



SIMPLE, FRESH FARM BOX MEALS

SEPT 18, 2023

Simple recipes so we can eat well & support local agriculture

Kale Salad with Rainbow Carrots

YOU'LL NEED

- 2 bunches Kale - remove stems and tear into pieces
- 2 tbsp avocado oil
- dash pink sea salt
- 4 cups brussels sprouts finely sliced
- 2 cup rainbow carrots thinly sliced
- 1 cup dried cranberries unsweetened

Dressing

- 6 tbsp balsamic vinegar
- 4 tbsp olive oil or avocado oil
- sea salt to taste

ALL YOU HAVE TO DO

Coconut Parmesan

- 1 C coconut flakes unsweetened
- 4 tbsp nutritional yeast
- 1 tsp garlic powder
- 4 tsp avocado oil
- dash pink sea salt

Instructions

- Start by placing the kale pieces in a large bowl. Make sure the pieces are shredded very small. You can tear them by hand or use kitchen shears for this. Then, add about 1 tbsp avocado oil and a sprinkle of sea salt and massage them into the kale leaves by hand for 1-2 minutes.
- Add the brussels sprouts, carrots, and cranberries. Set aside.
- Make the coconut parmesan. In a food processor, combine the coconut parmesan ingredients and blend. Leave some little lumps in it for texture (if desired).
- Add the coconut parmesan to the salad.

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Grape Juice Mocktail

YOU'LL NEED

- 1-2 C Fresh Grapes
- 1 tsp black salt plus more for the rim
- ½ tsp
- 2 tsp choice sweetener
- Chilled Soda Water
- Ice Cubes
- ¼ C water

ALL YOU HAVE TO DO

- Wash grapes thoroughly & leave them soaking in water for at least 15 minutes.
- Pull all the grapes from the stems & add to food processor or mixer, add black salt, lemon, & sugar. Adding sugar is optional. Taste a grape to test the sweetness on its own.
- Blend well & make sure no chunks are left. You can stir with a spoon to check.
- Sieve the blended mixture through a colander. With the help of a spoon gently crush the pulp so that the remaining juice is extracted.
- This step is necessary to filter out the skin of the grapes. Set your juice aside.
- Take two quarter plates, in one plate pour a small amount of water in the other spread out your black salt, then dip the rim of your serving glass in the water then the salt for garnish.
- Add ice cubes, soda water, & your grape juice & enjoy a fresh Mocktail!



Thank you for supporting local!