



SIMPLE, FRESH FARM BOX MEALS

FEB 21, 2022

Simple recipes so we can eat well & support local agriculture

Honey & Balsamic Roasted Brussels Sprouts with Garlic

YOU'LL NEED

- 1 ½ lbs Brussels sprouts
- 2 tbs olive oil
- 2 tbs balsamic vinegar
- 2 tbs honey/maple syrup
- 5 garlic cloves
- 1 tsp kosher salt
- 1 tsp black pepper

Ingredient variations

- Mix 1 tsp of your favorite hot sauce w/your honey
- Lemon
- Herbs
- Red pepper flakes

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ALL YOU HAVE TO DO

- Heat oven to 450°F. Line baking sheet w/parchment paper.
- Slice stems off brussels sprouts then halve them, place in large bowl. Smash & rough chop garlic
- Toss with olive oil, Kosher salt, lots of black pepper & spread onto baking sheet in single layer cut side down & roast for 15 min.
- Meanwhile whisk balsamic vinegar, honey and smashed rough chopped garlic together.
- Remove brussels sprouts from oven, pour balsamic mixture all over, mix to coat completely.
- Place them cut side down again & bake an additional 15-20 min until very brown and crisp.
- Remove from oven and serve warm.

NOTE: You can choose to roast for the full 25-30min in the oven until crisp & very brown & coat with balsamic mixture right before serving OR you can follow the method above to roast brussels sprouts with balsamic mixture.

Chunky Cucumber, Tomato, & Avocado Salad

YOU'LL NEED

- 2 Persian cucumbers
- 3 heirloom tomatoes
- 1-2 ripe avocados
- ½ red onion
- ¼ C fresh cilantro
- 1 lemon juiced
- 2 tbs extra virgin olive oil
- Salt & pepper to taste

ALL YOU HAVE TO DO

- Juice your lemon; slice & dice cucumber, tomatoes, avocado, & onions. Chop cilantro & place everything in a bowl.
- Cover with olive oil, lemon juice, salt & pepper.
- Toss well and serve! (This makes a great base for chunky ceviche, by itself or on a tostada)

Fresh Cucumber & Avocado Salad

YOU'LL NEED

- 2 Persian cucumbers
- 1-2 ripe avocados
- 1 shallot
- 3 tbs fresh lime juice
- 1-2 pinches fresh mint
- 1-2 pinches fresh basil
- 3 tbs extra virgin olive oil
- Salt to taste
- Pepper (optional)

ALL YOU HAVE TO DO

- Thinly slice your vegetables and herbs (slice shallots into rings). Juice your lime.
- Toss shallots with lime juice, olive oil, herbs, & seasonings. let stand until shallots soften a little.
- Add cucumber & combine, let stand to marinate 10-15 min.
- This next step you can either gently fold in your avocado to your salad or you can serve your salad and top with diced Avo, either way is delicious!
- Serve & enjoy

Happy Presidents' Day!!