

RECIPE ZINE · WINTER EDITION

Recipe Zine — Winter

Six weeknight recipes for the vegetables coming out of KC farms in December, January, and February.

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What's in season

Winter in Kansas City means kale, chard, carrots, beets, turnips, potatoes, garlic, onions, winter squash, and stored apples. Everything in this zine uses only ingredients from that list plus pantry staples.

Roasted Root Sheet Pan

Serves 4 · 30 minutes

- 4 cups mixed root vegetables (carrots, beets, turnips, potatoes), cut into 1-inch pieces
- 3 tbsp olive oil
- 1 tsp salt, ½ tsp pepper
- 2 tsp smoked paprika or 1 tbsp honey

Toss everything on a sheet pan. Roast at 425°F for 25 minutes, stirring once. Finish with a squeeze of lemon.

Garlicky Kale & White Beans

Serves 4 · 20 minutes

- 1 bunch kale, stems removed, torn into pieces
- 4 garlic cloves, sliced
- 1 can white beans, drained
- 3 tbsp olive oil, red pepper flakes, salt

Warm oil in a wide pan. Add garlic and pepper flakes; cook 1 minute. Add kale and 2 tbsp water; cover 3 minutes. Stir in beans; cook 2 more minutes. Serve over toast or rice.

Winter Squash Soup

Serves 6 · 45 minutes

- 1 large butternut or acorn squash, peeled and cubed
- 1 onion, diced; 2 garlic cloves
- 4 cups broth; 1 tsp sage or thyme

Sauté onion and garlic in oil until soft. Add squash, broth, and herbs. Simmer 25 minutes. Blend until smooth. Salt to taste.

Beet & Apple Slaw

Serves 4 · 15 minutes

Grate 2 raw beets and 2 apples. Toss with 2 tbsp cider vinegar, 1 tbsp honey, 2 tbsp olive oil, salt. Let sit 10 minutes.

Smashed Potato Bowl

Serves 4 · 40 minutes

Boil 1½ lbs baby potatoes until fork-tender. Smash on a sheet pan, drizzle with oil, roast

at 450°F for 15 minutes. Top with a fried egg, sliced scallions, and hot sauce.

Turnip & Chard Frittata

Serves 4 · 25 minutes

Sauté 1 diced turnip and 1 bunch chopped chard in an oven-safe skillet. Pour over 8 beaten eggs. Bake at 375°F for 15 minutes until set.