



SIMPLE, FRESH FARM BOX MEALS

OCT 11, 2021

Simple recipes so we can eat well & support local agriculture

Roasted Cauliflower Steak

YOU'LL NEED

- 1 cauliflower
- olive oil or avocado oil spray
- 1/2 t kosher salt
- 1/4 t black pepper
- 1/2 t garlic powder
- 1/2 t paprika
- 1/2 t coriander

ALL YOU HAVE TO DO

- Preheat oven to 425°F. Line baking sheet with parchment, spray w/ oil. Then, mix together the spices in a small bowl.
- Trim leaves & bottom of cauliflower, but keep the core intact. Slice head into 3/4" slices. Save broken florets.
- Place on baking sheet in single layer. Scatter the pieces around the steaks. Spray with oil & season w/ half the spice mix. Bake 15 minutes.
- Remove from oven and turn over. Spray with more oil and sprinkle remaining spices. Bake 10-15 more minutes.

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Save the Fruit Cobbler

YOU'LL NEED

- 6 apples & pears, cored, quartered, sliced evenly
- 1 T fresh lemon or orange
- 2 T cinnamon
- 1/2 C brown sugar
- 1 C uncooked oatmeal
- 1 T flax seed
- 1/2 C butter
- 1 C pecans
- *Use old fruit if you have some. If not, fresh is fine.

ALL YOU HAVE TO DO

- Preheat oven to 375°F
- Layer cut fruit in bottom of glass baking dish.
- Roll citrus well, then puncture a small hole near the stem w/ a knife. Squeeze 1 T juice over fruit. Grate 1 T of skin & sprinkle on top.
- Sprinkle 1 T cinnamon generously over fruit, & layer oatmeal, flax seed, brown sugar, then pecans.
- Cut butter into small pieces & place evenly over top
- Bake 30 to 40 minutes till browned & bubbly.
- Serve with vanilla ice cream or yogurt.

Stuffed acorn squash

YOU'LL NEED

- 1 acorn squash, halved
- 2 t olive oil
- Kosher salt & pepper
- 1 onion, chopped
- 1 apple, cored & diced
- 1 lb Italian chicken sausage
- 1/2 t nutmeg, 1 c garlic,
- 1 T fresh thyme

ALL YOU HAVE TO DO

- Brush with oil, season with salt & pepper, then bake seeded squash 40 minutes at 450°F.
- Cook & break up sausage for 3 min, add onion, apple, salt, pepper, garlic & cook 8 minutes more.
- Scoop out squash (leaving 1/4" for shell) & add to sausage mixture, 1/4 C Parmesan cheese & fresh thyme. Mix to combine.
- Mound shells with the filling
- Bake until cheese is melted, about 15 minutes.