



SIMPLE, FRESH FARM BOX MEALS

OCT 18, 2021

Simple recipes so we can eat well & support local agriculture

Easy, Tasty Beet Burgers

YOU'LL NEED

- 1 cup cooked quinoa
- 2 T olive oil
- 2 cups peeled and grated beet
- 3 cloves garlic, peeled
- 1 diced onion
- 1 can beans, drained (pinto, kidney, black, etc)
- 2 T apple cider vinegar
- 2 T ground flaxseed
- 1 cup rolled oats
- 1 tsp paprika
- 2 t cumin
- 1 t red pepper flakes (optional)
- 2 t oregano
- 1/2 t sea salt
- 1/4 t black pepper

ALL YOU HAVE TO DO

- Cook quinoa according to directions.
- Add 1 T olive oil to a heated pan, then add onion, garlic, and grated beet. Cook at medium heat for 8 minutes.
- While it's cooking add the oats to a food processor. With S blade, grind to a grainy flour.
- Add everything else to the food processor, including the beets and mix till combined. Season with salt & pepper to taste.
- Remove and shape into patties in the palm of your hands. Use about 1/2 cup per patty.
- Heat the other T of olive oil in a large frying pan on medium-low. Gently place the patties in the frying pan. Reduce heat to medium low and cook for 10 minutes. Flip the patties and cook on medium low for another 10 minutes until the patties are golden all over and dry to touch.
- Remove and serve with Brioche buns & your favorite toppings. **Ideas!** Sautéed mushrooms, lettuce, smashed avocado, sliced tomatoes & onions, zucchini zoodles.
- **Notes!** Prep in advance. Raw patties can be stored in the fridge up to 5 days. Cooked patties will keep in the freezer up to 2 months.

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Simply Roasted Delicata Squash

ALL YOU HAVE TO DO

- The skin is edible, there's no need for peeling. It becomes tender when cooked. Don't refrigerate, but just store in a cool, dry room. It should last 3 months.
- Start by slicing it in half lengthwise and scoop out the seeds with a spoon. Cut the squash halves into thick slices (about 1"+)
- Put into a large bowl. Drizzle with olive oil. Season with salt & pepper. Toss to coat and put on a parchment-lined baking sheet. Bake at 425°F for 25 minutes.
- **Dress it up with kale and apples! Roast a quartered onion with the squash.**
- Whisk together a dressing with 2 T olive oil, 1 T apple cider vinegar, 1/4 t maple syrup, 1/4 t Dijon mustard, 1/2 t garlic powder, salt & pepper.
- Combine 6 chopped kale leaves, fresh thyme, 1 chopped apple and the squash and onion. Pour in 1/2 the dressing. Toss & put in a baking dish and heat for 10 minutes. Top with more dressing and toasted pepitas to serve.