



FARM FRESH FORKS



*A Vegetable Tasting
Experience*

COOKBOOK

Volume 1





Thank You



Thank you for your interest in cooking with fresh fruits and vegetables that come from the “Winter Vegetable Capital of the World”- Yuma, Arizona. We couldn’t be happier to share recipes with you featuring specialty crops that are grown in the Yuma and surrounding areas. Our Farm Fresh Forks vegetable tasting program is designed to share new ways to incorporate fruits and vegetables into your daily meals. The first ever Farm Fresh Forks cookbook highlights recipes from our 2017 season as well as a few extras for your culinary enjoyment!

For more information on the Farm Fresh Forks program, please visit www.farmfreshforks.com.

Sincerely,

The Yuma Fresh Vegetable Association

www.yumafreshveg.com

Enjoy recipes highlighting specialty crops from our Farm Fresh Forks restaurants as well as a special treat from one of our Harvest Dinner celebrity chefs, Chef Carmen Rodriguez.

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**RIVER CITY
GRILL**

VEGGIE BURGER

- By River City Grill -

INGREDIENTS:

- 16 oz. black beans, ½ pureed and ½ whole
- 1 small green pepper
- 1 small yellow onion
- ¼ cup garlic, peeled and chopped
- 2 medium eggs
- 1 cup diced beets
- 1 tbsp. chili powder
- 1 tbsp. cumin
- 1 tsp. Thai chili
- 1 tbsp. paprika
- ½ cup barley or panko

DIRECTIONS:

Mix all dry ingredients and set aside.

In a bowl, add black beans, peppers, onions, garlic, beets, and eggs. Mix well. Add dry ingredients.

Form 6 oz. patties and heat the grill. Cook the burgers over a low fire until they are charred on both sides and firm when you press on them, 4 to 6 minutes per side. If they start to burn before they firm up, move them to the sides of the grill to finish cooking over indirect heat. Alternatively, you can cook these on a grill pan or in a skillet over low heat.

SPINACH AND ARTICHOKE DIP

- By River City Grill -

INGREDIENTS:

- ½ cup sour cream
- ¼ tsp. black pepper
- 3 garlic cloves, minced
- 14 oz. artichoke, freshly blanched and diced
- 10 oz. fresh sautéed spinach, chopped
- 8 oz. cream cheese (room temperature)
- 6 oz. mozzarella cheese
- 1 oz. parmesan cheese
- 1 oz. panko/parsley

DIRECTIONS:

Combine first 7 ingredients in a large bowl and fold well.

Place in a ceramic baking pan. Sprinkle parmesan cheese and panko/parsley on top evenly.

Bake at 350° for 10 to 15 minutes until golden brown on top.

Serve with crostini or crackers.

ZUCCHINI PROVENCAL

- By River City Grill -

INGREDIENTS:

- 1 small onion, chopped
- 2 tbsp. olive oil
- 2 medium zucchini, diced
- 1 cup diced green pepper
- 1 tbsp. garlic, minced
- 2 large tomatoes, peeled and quartered
- ½ cup parmesan cheese
- Parsley, salt, and pepper to taste

DIRECTIONS:

Sauté onions until translucent and then add garlic.

Salt and pepper, and then add all other ingredients except the parmesan.

Sauté until al dente, place in a casserole dish, and then top off with parmesan cheese.

Bake at 350° for about 10 minutes until golden brown.

GRILLED BOK CHOY STIR FRY

- By River City Grill -

INGREDIENTS:

- 4 oz. bok choy, grilled
- 2 oz. red bell peppers, julienned
- 2 oz. carrots, julienned
- 1 oz. onions, julienned
- 1 tbsp. fresh ginger, chopped
- 1 tbsp. fresh garlic, chopped
- 3 oz. stir fry sauce
- 1 cup steamed rice

DIRECTIONS:

Season bok choy and grill on both sides. Then dice it to be 1 ½ inches thick.

Sauté onions and peppers. Add garlic and ginger until translucent.

Add carrots, bok choy, and stir-fry sauce.

RIVER CITY CREAM OF BROCCOLI SOUP

- By River City Grill -

INGREDIENTS:

6 oz. bacon, diced
2/3 cup flour
½ onion, ¼ inch diced
1 cup celery, ¼ inch diced
4 cups chicken stock
8 cups broccoli florets
3 cups heavy cream
Salt and pepper to taste

DIRECTIONS:

Sauté bacon. Once crispy, add flour to create a roux.

Add the rest of the ingredients and cook for about 15 to 20 minutes.

