



This Week's Daily Harvest Express Farm Box Recipes

The harvest this week was grown by:

Lemons-**San Gabriel Ranch**, Grape Tomatoes, Rainbow Carrots-**JR Organics**, Persian Cucumbers-**Dassi Family Farm**, Butter Lettuce-**Go Green Agriculture**, Pasilla Peppers-**Gaytan Family Farm**, Grapes, Asian Pears-**Sweet Tree Farm**

Did you know?

- When we have fruits and veggies that don't make it to our box, we donate to those in need. This year alone, Daily Harvest Express has given 38, 319 POUNDS of produce to local food banks and animal shelters.
- When you refer a friend, you BOTH can get \$5 off your next box. There is a unique referral code on your account page that you can share with as many friends as you'd like. When they buy their first box, you'll both get a \$5 credit. To see how to share your referral code on social media, and all the details go to dailyharvestexpress.com/refer-a-friend
- You can add extra produce to your box! Visit the NEW Build a Box page & pick your favorites for next week. Available: **Apples, Pears, Plums, Persimmons, Grapes, Bananas, Citrus, Avocados, Onions, Garlic, Celery, Cucumber, Kale, Sweet Potatoes, Fingerling Potatoes, Red Potatoes, Tomatoes, Peppers, Beets, Lettuce, Brussels Sprouts**

Vegetable & Turkey Meatloaf

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| <ul style="list-style-type: none"> • 1 1/4 pound ground turkey • 1 medium yellow onion diced • 2 small zucchini shredded • 1 large celery stalk finely chopped • 3 medium carrots shredded | <ul style="list-style-type: none"> • 1 red bell pepper finely chopped • 1/2 pound mushrooms chopped • 4 garlic cloves minced • 3/4 cup rolled oats • 1/2 cup apples peeled & pureed | <ul style="list-style-type: none"> • 2 Tbsp tomato paste • 1/4 cup fresh parsley finely chopped • 1/4 cup liquid egg substitute • 1/2 tsp paprika |
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1. Preheat oven to 350°. Line a loaf pan with foil.
2. Spray a nonstick skillet with cooking spray. Sauté the onion until softened, about 3-5 minutes. Add the carrots, celery, and bell peppers, and cook for another 3-5 minutes until veggies are softened. Add zucchini, garlic, and mushrooms & sauté for about 3 minutes.
3. Combine the turkey, oats, parsley, egg substitute, apple, tomato paste, paprika, salt and pepper. Fold in the veggies.
4. Put the mixture in the loaf pan & shape into a loaf shape with your hands.
5. Bake until browned and meat inside is thoroughly cooked, about 1 hour.
6. Remove from oven and let stand 10-15 minutes. Slice & serve.

From LaLoosh

Green Bean Salad

Dressing

- 1 cup light olive oil or salad oil
- 1/4 cup apple cider vinegar
- 2 tablespoons freshly squeezed lemon juice
- 4 teaspoons spicy brown or stone ground mustard
- 2 tablespoons granulated sugar
- 1/2 teaspoon Creole or Cajun seasoning
- 1 teaspoon kosher salt
- 1 teaspoon of freshly cracked black pepper

- 1/4 teaspoon crushed red pepper flakes

Salad

- 1 pound green beans
- 1 cup minced red onion
- 1/4 cup minced celery
- 1/4 cup chopped red pepper or pimentos
- 1/2 cup mushrooms (optional)
- 1 cup halved grape or cherry tomatoes (optional)
- 1 pound fingerling potatoes (optional)

1. Whisk together the dressing ingredients in a saucepan. Heat to dissolve sugar & set aside to cool.
2. Trim green beans. Blanch by boiling for 2 minutes, then plunging into a bowl of ice water.
3. Mix the green beans with all of the remaining ingredients, except for the tomatoes. Toss with dressing, cover and refrigerate for several hours or overnight.

4. Before serving, bring to room temperature, add tomatoes and stir to coat before serving.

From Deep South Dish

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