



SIMPLE, FRESH FARM BOX MEALS

MAY 30, 2022

Simple recipes so we can eat well & support local agriculture

Creamy Vegan Kale Pasta with Some Spice!

YOU'LL NEED

- 8-16 oz of your favorite pasta
- 1 yellow onion
- 1-2 cloves garlic - minced
- ½ C kale - chopped
- 1 zucchini shredded - optional
- 6oz Cashews
- 2 tbs olive oil
- 1 tbs nutritional yeast
- 1 tsp chili powder
- 1 tsp crushed red pepper flakes
- 1 tsp garlic powder
- Pinch of salt
- ¼ C almond milk
- 7 dashes of love!

ALL YOU HAVE TO DO

- Prep your veggies. Dice yellow onion into fairly small cubes, chop the kale into bite size pieces removing spines. If choosing to add zucchini shred it with the large side of a cheese grater & drain excess water. Mince the garlic & set aside with other veggies.
- Cook your pasta according to package directions.
- Heat olive oil in a large pan, toss in onions, kale, and zucchini (if choosing to add) and sauté until onions begin to wilt, then add your garlic and sauté 5-7 minutes.
- In a blender add cashews, nutritional yeast, spices, and almond milk. Blend until you have a creamy consistency, add more milk or pasta water if mixture is too thick.
- After draining your pasta, add cooked kale mixture to the pasta and toss together, then add your sauce & toss coating all the pasta.
- Serve immediately and top with fresh herbs, spices, or nuts for added texture. Enjoy!

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Fresh Herb Tomato & Zucchini Salad

YOU'LL NEED

- 10-16oz cherry tomatoes
- 1 large or 2 small zucchinis
- 1 shallot - sliced or 1/3 cup red onion chopped - soak in 2 tbs lemon juice
- 2-3 sprigs each of: Chives, Italian parsley, Basil
- 3-4 extra virgin olive oil
- 2 tsp sumac
- Pinch of smoked paprika - optional
- 1-2 garlic cloves - minced
- Sea salt & pepper to taste
- 1 tbs lemon juice
- Lemon slices for garnish

ALL YOU HAVE TO DO

- Wash and slice your tomatoes and zucchini into bite size pieces & place in a large serving bowl.
- Thin slice your shallot (or red onion) & soak in 2 tbs of fresh lemon juice & set aside.
- Chop your fresh herbs, chives, Italian parsley, and basil & toss together.
- Combine your olive oil, sumac, paprika, garlic, salt, pepper, and lemon juice. Whisk together & pour over your tomatoes & zucchini.
- Add in your soaked shallot slices (without lemon juice), and fresh herbs & toss well.
- Garnish with extra lemon slices, salt & pepper to taste.
- Serve and enjoy!