

Garlic Smashed Sweet Potatoes with Parmesan



Ingredients

- 4 medium sweet potatoes (or 3 large sweet potatoes)
- A light spray of olive oil
- 3 tablespoons melted butter
- 4 cloves garlic, crushed
- 1 tablespoon fresh chopped parsley
- Kosher Salt and Black Pepper to taste
- 2 tablespoons Parmesan Cheese

Instructions

- Cut each sweet potato into quarters (or 1 1/2 inch pieces).
- Bake sweet potato pieces for 25-30 minutes, or until they are fork tender. Allow to cool for about 5 minutes.
- Lightly grease a large baking sheet or tray with cooking oil spray. Arrange sweet potatoes onto the sheet and use a fork to LIGHTLY flatten each piece.
- Mix together the butter, garlic and parsley. Pour the mixture over each sweet potato. Sprinkle with salt and pepper and lightly spray with olive oil spray.
- Broil (or grill) until they are golden and crispy (about 15 minutes). Remove from oven, sprinkle over the parmesan cheese and return to the oven until the cheese is melted.
- Season with a little extra salt and parsley, and serve.

Adapted from cafedelites.com

Veggie & Cabbage Soup

Ingredients

- 2 Tablespoons extra-virgin olive oil
- 1 large onion, chopped
- 2 carrots, chopped
- 2 stalks celery, minced
- 1/2 teaspoon chili powder
- Salt
- Freshly ground black pepper
- 1 (15-ounce)
 can white
 beans, drained
 and rinsed
- 2 cloves garlic, minced
- 1 teaspoon thyme leaves
- 4 cups low-sodium chicken (or vegetable) broth
- 2 cups water
- 1/2 large head cabbage, chopped
- 1 (15-ounce) can chopped fire-roasted tomatoes or diced tomatoes
- Pinch red pepper flakes
- 2 Tablespoons freshly chopped parsley, plus more for garnish

Instructions

- Preheat oven to 350 degrees.
- Heat olive oil over medium heat. Add onion, carrots, and celery, and season with salt, pepper, and chili powder.
 Cook, stirring often, until vegetables are soft, 5 to 6 minutes. Stir in beans, garlic, and thyme and cook until garlic is fragrant, about 30 seconds. Add broth and water, and bring to a simmer.
- Stir in tomatoes and cabbage and simmer until cabbage is wilted, about 6 minutes.
- Remove from heat and stir in red pepper flakes, and parsley. Season to taste with salt and pepper. Garnish with more parsley, if using.

Adapted from delish.com

NEXT ORDER DEADLINE



ORDER BY FRIDAY, DEC. 11. PICK-UP TUESDAY, DEC. 15.

WE WILL NOT HAVE A BOX ON DEC. 29!

How to Cook Spaghetti Squash (The Best Way!)



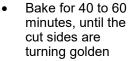
Slice Squash in Half

- Rest your cutting board on a wrung-out paper towel or kitchen towel to prevent it from moving around
- With a sharp chef's knife, carefully cut off the tip-top and bottom edges.
- Then, turn the squash upright, with the widest end against the non-slip cutting board. Start at the top and slice downward. Your hands should never be beneath the knife, or in danger's way.

Bake Squash

- Preheat the oven to 400 degrees Fahrenheit and line a large, rimmed baking sheet with parchment paper for easy clean-up.
- Use a large spoon to scoop out the spaghetti squash

seeds and discard them. Drizzle the insides of each squash half with 1 teaspoon olive oil and rub it all over the inside, adding more oil if necessary. Sprinkle salt and pepper lightly over the interiors of the squash, then place them cut-side down on the prepared baking sheet.



and the interiors are easily pierced through with a fork. Small squash will be done sooner than large squash, naturally!

 Once the squash is done baking, fluff the interiors with a fork to make the inside spaghetti-like. Serve as desired.

Adapted from cookieandkate.com

Cheesy Spaghetti Squash with Spinach and Garlic

Ingredients

- Prepared spaghetti squash from recipe to the left
- 2 tablespoons minced garlic
- 1 teaspoon olive oil
- 1 handful of fresh spinach, chopped
- 1/2 cup whole milk
- 1 tablespoon cream cheese
- 1/2 cup freshly grated parmesan cheese, plus extra for topping
- salt and pepper, to taste
- Sliced mozzarella

Instructions



- In a medium skillet, warm 1 Tablespoon of olive oil over medium-high heat until it shimmers, then add garlic and sauté 1-2 minutes.
- Add spinach and stir until wilted. Add milk, cream cheese, and parmesan cheese and stir well.
- Season with salt and pepper to taste and remove from heat.
- Pour your sauce over squash boat, stir to mix, and top with a little mozzarella cheese and additional parmesan cheese.
- Place the sheet pan with the squash in the oven. Bake at 350 degrees for 20 minutes or until hot and bubbly.

Adapted from amenuforyou.com

Let's Get Ready for 2021!

We're winding down the year and are excited about the New Year to come!
Please make note of these important changes!



Our Next Box

- Next order deadline is FRIDAY, DEC. 11.
- Boxes will be available TUESDAY, DEC. 15.
- We will NOT have a box on Dec. 29th.

Starting Next Year

- Order deadline is moving to THURSDAY.
- Pick-Up days are moving to WEDNESDAY.
- First box of 2021 is JAN 13. Order by JAN 7.