

MAKE-AHEAD BRUNCH

CASSEROLE



Farm Box Meals

WEEK OF MAY 10

Overnight Mushroom Asparagus Strata

A strata is a puffy casserole made with bread & eggs. Perfect for Mother's Day. You can mix up or swap the veggies as desired.

Ingredients

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| 1 tsp butter | |
| ½ lb sliced cremini mushrooms | ¼ cup chopped zucchini |
| 1 loaf of herb or french bread, cubed | ¼ onion, finely chopped |
| ½ cup shredded cheddar cheese | 4 eggs |
| ½ cup shredded Gruyere cheese | 2 cups milk |
| ½ lb asparagus, trimmed cut into 1" pcs | ½ tsp salt, ½ tsp pepper |
| | ½ tsp dry mustard powder |

1. Make the night before! Melt butter in a skillet over medium heat. Cook & stir the mushrooms until their liquid is almost evaporated and they're beginning to brown, about 10 minutes. Set aside.
2. Place bread cubes in a greased 9x13 inch baking dish. Spread ½ cup of cheese over the muffins in a layer, and distribute the asparagus pieces, mushrooms, red pepper, and onion over the cheese. Optional: you can add crispy cooked bacon or sausage on top of the bread.
3. Whisk together eggs, milk, salt, dry mustard, and black pepper in a bowl, and pour mixture over the bread & veggies. Fold gently. Cover and refrigerate at least 6 hours overnight.
4. The next day, preheat oven to 375 degrees F
5. Remove the casserole from the refrigerator and let stand for 30 minutes. Spread ½ cup cheese in a layer over the casserole.
6. Bake in the preheated oven until a knife inserted near the edge comes out clean, 40 minutes. Let stand 8 minutes before cutting into squares.

HOW TO PREP FAVA BEANS

- **Shell** them by pulling back the top stem and "unzip" the pod. Or use a paring knife to open them up.
- **Boil** shelled beans for 2 minutes.
- **Drain** & put into ice water.
- **Squeeze** the little bean from their thin outer skin.



Zucchini Noodles, Fava Beans, Mint & Garlic

Ingredients

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| 1 ½ cups shelled fava beans (~ 1 ½ lbs unshelled) | 1/4 cup fresh mint leaves |
| 4 medium zucchinis | 1/2 tsp sea salt |
| 2 tbs olive oil | 1 tbs lemon juice & zest of 1 lemon |
| 3 garlic cloves, sliced | 1 cup crumbled feta cheese or crème fraiche |
| 1/4 tsp red chile flakes | Sliced green or red onions |

1. Prepare fava beans as directed above.
2. Using a spiralizer, turn zucchini into noodles. Or, using a julienne peeler, peel the zucchini lengthwise into strips to equal about 7 cups, discarding the seeds.
3. Heat oil in large nonstick skillet. Add garlic and red chile flakes; cook 1 minute. Add zucchini; cook 2 minutes. Remove from heat; stir in mint, salt, fava beans (or edamame), and lemon juice.
4. Sprinkle with feta cheese, lemon zest, and onions

"WE ARE BORN OF LOVE;

Love is our mother.." - Rumi

Lately, we've been sending you at least one somewhat untypical fruit or veggie in your box to keep life (& eating is a big part of it!) interesting and educational.

Fava Beans look like weirdly huge pea pods. They take some effort to prepare, but once they're cooked, their tender creamy flavor will blow your tastebuds away!

