



# SIMPLE, FRESH FARM BOX MEALS

MAY 29, 2023

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

## Watermelon & Kale Salad

### YOU'LL NEED

- 4 C chopped kale - stems removed
- 2 C cubed watermelon
- ½ C crumbled feta cheese
- ¼ C sliced red onion
- ¼ C chopped fresh mint leaves
- ¼ C chopped fresh basil leaves
- ¼ C chopped toasted walnuts or almonds (optional)

### Dressing

- 3 tablespoons extra-virgin olive oil
- 2 tablespoons fresh lemon juice & OR apple cider vinegar
- 1 tablespoon honey
- Salt and pepper to taste

### ALL YOU HAVE TO DO

- In a large bowl, add the chopped kale leaves. Drizzle with 1 tablespoon of olive oil and a pinch of salt. Massage the kale with your hands for a few minutes until it becomes tender and slightly wilted.
- Add the watermelon cubes, crumbled feta cheese, sliced red onion, chopped mint, and basil leaves to the bowl with kale. Toss gently to combine.
- In a small bowl, whisk together the remaining 2 tablespoons of olive oil, lemon juice, honey, salt, and pepper until well combined.
- Drizzle the dressing over the salad and toss to coat all the ingredients evenly.
- If desired, sprinkle the toasted walnuts or almonds over the top of the salad for added crunch and flavor.
- Let the salad sit for a few minutes to allow the flavors to meld together. You can also refrigerate it for 30 minutes to 1 hour before serving to enhance the taste.
- Serve the watermelon kale salad chilled and enjoy!

## Stuffed Pork Chops & Roasted Yams

### YOU'LL NEED

- 4 boneless pork chops
- 2 large garnet yams, peeled and cubed
- 1 C breadcrumbs
- 1/2 C grated Parmesan cheese
- 2 tablespoons fresh parsley, chopped
- 2 cloves garlic, minced
- 1 teaspoon dried thyme
- Salt and pepper to taste
- 2 tbs olive oil
- 1 tbs butter

### ALL YOU HAVE TO DO

- Preheat your oven to 400°F (200°C). In a mixing bowl, combine the breadcrumbs, Parmesan cheese, parsley, minced garlic, dried thyme, salt, & pepper. Mix well.
- Butterfly the pork chops by making a deep horizontal cut in each chop, creating a pocket for the stuffing.
- Divide the breadcrumb mixture evenly among the pork chops, filling the pockets with the stuffing. Secure the openings with toothpicks.
- Heat the olive oil & butter in an oven-safe skillet over medium-high heat. Once hot, add the stuffed pork chops to the skillet & sear them for about 3 minutes on each side, until golden brown, then transfer the skillet to the preheated oven & roast for 15-20 minutes, or until the pork chops are cooked through & reach an internal temperature of 145°F (63°C).
- While the pork chops are roasting, prepare the roasted garnet yams. Place the cubed yams on a baking sheet, drizzle them with olive oil, & season with salt & pepper to taste. Toss to coat evenly.
- Roast the garnet yams in the oven for 20-25 minutes, or until they are tender & slightly caramelized.
- Once the pork chops & yams are done, remove them from the oven. Allow the pork chops to rest for a few minutes before removing the toothpicks.
- Serve the stuffed pork chops alongside the roasted garnet yams. You can garnish with additional fresh parsley, if desired.



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