



BLISTERED SHISHITO PEPPERS

1. Toss the chiles in olive oil, and then fry in a hot skillet with lemon quarters for a few minutes — just until their skin blisters & the lemons begin to blacken.
2. Squeeze the juice from the charred lemons over them.
3. Sprinkle with kosher salt. Then dip in Cilantro Crema or Ranch dressing. **EAT YOUR HEART OUT!**

We are passionate about sustaining our community's local farms. That means helping you make the most out of your farm box.



**shishito peppers
CILANTRO CREMA**

- 1 C plain yogurt or sour cream
- 1/2 avocado (or 2 T mayo)
- 1 clove garlic
- 1/4 C cilantro
- 1 lime zested & juiced
- 1/2 t kosher salt

1. Place all of the ingredients in a blender or food processor and blend until smooth.
2. Transfer to a jar or squeeze bottle and serve immediately, or refrigerate until ready to serve.

Makes 1 1/4 cups. Keeps up to 5 days covered in the fridge.



of course you can make a kale salad, but you can also make...

KALE & SWEET POTATO FRITTERS

- 1 sweet potato, peeled & grated
- 2 T avocado oil
- 1 C diced onion
- 2 C shredded kale (w/ food processor)
- 1/2 t salt
- 1 t garam masala
- 1/4 C flour (or rice flour for gluten-free)

1. Shred sweet potato using the coarse side of a box grater or the grater with your food processor.
2. Heat a large rimmed skillet over medium heat. Once hot, add oil, onion, grated sweet potato, and kale. Sauté 5 minutes, stirring until the onion and sweet potato are tender. Set aside.
3. Stir together vegetables, salt, & garam masala in a large bowl. Add flour & stir until combined. You should have a slightly tacky but moldable mix. Add more flour as needed.
4. Form into roughly 1/4" thick patties about the size of the palm of your hand (use about 1/4 C per patty).
5. Wipe & reheat the skillet again to fry the patties.
6. Once hot, add 1/2 T oil to lightly coat the pan. Add enough fritters to fit. Don't crowd them :)
7. Pan fry until golden brown. ~3-4 minutes on each side.
8. *For crispier fritters, continue baking in a 400' F oven for 15 minutes.



Kale & Sweet Potato Fritters with mint chutney

minimalistbaker.com



BAKED VEGGIES
Squash, Broccoli, Peppers

- Heat oven to 420' F.
- Dice & chop each: 2 summer squash, 1 broccoli, 1 onion or leek, 1 bell pepper & put on a baking sheet.
- Season with salt & pepper.
- Mix 2 T balsamic vinegar + 2 T avocado oil + 1 t thyme.
- Toss with veggies to combine.
- Bake 15 minutes till tender but crispy.



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