

THE PRODUCE BOX

If you've never cooked KALE before – you have got to try this nifty and easy recipe! Seriously, DON'T let that kale go to waste!!! TAKE THE TIME TO TRY THIS!!!

Courtney's Kale Chips

- 1 bunch kale, torn into 1/2" pieces
- 3 tablespoons olive oil
- 1 tablespoon apple cider vinegar
- 2 teaspoons sea or kosher salt

Preheat oven to 400° F.

Whisk oil and vinegar together; toss kale in the dressing until thoroughly coated.

Line a large baking sheet with parchment paper.

Place kale on sheet in a single layer and sprinkle with salt.

Place sheet on lowest oven rack

Bake for 10 minutes or so. Stir and bake another 8-10 minutes, until kale is nice and crisp.

Serve immediately and watch them disappear. YUM!!



Courtney Tellefsen, Founder

Grilled Peaches

INGREDIENTS:

- 3 tablespoons white sugar
- 3/4 cup balsamic vinegar
- 2 teaspoons freshly ground black peppercorns
- 2 large fresh peaches with peel, halved and pitted
- 2 1/2 ounces blue cheese, crumbled

DIRECTIONS:

1. In a saucepan over medium heat, stir together the white sugar, balsamic vinegar, and pepper. Simmer until liquid has reduced by one half. It should become slightly thicker. Remove from heat, and set aside.
2. Preheat grill for medium-high heat.
3. Lightly oil the grill grate. Place peaches on the prepared grill, cut side down. Cook for about 5 minutes, or until the flesh is caramelized. Turn peaches over. Brush the top sides with the balsamic glaze, and cook for another 2 to 3 minutes.
4. Transfer the peach halves to individual serving dishes, and drizzle with remaining glaze. Sprinkle with crumbled blue cheese.

Tips for Packing Lunches

Before opening a package of luncheon meat, roll it. This helps separate the slices for easy removal of individual slices.

Add a little lemon and lime to tuna to add zest and flavor to tuna sandwiches. Use cucumbers soaked in vinegar and pepper in sandwich instead of tomatoes. Use mustard instead of mayo to cut the fat and add a tang.

Quick Tip

Cheese won't harden if you butter the exposed edges before storing

Succotash Salad

Ingredients

- 1 cup fresh butter beans
- 2 cups fresh corn kernels (3 large ears)
- 3 tablespoons soy or corn oil, divided
- 2 tablespoons fresh lemon juice
- 3 tablespoons chopped fresh chives
- 1/2 teaspoon hot sauce
- 1/4 teaspoon salt
- 1/4 teaspoon pepper

Preparation

1. Cook butter beans in boiling salted water to cover 20 minutes or until tender; drain.
2. Sauté corn in 1 Tbsp. hot oil in a small skillet over medium-high heat 2 to 3 minutes or until crisp-tender.
3. Whisk together lemon juice, next 4 ingredients, and remaining 2 Tbsp. oil in a large bowl; stir in corn and butter beans. Serve immediately, or cover and chill up to 3 days.

Southern Living



Roasted Beet, Peach & Goat Cheese Salad

"This salad is a bit of work, but it's so delicious and always impresses guests. Mache can be hard to find, so you may omit it and just use arugula, but it adds a great nutty flavor if you can find it."



INGREDIENTS:

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| 2 beets, scrubbed | 1/4 cup pistachio nuts, chopped |
| 1 bunch mache (lamb's lettuce), rinsed and dried | 1 (4 ounce) package goat cheese, crumbled |
| 1 bunch arugula, rinsed and dried | 1/4 cup walnut oil |
| 2 fresh peaches - peeled, pitted and sliced | 2 tablespoons balsamic vinegar |
| 2 shallots, chopped | salt and pepper to taste |

DIRECTIONS:

- Preheat oven to 375 degrees F (190 degrees C). Wrap each beet in two layers of aluminum foil, and place onto a baking sheet. Bake in the preheated oven until the beets are tender, about 1 hour and 20 minutes. Allow the beets to cool slightly, then remove the skins. Let the beets cool to room temperature, or refrigerate until cold. Once cooled, thinly slice the beets.
- Place the mache and arugula into a large mixing bowl. Add the sliced beets and peaches; sprinkle with the shallots, pistachios, and goat cheese. In a separate bowl, whisk together the walnut oil, balsamic vinegar, salt, and pepper until emulsified, and pour over the salad mixture. Toss well, and serve.

