

## ASIAN CABBAGE SALAD – SERVES 4

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For the Salad:

2 Cups Shredded Red Cabbage  
2 Cups Shredded Napa Cabbage  
½ Cup Cherry Tomatoes, Halved  
½ Cup Green Beans, Blanched and Cut into 1 inch pieces  
½ Cup Carrots, Shredded or Julienned  
½ Cup Cucumber (Coined or Julienned) or Daikon  
(Shredded or Julienned)  
Sesame Seeds, for garnish  
Scallions, for garnish

For the Dressing:

2 Tb Low Sodium Soy Sauce  
2 Tb Sesame Oil  
2 Tb Rice Vinegar  
2 Tb Brown Sugar  
1 Garlic Clove

### PREPARATION

To make the dressing, combine all the ingredients in a food processor and pulse until garlic clove is finely incorporated. If you don't have a food processor, then mince the garlic clove and combine with all ingredients in a bowl and whisk.

## CURRY VEGETABLE STIR FRY

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For the Stir Fry:

3 Tablespoons Vegetable or Sesame Oil  
1 whole Yellow Onion, Cut Into Large Chunks  
2 whole colorful Bell Peppers, Seeded And Cut Into Large Chunks  
2 whole Garlic Cloves, Minced  
2 whole Medium Zucchini, Cut Into Large Wedges  
1 whole Medium Eggplant, Cut into Large Wedges  
Cooked Noodles Or Rice, For Serving  
Sesame Seeds, For Garnish  
Scallions, For Garnish

For the Sauce (for 5-7 lbs of veggies):

1 can Coconut Milk  
2 Tbls Curry Powder  
1 Tbls Garlic Powder  
1 Tbls Onion Powder  
1 Tbls Salt  
2 tsp Pepper  
1 Tbls ground Ginger  
1 Lemongrass Bunch/Stalk  
¼ Cup Vegetable Oil  
2 Tbls Rice Vinegar  
2 Tb lime juice  
2 Tb Fine Chopped Green Onion  
2 Tb Fine Chopped Cilantro

### PREPARATION

1. In a food processor, mix together all the curry sauce ingredients. Set aside.
2. Heat the oil in a large skillet over medium-high heat. Add the onion and peppers, and stir, cooking for 2 to 3 minutes. Add the garlic and cook for 30 seconds to 1 minute more, stirring continuously. Add the eggplant and stir it around, cooking it for 2 minutes more. Add the zucchini and cook for a couple of minutes, then, while the veggies are still firm, pour in the sauce.
3. Stir the veggies in the sauce, cooking for 4 to 5 minutes more, Serve over noodles or rice, with a sprinkling of sesame seeds and scallions.

Tips: Prep all the veggies and make the sauce up to 24 hours ahead of time. Keep in separate containers in the fridge.

## SKILLET ASIAN PEAR CRISP

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6 tbsp. (3/4 stick) butter, divided	1/3 cup packed brown sugar
1/2 cup of your favorite chopped nuts: walnuts, pecans, hazelnuts, almonds, etc.	1/2 tsp. cinnamon
1 tsp. grated lemon zest	Salt
1/2 cup rolled oats	2 lb. Asian pears, unpeeled but trimmed, cored and chopped
1/4 cup shredded unsweetened coconut	

### PREPARATION

1. Put 5 tbsp. butter in large skillet over low heat. When butter is melted, add nuts, lemon zest, oats, coconut, packed brown sugar, cinnamon and a pinch of salt; toss to coat. Cook, stirring frequently, until topping is golden and crisp, 6 to 8 min. Remove from the pan; no need to wipe it out. The topping can be made ahead and stored in an airtight container up to a day or so in advance.
2. Put 1 tbsp. butter in the skillet over medium heat. When it's melted, add fruit and cook, stirring occasionally until pears are soft but not mushy, 10 min. Scatter the topping over the warm fruit and serve. This recipe can be made with any fruit you like, including berries, apples and mangoes. Adjust cooking time based on firmness of the fruit.

## SHOPPING LIST – MAIN STREET FARMERS MARKET VENDORS

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|--|---|
| <input type="checkbox"/> Butter – Spring Hill Jersey Cheese (Sat. Downtown SMFM) | <input type="checkbox"/> Carrots – Rancho La Familia            |
| <input type="checkbox"/> Walnuts – Kennedy Farm                                  | <input type="checkbox"/> 1 Yellow Onion – Vang Farm             |
| <input type="checkbox"/> Red Cabbage – Vang Farm                                 | <input type="checkbox"/> 2 colorful Bell Peppers – Vang Farm    |
| <input type="checkbox"/> Napa Cabbage – Vang Farm                                | <input type="checkbox"/> 2 Medium Zucchini – Smith Family Farms |
| <input type="checkbox"/> Cherry Tomatoes – Vang Farm                             | <input type="checkbox"/> 1 Medium Eggplant – Weiser Family Farm |
| <input type="checkbox"/> Green Beans – Vang Farm                                 | <input type="checkbox"/> 1 Bunch cilantro – Anna's Farm         |
| <input type="checkbox"/> Cucumber or Daikon – Vang Farm                          | <input type="checkbox"/> 2 lbs. Asian Pears – Terry Ranch       |
| <input type="checkbox"/> Scallions – Vang Farm                                   | <input type="checkbox"/> lemon – Valley Center Orchard          |
| <input type="checkbox"/> Garlic – Vang Farm                                      | <input type="checkbox"/> Olive oil – Buon Gusto                 |

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