



SIMPLE, FRESH FARM BOX MEALS

NOV 15, 2021

Simple recipes so we can eat well & support local agriculture

Creamy Japanese Eggplant & Avocado Pasta

YOU'LL NEED

- 1 C Japanese Eggplant
- 1 Avocado
- 1 pkg of your favorite pasta
- 1 tbs chopped Garlic
- 1/2 tbs extra virgin olive oil
- 1 tbs fresh herb of your choice
- 1 tbs truffle butter
- 1/2 tsp cayenne pepper
- Salt & Pepper
- shaved parmesan cheese
- Breadcrumbs (optional)

ALL YOU HAVE TO DO

- Peel & cut eggplant into even pieces of your preferred size. In medium bowl sprinkle with salt, cover, & set aside for moister to drain.
- Begin boiling water, & cook your pasta
- Drain, Rinse, & pat dry eggplant. In medium size skillet add olive oil & sauté eggplant, Garlic, & dry seasonings on medium heat until brown.
- In large serving bowl combine your warm pasta with sautéed eggplant, Avocado, truffle butter, & fresh herbs. Allow butter to melt for a beautiful creamy texture (use pasta water if needed to loosen the pasta).
- Serve warm & top with shaved parmesan cheese, red pepper flakes, toasted breadcrumbs, or garnish of your choice!

Maple Roasted Purple Heirloom Carrot w/ Walnut & Feta

YOU'LL NEED

- 1/3 C chopped & toasted walnuts
- 2 lbs. peeled & halved Purple Heirloom Carrots
- 3 tbs maple syrup
- 2 tbs extra virgin olive oil
- 1 tbs smoked paprika
- 1/2 tsp Kosher Salt
- Black pepper to taste
- 1/3 C feta cheese

ALL YOU HAVE TO DO

- Preheat the oven to 350°F. Spread chopped walnuts on a large baking sheet & roast for 10-12 minutes, until golden brown and toasty.
- Increase the oven to 425°F. Line two large baking sheets with parchment paper.
- In a large bowl, toss the carrots with maple syrup, olive oil, & seasonings. Spread carrots out in a single layer on the two prepared baking sheets.
- Roast for 22-28 minutes on the top & middle racks, tossing halfway through & rotating the pans front to back and top to bottom halfway through, until carrots are tender.
- Transfer the carrots to serving platter, top with roasted walnuts & crumbled feta. Serve warm.

love and joy

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