Puree, serve with broccoli florets on top and diced bacon for garnish.

OVEN ROASTED BRUSSEL SPROUTS WITH LEMON GARLIC AIOLI

- By River City Grill -

INGREDIENTS:

- 1 lb. Brussel sprouts, cleaned
- 4 oz. olive oil
- 2 oz. balsamic vinegar
- 3 oz. garlic, chopped
- Salt and pepper

DIRECTIONS:

Combine Brussel sprouts, olive oil, garlic, salt and pepper.

Toss well.

Transfer onto baking sheets and roast in the oven until soft.

Serve with lemon garlic aioli on side.

LEMON GARLIC AIOLI INGREDIENTS:

- 2 egg yolks
- 1 tbsp. roasted garlic
- Juice from 1 medium lemon
- 2 cups olive oil
- Salt and pepper to taste

LEMON GARLIC AIOLI DIRECTIONS:

Add all ingredients except olive oil in the food processor.

Slowly add oil until emulsified. Salt and pepper to taste.

GINGER AND CARROT SOUP

- By River City Grill -

INGREDIENTS:

- ½ large onion, diced
- 2 ½ tbsp. ginger, finely chopped
- 5 cloves garlic, finely chopped
- ½ cup wine
- 1 48 oz. can of chicken broth
- 2 ½ lbs. carrots
- Parsley
- Olive oil
- Salt and pepper to taste
- ½ tsp. cardamom

DIRECTIONS:

- Sauté onion, ginger, and garlic in 2 tbsp. olive oil for 3 minutes.
- Deglaze with white wine.
- Simmer for about 8 minutes, until onions are translucent.
- Add chicken broth and carrots.
- Cook until carrots are soft.
- Puree entire pot.
- Add cardamom, salt, and pepper.
- Garnish with chopped parsley.

KIMCHI

- *By River City Grill* -

INGREDIENTS:

- 2 lbs. Napa cabbage
- ½ cup kosher salt
- 1 cup daikon radish, cut into matchsticks
- 4 scallions, sliced
- ¼ cup ginger, grated
- 2 tbsp. garlic, minced
- ¼ cup fish sauce
- 1/3 cup red pepper powder
- 2 tsp. sugar

DIRECTIONS:

Soak cabbage in water for 24 hours at room temperature.

Drain water, squeeze out the excess.

Mix all other ingredients and toss with cabbage until well coated.

Place in jars and cover with cheese cloth.

Let sit for 24 hours in cool dark spot.

Put lids on jars and refrigerate for at least 48 hours.

BEET SMOOTHIE

- *By River City Grill* -

INGREDIENTS:

- ½ cup orange juice
- 1 cup berries of choice
- 2 tbsp. granola
- ¼ cup yogurt
- 1/3 cup roasted or raw beets, diced
- 1 tsp. honey
- ½ cup ice or 1 frozen banana

DIRECTIONS:

Blend all ingredients, adding more ice until desired consistency.



THE PATIO RESTAURANT & GRILL

BACON SPINACH SALAD SKEWERS

- By Alex Trujillo, The Patio Restaurant & Bar -

INGREDIENTS:

- 3 boiled eggs
- Baby spinach
- Cherry tomatoes
- 8 bacon strips cooked, 2 strips chopped
- Blue cheese dressing

DIRECTIONS:

Boil and peel eggs and then cut into quarters.

Cut bacon into 3 pieces, then cook and cool (do not overcook or it will break apart).

Add chopped bacon to blue cheese dressing.

Start assembling skewers using sandwich picks or toothpicks. Start with the eggs, then the rolled spinach, bacon, and cheery tomato.

Drizzle dressing over the skewers and its ready to serve.

GRILLED FENNEL BRUSCHETTA

- By Alex Trujillo, The Patio Restaurant & Bar -

INGREDIENTS:

- 1 head fennel, sliced, grilled and diced
- 1 cup grape tomatoes, quartered
- ¼ purple onion, finely diced
- 2 cloves garlic, minced
- ¼ bunch parsley, finely chopped
- 1 tbsp. basil pesto
- 3 tbsp. olive oil
- 1 tbsp. balsamic vinegar
- Salt and freshly cracked pepper to taste
- Balsamic glaze
- Baguette, sliced and toasted
- Parmesan cheese

DIRECTIONS:

- Combine all ingredients in a bowl.
- Allow to marinate for 1 hour.
- Salt and pepper to taste.
- Serve with toasted baguettes, garnished with parmesan cheese.

