



SIMPLE, FRESH FARM BOX MEALS

NOV 22, 2021



Simple recipes so we can eat well & support local agriculture

Blistered Green Beans & Fried Shallot

YOU'LL NEED

- 4 tbs cooking oil
- 3 shallots
- 4 garlic cloves
- 1 ½ lbs green beans
- 2 tbs beef broth
- Salt & pepper
- 1 tbs lime juice
- 2 tbs chopped nuts of your choice

ALL YOU HAVE TO DO

- Heat 2 tbs oil over med high, add sliced shallots & season with salt, cook until brown & barely crisp, set aside.
- Heat 1 tbs oil high heat, fry minced garlic and nuts until golden brown, place with shallots.
- Add 1 tbs oil over med high heat, add green beans and season with salt. Sauté until blistered.
- Add beef broth & pepper sauté for 1 minute, add lime juice and pepper coat well and remove from heat.
- In serving dish add fried shallots, garlic, & nuts, and enjoy.

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Sautéed Zucchini Medley

YOU'LL NEED

- 1 tbs olive oil
- ½ C red onion
- 3 cloves garlic minced
- 6 mixed zucchini or squash
- 2 ripe tomatoes
- 1 C chickpeas
- 2 mixed bell pepper
- ¼ C fresh grated parmesan cheese
- Salt & Pepper
- ½ tsp paprika

ALL YOU HAVE TO DO

- Slice Zucchini in 1/8 or ¼ in rounds or half-moons, prep remaining vegetables.
- Sauté garlic and onion in olive oil over medium heat until onions become translucent.
- Add zucchini & or squash, bell pepper, & sauté over medium heat for 3-4 min.
- Add chopped tomatoes, chickpeas, and seasonings.
- Continue sautéing until zucchini and squash are tender & tomatoes have broken down.
- Toss mixture with fresh parmesan cheese and serve warm.

Kale & Asian Pear Salad w/ Goat Cheese

YOU'LL NEED

- ¼ C EV olive oil
- 2 tbs fresh lemon juice
- 1 tsp Honey
- ½ tsp chopped thyme
- Sea salt & pepper
- 5 oz Kale
- 2 Asian Pear
- ½ C salted roasted pumpkin seeds
- 3 oz fresh goat cheese (or blue cheese)

ALL YOU HAVE TO DO

- In a small bowl, whisk olive oil with lemon juice, honey, and chopped thyme.
- Season salad dressing with salt and pepper
- Slice pears to your desired size and thickness.
- In a large bowl, toss kale with pear slices and pumpkin seeds. Add your dressing and gently mix.
- Top with crumbled goat cheese or blue cheese of your choice.
- Lightly sprinkle with sea salt and serve right away.

