

MAKE REAL FOOD - SIMPLE

Helping you make the most out of your produce! Then we can all help sustain local agriculture in our community.



Can this go together??
You betcha!



VEGAN CHILI RELLENOS

- 12 C water
- 1 C uncooked brown rice
- 1 T avocado oil
- 1/2 sliced onion
- 1/2 t ground cumin
- 1/4 t sea salt
- 1/3 cup chunky salsa
- 1/4 cup cilantro
- 1 can pinto beans (drained)
- 1/4 t ground cumin
- Sea salt
- 3-4 pasilla peppers
- 1 t avocado oil

1. **Rice:** Add water to a large pot and bring to a boil. Add rice. Cook for 30 minutes. Drain, & rest covered for 10 minutes.
2. **Peppers:** Preheat oven to broil.
3. Put peppers on a baking sheet & spray with oil. Broil 2 minutes on each side, till blistered slightly.
4. Adjust oven temp to 375°F.
5. Let peppers cool. Peel away blistered skin and cut out the stem. Also cut a slit down side of the pepper. Scrape out the seeds. Set aside.
6. **Back to Rice:** Heat a large heavy skillet over medium heat. Once hot, add oil & onion. Sauté for 4 minutes, till translucent.
7. Next add beans, rice, cumin, sea salt, salsa, and cilantro. Stir and season to taste.
8. **Place peppers** in a lightly greased, 9 x 13" baking pan and generously stuff rice filling into each pepper with a spoon. Top with salsa and cover the pan with foil.
9. Bake peppers at 375°F for 15 minutes. Bake 15-20 minutes more, uncovered.
10. **Serve** with sliced avocado, hot sauce, fresh cilantro, lime juice, fresh salsa



WEEK OF AUG 23 Farm Box Meals



BEET SALAD WITH ROASTED PEPPER DRESSING

- DRESSING:
 - 2 roasted pasilla peppers, chopped
 - 1/3 cup cilantro leaves, chopped
 - 1/3 cup onion, chopped
 - 2 cloves garlic, chopped
 - 3 tbsp rice wine vinegar
 - 3 tbsp avocado oil
 - 3/4 cup plain yogurt
 - salt & pepper to taste
- SALAD:
 - 3-4 beets, scrubbed
 - 4 cups sliced cabbage (1/2 head)
 - 2 avocados, chopped

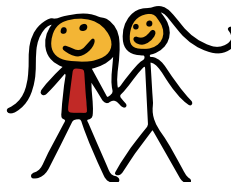
1. Spray peppers with olive oil and roast in 375°F oven for 10 minutes on each side. Cool & roughly chop.
2. Make the dressing: Combine pasilla pepper, cilantro, onion, garlic, vinegar and oil in a food processor. Blend for about 1 minute. Add in yogurt and blend for 1 more minute until the dressing has a smooth consistency. Add salt and pepper and blend once more. Transfer dressing into an airtight container and refrigerate for 1 hour before use. note: dressing can be stored for up to 3 days.
3. Scrub beets under running water, remove ends & chop into quarters. Put into a large sauce pan, cover with water and bring to a boil. Reduce heat to medium and cook till tender ~ 40 minutes.
4. Remove beets, drain, and cool. Then gently remove skin. Chop into 1" chunks.
5. In a large serving bowl, place the cabbage on the bottom, followed by the beets and topped with the avocados. Drizzle the salad with the roasted pepper dressing and serve.

ARUGULA MICROGREENS W/ LEMONY GARLIC ZOODLES

- 2 large zucchini
- 1/2 cup olive oil
- 2 tbsp butter
- 1 tbsp chopped garlic
- 1 tbsp grated lemon peel
- 1 fresh lemon - juiced
- 1/4 cup vegetable broth
- 1/4 C fresh basil
- 1/4 tsp salt
- 1/8 tsp fresh black pepper
- 1 cup arugula microgreens
- 1/2 cup fresh parsley, chopped

1. Prep your zucchini noodles. Here are the two methods I recommend using:
2. Use a hand held spiralizer.
3. Use a mandolin with the julienne blade.
4. A veggie peeler or box grater make the noodles very thin and you'll need to squeeze out the water first.
5. Heat oil and butter over medium-low heat.
6. Stir in garlic, lemon peel, lemon juice, broth, basil, and raise heat to medium-high.
7. Add zoodles and bring to a gentle simmer, reduce heat and simmer 3 minutes. Remove from heat.
8. Add arugula and parsley. Gently toss to mix.
9. Top with freshly grated Romano or Parmesan cheese, sea salt, freshly ground pepper, squeeze of lemon

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