



SIMPLE, FRESH FARM BOX MEALS

FEB 12, 2024

Simple recipes so we can eat well & support local agriculture

Roasted Brussels Sprouts & Sweet Potatoes

YOU'LL NEED

- 1lb Brussels sprouts trimmed
- 1lb sweet potatoes
- 2 cloves garlic - smashed
- 1/3 C olive oil
- 1 tsp cumin
- 1/4 tsp garlic salt
- 1 tsp salt
- pepper to taste
- 1 tbs red wine vinegar
- Fresh thyme - garnish

ALL YOU HAVE TO DO

- Preheat your oven to 400°F
- Trim your Brussels. Cut any large ones in half. Add to a large bowl.
- Peel your sweet potato and chop into 1-2-inch pieces. Add to the large bowl.
- Smash 2 cloves of garlic and add it to the bowl.
- Pour 1/3 cup olive oil over the vegetables.
- Add cumin, garlic salt, salt, and pepper to taste. Stir to coat.
- Drizzle a little olive oil onto the sheet pan and rub it all over the pan (or foil) with your hand. Or you could spray it really well with nonstick spray. (use parchment paper for easy clean up)
- Pour the veggies onto the pan.
- Roast at 400 for about 40-45 minutes. The veggies are done when they are brown and a fork slides into them easily.
- Place the veggies in a serving bowl and toss with 1-2 tablespoons red wine vinegar to taste. Garnish with fresh thyme if you want. Enjoy while its warm!

Shiitake Mushroom & Broccoli Stir Fry

YOU'LL NEED

- 1lb Brussels sprouts trimmed
- 1lb sweet potatoes
- 2 cloves garlic - smashed
- 1/3 C olive oil
- 1 tsp cumin
- 1/4 tsp garlic salt
- 1 tsp salt
- pepper to taste
- 1 tbs red wine vinegar
- Fresh thyme - garnish

ALL YOU HAVE TO DO

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