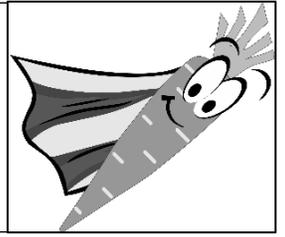


The Dreyer Flyer

Clean & Green in 2018...eating, laughing, moving & loving-



2018

Week #13

THE HARVEST

Small & Medium Shares

Peaches

Cucumbers

Spaghetti Squash

Corn

Tomatoes

Melon

Green Peppers-medium only

Scallions

Market Box

Peaches

Spaghetti Squash

Dreyer Farms Marinara

Watermelon

Griggstown Ground Chicken or

Turkey

Fulper Feta

Green Peppers

BAM

Watermelon

Green Peppers

Small Marinara

Spaghetti Squash

Peaches



Here is a website that you should check out if you are struggling (like everyone) at dinnertime. Here is a way maybe to unwind, breath, and possibly make it more fun. That is, if you aren't running around to games, meets, music lessons, tutoring...

thefamilydinnerproject.org

Its BAAAAACCKKKK our most favorite spaghetti squash recipe!!! It takes more than 5 minutes to make it, but MAN O MAN is it YUMMY!!!

Baked Spaghetti Squash with Goat Cheese & Roasted Vegetables (taylormademarket.com)

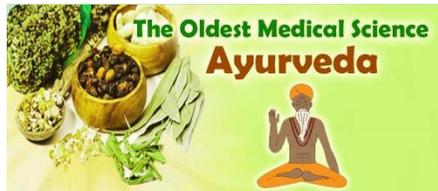
Ingredients

- Olive Oil for roasting
- sea salt for seasoning
- 5 cloves of roasted garlic (recipe to roast below)
- 1 large spaghetti squash
- 1 red pepper, chopped
- 1 orange pepper, chopped
- 2 onions, chopped
- 1 zucchini, chopped
- 4 oz cream cheese, softened at room temperature
- 4 oz goat cheese, softened at room temperature
- 2 eggs, beaten
- 3 tbsp sundried tomato in oil, chopped
- 2 tbsp herbs (parsley & basil)
- 1 1/2 cups mozzarella cheese, shredded
- 1/4 cups panko

Instructions

1. Preheat the oven to 425 degrees F.
2. to roast the garlic: cut the top off the head of garlic exposing a bit of each each clove of garlic. Place garlic head in a sheet of aluminum foil. Drizzle olive oil on top, sprinkle with salt. Wrap & Seal the foil around the garlic gathering at the top. Place in the oven and roast 375* for 30 or until completely tender when poked with a fork or knife. Allow to cool, remove from foil. set aside
3. Halve the spaghetti squash, scoop out the seeds and loose fibers. Drizzle with olive oil, sprinkle with salt and bake 425* 30-40 min until tender. Remove from the oven and let rest until cool enough to handle. Using a fork, scrape out the squash which resembles strands of spaghetti and place in bowl.
4. Arrange the chopped peppers & onions on a sheet pan, drizzle with olive oil, sprinkle with salt and roast 425* 20-25 min stirring occasionally until tender and edges start to brown.
5. In a saute pan, heat 1 tbsp olive oil and sauté the zucchini for 2-3 min until tender. set aside
6. Squeeze out 5 garlic cloves from the cooled head of garlic and smash into a paste
7. In a LARGE bowl combine the cream cheese, goat cheese & eggs. Mix together. Add the cooked spaghetti squash, peppers, onions, zucchini, smashed garlic cloves, sundried tomatoes, herbs & mozzarella cheese.. Stir well to combine. Pour into a casserole dish and top with panko.
8. Bake 350* for 20-30 min until golden on top

A [fundamental](#) Ayurvedic philosophy is that [“food is medicine and medicine is food”](#) An Ayurvedic proverb is [“When diet is wrong, medicine is of no use; when diet is correct, medicine is of no need.”](#)



From [wikiquotes](#)

Peach-Cucumber-Barley Salad

Jun 23, 2011 Good Housekeeping

Juicy, just-picked peaches play off the pearl barley, chickpeas, and cucumbers in this filling, supper-worthy salad. Serve over a bed of Boston lettuce leaves for a colorful and cooling meal that can be assembled in minutes.

Ingredients

1 c. pearl barley (any grain would really work)
 1 3/4 c. lower-sodium vegetable broth—we love ZOUP! brand
 1 1/4 c. water
 1 seedless cucumber (English) Your traditional cucumber will work just cut in half and scrape out the seeds
 2 ripe peaches
 2 pt. cherry tomatoes or diced regular tomatoes☺
 1/2 c. packed fresh basil leaves
 2 tbsp. cider vinegar
 1 tbsp. vegetable oil
 salt
 pepper
 1 can chickpeas (garbanzo beans)
 1 head Boston lettuce

Directions

Place barley in 4-quart saucepan. Cook on medium 5 minutes or until toasted, stirring. Stir in broth and water. Heat to boiling on high. Cover reduce heat to low, and simmer 35 minutes or until tender. Drain if necessary, and cool slightly.

