



SIMPLE, FRESH FARM BOX MEALS

MAY 22, 2023

Simple recipes so we can eat well & support local agriculture

Grilled Romaine Salad w/ Blueberries & Creamy Herb Dressing

YOU'LL NEED

- 2-3 Romaine hearts - sliced lengthwise
- 2 tbs extra virgin olive oil
- ½ C fresh blueberries
- 1 avocado - diced
- Fresh chives - thin slice
- Lemon wedges

Creamy Lemon Tarragon Vinaigrette

- ½ C yogurt
- 1 tbs chopped fresh tarragon
- 2 tbs extra virgin olive oil
- 1 tsp Dijon mustard
- ¼ C fresh lemon juice
- 1 tsp lemon zest
- 1 garlic clove - minced
- Sea salt & pepper - to taste

ALL YOU HAVE TO DO

- Make the vinaigrette. In a small bowl, add all of the dressing ingredients and whisk well to combine. Set aside in the fridge to let the flavors come together.
- Build a medium-hot fire in a charcoal grill, or heat a gas grill to medium-high. (Alternatively, heat a cast-iron grill pan over medium-high heat.) Brush and oil the grill grates.
- Cut each romaine head in half lengthwise. Trim outside leaves but leave the stem attached; it holds the leaves together. Drizzle the cut side of each half with a little olive oil.
- Working in batches, if necessary, place romaine halves cut-side down on grill, and cook, turning once, until charred and slightly wilted, about 4 minutes.
- You want the lettuce to be a little wilted but still hold its shape.
- Transfer to a serving platter cut side up. Top with diced avocado and blueberries. Drizzle the vinaigrette over top and garnish with lemon wedges and chives.
- Serve immediately. You can either serve the hearts whole, or chop them and toss them for a salad.

Broccoli & Avocado Pasta

YOU'LL NEED

- Pasta of your choice
- 1-2 heads of broccoli - chopped florets
- 4 cloves garlic - thin slice
- 1-2 C Cherry tomatoes - halved
- Salt to taste

Avocado Basil Sauce

- 2 avocados - pit & peel
- 1 C fresh basil
- 4 tbs hemp seeds
- 2 cloves garlic
- 4 tbs nutritional yeast
- 2 tbs lemon juice
- 1/5 C plant-based milk - unsweetened
- 1 tsp salt

ALL YOU HAVE TO DO

- Cook the noodles al dente accordingly to packaging.
- In a blender, combine all the avocado sauce ingredients & blend on high until smooth, taking a few breaks to scrape the walls. Taste & adjust the lemon juice & salt to your taste. Set aside.
- Warm up a large pan & then add the broccoli florets. Use a little oil or water to prevent the veggies from sticking to the pan. Stir once in a while & cook on medium-high heat for about 5-7 minutes or until tender, but still crunchy. You can add a few tablespoons of water once or twice to help steam the veggies.
- Then, add the garlic & tomatoes. Cook for about 2 more minutes while stirring.
- Add the avocado sauce to the pan & the cooked pasta (start with less & add more pasta as needed depending on how saucy you want it to be). Stir to combine & remove from the heat once warmed up. Serve right away with more fresh basil & black ground pepper.

**Give \$20
Get \$20**

If you love our food & service, please share us with your friends! Check your account page for more info.

Thank you for supporting local!