



SIMPLE, FRESH FARM BOX MEALS

AUG 8, 2022

Simple recipes so we can eat well & support local agriculture

Knockin' Roasted Broccoli

YOU'LL NEED

- 2-4 C broccoli florets
- 2-3 red jalapenos
- 2-4 shallots
- 1 bunch green onions
- 1 lemon - juiced
- 1 tbs minced garlic
- 6 oz pancetta
- ¼ C dark raisins
- ¼ C gold raisins
- OR substitute raisins w/ dried cranberries or chopped dates
- ½ C roasted salted almonds
- 5 tbs olive oil
- 2 tsp honey
- 1 ½ tsp red pepper flakes OR to taste
- 1 tbs paprika
- ½ tsp cayenne pepper
- Salt & freshly ground black pepper

ALL YOU HAVE TO DO

- Preheat oven to 400°F
- Prep your veggies - Wash your broccoli & slice into florets. Seed & dice the red jalapenos. Peel & slice the shallots into half-moons. Slice 1 bunch of green onions OR 4 tbs. Juice 1 lemon.
- Finely dice your pancetta & set aside.
- Place a large oven safe pan or skillet over medium-high heat, add 2 tbs olive oil.
- Add pancetta & render down until slightly crisp, about 3-4 minutes.
- Add the garlic, shallots & red pepper flakes. Cook until the garlic begins to slightly brown (not too much) about 1-2 minutes.
- Add paprika, jalapenos, cayenne, salt & pepper - (All seasoning can be to taste.)
- Add the broccoli & toss well. Cook for an additional 2 to 3 minutes for flavors to develop.
- Put the pan in the oven & roast until the broccoli gets some color & becomes tender, about 18 - 20 minutes.
- Remove from oven & spoon the mixture into a large bowl. Add the raisins (or substitutions), green onions, almonds, honey, & lemon. Season with salt & pepper to taste, & mix well. Serve and enjoy!

Sausage Stuffed 8-Ball/Cue Ball Squash

YOU'LL NEED

- 2-4 8 ball OR cue ball squash
- ½ lbs mild or hot sausage
- ¼ C onion - chopped
- 1 tsp fresh garlic - chopped
- ¼ C bell peppers - chopped OR 1 tsp jalapeno - chopped
- 1 tomato - chopped
- 3oz Monterrey Jack or Cheddar cheese
- Salt & Pepper

ALL YOU HAVE TO DO

- Preheat oven to 350°F
- Slice off the stem of each squash. Place upside down in pan with one inch water & boil for 10 minutes.
- After the squash cools a little, carve the flesh out of the inside & set aside in a colander to drain. A melon baller or grapefruit spoon works great for this job.
- Brown the sausage in a medium skillet. Add onions, bell peppers or jalapeno, & garlic. Stir frequently & fry until vegetables are soft.
- Add chopped tomatoes & the well-drained insides of the 8-ball squash, to the meat mixture & mix in half of the cheese. Fill the squash shells with mixture and top with remaining cheese. Place in oven until cheese begins to melt, or longer if you like it nice & brown (or less if you dont want to serve it too warm.) Serve & enjoy!

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