



SIMPLE, FRESH FARM BOX MEALS

AUG 14, 2023

Simple recipes so we can eat well & support local agriculture

Garlic Parmesan Zoodles w/Cherry Tomatoes

YOU'LL NEED

- 2 lbs zucchini
- 10-12 oz cherry tomatoes - half or quarter
- 1 C basil leaves - rough chop
- 3-4 garlic cloves - minced
- ½ C shredded parmesan - more for serving
- 3 tbs extra virgin olive oil
- ¼ tsp crushed red pepper flakes - adjust to your tolerance level
- Dash of onion powder
- Squeeze of lemon juice or zest - optional
- 1 tsp cornstarch - optional
- 2 tbs cold water
- Salt & pepper to taste

ALL YOU HAVE TO DO

- Trim & spiralize the zucchini. Then cut the spiralized zucchini into long noodles to be about the length of spaghetti. NOTE: you can google other ways to spiralize your zucchini if you don't have the tools necessary.
- Add olive oil, garlic, & the red pepper flakes to a large, deep skillet. Turn to medium heat. When the oil bubbles around the garlic, add the zucchini noodles.
- Toss the noodles w/ pasta tongs & cook until al dente - they should be wilted but still have a crunch; 5 to 7 minutes. Do not let the noodles cook any longer, or else they will become mushy. As they cook, keep tossing so that all the zucchini noodles have a chance to hit the bottom of the skillet.
- Stir in the tomatoes, basil, & parmesan, & then cook for one minute. Use pasta tongs to transfer the noodles, tomatoes, & basil to a serving dish. Leave the liquid in the skillet.
- To Finish: Bring the liquid left in the skillet to a simmer.
- Combine cornstarch & cold water in a small bowl, then whisk into the simmering liquid. Cook while whisking until the liquid thickens to a sauce; about 1 minute. Taste the sauce & season w/ salt.
- Pour the sauce over the zucchini, tomatoes, & basil. Finish w/ more parmesan cheese on top & serve immediately.

Balsamic Stone Fruit Sundae

YOU'LL NEED

- 1 ¾ lb stone fruit - any combination of peaches, nectarines, plums, or apricots
- ¼ C raw sugar
- 2-3 tbs balsamic vinegar
- vanilla ice cream - or yogurt/frozen yogurt/dairy-free ice cream
- freshly toasted almonds/pistachios or granola - optional add ins

ALL YOU HAVE TO DO

- Preheat the oven to 350°F.
- Prepare the fruit: peel, pit and slice all of your desired stone fruits.
- Line a rimmed baking sheet with parchment paper. Toss the stone fruit with sugar and balsamic vinegar and spread into a single layer. Bake for about 30 minutes, tossing halfway.
- Serve warm, with ice cream.

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