



SIMPLE, FRESH FARM BOX MEALS

JUN 26, 2023

Simple recipes so we can eat well & support local agriculture

Roasted Cauliflower & Kale Salad w/ Miso Tahini Dressing

YOU'LL NEED

- 1 head cauliflower
- 2 tbs extra virgin olive oil
- ½ tsp kosher salt
- freshly ground black pepper
- ¼ red onion
- 1 bunch kale
- ⅓ C glazed pecans - optional/recommended
- ⅓ C croutons - optional/recommended

Miso Tahini Dressing

- 2 Tbs tahini sauce
- 4 Tbs Homemade All-Purpose Miso Sauce - OR 3 tbs miso + 1 ½ - 2 tbs (simpler taste)
- 3 Tbs rice vinegar (unseasoned) - OR 2 tsp lemon juice

ALL YOU HAVE TO DO

- Gather all the ingredients. Preheat the oven to 450°F. Then Quarter Cauliflower, discard core & cut into bite size florets. Rinse & drain well, then place into rimmed baking sheet, drizzle w/olive oil, season with kosher salt fresh ground black pepper & toss well. Roast for 17-20 min. until edges are caramelized. Remove from oven and set aside.
- Prepare Miso dressing: Mix tahini well before using. Combine 2 tbs Tahini Sauce, 4 tbs All-Purpose Miso Sauce, and 3 tbs rice vinegar in a small bowl. All-Purpose Miso Sauce is sweetened. If you use regular miso instead, taste the dressing, and adjust the sweetness by adding sugar/honey to your liking. Each brand/type of miso has different saltiness and flavor. Make sure to taste your dressing (it should taste a bit stronger before combining with salad). Whisk to combine well.
- Prepare Kale: remove stems, wash well & chop into smaller pieces, add chopped kale & dressing into a bowl & toss to coat well. Thinly slice your red onion & add to the bowl along with roasted cauliflower.
- Gently toss one more time & serve at room temperature (or chilled) Sprinkle w/glazed pecans & seasoned croutons before serving - enjoy!

Cherry, Citrus Muffins - Keto & Gluten Free

YOU'LL NEED

- 2 C fine almond flour
- ¼ C Low Carb Vanilla Protein Powder
- ½ tbs Baking Powder
- ¼ tsp Salt
- ½ C erythritol - OR substitute of your choice
- 4 eggs
- ¼ C butter (for dairy free use Ghee or coconut oil) softened
- 1 tsp vanilla extract
- ½ C orange juice (about 1 medium orange)
- ½ tbs orange zest
- ⅓ C cherries that have been marinating in honey or sugar for a few days - cut into ¼

ALL YOU HAVE TO DO

- Preheat the oven to 350°F & grease a 12-count muffin tin, or line w/cupcake liners.
- In a large bowl, combine flour, protein powder, baking powder, salt & erythritol. Set aside.
- In a separate bowl & using an electric hand mixer, combine the eggs, butter, vanilla orange juice & orange zest.
- Slowly add the almond flour mixture in w/the wet ingredients & combine until smooth & uniform.
- Gently fold the cherries into the batter.
- Evenly distribute the batter into the muffin tin & bake for 20-25 min or until golden brown & a toothpick inserted into the center comes out clean

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