Meanwhile, scoop out and discard soft center from cucumber, then cut into 1/4-inch pieces. Pit and chop peaches. Cut tomatoes in quarters. Very finely chop basil.

In large bowl, whisk vinegar, oil, and 1/4 teaspoon salt. Add barley and toss until well coated. Cool until no longer hot, then add cucumber, peaches, tomatoes, and chickpeas, tossing until well combined. Serve over lettuce.



Deconstructed Stuffed Pepper Casserole offers you all the great flavors of stuffed peppers, but it can be ready in a fraction of the usual amount of time. This casserole really does taste like real stuffed peppers but ready in 30 minutes, perfect for any busy weeknight!

Author: Joanna Cismaru

Ingredients

- 1 tbsp olive oil
- 1 lb ground pork
- 1 lb ground beef

(you can mix beef and turkey or turkey and chicken...just sayin')

- 1 onion chopped
- 1 large green bell pepper chopped
- 1 tsp [smoked paprika](#)
- 1/2 tsp garlic powder
- 1/4 tsp [red pepper flakes](#)
- 1 tbsp dried dill
- 1/2 tsp salt or to taste
- 1/4 tsp pepper or to taste
- 1/2 cup rice uncooked
- 1 cup [chicken broth](#) low sodium
- 14.5 oz [diced tomatoes](#) (1 can including juice)
- 1 cup cheddar cheese shredded
- 1 tbsp fresh parsley chopped
- sour cream for serving optional

Instructions

1. Heat the olive oil in a large skillet over medium-high heat. Add the ground pork and ground beef; brown and crumble the meat. Cook for 5 minutes, or until the meat is no longer pink.
2. Add the onion and bell pepper to the skillet. Stir in the smoked paprika, garlic powder, red pepper flakes, dill and season with salt and pepper to taste. Cook for 5 minutes, or until the vegetables begin to soften.
3. Add the rice to the skillet, then stir in the chicken broth and the diced tomatoes, including the juice.

With the heat on medium, continue to cook for 10 to 15 minutes, or until the rice cooks through and absorbs all the liquid.

4. Sprinkle with the cheddar cheese and garnish with parsley. Within a couple minutes the cheese should melt on top. Serve immediately with a dollop of sour cream.

TWO TRUTHS & A TALL TALE

Contributed by [The Family Dinner Project Team](#)

Ask everyone at the table to say three things about themselves: two true things and one thing that's made up. The rest of the table will guess which is the tall tale. Sometimes this game is easier if everyone gets a chance to write down their three things before sharing.

Watermelon Feta Salad

Toriavey.com

Ingredients

- 8 lb. whole seedless watermelon, chilled (about 12 cups of cubed fruit)
- 1/4 cup extra virgin olive oil
- 3 whole limes, juiced
- 1 1/2 tsp salt
- 3/4 tsp black pepper
- 1 cup fresh mint leaves, chopped
- 1 1/2 cups crumbled feta cheese

Instructions

Note: This salad is best made just prior to serving. Prepare one hour or less before your meal.

Cut rind from the watermelon, then chop the fruit into 1 inch chunks. Place chunks in a colander to drain as your chop.

In a small bowl, whisk together olive oil, fresh lime juice, salt, and black pepper to create a dressing.

Place watermelon in a large salad bowl. Pour dressing and chopped mint over the watermelon and toss gently to coat. Pour the crumbled feta into the salad bowl and stir gently to integrate the cheese into the salad. Serve.

JOKE TIME

Out with my Mom last night and she is not normally the joke teller of the family (that is my Brother!) Anyway...she told me this and I had to share..I think it is extra funny since my Mom is Italian and Irish and cooks for all the Jewish Holidays!

Two kids are sitting together at the lunch table and one kids says to the other "do you pray before dinner?" The other kid looks at him and says, "NO WAY, my Moms Italian, she knows how to cook!" batabam **Watermelon, Cucumber and Feta Bites**-dailyburn.com

Ingredients
1 English cucumber, cut into 24 slices-it's totally ok to use your regular cucumber it may even be better!
8 ounces seedless watermelon (without rind)
2 ounces crumbled feta cheese
1 1/2 tablespoons lime juice
1 tablespoon maple syrup
2 tsp chopped fresh mint
Arrange cucumber slices on a platter. Cut the watermelon into 1 1/2 x 1/4 -inch squares.

Place a watermelon slice on top of each cucumber slice. Scatter the cheese on top. Double up the layers if making stacks.

Whisk together the lime juice, maple syrup and mint in a small bowl. Right before serving, drizzle this mixture over the stacks.