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Swiss Chard with Garbanzo Beans & Fresh Tomatoes

INGREDIENTS:

- 2 tablespoons olive oil
- 1 shallot, chopped
- 2 green onions, chopped
- 1/2 cup garbanzo beans, drained
- salt and pepper to taste
- 1 bunch red Swiss chard, rinsed and chopped
- 1 tomato, sliced
- 1/2 lemon, juiced

DIRECTIONS:

- Heat olive oil in a large skillet. Stir in shallot and green onions; cook and stir for 3 to 5 minutes, or until soft and fragrant. Stir in garbanzo beans, and season with salt and pepper; heat through. Place chard in pan, and cook until wilted. Add tomato slices, squeeze lemon juice over greens, and heat through. Plate and season with salt and pepper to taste.

Baked Spaghetti Squash with Tomato Sauce and Olives

Ingredients

- 1 spaghetti squash (about 3 1/4 pounds)
- 1 1/2 tablespoons olive oil
- 1 cup minced fresh onion
- 1 teaspoon dried oregano
- 1/2 teaspoon dried thyme
- 2 bay leaves
- Dash of crushed red pepper (*or sub a small, fresh chili pepper ~ Laurie*)
- 3 garlic cloves, minced and divided (from last week!)
- 1 cup dry red wine
- 1/2 cup water
- 1/3 cup coarsely chopped pitted Kalamata olives
- 1 tablespoon capers
- 1/4 teaspoon freshly ground black pepper
- 1/8 teaspoon salt
- 1 (28-ounce) can crushed tomatoes, undrained (*or sub 2 large, or 3-4 small-medium tomatoes, diced and add 15 minutes to cooking time ~ Laurie*)
- 1/4 cup (1 ounce) grated fresh Parmesan cheese
- 1/4 cup chopped fresh parsley

Preparation

Preheat oven to 375°.

Pierce squash with a fork. Place squash on a baking sheet; bake at 375° for 1 1/2 hours or until tender. Cool. Cut squash in half lengthwise; discard seeds. Scrape inside of squash with a fork to remove spaghetti-like strands to measure 6 cups. Keep warm. **(Faster method: Cut in half; scoop out seeds and place cut side down in glass 13x9 pan. Add 1-oz water. Microwave on high, for 20 mins, turning pan 1/4, (25 degrees), at 10 min mark. ~ Laurie)**

While squash is baking, heat oil in a large nonstick skillet over medium heat. Add onion, oregano, thyme, bay leaves, and red pepper; sauté 5 minutes. Add 2 minced garlic cloves, wine, and the next 6 ingredients (wine through tomatoes); bring to a boil. Reduce heat, and simmer until thick (about 30 minutes). Discard bay leaves. Serve sauce over squash.

Combine 1 minced garlic clove, Parmesan cheese, and parsley. Sprinkle over each serving.

Cooking Light

Beet & Apple Salad (Epicurious)

ingredients

- 2 tablespoons honey
- 2 tablespoons apple cider vinegar
- 2 tablespoons olive oil
- 4-6 roasted, sliced beets
- 2 small apples
- 1/4 cup crumbled blue cheese
- 1-2 teaspoons chopped parsley

preparation

Make dressing: Whisk together honey, vinegar, and olive oil. Season with salt and pepper to taste. Set aside.

Cut apple into slices.

Toss beet and apple slices with dressing, coating well. Top with blue cheese and parsley.