AVOCADO RADISH CEVICHE

- By Alex Trujillo, The Patio Restaurant & Bar -

INGREDIENTS:

4 oz. bass fish, finely diced
Juice of 8 key limes
1 avocado, diced
1 serrano chile, diced
Red radishes, ½ diced and ½ sliced for chips
1 roma tomato, seeded and diced
Cilantro
Purple onion

DIRECTIONS:

Cook the fish with lime juice, and add 1 tsp. kosher salt for at least an hour.

Make the pico de gallo by dicing radishes, tomatoes, cilantro, serrano, purple onion, and add lime juice and salt.

Once the fish is cooked, drain then add the pico de gallo.

In a bowl, add the avocado, onion, lemon juice, salt and pepper, then with a fork mash it together.

Combine the ceviche and avocado together.

Cut the radishes into small slices and use as chips.

ROASTED BEET & ORANGE LETTUCE WRAPS

- By Alex Trujillo, The Patio Restaurant & Bar -

INGREDIENTS:

2 whole oranges, cut into segments
2 whole red roasted beets, diced
Romaine lettuce hearts
Herb dressing (fresh orange juice, grapefruit juice, herb seasoning, oil, egg yolk)
Feta cheese

DIRECTIONS:

Roast beets on a bed of kosher salt for 45 minutes. Cool slightly and peel the tender beets, dice finely and then chill.

Cut romaine, utilizing the smallest center of the hearts to fill.

Combine the ingredients for the herb dressing in a bowl. Use a hand blender to mix everything, slowly adding oil to the ingredients.

Toss the oranges and beets with the dressing, and then fill the lettuce cups. Sprinkle with feta cheese.

CILANTRO PESTO PANINIS

- By Alex Trujillo, The Patio Restaurant & Bar -

INGREDIENTS:

2 bunches cilantro

¼ cup grated parmesan cheese

6 cloves garlic, minced

½ cup pine nuts

¼ cup olive oil

Ciabatta bread

Medjool date jam

Mozzarella cheese, low moisture shredded or sliced

DIRECTIONS:

Make pesto in a food processor by blending cilantro, cheese, garlic, and pine nuts. Slowly add the oil as the ingredients come together.

Slice ciabatta bread. Add pesto to one side and date jam to the other.

Add cheese to bread and close. Place on panini press and toast until cheese is melted.

BROCCOLI CAULIFLOWER SLAW WITH APPLE CIDER DRESSING

- By Alex Trujillo, The Patio Restaurant & Bar -

INGREDIENTS:

- 2 stalks broccoli
- 1 head cauliflower
- ¼ purple onion, julienned
- ¼ cup cranberries
- ¼ cup sunflower seeds
- 4 slices diced bacon, cooked

DIRECTIONS:

Cut broccoli and cauliflower into small florets.

Combine all ingredients into a bowl, including the dressing.
Let marinate for 1 hour or overnight.

Mix in onion before serving.

DRESSING INGREDIENTS:

- 1 cup mayo
- ½ cup apple cider vinegar
- ½ cup sugar

DRESSING DIRECTIONS:

Combine all ingredients until well mixed.

KALE CHIPS

- By Alex Trujillo, The Patio Restaurant & Bar -

INGREDIENTS:

Whole kale
Oil
Salt and pepper

DIRECTIONS:

Wash kale thoroughly. Tear into chip size pieces and remove the ribs.

In a bowl, toss kale with a light drizzle of olive oil, and sprinkle with kosher salt.

Place kale onto a cookie sheet pan. Place in oven at 350° for 12 minutes or until crisp.

TOASTED CAULIFLOWER PEARLS

- By Alex Trujillo, The Patio Restaurant & Bar -

INGREDIENTS:

2 cups cauliflower pearls
Thyme
Oregano
Paprika
Salt & pepper
1 tsp. olive oil

DIRECTIONS:

Toss cauliflower with seasoning and oil.

Place cauliflower on cookie sheet and cook in oven at 375° until tender and caramelized.

CAULIFLOWER HUMMUS

- By Alex Trujillo, The Patio Restaurant & Bar -

INGREDIENTS:

- 1 head cauliflower, broken into florets
- 4 cloves garlic
- 1 12 oz. can chick peas
- 1 tbsp. tahini (ground sesame seeds)
- Juice of 1 lemon
- 3-4 tbsp. olive oil
- 1 tsp. salt

DIRECTIONS:

Toss garlic and cauliflower lightly with olive oil.

Cook in 400° oven until just caramelized, about 12-15 minutes.

