



# SIMPLE, FRESH FARM BOX MEALS

SEPT 30, 2024

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

## Green Bean & Chard Salad with Dijon-Tarragon Dressing

### YOU'LL NEED

For the Salad:

1 C Peas fresh or frozen (shelled if fresh)

1 lb Green Beans trimmed

3 C Rainbow Chard stems trimmed cut into long ribbons

¼ C Purple Onion finely diced

For the Dressing:

3 Tbs EV Olive Oil

½ tsp Dijon Mustard

1 Lemon zested

2 tsp Lemon Juice

2 ½ tsp Fresh Tarragon finely chopped

Pinch of Red Pepper Flakes

1/8 tsp Sea Salt

Black Pepper to Taste

1 tsp fresh Garlic grated about 1 tsp

### ALL YOU HAVE TO DO

- For the Salad:
- Place a large pot on the stove and fill it 2/3 full of water. Bring the water to a boil. While the water is coming to a boil prepare an ice bath with a strainer that fits inside the bath. When the water is boiling, add the peas. Blanch for 45 seconds. Using a large slotted spoon or strainer, scoop out the peas and place them in the ice bath strainer. Strain the peas and place them in a large mixing bowl.
- Use the same water to blanch the green beans, making sure the water is boiling. Blanch the green beans for 4 minutes. If needed, add more ice to the ice bath. Drain the green beans and place them in the strainer in the ice bath. Allow the beans to rest in the ice bath until cool. At this point, you can cut the green beans into smaller, bite size pieces. I cut mine on the bias. Place the green beans in the same large mixing bowl with the peas.
- Add the chard and purple onion to the large mixing bowl.
- For the Dressing:
- To a small mixing bowl add the oil, mustard, lemon zest, lemon juice, tarragon, red pepper, salt, a few grinds of black pepper and the garlic. Use a whisk to whisk all the ingredients together. I cannot get this dressing to form an emulsion. if you can, I want to know your secret! There is too little dressing to put in a food processor - I tried. So just whisk until it all comes somewhat together.
- To Assemble:
- Dress the salad with all the dressing and toss with hands. Finish it with fresh ground pepper to taste. This salad holds well overnight in the fridge already dressed.

## Cilantro Lime Cucumber Salad

### YOU'LL NEED

- 2-4 cucumbers - thinly sliced - about 1/8-inch to 1/4-inch
- 1 tsp salt - divided
- ½ cup sour cream
- ¼ cup chopped cilantro
- 2 tsp lime juice - freshly squeezed
- ½ tsp ground black pepper
- ¼ tsp cumin powder
- ½ cup red onion - thinly sliced
- 1 jalapeno - halved, deseeded & thinly sliced

### ALL YOU HAVE TO DO

- In a colander over the sink toss the cucumbers with ½ teaspoon of salt. Allow to rest for 30-minutes to an hour.
- Gently rinse the cucumbers, then using your hands, press them down to squeeze out any excess moisture. Pat them dry using paper towels or a clean dishtowel.
- In a medium bowl, prepare the dressing by combining the sour cream, cilantro, lime juice, black pepper, and cumin.
- Add the cucumbers, onion, and jalapeno and stir to combine. Serve immediately or refrigerate for at least 30-minutes to allow the flavors to meld.

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