



SIMPLE, FRESH FARM BOX MEALS

NOV 7, 2022

Simple recipes so we can eat well & support local agriculture

Swiss Chard with Garbanzo Beans & Pancetta

YOU'LL NEED

- 1-2 bunches rainbow chard
- 1 ½ tbs extra virgin olive oil
- 2-4oz pancetta - ¼in size dice
- 2 tbs shallot - fine chop
- Pinch each of red pepper flakes and paprika
- 1 can Garbanzo beans - drain & rinse
- Salt to taste
- Fresh ground black pepper

ALL YOU HAVE TO DO

- Wash chard well and pat dry. Tear stems from the leaves & chop stems crosswise 1/2in pieces. Stack the leaves and coarsely chop them. Keep stems & leaves separate.
- Heat the oil in a large skillet over med/high heat. Add the pancetta & cook until crisp and browned. Stir in shallots & red pepper/paprika sauté stirring often, until the shallot softens.
- Add the chard stems & beans. Cook stirring occasionally until the stems are soft. Stir in the leaves a handful at a time until wilted. Cover & cook, stir occasionally until chard is tender. Taste & season w/ salt & pepper to taste. Serve immediately while still hot.

Lemon Glazed Persimmon Bars

YOU'LL NEED

- 1tbs butter
- 1 1/3 Flour - or favorite substitute
- 1 tsp cinnamon
- 1 tsp nutmeg - fresh grate
- 1 tsp kosher salt
- ½ tsp ground clove
- 1 C persimmons - pureed
- 2 tbs & 1 /12 tsp lemon juice
- 1 tsp baking soda
- 1 C sugar
- 1 C dates - fine chop
- ½ C vegetable oil
- 1 egg
- 1 C confectioners' sugar - sifted

ALL YOU HAVE TO DO

- Preheat oven to 350°F, grease & flour 10x15xin baking dish.
- Combine flour, cinnamon, nutmeg, salt, & cloves - set aside. In a separate bowl whisk, sugar, dates, oil & eggs - combine well.
- In a separate bowl whisk persimmon pulp, 1 ½ tbs lemon juice & baking soda until combined.
- Pour all ingredients together into one bowl and stir until combined - be sure not to over mix. Transfer to your oiled pan and smooth the top. Bake in preheated oven for about 25 minutes until lightly browned.
- In a small mixing bowl, whisk remaining lemon juice and confectioners' sugar together until smooth. Remove dish from oven and allow to cool for about 5-10 minutes then pour glaze over the top and spread evenly with rubber spatula. Let the glaze set and its ready to slice and serve!



Thank you for supporting local!