



# SIMPLE, FRESH FARM BOX MEALS

JULY 31, 2023

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

## Green Bean Summer Salad

### YOU'LL NEED

- 1 ½ lbs fresh green beans - trimmed & halved
- 1-2 zucchini - diced
- 2-3 Persian cucumbers - diced
- 1 (15oz) can chickpeas - drained & rinsed
- 1 C corn kernels
- 1 pint cherry tomatoes - halved
- 6 green onions - thin slice

### Fresh Herb Dressing

- ½ C fresh basil
- ¼ C fresh parsley
- ¼ C fresh lemon juice
- ¼ apple cider vinegar
- ¼ C olive oil
- 1 clove garlic
- Pinch of salt & pepper

### ALL YOU HAVE TO DO

- Place the green beans and zucchini in a large pot and lightly steam (for 10-15 minutes) or boil (for 5-7 minutes) until tender but still somewhat firm. Remove from heat, strain and rinse the vegetables with ice cold water, then set aside.
- Meanwhile, make the dressing by combining all of the ingredients in a food processor and blending until the herbs are finely chopped.
- In a large bowl, combine the drained chickpeas, corn, tomatoes and green onion. Add the blanched green beans and zucchini, then pour the dressing on top.
- Stir together until everything is well-coated. Serve immediately or store in an airtight container in the refrigerator for up to 2 days.

## Asparagus & Bok-Choy Frittata

### YOU'LL NEED

- 2 tbs cooking oil
- 3 scallions - thin slice
- 1 tsp fresh ginger
- 1 clove garlic - minced
- ¾ - 1lb baby Bok-choy - slice 1in pieces
- ¾ - 1lb asparagus - trim ends slice 1in pieces
- ¾ tsp salt
- ¼ tsp fresh ground black pepper
- Pinch of chili flakes or paprika
- 9 eggs - beaten to mix
- 1 tsp sesame oil

### ALL YOU HAVE TO DO

- Heat the oven to 325°. In a medium cast-iron or ovenproof nonstick frying pan, heat the cooking oil over moderate heat. Add the scallions, ginger, and garlic and cook, stirring, until fragrant, about 30 seconds. Add the bok choy and cook, stirring, until the leaves wilt, about 2 minutes. Add the asparagus and 1/2 teaspoon of the salt and continue to cook, stirring occasionally, until the vegetables are almost tender, about 3 minutes more.
- Evenly distribute the vegetables in the pan and then add the eggs, pepper, and the remaining 1/4 teaspoon of salt. Cook the frittata, without stirring, until the edges start to set, about 2 minutes. Put the frittata in the oven and bake until firm, about 25 minutes. Drizzle the sesame oil over the top.

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