



SIMPLE, FRESH FARM BOX MEALS

JUNE 10, 2024

Simple recipes so we can eat well & support local agriculture

Green Lentil Soup with Carrots & Kale

YOU'LL NEED

- 2 tbs olive oil
- 1-2 yellow onions - rough chop
- 2lbs carrots - peeled & diced
- 2 garlic cloves - minced
- 2 tsp cumin
- ½ tsp red pepper flakes
- 2 tsp kosher salt
- 1 tsp black pepper
- 2 (56oz) cans fire-roasted diced tomatoes
- 8 C low-sodium vegetable broth
- 2 C green lentils - rinsed
- 2 C kale - rough chop
- 2 tbs parsley - chopped
- Lemon juice - optional
- Additional seasoning if you choose - Italian seasoning, for example

ALL YOU HAVE TO DO

- Heat the olive oil in a large saucepan or Dutch oven over medium high heat. Sauté the onions and carrots until they start to soften, about 4-5 minutes.
- Stir in the garlic, cumin, red pepper flakes, salt and pepper, cooking until fragrant, about 1 minute.
- Pour in the tomatoes, vegetable broth and lentils and bring to a boil. Reduce heat and simmer for 20-25 minutes until the lentils are tender.
- Stir in the kale and simmer for a couple minutes more letting the leaves wilt slightly.
- Divide the soup into bowls and top with fresh parsley before serving.

Grilled Nectarine Salad with Ginger Citrus Dressing

YOU'LL NEED

Dressing:

- 3 tbs EV olive oil
- 4 tbs freshly squeezed orange juice
- 2 tsp fresh ginger - grated
- ½ tsp salt (optional)
- ½ tsp black pepper - fresh ground

Salad:

- 3-6 nectarines - unpeeled slice thick wedges
- 8 C butter lettuce or kale
- 1 C fresh mint - chopped
- 4-8 radishes - thin slice
- ½ C coarsely chopped almonds

ALL YOU HAVE TO DO

- Prepare vinaigrette by whisking together olive oil, orange juice, ginger, salt (optional), & freshly ground black pepper in a small dish until smooth.
- Place sliced nectarine wedges into a bowl. Drizzle w/half of the vinaigrette, reserving the remaining vinaigrette for the salad.
- Heat a grill to med/high heat & place the nectarine wedges on the hot grill. Reserve any liquid in the bottom of the dish to add back to the reserved vinaigrette for the salad. Grill the nectarines until they are golden on the surface, then turn the nectarines w/a tong to grill on the other side until golden (about 8 minutes on each side, depending on your grill). Remove nectarines from grill & cool slightly.
- While nectarines are grilling, prepare the salad. Place the butter lettuce (or kale) on a platter or shallow salad bowl. Arrange chopped mint, sliced radishes, & chopped almonds over the lettuce. Arrange the grilled nectarines over the salad. Drizzle w/the remaining vinaigrette & serve immediately. Serve with grilled chicken breast - optional

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