



SIMPLE, FRESH FARM BOX MEALS

FEB 20, 2023

Simple recipes so we can eat well & support local agriculture

Pan Fried Lemon, Brussels Sprouts & Chard

YOU'LL NEED

- ½ Lemon - Sliced
- 1lb brussels sprouts - wash & trim ends (trimming optional)
- Olive oil
- Salt to taste
- Savory seasoning blend of your choice
- 1 bunch rainbow chard - wash & trim ends

Blend #1

- Garlic powder
- Onion powder
- Paprika
- Salt
- Pepper
- Ground mustard

Blend #2

- 1 1/2 teaspoons Oregano Leaves
- 1 teaspoon Ground Cinnamon
- 1 teaspoon Garlic Powder
- 1 teaspoon Paprika
- 1/2 teaspoon Ground Ginger
- 1/2 teaspoon salt
- 1/2 teaspoon Ground Black Pepper

ALL YOU HAVE TO DO

- Add sliced lemon to a cast iron skillet over medium heat. After washing brussels sprouts, slice in half and add to the cast iron with the lemon slices - after the lemon has been cooking for 2-3 minutes already.
- Drizzle brussels sprouts with olive oil, a pinch or two of sea salt and sprinkle the top of the pan with savory seasoning.
- Stir to combine & cook for 10-12 min. until brussels sprouts turn bright green & become soft.
- After removing most of the tough stem, slice chard into large strips, then add to skillet & stir to combine. Add more salt if needed & cook for 2-3 min. until wilted.
- Remove from the heat and serve while warm. Enjoy!

Blend #3

- 2 tablespoons nutritional yeast
- 1 tablespoon onion powder
- 1 tablespoon dried parsley
- 1 tablespoon dried basil
- 2 teaspoons dried thyme
- 2 teaspoons dry mustard (mustard powder)
- 2 teaspoons paprika
- 1/2 teaspoon ground turmeric
- 1/2 teaspoon celery seeds

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We want to know what kind of recipes you'd like to see more of. Do you prefer to see different side dishes or complete meals? Are you interested in seeing more desserts? What about salads or trending recipes? Send your suggestions to info@dailyharvestexpress.com - we can't wait to hear your feedback!