



# SIMPLE, FRESH FARM BOX MEALS

OCT 24, 2022

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

## Raw Butternut Squash Ribbon Salad

### YOU'LL NEED

- 1 Fresno Chili - seeded & thin slice
- 2 cloves garlic - grated
- 2 tsp orange zest
- 5 tbs fresh orange juice
- 2 tbs white wine vinegar
- 1 tbs extra virgin olive oil
- 2 tsp kosher salt
- 1 butternut squash - peeled
- ¼ C unsalted roasted pumpkin seeds (pepitas)

### ALL YOU HAVE TO DO

- Whisk chilies, garlic, orange zest, orange juice, vinegar, oil, & salt in a large bowl to combine.
- Using a peeler, slice lengthwise strips off of the butternut squash - down the neck for long strips. Do this until you have about 8 cups (9oz).
- Add to a bowl with dressing & toss to coat. Let sit, tossing occasionally. Let it sit at least 30min to an hour to marinate & tenderize.
- Toss in roasted seeds, then using tongs, transfer to a serving platter & discard any excess dressing left in the bowl (optional). Serve & enjoy!

## Garlic-Herb Roasted Potato, Carrot, & Zucchini

### YOU'LL NEED

- 1 ¼ lbs red potato - halved
- 1 lb carrots - cut 2in pieces
- 12oz zucchini - cut 1in pieces
- 4 cloves garlic - mince
- 1 tbs ea fresh rosemary & thyme - minced
- 3 tbs olive oil - divided
- Pinch of paprika
- Salt & fresh ground black pepper

### ALL YOU HAVE TO DO

- Preheat oven to 400°F set middle rack.
- In a large bowl toss together potatoes, carrots, 2 ½ tbs olive oil, thyme, rosemary, & season with salt, pepper, & paprika to taste.
- Spread onto rimmed baking sheet - roast in oven for 20min.
- Toss zucchini with remaining ½ tbs olive oil & season lightly w/salt. Add to the baking sheet w/ potatoes & carrots along with the minced garlic. Toss together & spread into an even layer.
- Return to oven & roast until all of the veggies are tender & lightly browned - about 20 minutes longer.
- Serve & enjoy!

## Asian Pear & Pomegranate Smoothie

### YOU'LL NEED

- 2 C plain kefir - cultured low-fat
- ½ C pomegranate seeds
- ½ C pomegranate or cherry juice - optional
- 1 Asian pear - seeded
- 2 scoops vanilla protein powder
- 1 C ice cubes

### ALL YOU HAVE TO DO

- Combine all your ingredients in a blender and blend until smooth or to your desired consistency. Pour into a glass and top with more pomegranate seeds & enjoy!
- NOTE: Some alternatives to Vanilla protein powder are: Soaked cashews w/ vanilla extract, tofu, seed/nut butters, coconut cream, oats, plain Greek yogurt, and chia seeds. Crushed pistachio - optional for additional topping.

*Thank you for supporting local!*