



# SIMPLE, FRESH FARM BOX MEALS

SEPT 19, 2022

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

## Fresh Frisée Citrus Salad

### YOU'LL NEED

#### Dressing

- 2 tbs white wine vinegar
- 1 tbs Dijon mustard
- 1 tbs maple syrup - OR sweetener of choice
- ¼ tsp kosher salt
- 6 tbs olive oil
- Fresh ground black pepper

#### Salad

- 1 head Frisée (curly endive)
- 1 orange plus zest
- 1 shallot
- 1oz Manchego cheese - OR shaved parmesan
- 2 tbs sliced almonds
- 1 handful fresh mint leaves - optional

### ALL YOU HAVE TO DO

- Wash & dry the Frisée, using a salad spinner or clean towel.
- Tear or chop the Frisée into pieces.
- Zest half of the orange. Then segment the orange into pieces.
- Thinly slice the shallot. Slice the Manchego cheese into pieces.
- In a medium bowl, whisk the white wine vinegar, Dijon, maple syrup, and salt. Then whisk in the oil 1 tbs at a time until creamy dressing forms. Add a few grinds of fresh ground black pepper.
- To serve the salad: place the greens on a large platter or separate plates. Top with orange slices, shallot, cheese, sliced almonds, orange zest, and mint leaves. Drizzle with about 3 to 4 tbs of the dressing or more if you like. Enjoy!

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## Zucchini Potato Au Gratin

### YOU'LL NEED

- 1-2 lbs zucchini
- 1-2 lbs Yukon Gold Potatoes
- 1 tsp sea salt
- ½ tsp black pepper - divided
- ½ tsp dried oregano
- 2 C heavy whipping cream
- 1 ½ C shredded parmesan cheese - divided
- 2 cloves garlic - minced
- 2 tbs chopped chives - green onions

### ALL YOU HAVE TO DO

- In a bowl, stir together 2 cups cream, 1 cup parmesan, 2 minced garlic cloves, & 2 tsp oregano.
- Slice zucchini into ¼ in thick rings. Zucchini should be sliced thicker than the potatoes. Slice potatoes into 1/16 in thick rings.
- Transfer sliced zucchini and potatoes to a large mixing bowl and season with salt, pepper, and oregano.
- Layer the veggies in a 9x13 casserole dish, alternating the zucchini and potatoes. You can double up on potatoes here and there since there will be more potato than zucchini.
- Pour cream mixture evenly over the top and sprinkle with ½ cup parmesan cheese.
- Bake uncovered at 400°F for 40-45 minutes, or until potatoes are easily pierced with a fork.
- Remove from the oven and allow to rest for 10 minutes.
- Garnish with more chives and seasoning of your choice. Serve and enjoy!

*Thank you for supporting local!*