Place chick peas, garlic, cauliflower, tahini, lemon juice, garlic, and salt into a food processor. Slowly add oil until it comes together.

Add more oil or water for desired consistency. Add salt to taste.

BROCOMOLE

- By Alex Trujillo, The Patio Restaurant & Bar -

INGREDIENTS:

- 2 stalks broccoli, cut into florets and steamed
- 4 oz. cream cheese
- 2 cloves garlic, minced
- 1 serrano chile, diced
- ¼ bunch cilantro, chopped
- 2 tbsp. olive oil
- 1 tsp. lemon juice
- Salt & pepper to taste

DIRECTIONS:

Place broccoli in food processor with cream cheese, garlic, serrano, cilantro, lemon juice, salt and pepper. Start slowly until mixed completely.

Serve with chips.

BOK CHOY SOBA NOODLE SALAD WITH ASIAN DRESSING

- By Alex Trujillo, The Patio Restaurant & Bar -

INGREDIENTS:

- 1 package soba noodles
- 2 heads bok choy, shredded
- 1 carrot, julienned
- ¼ red bell pepper, julienned
- 8 mushrooms, thinly sliced
- 4 scallions, finely chopped

DIRECTIONS:

- Cook soba noodles as directed and cool.
- Stir fry vegetables slightly and chill.
- Toss all ingredients together with Asian dressing.

DRESSING INGREDIENTS:

- ½ cup soy sauce
- ½ cup sweet chili sauce
- ¼ cup orange juice
- ¼ cup brown sugar
- 1 tbsp. ginger, grated

DRESSING DIRECTIONS:

- Combine all ingredients until well mixed.

ARUGULA SPINACH BISQUE

- By Alex Trujillo, The Patio Restaurant & Bar -

INGREDIENTS:

- ½ yellow onion, diced
- 2 stalks celery, diced
- 1 carrot, peeled and diced
- 2 quarts vegetable stock
- 1 lb. arugula
- 1 lb. baby spinach
- ½ cup cream (optional)
- 2 tbsp. butter (optional)

DIRECTIONS:

1. Place onion, celery, and carrots in sauté pan and sweat.
Add spinach and arugula, sauté slightly.
Add vegetable stock. Bring to a boil and reduce to a simmer.
Allow to simmer for about 20 minutes.
Carefully puree soup with hand blender, adding salt and pepper to taste. Add in cream and butter if desired.



THE GARDEN CAFE

ROASTED BEET, RADISH, AND FENNEL SALAD

- The Garden Café -

INGREDIENTS:

- 3 beets
- 6 radishes, thinly sliced
- 2 cups fennel, diced
- 2 oz. goat cheese
- 1 cup arugula
- 2 tbsp. red wine vinegar
- 2 tbsp. extra virgin olive oil

DIRECTIONS:

Preheat oven to 425°. Wrap beets in foil and bake 45-60 minutes.

Remove from oven, cool. Slice thinly.

Whisk vinegar and olive oil in a small bowl.

Combine all ingredients in a large bowl. Add the vinegar and olive oil mixture.

ROASTED CAULIFLOWER SALAD

- *The Garden Café* -

INGREDIENTS:

- 2 heads cauliflower
- 2 heads romaine lettuce
- 2 cups diced celery
- 1 red onion, thinly sliced
- Ranch dressing

DIRECTIONS:

Chop cauliflower. Place on baking sheet, drizzle with olive oil and salt and pepper.

Bake at 350° for 10 minutes.

Cool and mix with romaine, celery, and red onion. Drizzle with ranch dressing.

ASIAN BOK CHOY SALAD

- The Garden Café -

SALAD INGREDIENTS:

- 2 cups baby spinach
- 2 cups arugula
- ½ head bok choy
- 5 green onions, diced
- 6 mini red bell peppers, diced

SALAD DIRECTIONS:

Mix all ingredients. Add the dressing.

DRESSING INGREDIENTS:

- 1-inch piece of red ginger
- 2 medium garlic cloves
- 2 tbsp. white wine vinegar
- 1 tbsp. Dijon mustard
- 1 tbsp. lemon juice
- 1 tsp. soy sauce
- ¼ cup sesame oil

DRESSING DIRECTIONS:

Combine all ingredients into a food processor until smooth.

