.