



# SIMPLE, FRESH FARM BOX MEALS

JULY 8, 2024

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

## Roasted Carrot & Avocado Salad with Yogurt & Citrus Vinaigrette

### YOU'LL NEED

- 1-2 lb. carrots - 3in pieces
- 4 garlic cloves
- 2 shallots - sliced thin
- 2 tbs fresh thyme
- ½ tsp ground coriander
- Kosher salt
- Freshly cracked black pepper
- 2 avocado - peel & slice into wedges
- 6 C spinach OR butter lettuce
- 2/3 cup EV olive oil
- 2 oranges or mandarins
- 2 large lemons
- 2 tbs red wine vinegar
- 2 tsp red pepper flakes
- 2 tsp honey
- 1 C plain Greek yogurt
- 4 tbs toasted sunflower seeds
- 4 tbs toasted sesame seeds

### ALL YOU HAVE TO DO

- Preheat the oven to 450°F.
- On a large sheet pan, mix together the carrots, 1 clove garlic, shallot, juice from 1/2 the orange, thyme, red pepper flakes, 1 Tablespoon olive oil, coriander, 1 teaspoon salt, and 1/4 teaspoon black pepper.
- Roast for 20 minutes until tender, then let cool to room temperature.
- While the carrots are roasting, make the dressing.
- Make the dressing, In a glass jar with lid, combine 1 clove garlic, red wine vinegar, juice and zest from the other half of the orange and the full lemon, honey, olive oil, a large pinch of salt and pepper.
- Shake vigorously to combine.
- Put the salad together on a serving platter, spoon the roasted carrots into the center of the platter.
- Place handfuls of the mixed greens and avocado slices around the carrots, then evenly spoon the yogurt on top.
- Top with the sunflower and sesame seeds and drizzle with as much of the dressing as you'd like.
- Enjoy!

## Summer Corn & Green Beans with Herb Butter

### YOU'LL NEED

- ½ - 1 lb fresh green beans
- 2 -4 ears fresh corn shucked
- 5 tbs butter salted or unsalted
- salt and pepper to taste
- pinch of paprika
- 1 cup mix of your favorite herbs finely chopped - for example: basil, chives, thyme, rosemary, tarragon, cilantro or parsley

### ALL YOU HAVE TO DO

- Bring a large pot of salted water up to a boil. Drop in the green beans and cook until they're tender-crisp, then transfer to the bowl of ice water to stop the cooking. Once cooled, drain and set aside.
- Place the corn in the boiling water, then turn off the heat, and cook for about 5 minutes. Transfer to a bowl of ice water, and remove once they're cool enough to handle.
- Place a small bowl upside down in a large bowl, and prop a corn cob on top. Run your knife down the side of the cob to remove the kernels, then repeat with the remaining cobs.
- Melt the butter in a large sauté pan, then add the corn and green beans. Season with salt and pepper, then toss the vegetables around until just warmed through. Try not to cook them too much.
- Right before serving, sprinkle ¾ of the herbs over the vegetables, then toss to evenly. Taste and adjust the seasoning as needed. Transfer to a serving platter and garnish with the remaining herbs.

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