



SIMPLE, FRESH FARM BOX MEALS

OCT 16, 2023

Simple recipes so we can eat well & support local agriculture

Persimmon & Shaved Fennel Salad w/Pomegranate

YOU'LL NEED

- 1-2 bulbs fennel - thin slice
- 2-4 Fuyu persimmons - thin slice
- 1/2 C red onion - very thin
- 16oz butter lettuce
- 1/2 C pomegranate seeds
- 1/4 C pistachios - optional
- 1/4 C crumbled goat cheese or feta - optional

Citrus Dressing

- 2 orange- zest & juice
- 2 lime - zest & juice
- 2 tbs honey
- 1/2 C olive oil
- 1/2 tsp kosher salt
- 1/2 tsp pepper
- 2 tablespoon shallots - fine chop

ALL YOU HAVE TO DO

- Mix all the dressing ingredients together in a small bowl or jar. Set aside.
- Toss butter lettuce, fennel and onion with some of the dressing (you may not need all).
- To platter the salad- lay a bed of dressed greens on a platter. Scatter slices of persimmon over the dressed lettuce. Garnish with pomegranate seeds (and pistachio and goat cheese if using), and spoon a little more dressing on the persimmons. Crack some pepper over top.
- To plate the salad -layer slices of persimmon with dressed lettuce fennel mixture, top with pomegranate.

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Tex-Mex Chicken & Zucchini Medley

YOU'LL NEED

- 2 lb chicken breast - 1in slice
- 4 zucchini - diced
- 4 bell pepper red or green - chopped
- 2 onions - fine chop
- 6 cloves garlic - minced
- 2 C corn fresh/frozen
- 2 tbsp oil for frying
- 28 oz can black beans - drain/rinse
- 28 oz can dice tomatoes - not drained
- 2 tsp taco seasoning
- 2 tbsp cumin divided
- 2 tsp salt
- black pepper to taste
- 2 cup Tex Mex or Colby Jack cheese shredded
- 1 cup green onions chopped
- 1 cup cilantro chopped
- Radish & avocado for garnish

ALL YOU HAVE TO DO

- Over med/low flame, heat your oil in a large skillet, coating evenly. Add onion, garlic, bell pepper & sauté for 3 minutes, stirring occasionally.
- Move vegetables to the side of the skillet & add chicken. Sprinkle w/1 tsp cumin, salt & black pepper. Cook for about 5 minutes, stirring occasionally.
- Add corn, beans, tomatoes, zucchini, taco seasoning & remaining cumin. Stir, cover & cook on low-medium for 10 minutes.
- Sprinkle w/cheese, cover & cook for a few minutes or until cheese has melted.
- Top w/green onion & cilantro.
- Serve hot, on its own or w/Instant Pot brown rice or Instant Pot quinoa. Or as a garnish, feel free to add sour cream, cilantro & black olives after the cheese was melted.
- Top w/crushed tortilla chips. Use as filling in low carb wraps, garnished w/sliced avocado.



Thank you for supporting local!