Grilled Corn & Tomato Salad

Thechew.com

- 4 ears sweet corn, unhusked
- Kosher salt
- 1 garlic clove, minced
- 1 jalapeno, seed and ribs removed, minced
- zest and juice of 3 limes
- 1/2 cup extra-virgin olive oil
- 1 ripe avocado, halved, pitted, peeled, diced
- 1 cup halved cherry tomatoes
- 6 scallions, thinly sliced
- 3/4 cup finely chopped fresh cilantro leaves
- freshly black pepper

Soak the corn in its husks in heavily salted water overnight in the refrigerator, keeping the ears submerged below the surface with a plate weighed down with a heavy can. Prepare and preheat your lump charcoal grill to medium-low. Put the corn, still in it's husks, on the grill, cover, and cook for 20 minutes.

Meanwhile in a large bowl, mix to combine the garlic, jalapeno, and a large pinch of salt. Add the lime zest, lime juice, and olive oil and whisk to combine. Add the avocado, tomatoes, scallions, and cilantro and toss gently to combine.

Remove the corn from the grill. When cool enough to handle, peel back the husks, discard the silk, and slice the kernels off the cobs directly into the bowl with a knife. Toss to combine. Season with salt and pepper.

FOOD FOR THOUGHT..if you are picking herbs- Sage and rosemary contain antioxidants as well as compounds that prevent the breakdown of acetylcholine, believed to play a large role in Alzheimers disease. Eggs contain lecithin, choline, amino acids, and vitamin B12, all of which nourish the neurotransmitters that stimulate memory. The small but significant increase in choline levels they provide when eaten at a daily meal lasts only about half a day, making egg dishes an excellent choice for breakfast (and yes, eaten in moderation, eggs won't harm a healthy person's cholesterol level). Two eggs supply about half of the RDA for B12.

Brazil nuts contain selenium, which supports the body's enzyme system in preventing free-radical production.

- 1/2 teaspoon balsamic vinegar
- 1 tablespoon plus 1 teaspoon olive oil
- 1/2 teaspoon dried rosemary leaves
- 4 slices stale, high-quality whole grain bread
- 4 raw Brazil nuts, chopped fine
- 2 bunches scallions, chopped into 1/8-inch pieces
- 10 leaves dried or 1/2 teaspoon powdered sage
- 4 large eggs

- 1 1/3 cups rice milk
 - 1/2 teaspoon salt
1. Preheat the oven to slightly less than 350°F. Oil a 9-inch pie plate and set aside.
 2. Warm the vinegar and 1 teaspoon of the olive oil on the stovetop or in the microwave, then add the rosemary and steep. Remove the crusts from the bread and discard. Using a bread knife, shave the bread into very small irregular shreds, larger than crumbs but smaller than cubes. The bread should be stale, neither dry nor damp. Put the bread into a medium-size mixing bowl and add the Brazil nuts. Drizzle the rosemary dressing over the bread and nuts and toss.
 3. Press the bread mixture into the bottom of the pie plate firmly, but not too hard. Don't worry if it doesn't hold together well—it's going to float up to form a top crust anyway.
 4. Add the remaining oil to a medium-size skillet and sauté the scallions and sage over medium-low heat until the scallions are translucent, about 15 minutes. Remove from the heat.
 5. Clean out the mixing bowl and crack the eggs into it. Whisk the eggs slightly, then whisk in the milk and salt until well blended.
 6. Sprinkle the scallion mixture over the crust and press down slightly. Pour in the eggs. Bake in the top half of the oven until the top is golden, about 50 to 60 minutes. Because ovens and altitude vary, check the quiche after 40 minutes. It's done when the top is golden.

Swiss Chard & Peach Salad

Adapted from spinachtiger.com

- Swiss Chard (other swiss chard is fine too)
 - Butter Lettuce (one head, rinsed, patted dry)
 - Handful pecan, chopped coarsely and toasted
 - Nectarine slices (can use peaches or even apples)
 - Dried fruit, chopped (optional)
 - SALAD DRESSING
 - 1 tablespoon dijon mustard
 - 2 tablespoons mixture of white balsamic, champagne or apple cider vinegar (any combo)
 - Big squeeze of lemon
 - 1/4 cup extra virgin olive oil
 - 1/4 cup canola oil
 - sea salt
 - fresh ground pepper
1. Rinse swiss chard and trim stems. Dry leaves and place in salad bowl.
 2. Toss with dressing and add in dried fruit and toasted pecans. Season with salt and pepper.
 3. Salad Dressing
 4. Whisk vinegar into mustard. Add lemon juice.
 5. Slowly add in the both oils. Season with salt and pepper. You will not use all the dressing most likely. You will need to do your own tasting. The dressing will be pungent, with lots of acid. The sweetness of the peaches, and the salt will help to counteract. But, if you find it too pungent, add more canola or olive oil.