



SIMPLE, FRESH FARM BOX MEALS

SEPT 5, 2022

Simple recipes so we can eat well & support local agriculture

Kale Salad with Carrot & Ginger Dressing

YOU'LL NEED

Dressing

- ½ C chopped roasted carrots,
- 1/3 to ½ C water
- ¼ C extra virgin olive oil
- 2 tbs rice vinegar
- 2 tsp minced ginger
- ¼ tsp sea salt

Salad

- 1 batch roasted chickpeas
- 1 bunch kale - stems removed leaves torn
- 1 tsp lemon juice
- ½ tsp extra virgin olive oil
- 1 carrot - grated
- 1 red beet - grated
- ½ watermelon radish - thin slice
- 1 avocado - cubed
- 2 tbs dried cranberries
- ¼ C toasted pepitas OR pumpkin seeds
- 1 tsp sesame seeds
- Sea salt & fresh ground black pepper

ALL YOU HAVE TO DO

- Make the dressing & roast the chickpeas: Preheat the oven to 400°F & line a large baking dish w/ parchment paper. Toss the chickpeas w/ a drizzle of olive oil & sprinkle w/ a pinch of salt & pepper. Place the carrot pieces for the dressing in their own corner on the baking sheet to roast alongside the chickpeas.
- Roast for 25 minutes or until chickpeas are browned & crisp & the carrots are soft. Set the roasted chickpeas aside. Transfer the carrots to a blender & add the water, olive oil, rice vinegar, ginger, & salt. Blend the dressing until smooth & chill in the fridge until ready to use.
- Place the kale leaves into a large bowl & drizzle w/the lemon juice, ½ tsp of olive oil, & a few pinches of salt. Use your hands to massage the leaves until they become soft & wilted.
- Add the carrot, beet, watermelon radish, half of the cubed avocado, cranberries, pepitas, a few more good-sized pinches of salt & pepper, toss.
- Drizzle generously w/ carrot ginger dressing. Top w/ remaining avocado, more dressing, the roasted chickpeas & sprinkle w/sesame seeds. Season to taste & enjoy!

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Grilled Stone Fruit with Balsamic Syrup

YOU'LL NEED

- ½ balsamic Vinegar
- 2 tbs brown sugar
- 1 large or 2 medium peaches - peeled & halved
- 1 large or 2 medium nectarines - peeled & halved
- 1 large or 2 medium plums - peeled & halved

ALL YOU HAVE TO DO

- In a small saucepan, combine vinegar & brown sugar. Bring to a boil: cook until liquid is reduced by half.
- On a lightly oiled grill rack, grill peaches, nectarines, & plums, covered over medium heat OR broil 4 inches from the heat until tender, 3-4 minutes on each side.
- Slice the fruit and arrange on a serving plate, drizzle with balsamic syrup and enjoy on top of a salad, with pork chops, or by itself!

Thank you for supporting local!