



# SIMPLE, FRESH FARM BOX MEALS

JULY 29, 2024

*Simple recipes so we can eat well & support local agriculture*

## Savory Oven-Roasted Potatoes

### YOU'LL NEED

- 1 lb red potatoes
- 4-6 whole garlic cloves
- 1 tbs olive oil
- 1 generous pinch of sea salt
- 1/8 tsp ground black pepper
- Handful baby spinach
- Grape tomatoes - halved - for serving
- For the dressing:
- 2 tbs tahini
- 3 tbs nutritional yeast
- 1-2 tsp miso paste or salt to taste
- 2-3 tbs of water start with 2 and add more if needed

### ALL YOU HAVE TO DO

- Preheat the oven to 425°F
- Line a baking tray with parchment paper and add the baby potatoes and garlic, then evenly coat with olive oil and add the seasonings.
- Roast for 30 minutes.
- While the potatoes are roasting, mix the dressing ingredients, then set aside.
- Sauté the spinach in a non-stick pan over medium heat for just about 2-3 minutes (no need to season it as it'll be mixed with the other ingredients).
- Mix the potatoes, spinach, and tomatoes in a bowl and drizzle the dressing on top.
- Enjoy by itself or as a side dish.

## Grated Veggies w/Chia Seeds

### YOU'LL NEED

- 1 C grated carrot - other shredded veggies optional
- 1/2 C finely chopped tomato
- 1/2 C finely chopped onion
- 1 tbs chopped coriander leaves
- 1 tbs chia seeds
- 1 tbs lemon juice
- Salt to taste

### ALL YOU HAVE TO DO

- Mix and toss all the vegetables.
- Add the lemon juice, salt and chia seeds to the vegetables and toss this.
- Garnish with chopped coriander leaves.

## Tomato & Pesto Potato Salad

### YOU'LL NEED

- 1 lb red potatoes
- 4-6 whole garlic cloves
- 1 tbs olive oil
- 1 generous pinch of sea salt
- 1/8 tsp ground black pepper
- Handful baby spinach
- Grape tomatoes - halved - for serving
- For the dressing:
- 2 tbs tahini
- 3 tbs nutritional yeast
- 1-2 tsp miso paste or salt to taste
- 2-3 tbs of water start with 2 and add more if needed

### ALL YOU HAVE TO DO

- Preheat the oven to 425°F
- Line a baking tray with parchment paper and add the baby potatoes and garlic, then evenly coat with olive oil and add the seasonings.
- Roast for 30 minutes.
- While the potatoes are roasting, mix the dressing ingredients, then set aside.
- Sauté the spinach in a non-stick pan over medium heat for just about 2-3 minutes (no need to season it as it'll be mixed with the other ingredients).
- Mix the potatoes, spinach, and tomatoes in a bowl and drizzle the dressing on top.
- Enjoy by itself or as a side dish.

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