MICRO BROCCOLI SALAD

- *The Garden Café* -

INGREDIENTS:

- 4 celery stalks, chopped
- 1 cup kale, roughly chopped
- 1 cup romaine, roughly chopped
- 1 large handful alfalfa sprouts
- ¼ medium red onion, chopped
- ½ cup broccoli florets
- 2 tbsp. freshly squeezed lemon juice
- 1 ripe avocado, chopped
- 1 small can mandarin oranges

DIRECTIONS:

Place celery, kale, romaine, alfalfa sprouts, red onion, and broccoli florets in a food processor and lightly pulse.

Mix together, and place on top of salad with lemon, avocado, and oranges.

ROASTED BRUSSEL SPROUTS AND KALE SALAD

- The Garden Café -

INGREDIENTS:

1 ½ lbs. Brussel sprouts, trimmed
¼ cup olive oil
Kosher salt and freshly ground pepper
½ cup grated parmesan cheese, plus a chunk for shavings
1 bunch curly kale torn into large pieces
Zest of 1 lemon

DIRECTIONS:

Preheat oven to 400°.

Slice Brussel sprouts thin. Toss with 2 tbsp. of olive oil, salt, and pepper. Roast 30 minutes.

Toss kale with 2 tbsp. of olive oil. Roast 1 minute.

Mix together and top with chopped cilantro, parmesan cheese, and lemon zest.

YUMA GROWN HARVEST GARDEN SALAD

- The Garden Café -

INGREDIENTS:

- 1 head iceberg lettuce
- 1 head red cabbage
- 1 head butter lettuce
- 1 red onion
- 2 tomatoes
- 16 oz. Texas toast croutons
- 2 tbsp. olive oil
- 2 tbsp. red wine vinegar
- Salt and pepper to taste

DIRECTIONS:

Chop iceberg, red cabbage, and butter lettuce and mix together.

Thinly slice the red onions. Dice the tomatoes. Add to the lettuce.

Whisk olive oil and red wine vinegar together, drizzle over the salad with the croutons.

TRIO ARTESIAN AND SWEET GEM LETTUCE SALAD

- The Garden Café -

INGREDIENTS:

- 1 head artisan lettuce
- 1 head artisan romaine lettuce
- 1 head sweet gem lettuce
- 1 cup mandarin oranges
- 1 cup red seedless grapes
- ½ cup fresh strawberries, sliced
- 2 tbsp. balsamic vinegar
- 1 tsp. honey
- 1 tsp. Dijon mustard

DIRECTIONS:

Chop all three lettuces, and combine with mandarin oranges, strawberries, and red grapes.

In a small bowl, whisk together the vinegar, honey, and olive oil. Add to salad mixture.

WILTED KALE, CHARD, AND SPINACH SALAD

- *The Garden Café* -

INGREDIENTS:

- 1 tbsp. extra virgin olive oil
- 1 clove garlic, minced
- ½ cup yellow onion, thinly sliced
- 10 oz. fresh spinach leaves
- ¾ cup cherry tomatoes, quartered
- ¼ cup light feta cheese, crumbled
- 1 cup Swiss chard, chopped
- 1 cup kale, chopped
- Salt and pepper to taste

DIRECTIONS:

Heat a pan over medium-high heat.

Add extra virgin olive oil and minced garlic. Sauté until golden, about 45 seconds.

Add onions. Sauté until caramelized, about 2 minutes.

Add fresh spinach, Swiss chard, and kale to the pan. Sauté until reduced.

When spinach is almost reduced, add the tomatoes. Sauté 1 minute.

Remove pan from heat. Add crumbled feta cheese. Season lightly with salt and pepper.

FRESH CAULIFLOWER, BROCCOLINI, ROMAINE, AND SPINACH SALAD

- The Garden Café -

INGREDIENTS:

- 2 heads broccoli
- 2 heads cauliflower
- 2 heads romaine
- 4 radishes
- ½ red bell pepper
- 2 medium tomatoes
- Small handful of basil
- 1 clove garlic
- ½ cup alfalfa sprouts
- ½ cup shredded mozzarella cheese
- 1 ¼ cup spinach

DIRECTIONS:

Chop broccoli, cauliflower, romaine, radishes, red bell pepper, tomatoes, and spinach and mix together.

Chop garlic, basil, sprouts. Add the shredded mozzarella, add to above mixture.

Top with your favorite vinaigrette dressing. Enjoy.

SHREDDED BEET AND CAULIFLOWER SALAD

- The Garden Café -

INGREDIENTS:

2 cups beets, shredded
1 cup carrots, shredded
1 ½ cup kale, chopped
1 head romaine, chopped
½ cup cauliflower pearls
1 clove garlic
1 tbsp. white wine vinegar
1 ½ tsp. Dijon mustard
½ tsp. honey
1/3 cup extra virgin olive oil
Pinch of salt

DIRECTIONS:

Mix the first 4 ingredients together.

