



Simple recipes so we can eat well & support local agriculture

One Pan Creamy Balsamic Chicken & Green Beans

YOU'LL NEED

- 3-4 boneless skinless chicken breast/thigh
- 1-2 lbs green beans

Sauce

- ½ C plain Greek yogurt
- ½ C balsamic Vinegar
- 2 tbs Dijon Mustard
- 4 tbs olive oil
- 2 tbs honey
- Salt & pepper to taste

ALL YOU HAVE TO DO

- Whisk together Greek yogurt, vinegar, olive oil, Dijon mustard, honey, salt & pepper.
- Grease a large pan/skillet. Brown chicken for 2-3 minutes on each side over medium heat. Add green beans & sauce, stir well to coat. Cook for 10-15 minutes until chicken reached an internal temperature of 165 °F & green beans are tender. Top dish with cracked black pepper & fresh thyme. Serve and enjoy!
- **Note:** Feel free to swap green beans for another veggie like broccoli, carrots, or asparagus.

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Kale & Avocado Salad with Roasted Carrots

YOU'LL NEED

- 4 carrots - split lengthwise slice 1 in pieces
- ½ red onion - cut into ½ in slice
- 1 ½ C Kale - shredded
- 1 avocado - cubed
- 2 tsp sherry vinegar
- 2 tbs olive oil
- ½ tsp salt
- ½ tsp cumin
- ½ tsp coriander
- ¼ tsp chili flakes
- 2 tbs pepitas

ALL YOU HAVE TO DO

- Preheat oven to 375°F. Combine carrots, red onion, olive oil, salt, cumin, coriander, & chili flakes. Line a baking sheet with parchment paper & evenly spread-out seasoned veggies. Bake for 15-20 minutes, or until carrots are slightly tender & onions are caramelized.
- While still warm, drizzle the sherry vinegar over the roasted carrots & onions. Let cool for a few minutes.
- Combine the kale, avocado, pepitas, & cooled roasted carrot-onion mix, then toss well to coat kale in the olive oil, spices, & vinegar from your roasted veggies. Finish with an extra splash of olive oil, sherry vinegar, salt and even a little maple syrup for a dash of sweetness to add to balance out the tang of the vinegar.



Happy New Year!

