



Farm Box Meals

MENU PLAN FOR WEEK OF JAN 18

From Chef Michael



This is how to

chiffonade

- Stack several basil (or any leaf) leaves on top of each other. Place the smaller leaves on top, if using different sizes.
- Roll the leaves tightly into a tube. Like rolling a basil cigarette, but not (smoking is bad for you)!
- Cut across the tube, carefully slicing the basil roll into very thin strips. Do not slice your fingers as I have done.
- Separate the ribbons with your fingers and use them to flavor & decorate your food!

Yukon, Summer Squash & Goat Cheese Gratin

- 4 Yukon potatoes, sliced 1/8"
- 4 Summer squash, sliced 1/8"
- 2 oz EVOO
- 1 tsp Salt
- 1/2 tsp Ground Black Pepper
- 1/2 tsp crushed red pepper
- 1/2 tsp ground coriander
- 1/2 cup cream
- 4 oz goat cheese, crumbled
- 4 oz White cheddar or similar, shredded
- 1 oz Basil, chiffonade
- 1 Lemon, juiced
- 1/2 Cup Parmesan, grated

In a large bowl mix all ingredients except Parmesan and combine thoroughly. Transfer to an oven safe casserole dish and press firmly to ensure even thickness. Top with grated Parmesan cheese. Cover tightly with foil and bake at 350 until potatoes are tender but still firm, about 30 minutes. Remove foil and bake until golden brown, about 15 minutes.

Comfort Food

Creamy Tuscan Chicken Skillet

- 4 Chicken Breasts
- 1 Onion, Diced 1/2"
- 2 T garlic, chopped
- 2 Tomatoes, diced 1/2"
- 2 Cups white beans, cooked
- 1/2 Bunch kale, rough chopped
- 2 Cups Daily Harvest Express Roasted Tomato Soup
- 1/2 Cup, toasted almonds
- 1/4 Cup Basil rough torn

In a cast iron or non stick pan sear chicken breast on medium high heat until halfway cooked through, about 5 minutes. Turn chicken and add onion, garlic, white beans and tomatoes. Cook for 4 more minutes, stirring often. Add tomato soup and kale and turn heat to low. Simmer for 5 minutes or until chicken is cooked through. Top with almonds and basil. Goes great with pasta!



FARMS TO SPOON
By Daily Harvest Express

Chef inspired Local ingredients