



# SIMPLE, FRESH FARM BOX MEALS

JUNE 13, 2022

*Simple recipes so we can eat well & support local agriculture*

## Grilled Stone Fruit Salad with Kale & Quinoa

### YOU'LL NEED

#### Salad

- 6 C mixed greens - Kale & Arugula
- 1 ½ C stone fruit - Plum, peach, nectarine
- ½ fresh cherries cut in half - optional
- 1 C quinoa or wild rice
- ½ C vegan feta OR regular feta/goat cheese

#### Dressing

- ½ C olive oil/grapeseed
- 2 tbsp champagne vinegar/white wine
- 2 tsp maple syrup
- ½ tsp ea. salt & pepper
- 2 tbs fresh mint-minced

### ALL YOU HAVE TO DO

#### Walnut & Pumpkin Seed Brittle

- ½ C raw unsalted walnuts
- ¼ C pumpkin seeds
- 2 tbsp maple syrup
- 1 tsp olive oil
- ½ tsp fresh thyme - fine mince
- ¼ tsp salt
- ¼ tsp pepper

#### Directions:

- Preheat oven 275°F. Cook Quinoa/wild rice set aside
- For the brittle, add walnuts & pumpkin seeds to a mixing bowl. In a separate bowl add maples syrup, olive oil, thyme, salt & pepper. Pour over nuts & toss well to coat. Spread into an even layer on parchment paper lined baking sheet. Bake on the lowest rack approx. 35 min. Rotate sheet halfway through baking.
- Remove from oven & cool completely. Once cooled, break into bite size pieces.
- While the brittle is cooling, Whisk together dressing ingredients & slice the fruit, (not too thin). Grill your stone fruit over med/high heat to get nice grill marks/char.
- Toss cooked quinoa/wild rice with 2 tbs of the dressing and set aside.
- Toss Kale & Arugula with dressing, add the quinoa & toss well. Taste and adjust salt & pepper if necessary. Add in stone fruit, cheese of choice, and nut brittle.

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## Fresh Plum & Blueberry Topped Overnight Oats

### YOU'LL NEED

#### Fruit Toppings & Other Options

- Fresh Diced plums OR peaches
- Fresh Blueberries
- Nuts - slivered almonds, cashews, Pecans, pistachios
- Seeds - Sunflower, sesame, flax, Hemp
- Dried Fruit - cranberries, blueberries, raisins, dates
- Sweetener - honey, maple syrup, brown sugar, monk fruit
- Nut Butter - Peanut, Almond, cashew
- Spices - cinnamon, cardamom, nutmeg, all spice.

### ALL YOU HAVE TO DO

#### Oats

- 1 C old fashioned rolled oats
- 1 C low-fat Greek yogurt
- 2 tbs Chia seeds
- 1 C preferred milk option
- ½ tsp vanilla extract

#### Directions:

- Transfer the rolled oats to a large container/large mason jar or container with a secure lid.
- In a separate bowl stir together the yogurt with the chia seeds & mix well to combine. Adding them to the yogurt instead of the milk prevents clumping.
- Add the milk, vanilla extract, and yogurt with chia seeds to the oats, mix well.
- Cover with an airtight lid and store in the refrigerator for at least 4 hours or overnight.
- When ready to eat, you can add your fresh plums, blueberries, and other toppings directly into the jar/container OR serve into a bowl and build your toppings. Enjoy alone or w/ a friend!