

10/19/2020

**MAIN ENTRÉE OPTIONS (SELECT AT LEAST ONE)**

Dish	Cooking Instructions	Mix & Match Suggestions
<p>Roast pork loin w/garlic &amp; rosemary (<i>Full orders = 2.5 lbs roast. Half orders = 1.5 lbs roast</i>)</p> <p><b>AND/OR</b></p> <p>Chicken breasts w/ zesty mustard sauce (<i>Full orders = 4 boneless skinless breasts. Half orders = 2 boneless skinless breasts</i>)</p> <p><b>AND/OR</b></p> <p>Garlic &amp; rosemary roasted shrimp w/ lemon (<i>Full orders = 1 lb cooked shrimp. Half orders = .5 lbs cooked shrimp. Please eat within two days of delivery for optimal freshness.</i>)</p> <p><b>AND/OR</b></p> <p>Rosemary-lemon baked tofu on a bed of spinach (<i>Full orders = 1.5 lbs tofu. Half orders = .75 lbs tofu</i>)</p>	<p>Best warm. Preheat oven to 400-degrees, cover Pyrex w/foil and cook for 15 minutes. Cut pork crosswise into 1/3-inch thick slices — season to taste.</p> <p>Serve hot, cold, or room temperature. Cover Pyrex w/foil and cook in a preheated 350-degree oven for 10 minutes or until the chicken is warm to your liking. You can also slice the chicken and give it a quick pan fry in a hot skillet with a splash of olive oil or serve it cold on salads. Bring the sauce to room temperature, drizzle over chicken, and dig in.</p> <p>Serve warm. Give the shrimp a quick blast in the microwave to reheat. 30-90 seconds should do the trick. Serve w/ lemon.</p> <p>Best warm. Give this a quick blast in the microwave or a panfry in a hot skillet.</p>	<p>Slathered in garlic, rosemary, salt, and olive oil, this stunning pork roast is ideal for an early fall dinner. Serve it with a side of roasted potatoes and Brussels sprouts. Take leftovers for lunch with the quinoa veggie bowl or kale salad. Or, place thinly-sliced pork on crusty ciabatta for a killer sandwich.</p> <p>Here, a zesty mustard sauce dresses seared chicken breasts and makes them an excellent match for the roasted potatoes and Brussels sprouts for dinner. Leftovers are excellent on top of the quinoa or kale salad.</p> <p>Sauteed in a zesty sauce of garlic, chopped fresh rosemary, lemon, white wine, and a pinch of red pepper flakes, this shrimp dish is highly customizable. Serve it over twirl-able pasta, like linguine, or couscous, or toasted bread if you have any of that stuff on hand. If not, it's terrific with the roasted potatoes and a side of Brussels sprouts or kale salad for dinner and the roasted veggies and quinoa for lunch.</p> <p>Baking tofu is a wonderful way for it to soak up all of the delicious flavors from the marinade. Here, the bright, lemony rosemary infusion makes a perfect pairing for the roasted vegetable and quinoa salad or kale salad for dinner or the roasted potatoes and Brussels sprouts for lunch.</p>

**PLUS SIDES ON NEXT PAGE**

<p><b>PLEASE FILL OUT THE DISH RETURN FORM BELOW AND PUT IT IN YOUR COOLER. COOLERS, WASHED DISHES, AND ICE PACKS WILL BE PICKED UP ON TUESDAY AFTER 10:30AM. We need a full set of dishes each week, so please transfer your food to your own containers when necessary. Please put lids on the containers to prevent chipping in transit. We pick up on Tuesdays regardless of whether you order or not. Thank you!</b></p>		
<b>NAME:</b> _____	<b>DISH</b>	<b>QUANTITY RETURNED</b>
	11 CUP RECTANGLE	_____
	7 CUP ROUND	_____
	6 CUP RECTANGLE	_____
	4 CUP ROUND	_____
	3 CUP RECTANGLE	_____
	BALL JARS	_____
	ICE PACKS	_____

