



**DON'T FORGET  
TO REORDER  
YOUR NEXT  
BOX!**

**JULY 13TH, 2022**

Cleaning produce before eating is important!

**Make sure to wash and refrigerate produce to get the best flavor & lifespan.**

Always wash your hands for 20 seconds with warm water & soap before and after preparing fresh produce.

*Ingredients from your box in each recipe are marked with \**

## **CURRY STIR FRY WITH BANANA PEPPERS**

Serves: 3-5, Time: 1 hour from recipe to table.

### Instructions

1. In a large frying pan, heat 1 tablespoon oil over medium heat and add the diced onion. Cook for 3 minutes, then add the mushrooms. Cook for 5-7 minutes until the mushrooms begin to give off liquid and the onions are translucent.
2. Add the banana peppers and cook for 7-10 more minutes, until the banana peppers have softened.
3. In a medium sauce pan, heat 1 tablespoon of oil over medium heat. Add the sweet potato, minced garlic, ginger, sesame seeds, soy sauce, and spices. Cook for 2 minutes until fragrant.
4. Add the can of coconut milk and cook until the sweet potatoes become mashable, about 15-20 minutes.
5. While the sauce and vegetables cook, start your rice or noodles.
6. Once the potatoes have cooked through, use an immersion blender or fork to mash the potatoes and make the curry sauce a smooth consistency.
7. Add extra spice to your sauce as desired, and serve hot with the veggies and noodles.

### Ingredients

- 2 tablespoons oil (olive or canola)
- 1, 13 oz can coconut milk
- 1 sweet potato\*, peeled and diced
- 1 clove garlic\*, minced
- 1 teaspoon ginger, fresh or ground
- 1 teaspoon sesame seeds
- 1 tablespoon soy sauce
- 1 tablespoon curry powder or similar spice blend
- 1/2 white onion\*, diced small
- 2 banana peppers\*, cut into strips
- 1 container mushrooms, sliced into quarters
- Desired amount of rice noodles, ramen, or rice



**Add additional protein by cooking chickpeas, chicken, or tofu with your vegetables!**



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## APPLE & PEAR PIE

Serves: 8-10, Time: 1 hour 45 minutes recipe to table

**Ingredients:** 2 1/2 cups flour, 1/2 teaspoon salt, 3/4 cup shortening, 6-7 tablespoons ice cold water. 4 apples\*, 4 pears\*, 1 tablespoon lemon juice, 1/4 cup brown sugar, 1 teaspoon cinnamon, 1/2 teaspoon nutmeg.

**Directions:** Cut flour into shortening using two forks or your hands until the mixture is in pea sized crumbs. Add water 1 tablespoon at a time until dough forms, do not over mix! Divide into two pieces and roll out to fit your pie pan. For the filling, chop apples and pears into thin slices, mix with the remaining ingredients, and pour into pie crust. Cover with the other half of crust. Bake for 10 minutes at 450, then reduce heat to 350 and cook for an additional 30-40 minutes. For an extra golden brown crust, brush with egg whites before baking.



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## 3 DIPS FOR FRESH FRUITS AND VEGGIES

Serves: 3-5, depending on amounts, Time: 15 minutes



Photo from  
Archana's Kitchen

**Yogurt Dip:** Combine equal amounts of plain greek yogurt and cream cheese with a teaspoon of honey or brown sugar and a dash of vanilla. Mix until well combined and dip strawberries, kiwi, or any fruit in!

**Ranch Dip:** Combine equal parts mayo and plain greek yogurt in a bowl with a dash of dried dill, garlic powder, dried parsley, and dried onion, and a splash of lemon juice. Mix well and enjoy with cut carrots, cucumbers, or any raw veggies!

**Quick 5-Layer Dip:** In a small casserole dish spread a layer of each of refried beans, guacamole, plain greek yogurt (or sour cream), salsa, and shredded cheese. Chill in the fridge for a few hours and dip your favorite vegetables or chips!