Whisk together garlic, vinegar, mustard, honey, salt, and pepper. Slowly whisk in oil.

Top salad mixture with dressing and cauliflower pearls.

ASIAN SALAD WITH A TWIST FEATURING BOK CHOY, NAPA CABBAGE, AND CILANTRO

- *The Garden Café* -

INGREDIENTS:

- 1 ½ cups Nappa cabbage, thinly sliced
- 1 ½ cups bok choy, thinly sliced
- 1 medium carrot, shredded
- ½ apple, cut into thin sticks
- 2 red onions, thinly sliced
- ½ cup cilantro, chopped
- Salt and pepper to taste
- 2 tbsp. creamy peanut butter
- 1 tbsp. lemon juice
- ½ tbsp. rice vinegar
- ¾ tsp. sugar
- ½ tsp. soy sauce

DIRECTIONS:

Heat olive oil in a large skillet over medium to high heat.

Add onions, and cook about 30 seconds.

In a small bowl combine peanut butter, lemon juice, rice vinegar, sugar, and soy sauce for dressing.

Combine salad ingredients in a large bowl.

Just before serving, add the dressing and toss.

Season with salt and pepper. Top with cilantro.

YUMA'S OWN GARDEN BROCCOLI COLESLAW SALAD

- The Garden Café -

INGREDIENTS:

- 1-2 heads of broccoli
- ½ cup red onion, chopped
- ½ cup green onions, diced
- ½ lb. bacon
- 2 ½ tbsp. white vinegar
- 1 cup mayonnaise
- 1/3 cup sugar
- 1 ½ cup Monterey jack cheese, grated

DIRECTIONS:

- Cook bacon and cool. Crumble into pieces.
- Chop broccoli into bite size pieces.
- Mix broccoli, onions, bacon, and cheese in a large bowl.
- In a separate bowl combine vinegar, sugar, and mayonnaise.
- Pour over broccoli mixture. Toss to coat.
- Let sit for 24 hours for best results.



**NICHOLAS
KIM**

SPICY ROASTED CAULIFLOWER

- *By Nicholas Kim* -

INGREDIENTS:

White cauliflower
Dijon mustard
Cayenne pepper
Paprika
Cumin
Lemon
Salt and pepper

DIRECTIONS:

Heat oven to 350°.
Cut stems off bottom of cauliflower.
Coat in light layer of Dijon mustard.
Season with cayenne, paprika, cumin, salt, and pepper.
Bake for 25-30 minutes or until browned.
Squeeze lemon juice onto top of cauliflower.
Cut into wedges and serve.

COFFEE CRUSTED FILET SAUTÉED FENNEL AND POACHED GARLIC SAUCE

- *By Nicholas Kim* -

INGREDIENTS:

Fennel bulbs
Garlic
Milk
Coffee grounds
Filet mignon
Salt and pepper

DIRECTIONS:

Heat oven to 400°.

Salt and pepper the filet, then roll in coffee grounds leaving a light coating.

Place in sauté pan and brown on both sides for 2 minutes.

Place in oven and bake for about 15 minutes to get medium rare, or 145° in the center.

Bring 1/3 cup milk to simmer, and add 8 pieces of garlic. Simmer for about 2 minutes and then drain milk. Do this 3 times adding new milk every time. Add 1/2 cup milk and let simmer until garlic is soft to touch. Let cool. Use hand blender to blend mixture.

Slice and sauté fennel until it turns semi-translucent and looks like sautéed onion.

Place on plate and pour 1 spoon of sauce on fennel. Place filet on top and spoon 2 spoonfuls over filet.

ROASTED BEET AND CAULIFLOWER RICE

- By *Nicholas Kim* -

INGREDIENTS:

Cauliflower pearls
Beets
Cumin
Salt and pepper
Cilantro
Paprika
Cayenne pepper
Lemon

DIRECTIONS:

Heat oven to 350°.

Cube beets into 1/8 inch pieces and bake for 25-30 minutes or until soft with a little bounce in the middle.

Lightly oil pan and stir fry cauliflower pearls for 1 minute.

Add 2 tbsp. water.

Season with cilantro, paprika, cayenne, and cumin. Cook for 2 minutes.

Add beets and cook for 2 minutes.

Finish with lemon, toss, and serve immediately.

