

## Meal Launch Pad: 84 ideas to use when you are stuck!

Not sure what meal to make with a vegetable from your share? Consider printing this page and putting it in your CSA recipe binder or posting it in your kitchen.

### Instructions

- 1) Hold the vegetable in your hand (or in your head) and run through this list until something jumps out at you.
- 2) Once you have an idea, you can search for a specific recipe online or in the Root Radical recipe index.

### Mains

- Stir Fry / Sauté
- Pasta with Tomato Sauce or Pesto
- Fajitas
- Burritos / Tacos / Quesadillas
- Mac n Cheese
- Quiche / Frittata / Strata
- Rice Bowl
- Strudel / Phyllo Pie / Spanakopita
- Curry
- Stew / Crock Pot / Soup
- Lasagna
- Shepherd's Pie
- Pizza
- Chili
- Sandwich / Wraps
- Sheet Pan Meal
- Pasta / Noodle Salad
- Potato Salad
- Quinoa / Couscous Salad
- Tacos / Taco Salad
- Nicoise / Cobb / Protein-boosted Salad
- Mason Jar Salad

### Side Salads

- Green (veg, nuts, cheese, fruit)
- Greek
- Broccoli
- Tomato / Basil
- Slaw / Grated / Shredded veggie
- Massaged Kale
- Roasted Vegetable Salad

### Sides and Appetizers

- Grilled on BBQ
- Oven fries or chips
- Sautéed with Garlic
- Roasted in oven (leftovers for salads, soups, wraps, pizza, pasta)
- Vegetable Gratin Casserole
- Scalloped Vegetable Casserole
- Raw Veggies with dip
- Steamed / Boiled (tossed with oil, butter, herbs or garlic)
- Pickles / Kimchi / Sauerkraut / Other ferments

### Soups

- Tomato Vegetable / Minestrone
- Curry / Ginger / Spiced Vegetable
- Italian Sausage / Meatball
- Thai Coconut Vegetable
- Mexican Vegetable
- Lentil / Bean Vegetable
- Chicken, Vegetable and Rice
- Cream of \_\_\_\_\_ (Various)
- Roasted Red Pepper / Tomato
- Potato Leek
- Beet Borscht
- Gazpacho
- French Onion

### Salad Dressings, Dips and Spreads

- Green Goddess
- Herb Vinaigrette / Marinade
- Pesto (works for more than just basil)
- Beet/Roasted Red Pepper Hummus
- Tomato / Ground Cherry Salsa
- Chutney / Relish

### Breakfast

- Sautéed greens with scrambled eggs/tofu
- Wraps/Burritos
- Frittata / Omelet / Strata
- Savoury Crepes
- Roasted veggies and dip
- Fritters
- Veggie Skillet Hash
- Vegetable Loaf / Muffin

### Smoothies/Juice

- Green Monster Smoothie (greens and banana)
- Cucumber, greens and orange
- Blueberry, coconut, zucchini
- Carrot, beet, apple
- V8-style juice with tomato, carrot, spinach, lettuce, parsley and beet
- Rhubarb Lemonade

### Baking

- Zucchini Chocolate Chip Cake/Loaf/Muffins
- Carrot Cake/Loaf/Muffins
- Chocolate Beet Cake
- Spiced Parsnip Cake
- Tomato Cake
- Sweet Potato Cake / Brownies / Pie
- Savory Herb Biscuits / Scones / Loaf
- Pumpkin Cake / Pie
- Rhubarb / Ground Cherry Crisp

### Preserving

- Freeze
- Dehydrate
- Freezer Scrap bag for Broth or Stock (great for extra greens and herbs)
- Pickles / Relish / Salsa / Chutney



**ROOT RADICAL**  
COMMUNITY SHARED AGRICULTURE