



SIMPLE, FRESH FARM BOX MEALS

JUNE 17, 2024

Simple recipes so we can eat well & support local agriculture

Roasted Veggie & Potato Salad

YOU'LL NEED

Potatoes

- 1 1/4 lbs. red potatoes - halved, larger ones quartered
- 1 lb carrots - cut into 2in pieces, thicker portions halved
- 3 tbs olive oil - divided
- 1 tbs minced fresh thyme
- Salt & freshly ground black pepper - to taste
- 1 tsp onion powder
- 1 tsp paprika
- 1/2 tsp chili flakes - optional
- 12oz green beans - ends trimmed, halved
- 4-5 cloves garlic - minced

Dressing

- 2 tsp fresh lemon juice
- 2 tsp Dijon mustard
- 2/3 C mayonnaise or Greek yogurt
- 1 tsp honey or maple syrup (optional)
- Salt & pepper - to taste

Garnish

- 8 slices bacon - cooked & crumbled
- 2-3 green onion - tops, thinly sliced
- 2 tsp fresh parsley - chopped (optional)

ALL YOU HAVE TO DO

- Preheat oven to 400°F. In a large bowl toss together potatoes, carrots with 2 1/2 Tbsp olive oil, thyme, and season with salt & pepper to taste.
- Spread onto a large rimmed baking sheet. Roast in preheated oven 20 minutes.
- Toss green beans in bowl with remaining 1/2 Tbsp olive oil and season lightly with salt. Add to baking sheet with other veggies, add garlic and toss everything and spread into an even layer.
- Return to oven and roast until all of the veggies are tender and slightly browned, about 20 minutes longer.
- Make dressing by whisking together fresh lemon juice, Dijon mustard, mayonnaise, salt and pepper, sweetener to taste; set aside.
- When the potatoes & veggies are cooked to desired tenderness, remove from oven and allow to slightly cool. While the veggies are still warm (not hot), add the dressing, cooked bacon, green onions and parsley; carefully stir to combine. Serve warm or at room temperature.

Beet & Mandarin Salad

YOU'LL NEED

- 2 tbs EV olive oil
- 2 tbs balsamic vinegar
- 8oz beets cooked
- 2 mandarins
- 2-4oz butter lettuce or greens of your choice
- 1/2 C walnuts
- 1/2 C dried cranberries
- 1/2 C goat cheese crumbled

ALL YOU HAVE TO DO

- Slice the cooked beets into rounds or wedges.
- Peel the mandarin oranges and separate them into segments. Cut them into smaller pieces and set aside.
- Chop the walnuts roughly using a sharp knife or a food processor for finer chopping.
- Combine the greens, cooked beet slices, mandarin oranges, chopped walnuts, and dried cranberries in a large salad bowl. Toss gently to mix.
- Crumble the goat cheese over the salad.
- Prepare the dressing by mixing extra virgin olive oil and balsamic vinegar in a small bowl. Drizzle the salad with the dressing, tossing gently to coat all the ingredients.
- You can season with salt and pepper and other seasonings to taste if you'd like.
- Serve immediately and enjoy!

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