



SIMPLE, FRESH FARM BOX MEALS

SEP 11, 2023

Simple recipes so we can eat well & support local agriculture

Quinoa Harvest Salad

YOU'LL NEED

- 2 C cooked quinoa
- 1 C broccoli - small pieces
- 1 C brussels sprouts - thin slice/shaved
- 1 C carrots - peel & grate
- 1 C celery - sliced
- 1 C Persian cucumber - sliced
- 1 C cherry tomatoes - ½ or ¼
- ¼ C red onion - peel & slice
- 2-3 green onions - sliced
- ½ C Kalamata olives
- ¼ C pistachio nuts

ALL YOU HAVE TO DO

Lemon Mustard Vinaigrette

- 1-1/2 tablespoons Dijon mustard
- ¼ C freshly squeezed lemon juice
- 1 teaspoon apple cider vinegar
- 2 teaspoons honey or pure maple syrup
- 2 small cloves garlic, finely minced
- ½ tsp dried oregano
- ¼ tsp dried basil
- ¾ C extra virgin olive oil
- ½ tsp kosher salt
- ¼ tsp freshly ground black pepper

Instructions

- Add 1 cup quinoa to 2 cups water in a pot. Bring to a boil, then reduce heat to a simmer. Place lid on pot & simmer on low for 15-20 minutes. Remove from heat & set aside for 20 minutes before fluffing w/ a fork.
- Add the cooked quinoa & the rest of the quinoa salad ingredients to a large bowl & toss.
- Drizzle the salad w/ dressing & toss. You want all the ingredients to be lightly coated.

Lemon Mustard Vinaigrette

- Add all of the ingredients (except the salt & pepper) to a mason jar.
- Seal the lid tightly & give a good shake.
- Season w/ salt & freshly ground black pepper to taste.

Za'atar Roasted Fingerling Potatoes w/Yogurt Tahini Sauce

YOU'LL NEED

- 2-5 lbs fingerling potatoes
- 6 tbs extra-virgin olive oil - divided
- 4 tsp za'atar seasoning
- 2 tsp coarse kosher salt - divided
- ½ cup plain Greek yogurt - low-fat if desired
- 2 tbs Tahini
- 2 tbs lemon juice
- 4 to 6 tbs water
- 4 tbs fresh mint - chopped

ALL YOU HAVE TO DO

- Preheat oven to 425 degrees F.
- Toss potatoes, 1 tbs oil, za'atar & ½ tsp salt in a large bowl. Spread potatoes out on a large rimmed baking sheet. Transfer to the oven, & roast, stirring once or twice until browned & tender when pierced w/a knife, 24 to 32 minutes.
- Meanwhile, whisk the remaining 2 tbs oil, Greek yogurt, Tahini, lemon juice & the remaining ½ tsp salt in a medium bowl. Add enough water to thin to desired consistency.
- Transfer the potatoes to a large serving dish or platter. Drizzle tahini dressing over the potatoes & garnish w/ mint. Serve immediately.



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