



SIMPLE, FRESH FARM BOX MEALS

JUNE 27, 2022

Simple recipes so we can eat well & support local agriculture

Roasted Green Beans & Potatoes

YOU'LL NEED

Potatoes

- 1 ½ lbs Yukon Gold Potatoes
- 2 tbs olive oil
- ½ tsp salt & pepper
- ½ tbs paprika
- ½ tbs Italian seasoning

Green Beans

- 12 oz green beans - trimmed cut in ½
- ½ tbs olive oil
- 3 cloves garlic - minced
- Salt to taste

ALL YOU HAVE TO DO

- Preheat your oven to 400°F.
- Wash & peel potatoes, cut into cubes. Place them in a medium mixing bowl, add olive oil, salt, pepper, paprika, & Italian herbs. Stir until potatoes are fully coated.
- Empty potatoes from the bowl onto a baking sheet, spread out evenly. Bake for 15 min.
- While the potatoes are cooking, take the mixing bowl that you used for potatoes, add green beans. Add the olive oil, garlic & salt.
- Take the potatoes out of the oven & add the green beans to the same baking sheet spreading around the potatoes evenly. Place back into oven & bake for another 25 min.
- Once they are tender and crisp remove from oven & they are ready to serve!

Vegan Avocado Pasta

YOU'LL NEED

- 10 oz pasta of your choice
- 1-2 avocados
- 1 C cilantro
- 1 shallot - diced
- 2 cloves garlic
- 2 tsp maple syrup
- ¼ C vegan cream cheese
- ½ tsp each salt, cumin, pepper
- 1 lemon - juiced
- Chili flakes for serving - optional

ALL YOU HAVE TO DO

- Cook the pasta until al dente, drain once cooked, do not rinse.
- Add avocado, cilantro, shallots, garlic, maple syrup, vegan cream cheese, salt, pepper, cumin, & lemon juice to a blender or food processor. Blend until super smooth.
- In a Bowl or pan, add the sauce to your pasta & mix well. Serve pasta immediately to enjoy warm or place in the fridge for 20-30 minutes to enjoy cold. This dish is delicious with grilled chicken breast.

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