



SIMPLE, FRESH FARM BOX MEALS

DEC 4, 2023

Simple recipes so we can eat well & support local agriculture

Smashed Cucumber & Butter Bean Salad

YOU'LL NEED

- 1 lb Persian cucumbers
- chop in 3rds crosswise
- 2 tbs EV olive oil
- 2 tbs Champagne vinegar
- 1 tbs minced shallot
- 1 tbs Dijon mustard
- Kosher salt
- Pepper
- 1 15oz can butter beans - drain & rinse
- 2 tbs chopped fresh tarragon

ALL YOU HAVE TO DO

- Working with one cucumber piece at a time, use the side of a large knife to lightly crush the cucumber. Repeat with remaining cucumber pieces. Tear crushed cucumbers into chunks.
- Whisk together oil, vinegar, shallot, and mustard in a serving bowl. Season to taste with salt and pepper. Fold in crushed cucumbers, butter beans, and tarragon. Season to taste with salt and pepper, and serve.

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Broccoli & Rainbow Carrot Couscous Soup

YOU'LL NEED

- 1 tbs EV olive oil
- 1 onion - diced
- 2 garlic cloves - minced
- 2 C broccoli - florets
- 1.5 C rainbow carrots - ¼ in sliced rounds
- 1 tbs tomato paste
- 4 cups vegetable/chicken broth
- ¾ C pearl couscous
- 1 15.5oz can cannellini beans drain & rinse
- 1.5 tsp Italian seasoning
- Salt & pepper to taste
- 1 tbs freshly squeezed lemon juice
- grated Parmesan cheese - optional

ALL YOU HAVE TO DO

- Heat the oil in a large pot over medium-high heat.
- Once oil is shimmering, add the onions and garlic and cook until translucent, about 3 minutes.
- Add the broccoli, carrots, and tomato paste and stir until vegetables are coated.
- Add the broth, 2 cups of water, and bring to a boil.
- Once boiling, add the couscous, beans, Italian seasoning, salt, and pepper. Stir well and bring back to a boil.
- Once boiling, reduce heat to a medium simmer and cook for 10 to 15 minutes or until couscous is no longer hard and vegetables are tender.
- Add lemon juice, stir, and then taste and adjust with more salt, if needed. Garnish with Parmesan cheese, if desired.

Thank you for supporting local!