



SIMPLE, FRESH FARM BOX MEALS

SEPT 9, 2024

Simple recipes so we can eat well & support local agriculture

Roasted Green Beans & Tomatoes

YOU'LL NEED

- 1 lb green beans - trimmed
- 1-pint grape tomatoes
- 2 tbs olive oil
- ½ tsp salt
- ¼ tsp pepper
- ½ C Balsamic vinegar
- ½ C Parmesan cheese

ALL YOU HAVE TO DO

- Preheat the oven to 425 F.
- In a large bowl add green beans, tomatoes, olive oil, salt and pepper. Toss to coat.
- Arrange on a parchment lined baking dish and roast for 17-20 minutes until green beans are tender.
- Meanwhile, add Balsamic vinegar in a small sauce pan and cook over medium low heat until it reduces by half and slightly thickens.
- Remove green beans from the oven, sprinkle with cheese and drizzle with Balsamic glaze.
- Serve immediately.

Kale and Asian Pear Salad

YOU'LL NEED

- 1-2 kale - stems removed
- 2 Asian pears - cored and cut into slices
- 1 cup pecans - rough chopped
- ½ cup + 2 tbs Extra Virgin olive oil
- 1 small shallot
- 2 tbs whole grain Dijon mustard
- 2 tbs champagne vinegar
- juice of one large lemon
- 1/8 tsp sea salt
- ½ -1 tbs maple syrup
- 1-2 clove crushed garlic
- coconut oil
- salt and fresh cracked pepper

ALL YOU HAVE TO DO

- Preheat the grill/cast iron to high heat.
- Fry the bacon and place it on a paper towel lined plate to remove excess grease.
- Toast the breadcrumbs, melt butter in a nonstick skillet. Add the breadcrumbs and garlic and stir to coat, then cook for 5-6 minutes, stirring often, until golden and fragrant. Remove from the heat.
- Brush the cut sides of the romaine with olive oil. Sprinkle all over generously with salt and pepper. When the grill is hot, reduce the heat to medium. Place the romaine stalks on the grill, cut side down. Grill for 1 to 2 minutes, until the lettuce becomes charred, then flip over and grill for an additional 1 minute. Remove the romaine from the grill.
- You can serve the romaine family style on a large plate or 1 or 2 stalks on a plate. Drizzle the romaine all over with the ranch dressing - as much as you'd like. Top with the tomatoes, crumbled bacon, blue cheese crumbles and fresh chives. Sprinkle the toasted breadcrumbs all over.
- Serve immediately!

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