



# SIMPLE, FRESH FARM BOX MEALS

AUG 5, 2024

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

## Garlic Parmesan Roasted Broccoli & Green Beans

### YOU'LL NEED

- 1-2 broccoli heads - remove stems, cut into florets
- 12oz green beans - ends trimmed
- 1 C grape tomatoes
- 1/3 C parmesan cheese freshly grated - divided
- 1/4 C olive oil
- 1-2 tbs fresh lemon juice
- 1 tbs garlic - minced
- Salt & pepper to taste

### ALL YOU HAVE TO DO

- Preheat the oven to 400°F. Spray a baking sheet or tray with non-stick cooking oil spray.
- Arrange the broccoli & green beans on the baking sheet.
- Top with 1/4 cup of parmesan cheese, drizzle with the olive oil and lemon juice. Add the minced garlic & salt & pepper to suit your tastes; mix together well until all of the vegetables are evenly and completely covered in dressing.
- Spread the veggies out in a single layer, transfer to oven and roast for 20 minutes.
- After 20 minutes, carefully remove the sheet from the oven and add the tomatoes to the pan. Give the veggies a mix through (flipping any that are crisping or browning), and return to the oven, rotating the pan if necessary to cook evenly. Continue to roast for an additional 15-20 minutes, or until the broccoli is cooked through. You want a crispy edge
- Top with the remaining 2 tablespoons of parmesan cheese. Serve & enjoy!

## Three Herb Tomato Zucchini Salad

### YOU'LL NEED

- 10-16oz cherry tomatoes
- 1 large or 2 small zucchinis
- 1 shallot - sliced or 1/3 cup red onion chopped - soak in 2 tbs lemon juice
- 2-3 sprigs each of: Chives, Italian parsley, Basil
- 3-4 extra virgin olive oil
- 2 tsp sumac
- Pinch of smoked paprika - optional
- 1-2 garlic cloves - minced or crushed
- Sea salt & fresh ground pepper to taste
- 1 tbs lemon juice
- Lemon slices for garnish

### ALL YOU HAVE TO DO

- Wash and slice your tomatoes and zucchini into bite size pieces & place in a large serving bowl.
- Thin slice your shallot (or red onion) & soak in 2 tbs of fresh lemon juice & set aside.
- Chop your fresh herbs, chives, Italian parsley, and basil & toss together.
- Combine your olive oil, sumac, paprika, garlic, salt, pepper, and lemon juice. Whisk together & pour over your tomatoes & zucchini.
- Add in your soaked shallot slices (without lemon juice), and fresh herbs & toss well.
- Garnish with extra lemon slices, salt & pepper to taste.
- Serve and enjoy!

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