ROASTED CAULIFLOWER PEARLS AND CHEESE

- By *Nicholas Kim* -

INGREDIENTS:

Cauliflower pearls
Shredded pepper jack cheese
Anaheim or hatch chilies
Heavy cream 40%
Chicken
Parmesan cheese
Bread crumb
Garlic and shallots
Salt and pepper

DIRECTIONS:

Pour $\frac{1}{2}$ cup of heavy cream in pan and turn on medium heat.

Once cream begins to simmer, lightly add 8-10 oz. of shredded pepper jack cheese to taste or preferred consistency.

Roast chilies over open flame until charred.

Remove skin, stem, and open and remove seeds.

Dice chicken and sauté with garlic and shallots until browned. Add cauliflower pearls and chilies, sauté for 2 minutes.

Add pasta of choice (elbow macaroni works best) and cheese mix and sauté for 1 minute, tossing or stirring to incorporate cheese sauce. Top with parmesan cheese and bread crumbs and bake for 3 minutes or brown in broiler for 1 minute.

BEET CHIPS

- *By Nicholas Kim* -

INGREDIENTS:

Vegetable oil
Grated parmesan cheese
White truffle oil
Beets
Garlic, minced
Salt and pepper

DIRECTIONS:

Heat oil to 350°.

Slice beets into thin circles (the thinner the better).

Fry beets in vegetable oil for 3-4 minutes or until they start to float. Let air dry on paper towel for a minute or until slightly crisply.

Place in metal bowl. Drizzle with white truffle oil lightly, and sprinkle salt and pepper, parmesan cheese, and garlic. Toss and then serve.

TUNA TATAKI WITH ASIAN GINGER DRESSING

- By *Nicholas Kim* -

TUNA INGREDIENTS:

Fresh raw tuna
Arugula
Red onion, diced
Salt and pepper
Toothpicks

TUNA DIRECTIONS:

Season tuna with salt and pepper.
Sear tuna with torch or in pan for 1 minute on each side.
Put tuna in ice water to stop cooking.
Thinly slice 2 oz. pieces of tuna.
Bunch a few pieces of arugula up and wrap tuna around arugula, using a toothpick through the middle to hold together. Dress to taste with Asian ginger dressing.

DRESSING INGREDIENTS:

½ cup soy sauce
½ cup white vinegar
½ cup sesame oil
¼ cup sugar
2 lemons, peeled
¼ inch piece of ginger
½ onion

DRESSING DIRECTIONS:

Place all ingredients in blender and blend until mixed well.

APPLE CELERY SALAD

- *By Nicholas Kim* -

INGREDIENTS:

Red apples, diced
Celery, diced
Raisins
Strawberries, sliced
Fresh mint
Arugula
Walnuts
Bleu cheese crumbles
Chicken, shredded
Balsamic Ranch

DIRECTIONS:

Combine all ingredients except arugula in a bowl, and toss until coated in dressing.

Lay a light bed of arugula on a plate and place salad mix on top.

DILL AND CELERY SOUP

- By Nicholas Kim -

INGREDIENTS:

Celery
Onions
Carrots
Garlic
Vegetable stock
Fresh dill
Crème

DIRECTIONS:

Place onions, celery, carrots, garlic, and vegetable stock in pot and bring to a boil. Simmer until it reduces to ½.

Strain stock, keeping the liquid.

Put celery only back into stock, filling stock halfway with celery. Fill pot with water, bringing to a boil and simmering for 1 ½ hours or until celery is soft. Add dill to taste for last 10 minutes. Let cool to room temperature.

Use hand blender to blend until creamy.

Strain, collecting any celery fibers.

Serve in bowl. Drizzle crème on top.

CANDIED BACON BRUSSELS

- *By Nicholas Kim* -

INGREDIENTS:

Brussel sprouts
Brown sugar
Bacon
Balsamic glaze
Unsalted butter
Salt and pepper

DIRECTIONS:

Eat oven to 400°.

Lay washed Brussel sprouts on a sheet pan. Brush lightly with butter.

Season with salt and pepper.

Bake for 30-40 minutes, shaking tray every 5 minutes to cook evenly.

Dust with sugar when there is 10 minutes left to bake.

Pan fry bacon until lightly crisp. Place on paper towel and let cool to make crispier. Crush bacon into bits.

Drizzle the Brussel sprouts lightly with balsamic glaze and top with bacon.

SWEET GEM CAPRESE SALAD

- By Nicholas Kim -

INGREDIENTS:

Sweet gems
Heirloom tomatoes
Mozzarella balls
Olive oil
Thyme
Rosemary
Oregano
Balsamic glaze
Arugula pesto

DIRECTIONS:

Cut sweet gems in half and wash well.

