



SIMPLE, FRESH FARM BOX MEALS

OCT 4, 2021

Simple recipes so you can eat well & help sustain local agriculture in our community.

Sweet Potatoes

Freshly harvested from JR Organics in Escondido. Though high in carbs, they help your digestion & weight loss since they're high in fiber. Pair them with dark greens, zucchini, bell peppers, cauliflower, poultry, pork & fish.

The cantaloupe is from JR too. Oh boy! You're in for a sweet treat in your fruit & veggie box!

Sweet potato chili

YOU'LL NEED

- 2 T olive oil
- 1 onion, chopped
- 1 bell pepper, chopped
- 3 cloves garlic, minced
- 1 T tomato paste
- 1 lb Italian sausage
- 1 T chili powder
- 1/2 t oregano
- 1/4 t red pepper flakes
- 4 sweet potatoes
- 2 C veggie broth
- 2 chopped tomatoes

ALL YOU HAVE TO DO

- Add onion & bell pepper to a large pot over medium heat. Cook 5 minutes till soft. Add garlic, then tomato paste & stir. Add sausage & cook, breaking up meat & till not pink. Add chili powder, oregano, red pepper and season with salt & pepper
- Add sweet potatoes, broth & tomatoes. Bring to boil and then reduce heat. Simmer 15 minutes till potatoes are tender.

Easy Zucchini tart with goat cheese

YOU'LL NEED

- 1 container store-bought raw pie dough
- 8 oz goat cheese, softened
- 1 T Dijon mustard
- 2 zucchini, thinly sliced
- 1 t fresh basil or thyme, chopped fresh
- Kosher salt & fresh pepper
- Olive oil for drizzling

ALL YOU HAVE TO DO

- Put a baking sheet or pizza pan in the oven and preheat oven to 375' F.
- Lay the pie dough on a piece of parchment. Crimp the edges all around. Mix the cheese and mustard together & spread over the crust with a pastry brush or large spoon.
- Put the zucchini and thyme in a bowl. Season with salt & pepper and drizzle olive oil; toss gently to combine. Arrange the slices over the mayonnaise mixture.
- Remove the hot pan from the oven. Slide the parchment paper onto the pan and bake until the crust is golden and the zucchini is tender, about 30-40 minutes.

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