

LUCKY 7 VEGETABLE CHOP SUEY

New Year's Eve and New Year's Day are an auspicious time to eat foods that bring good luck, but why not invoke luck at any time of year? In your Local Farm Box this week are several vegetables that are traditionally thought to bring luck & prosperity: round produce such as squash containing seeds promote fertility & abundance; peas & beans represent money so to eat them promotes fortune; greens such as Malabar Spinach also invoke money due to being green & paper thin; rice & grains stand for abundance; noodles (here in the form of Spaghetti Squash) are meant to be slurped down whole instead of chewing them into pieces to promote longevity & health. For an added dose of good luck one could also add a protein like pork that "roots forward" and is rotund for prosperity, or fish with scales that represent money and continually swims forward. Eat up and enjoy the rewards!

Ingredients

1 medium Spaghetti Squash

1 Cup long grain rice

½ medium Red Onion

½ pound Purple Hull Peas

3 Garlic cloves

1 medium Zucchini

2 Cups Okra

8 ounces assorted Peppers, such as Carmen, Jalapeño, Bell

1-pound Malabar Spinach

¼ Cup Bourbon Barrel Foods Kentuckyki Sauce

¼ Cup Sweet Chili Sauce

1 Cup vegetable or chicken stock

1 Tablespoon Cornstarch mixed with 2 Tablespoons water

½ teaspoon Sesame Oil

Grapeseed Oil

Salt

Directions

Preheat oven to 375F.

Prepare the Spaghetti Squash by slicing in half lengthwise and removing the seeds. Place in a baking dish cut side up, sprinkle with salt and add about ¼ Cup water to the dish, and then cover with foil.

Bake for about 40 minutes or until easily squeezed with your fingers. Meanwhile cook the rice with your preferred method and cook peas in salted water with garlic cloves for about 18 minutes.

To prepare vegetables: red onion can be sliced into thin strips; slice the zucchini in half lengthwise and then slice on a diagonal; remove the stem of okra and then slice in half diagonally; slice peppers into thin strips; remove some of the large leaves from spinach and stack together and chop roughly, and then tender stems and leaves can be simply chopped into 2-inch pieces. Place all of these in one big bowl to cook together.

When squash has finished baking, allow to cool before removing the flesh with a spoon into a small bowl. When peas are tender, strain off water and slice up the garlic to use in recipe.

In a 2 Cup measuring jug pour in the Kentuckyaki, chili sauce and stock. Heat a wok or large sauté pan on medium-high and add 3 Tablespoons of oil. Add the squash and sesame oil and stir to heat through evenly using tongs – this will only take a minute and there should be some browning of the edges if your pan is hot enough. Transfer onto a platter and keep warm.

Add 2 Tablespoons oil to the pan and add onion and garlic and cook quickly before adding the rice and coating with onion, garlic & oil. Sprinkle with salt and continue to fry for about 1 minute. Transfer to platter to keep warm. Wipe out pan if necessary and add 2 more Tablespoons oil to pan. Pour in all the vegetables at once (zucchini, okra, peppers, peas & spinach) and sauté until beginning to soften, about 1 minute, before adding the sauce.

When sauce begins to bubble, whisk together the cornstarch slurry and pour into Chop Suey. Stir to combine thoroughly and cook the sauce until it has thickened sufficiently. Pour Chop Suey into a serving bowl and enjoy with fried rice and Spaghetti Squash for wealth, health and happiness!

**notes: Steam the rice, bake the Spaghetti Squash & boil the peas ahead of time to shorten your hands-on time for a weeknight dinner. The actual cook time for the Chop Suey is very quick, so make sure you have all the necessary ingredients ready to go before beginning to cook.*