

Israeli Couscous Salad

From Sonya R

[I used half a bag of Trader Joe's® Harvest Grains Mix; the garbanzo beans and red quinoa add protein to this light pasta salad.]

- 1¼ cup Israeli (pearled) couscous
- 2 cucumbers
- 3 tomatoes or several cherry or grape tomatoes
- Balsamic vinaigrette dressing

Prepare the couscous according to package directions; set aside to cool. Cut the cucumbers in half lengthwise; scoop out and discard the seeds. Dice the remaining cucumber and the tomatoes into roughly the same size pieces. Mix the cooled couscous with the vegetables and add balsamic vinaigrette to moisten, about ¼ cup. Serve at room temperature or chilled.

Heirloom Tomato Salad with Fresh Lady Peas

Ingredients

- 1 cup fresh lady peas
- Lemon-Herb Dressing With Basil, divided
- 2 pounds assorted heirloom tomatoes, cut into 1/4-inch-thick slices
- 4 fresh basil leaves, thinly sliced
- 1 (4-oz.) package soft goat cheese, crumbled
- Salt and freshly ground pepper to taste

Lemon-Herb Dressing With Basil

Ingredients

- 1/3 cup canola oil
- 1/3 cup chopped fresh basil
- 1 tablespoon honey mustard
- 1 teaspoon lemon zest
- 1/4 cup fresh lemon juice
- 1 teaspoon salt
- 1/2 teaspoon dried crushed red pepper
- Salt to taste

From Southern Living



Boysenberry [or Blackberry] and Peach Buckle

From Sonya R

From Joy of Cooking

A hint of ground nutmeg adds interest to the crumb topping.

Position a rack in the lower third of the oven. Preheat the oven to 350 F. Have ready a buttered and floured 10 x 2-inch round cake pan or a 9 x 9-inch baking dish. Whisk together thoroughly in a medium bowl:

- ½ cup sugar
- 6 tablespoons all-purpose flour
- ¼ teaspoon ground nutmeg
- ¼ teaspoon salt

Add:

- 4 tablespoons (½ stick) cold unsalted butter, cut into small pieces

Using a pastry blender or two knives, cut the butter into the dry ingredients (as for pie dough) until the mixture resembles coarse crumbs. Or do this with a mixer or in a food processor, taking care not to blend the butter too thoroughly. Set the topping aside.

Wash and wipe dry:

- 1 medium to large ripe peach (8 to 12 ounces)
- Cut in half and remove the pit. Cut the peach into chunks the size of the boysenberries and transfer to a bowl. Wash, pat dry, and add to the peach chunks:
- 1½ cups boysenberries

Whisk together thoroughly in a large bowl:

- 1¾ cups all-purpose flour
- 2 teaspoons baking powder
- ½ teaspoon salt

Combine in another bowl:

- 4 tablespoons (½ stick) unsalted butter, half melted
- 1 cup sugar
- 1 cold large egg
- ½ teaspoon vanilla

Beat until slightly fluffy. Gradually beat in:

- ½ cup milk

Add to the flour mixture and stir just until the dry ingredients are moistened and the batter is smooth. Gently fold the reserved fruit into the batter. Spoon into the prepared pan and spread evenly. Sprinkle the topping evenly over the batter. Bake for 40 to 45 minutes, until the top springs back slowly and a toothpick inserted in the center comes out clean. Let cool in the pan on a rack for at least 20 minutes before serving. Serve warm or at room temperature with: Orange or lemon sherbet, or softly whipped cream

THE PRODUCE BOX

"In the few weeks I've been receiving **THE PRODUCE BOX** I have been transformed into an adventurous cook. I've made Cole Slaw with fresh cabbage, sour cream, mayo, salt, pepper, turmeric, and tomatoes. I've roasted corn in the oven (aluminum foil, butter, and salt) and on the grill outside. I've even learned how to peel sweet potatoes (trust me, this was a big revelation!) Did you know beets go with apples? I threw mine into a crock-pot, added spices and maple syrup, and hoped for the best. Even my husband liked it and he hates beets. Also good together- purple and orange sweet potatoes!

For a simple dessert, fluff fresh blueberries into cream cheese, heavy cream, vanilla, and Stevia. Whip on high until cloud-like and dreamy. Seriously delicious!

Try green squash and onions coated with coconut oil and Parmesan cheese and baked at 400 for 25 minutes. Even my kids ate it! And the best recipe of all- the most complicated and detailed- cherries. Grab the whole container, run off by yourself, and eat them all without sharing! *Note: this only works if no one knows what you're doing.*" Thank you, **PRODUCE BOX!** ~ *Sandi S (entrant)*

A Poem Entry

Use the whole **BOX**? Yes, we do, indeed!
We start with the newsletter - what a great read!
Blueberries and cherries - we eat on their own
Baked kale chips with salt - no one will moan
Corn on the cob for grilling delight
Sautéed squash with onions always taste just right
Our salads include a tomato or cucumber or sliced boiled beet
The color, the flavor, the crunch - what a treat!
Pureed potatoes for soups of all kinds
We love all the terrific things in the **THE PRODUCE BOX** - what a find!

~ *Sandra W*

"I have to say the corn was my favorite! The corn this year, so far, has been incredibly sweet and juicy and I'm looking forward to getting more this week! 8 ears of corn is a lot, especially for just 2 people, so we had to get a little more creative with this one. 4 ears were simply grilled then rolled in a delicious "dressing" of melted butter, hot sauce and garlic powder making them sweet AND spicy! We enjoyed our corn alongside fajitas. The other 4 ears were part of an experimental recipe, which I am happy to report was a success! This corn went into what I'm calling *South of the Border Stuffed Peppers*. A combination of onion, sweet potato (still around from previous box), corn, jalapeno and quinoa all piled into bell peppers, topped with salsa and cheese... this is definitely a "make again" recipe!" ~ *Grace R (contest entrant)* (**Find Grace's stuffed pepper recipe on our Facebook page!**)

Cucumbers. I found a recipe for a cucumber spread, using vinegar, lemon juice, sugar, salt, onion, cream cheese and food coloring, with grated cucumber. I also made Tzatziki from a recipe I found in the Produce Box Newsletter. I have also simply cut up cucumbers in vinegar, sugar, salt and pepper. So I had no problem using the cucumbers. They served well as a snack, appetizer, or a side dish to meals. Tomatoes. Now I'm not a fan of a raw tomato. So I had to get really creative. I was determined to use all my produce in ways that would be healthy and delicious. So I went to the computer and Googled "cooking light recipe with tomatoes." And the result was Whole-Wheat Spaghetti with Arugula. I substituted spinach for arugula, as I really like spinach. The recipe included red pepper and garlic, tomato and spinach, mixed with spaghetti, vinegar, salt, and pepper. This is a really flavorful dish. (Valerie, TPB MEMBER and contest entrant)

Thanks to all the members who participated in the **WHAT I DID WITH MY BOX** contest! We'll have the other winners entries next week along with more ideas from everyone. Have a great week!

THE PRODUCE BOX