



# SIMPLE, FRESH FARM BOX MEALS

JULY 1, 2024

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

## Mandarin Chicken Salad

### YOU'LL NEED

#### Salad

- 1-2 chicken breasts - shredded or cubed
- 1-2 C red cabbage - chopped
- 1-2 C green cabbage - chopped
- ½ - 1 C carrots - shredded
- 1-2 red bell peppers - thin slice
- 3-4 mandarin oranges - peeled & sectioned
- ½ C sliced almonds
- ½ C chopped green onions
- Sesame seeds - optional

#### Dressing

- 1/3 C orange juice - fresh
- ½ C avocado oil
- 1/3 C creamy cashew or almond butter
- 1/4 C honey
- 3 tbs coconut aminos
- 3 tbs rice vinegar
- 1 tbs toasted sesame oil
- 1 tsp minced garlic or garlic powder
- 2 tbs ginger juice

### ALL YOU HAVE TO DO

- Cook and cube or shred your chicken using your favorite method.
- Chop and slice the red and green cabbage, red bell peppers, carrots, and green onions and place in a salad bowl.
- Take the mandarin oranges and peel them. Separate the orange slices and place in the salad bowl along with the sliced almonds, and shredded chicken.
- Make the orange sesame ginger dressing by adding all the ingredients into a small food processor. Process until a smooth consistency forms. You can also whisk the ingredients to emulsify.
- Pour the dressing over the salad and toss everything together until the salad is coated evenly with the dressing. Top with sesame seeds and enjoy!

## Summer Veggie Sauté

### YOU'LL NEED

- 1 tbs olive oil
- ½ a medium red onion - thin slice
- 1 C sliced carrots
- 1 C sliced zucchini - (optional)
- ½ C Cherry tomatoes - halved (optional)
- 1 C sliced yellow squash
- 1 C green beans - trim ends in pieces
- 1 C corn kernels - fresh off the cob is best but frozen works too
- 1 bell pepper
- ½ tsp salt
- ¼ tsp black pepper
- ½ tbs your favorite herb seasoning or fresh herbs of your choice
- 2 garlic cloves - minced

### ALL YOU HAVE TO DO

- Drizzle the olive oil into a large sauté pan and bring to medium heat. Add the onion and stir to coat. Cook for 1-2 minutes until softened.
- Add the remaining vegetables (carrots, zucchini, yellow squash, green beans, corn, and bell pepper) as well as the salt and pepper and stir to combine. Cover the pan and reduce the heat to medium-low. Cook, removing the lid briefly to stir halfway through, for 5 minutes, covered.
- Remove the lid and turn the heat back up to medium. Add the garlic and stir to combine. Cook, stirring occasionally, for another 3-5 minutes until the vegetables are just tender.
- Serve right away along side roasted chicken breast, pork chops, or salmon and enjoy!

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