



# SIMPLE, FRESH FARM BOX MEALS

SEP 20, 2021

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

## About those Anaheim Peppers

**Do you have to roast and peel them?** No, you can even eat them raw. Roasting adds a depth of smoky flavor and enhances their natural sweetness. **How to do it:** Roast them over an open flame on your grill or broil in the oven till the skin is blistered and blackened. Remove from the heat and place in a plastic bag or covered bowl to steam for about 10 minutes. Then you can easily remove the skins, and slice it open to scrape out the seeds. Stuff with rice, beans or cheese & bake for Chile Rellenos

## Mexican Twice Baked Potatoes

### YOU'LL NEED

4 Yukon Potatoes  
1/2 cup milk  
Salt & pepper  
3 T butter  
1/2 onion, sliced  
2 T olive oil  
2 T minced garlic  
2 Anaheim peppers, seeded & sliced  
2 C shredded cheese  
1 avocado  
1/4 C cilantro

### ALL YOU HAVE TO DO

- Cook the potatoes in the microwave till tender about 8 minutes. Cool & slice in half lengthwise.
- Scoop out the pulp, leaving 1/2" potato in the skin. Place skins on a greased baking sheet. Put potato scoopings into a large bowl. Mash with milk, salt, pepper & butter till smooth.
- Heat olive oil in pan, saute onion, garlic & peppers till tender and browned.
- Mix sauteed veggies together with potato mash and mound into the skins. Sprinkle with cheese. Bake 15 minutes in a 350' F preheated oven.
- Remove and serve with sliced avocado and chopped cilantro.

## Honey & Garlic Roasted Carrots

### YOU'LL NEED

1 lb. carrots, washed, trimmed & cut into thirds  
1/4 C butter  
1 T honey  
2 cloves minced garlic  
Salt & pepper to taste  
Fresh parsley, chopped

### ALL YOU HAVE TO DO

- Heat oven to 425'F. Grease a large baking sheet with oil.
- Melt butter in a skillet over medium heat. Add honey & cook while stirring until melted & mixed.
- Add garlic. Cook 30 seconds more.
- Add carrots and toss together. Season with S&P
- Put carrots on baking sheet in single layer. Roast 20 min., then broil 2 more min. to char edges.
- Transfer them back to the skillet to coat in the leftover sauce for 5 more minutes.
- Garnish with chopped parsley & serve

### Questions? Comments?

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