



SIMPLE, FRESH FARM BOX MEALS

AUG 26, 2024

Simple recipes so we can eat well & support local agriculture

Roasted Broccoli with lemon & Garlic

YOU'LL NEED

- 1-2 lbs Broccoli
- 2 lemons
- 1 head garlic
- Olive oil
- Honey
- Salt
- Pepper
- Red pepper flakes
- ¼ C fresh parsley-optional

ALL YOU HAVE TO DO

- Heat oven 425°F. half lemon & cut off top of garlic head.
- Add 1 tbs olive oil in baking dish. Place lemons in dish & coat w/olive oil, spread lemon all over dish (do not squeeze). Sprinkle w/salt & put cut side down. Roast 45 min total. (Lemon & garlic go in oven at the same time)
- Put garlic in piece of foil w/1 tsp olive oil, & coat garlic. Wrap in foil & place on baking sheet. Put in oven for 45 min total, check at 25 min when its time to put broccoli in.
- Prep broccoli & toss w/2 tbs olive oil, ¼ tsp pepper, ¼ tsp red pepper flakes & 1/2 tsp coarse salt. After 25 minutes, take hot tray w/garlic out of oven. Put broccoli onto same tray & place florets cut side down in single layer. put tray in oven & bake for 20 min until broccoli is golden.
- Remove dish w/lemons & tray with garlic & broccoli from oven after a total of 45 minutes. When cool to handle, squeeze garlic cloves into a bowl. Squeeze pulp from only one lemon into same bowl & mix. Add a teaspoon of the lemon juice from the baking dish, 1 tablespoon of olive oil, salt & pepper to taste. Taste & add more lemon pulp/juice if your lemons are small. Taste & add a tsp of honey if the dressing is too tart, add chopped parsley. Toss broccoli in this dressing and serve warm.

Sautéed Green Beans & Shallots

YOU'LL NEED

- 1 lb green beans trim
- 3 shallots diced
- 1 cloves garlic minced
- 2 tbs unsalted butter
- 1 tbs olive oil
- Salt
- Pepper
- ¼ tsp garlic powder
- ½ tsp red pepper flakes
- 1/2 tsp Italian seasoning

ALL YOU HAVE TO DO

- Blanch green beans in large pot of boiling salted water for 1 1/2 min only. Drain immediately & put in bowl of ice water.
- Preheat skillet over med high heat. Once pan is hot toss in red pepper flakes & toast for a few seconds. Add butter & oil, once hot add shallots & sauté for 1-2 min & add garlic. Sauté until shallots are browned.
- Drain green beans & pat dry, then add to pan with shallots with ½ tsp salt, pepper, garlic powder, and Italian seasoning. Sauté until green beans are nice and hot but still crisp.
- Optional step: If you like a nice crisp & browned texture; cook mixture in oven safe skillet or cast-iron pan, and place under broiler for a few minutes or until ends start to crisp up.

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