



SIMPLE, FRESH FARM BOX MEALS

JULY 17, 2023

Simple recipes so we can eat well & support local agriculture

BBQ-Spiced Chicken Thighs with Tangy Honey Glaze

YOU'LL NEED

- 1½ tbs olive oil
- 1¼ tsp salt
- 2 tsp garlic powder
- 2 tsp chili powder
- 1 tsp ground cumin
- ½ tsp paprika
- ½ tsp smoked paprika
- ¼ - ½ tsp cayenne pepper, to taste (optional)
- 8 boneless, skinless chicken thighs (about 2½ lbs), trimmed of fat

Tangy Honey Glaze

- 5 tbs honey
- 3 tbs cider vinegar - divided

ALL YOU HAVE TO DO

- Set an oven rack in the top position and preheat the broiler. Line a baking sheet with heavy-duty aluminum foil.
- In a large bowl, whisk together the olive oil, salt, garlic powder, chili powder, cumin, paprika, smoked paprika, and cayenne pepper (if using). Add the chicken thighs and toss to coat evenly. Arrange the chicken on the prepared baking sheet.
- Broil the chicken for 10 minutes, flipping once halfway through.
- While the chicken is in the oven, prepare the glaze: In a small bowl, use a fork to whisk the honey with 1 tablespoon of the vinegar.
- Remove the pan from the oven and brush half of the glaze on the chicken; broil for 1 to 2 minutes, until nicely browned. Remove the pan from the oven and turn the chicken thighs over; brush with the remaining honey glaze and broil for 1 to 2 minutes more, until the exterior of the chicken is caramelized. Remove the pan from the oven and sprinkle the chicken with the remaining 2 tablespoons vinegar. Transfer the chicken and pan juices to a platter and serve.

Roasted Green Beans & Carrots

YOU'LL NEED

- 1lb green beans - trim ends
- 1lb carrots - peeled matchstick slice
- ¾ cup thinly sliced shallots
- 1 ½ tbs olive oil
- 1 tbs freshly squeezed lemon juice
- 1 tsp salt
- ¼ tsp ground black pepper
- 2 tbs parsley - chopped
- 1 ½ tsp thyme - chopped

ALL YOU HAVE TO DO

- Preheat the oven to 375°F
- Wash and trim green beans. Peel and cut carrots into ¼-inch thick strips that are 3-4 inches long (they should roughly match the size of the green beans so they cook at the same rate).
- Add the carrots and green beans to a large bowl with shallots.
- Whisk together olive oil, lemon juice, salt, pepper, parsley and thyme. Pour over the vegetables and toss well to coat.
- Spread vegetables into an even layer on a rimmed baking sheet.
- Roast for 25-30 minutes, stirring 2-3 times while roasting, until carrots are fork tender.

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