Marinate mozzarella balls in olive oil, oregano, thyme, and rosemary.

Dice heirloom tomatoes into ¼ inch pieces. Place tomatoes evenly on sweet gem half.

Cut mozzarella balls in half and place evenly over sweet gem half.

In a zig-zag motion, lightly dress lettuce with balsamic glaze and arugula pesto.

CHINESE CHICKEN WRAPS

- *By Nicholas Kim* -

INGREDIENTS:

Butter lettuce
Cabbage, diced
Carrots, diced
Onion, diced
Chicken, diced
Corn starch
Hosin sauce
Dark sauce
Soy sauce

DIRECTIONS:

Heat nonstick pan with oil until oil starts to lightly smoke. Add diced chicken to hot pan and cook until outside starts to brown.

Add diced vegetables and stir fry until vegetables start to turn soft.

Add dash of dark sauce and soy sauce.

Mix 1 tbsp. corn starch with 3 tbsp. of water to make slurry. Add 1 tsp. at a time to vegetable mixture.

Stir fry for 1 minute and let sit. Will thicken as it cools.

Separate butter lettuce leaves into individual pieces.

Place 3 leaves on plate and spoon mix onto leaves.

SSAM BAR STYLE MEAL

- By *Nicholas Kim* -

INGREDIENTS:

Sesame Oil
Red and green leaf lettuce
Kimchi (Korean Pickled Cabbage)
Carrots
Red potatoes
Garlic
Korean Ssam Chang sauce

DIRECTIONS:

Ssam Bar is a Korean Style of eating. Ssam means wrap. In Korea the Ssam Wrap is always green or red leaf lettuce and is served with a bowl of rice and Panchang or Korean side dishes and is a communal dinner. Little plates with stir fried vegetables, pickled vegetable, and meat or some kind of protein are provided.

Red and Green Leaf Lettuce: Cut off about a ½ inch from the bottom. Separate leaves and wash thoroughly.

Potatoes and Carrots: 1 inch Large dice unpeeled red potatoes add to boiling water. Peel and cut whole carrot into ½ inch pieces add to water. Boil until slightly soft. Strain water and put potatoes and carrots back on heat. Drizzle with sesame oil and stir fry for 2 mins. Let cool before serving

Hold lettuce in hand and spoon in one spoon of rice, one spoon of vegetable and or meat.

Garlic: Slice garlic into paper thin slices. Serve raw.

Take the lettuce leaf in hand, add a spoon of rice, a spoon of potatoes and carrots, a dab of Korean Ssam Chang Sauce, a piece of sliced garlic. Fold together and enjoy.



CHEF CARMEN RODRIGUEZ

POBLANO PESTO

- *By Chef Carmen Rodriguez* -

INGREDIENTS:

3 poblano peppers (remove stem)	4 oz. garlic (12 cloves)
1 jalapeno (remove stem)	½ cup lemon juice
2 cups parmesan cheese	4 cups canola oil
2 tsp. kosher salt	1 tbsp. black pepper
1 bunch cilantro	3 oz. basil

DIRECTIONS:

Preheat oven to 400°.

Roast poblano pepper, garlic, and jalapeno until brown.

Add all ingredients into food processor and blend until smooth consistency.

ACHIOTE MARINADE

- *By Chef Carmen Rodriguez* -

INGREDIENTS:

8 oz. Achiote paste	4 oz. garlic (12 cloves)
1 oz. toasted cumin	3 cups vegetable oil
1 tbsp. kosher salt	2 tsp. black pepper

DIRECTIONS:

Place all ingredients into blender and blend until smooth.

Place thawed meat (beef, chicken, pork, tofu, shrimp, fish) in a bowl large enough to cover with the marinade. Use a gallon ziplock bag with air pressed out for best results.

Marinate for a minimum of 1 hour, up to 24 hours.

Cook on grill, oven, or pan fry.

AGAVE LIMON VINAIGRETTE

- *By Chef Carmen Rodriguez* -

INGREDIENTS:

2 cups white balsamic vinegar
4 cups vegetable oil
2/3 cup lime juice
2 oz. basil
1 bunch cilantro
2 tsp. black pepper
½ cup Agave syrup
Kosher salt to taste

DIRECTIONS:

Place all ingredients into a blender except the oil.

Puree ingredients, slowly adding oil. Taste and season with kosher salt.

Use as a salad dressing or a marinade.

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