**(DELIVERIES COME WITH ALL FIVE. UPSIZE ON REQUEST)**

<b>Dish</b>	<b>Cooking Instructions</b>	<b>Mix &amp; Match Suggestions</b>
Roasted vegetable quinoa bowl w/delicata squash, fennel, carrots, broccoli, red onion, greens, toasted pine nuts, & feta (6 cup Pyrex. Rice or Cauliflower rice on request. Select ingredients omitted on request.)	Best warm or room temp. You can give this a quick blast in the microwave or pop it in a 350-degree preheated oven for 5-10 minutes, or heat it on the stove in a pan for a few minutes. Room temp works too. Top quinoa (it's pre-dressed in a light red wine vinaigrette) with roasted vegetables, toasted pine nuts, and feta cheese as desired.	I picked delicata squash at the farm last week and was so excited to see it come back into the rotation. Its cheerful yellow stripes and scalloped half-moon slices perk up any plate, and its tender sweet skin requires no peeling. It plays nicely with the quinoa and other fall vegetables. Pair it with the main entrée and a side of Brussels sprouts for dinner, or take it as a grab-and-go lunch. Add a handful of kale salad or a cup of soup if you have a long day and need more fuel to keep you going.
Mixed roasted potatoes w/olive oil, rosemary, garlic, & lemon zest (4 cup Pyrex)	Best warm. Pop these in a 400-degree oven for 10 minutes, or give them a quick zap in the microwave. Season to taste.	These potatoes look pretty basic at first glance, but it's a few details that make them delicious every time. I use a mix of farm potatoes for flavor and texture, parboil them, and give them lots of room on the pan, so the centers are soft and the skins crisp. Finally, I give them a gentle sprinkling of fresh herbs and lemon zest to pretty up the brown edges. Serve them with a side of the main protein and Brussels for dinner, or try them with eggs for breakfast.
Roasted and raw Brussels sprouts salad w/shaved Pecorino & pomegranate (3 cup Pyrex. Select ingredients omitted on request.)	Serve at room temperature. You can give this dish a quick 10-second zap in the microwave to take the chill off. In a large bowl, toss the shaved cheese with the raw shaved & roasted Brussels sprouts, pomegranate, lemon vinaigrette, and parsley. Season to taste and serve.	Brussels sprouts are finally back in season, and here we use them in two terrific ways. First, as caramelized, roasted hunks, and second as sweet, raw ribbons. Dressed in a bright lemon vinaigrette, bedazzled with pomegranate seeds, and showered with shaved pecorino, this healthy salad provides an excellent balance for some of the richer dishes above. Try it for dinner as a side for the main entree and the roasted potatoes, or serve it with the quinoa salad and soup for lunch.
Shaved apple & kale salad w/ parmesan cheese, candied almonds, & lemon vinaigrette (7 cup Pyrex. Select ingredients packaged on the side or omitted for the averse. Spinach sub on request)	Best cold or room temp. Bring the salad dressing to room temp and whisk it in a medium bowl. Add kale, apples, cheese, and almonds. Toss well to coat. Let it sit for a few minutes before eating. Season to taste. This is one of those brilliant salads that gets better after a day in the fridge. The apples may discolor a bit, but they will still taste great.	This salad, a perennial favorite from chef-partner Steven Redzikowski of Oak in Boulder, delivers a surprising amount of complexity and flavor from just a few ingredients. A heap of thinly-sliced apples from my farm share and a pinch of Ichimi Togarashi (a Japanese red pepper spice mix) makes it pop. Candied almonds and grated cheese add a salty, sweet, and crunchy finishing touch. Try the salad with a cup of soup or serve it as a side for the main dish.
Gingered carrot & apple soup (Full orders = 1 quart. Half orders = 1 pint. Vegan.)	Best hot! Reheat gently on the stove or in the microwave. Season to taste. Add a splash of cream if you have some on hand, and it appeals to you.	This velvety soup is loaded with fall goodness and has a delicate balance of sweetness, spice, and tang. It's ideal with a side of the kale salad for lunch, but you can also enjoy it as a mid-day snack or a starter for anything on the menu.

**REMINDER: THE CUT OFF TO CONFIRM OR CANCEL IS WEDNESDAY AT NOON. LATE CANCELLATIONS ARE SUBJECT TO A FEE. THANKS!**

Notes: This food is carefully cooked and packaged in a facility that uses nuts, wheat, and soy. \* Pyrex can be put in a pre-heated oven up to 400 degrees. Do not put under the broiler. Place on soft hot pads or silicone once you remove it from the oven. Never put Pyrex on a hot burner. It will explode. Plastic lids cannot go in the oven. \* Pyrex is also freezer safe but make sure to thaw and bring the dish to room temp before popping it in the oven. Extreme temperature changes can cause it to crack. \* Salad dressings that have congealed in the refrigerator can be nuked for 5-10 seconds to liquefy.\* Most dishes are better if you cover them with saran wrap before microwaving. It prevents them from drying out. \* Salad dressings, and most soups, benefit from a good stir or shake before serving. \* Eat seafood within the first few days of delivery for optimum freshness \* You can freeze wide-mouth Ball jars as long as there is 1" of headspace at the top of the jar. Unthaw gradually in the refrigerator. \* Please wash your empty dishes before loading them into the cooler. Stack rectangular dishes together and round dishes together when possible. Put lids ON dishes to prevent chipping. Place defrosted ice packs on the bottom.\* Thank you! Redies.Jennifer@gmail.com, 303-725-3836.