



## *The Dreyer Flyer Week 6: June 22<sup>nd</sup> & 26<sup>th</sup>*

**Small:** Pickling Cucumbers, Dill, Peas (non-edible shell), Green Zucchini, Spring Onions, Lettuce, Radishes, Basil, Focaccia Dough

**Medium:** Pickling Cucumbers, Dill, Cut Turnips, Peas (non-edible shell), Green Zucchini, Spring Onions, Lettuce, Radishes, Basil, Focaccia Dough

**BAM:** Pickling Cucumbers, Dill, Spring Onions, Basil, Focaccia, Local Pasta

**Market Box:** Boneless Chicken Breast from DeBragga, Basil, Pine Nuts, Parmesan, Local Pasta, Green Zucchini, Focaccia Dough, Spring Onions, Lettuce, Radish, Garli Scapes (for the pesto)

*We are so lucky to have so many awesome local partners that this week we have a bonus item from two of them combined! The dough is from Cranford Breadsmith with a spice mix from Savory Spice Shop in Westfield! It will make such a delicious Spring Onion Focaccia! The pasta in the BAM and Market are from our friends at Nicola's Pasta Fresca in Kenilworth! The onions are from Wightman Farm's which is owned and farmed by Jess Dreyer's husband Adam and they are incredible- highly recommend throwing them on the grill or cast iron pan as a side dish.*

### **Wellness Tip from Patty:**

The digestive system works best when you are in a parasympathetic state. This is your rest and digest system. Eating on the go, eating in the car, eating while working, etc does not allow your body to digest and assimilate your food. Bottom line - when you eat, eat! Taste it, enjoy it, appreciate it!

**Keep Reading for Recipes!**

## Creamy Cucumber Radish Salad with Dill Dressing

(by reciprunner.com)

### Ingredients

- 2 English cucumbers
- 6 radishes, sliced thin
- 3/4 cup plain non-fat Greek yogurt
- 1/2 of a lemon, juiced
- 1 tablespoon fresh chopped dill
- 1/4 teaspoon garlic powder
- 1/2 teaspoon honey (optional)
- Kosher salt and freshly ground black pepper to taste

### Instructions

- In a small bowl, whisk together the Greek yogurt, lemon juice, dill, garlic, honey, salt and pepper. Set aside.
- Slice cucumbers in half lengthwise and use a spoon to scrape out the seeds. Thinly slice the cucumbers into half rounds.
- Place the sliced cucumbers and radishes into a large serving bowl. Just before serving stir the yogurt dill dressing into the salad and mix to coat the cucumbers and radishes. Taste for seasoning.
- Serve immediately or refrigerate for up to 2 hours. Any longer and the cucumbers start to release too much water and the dressing will become runny.

## Spring Onion Focaccia (based on a recipe by thesimplegreen.com)

### Ingredients

- Focaccia Dough
- 2/3 cup Italian parsley (if desired)
- 3 tbsp fresh basil leaves
- 1 clove garlic
- 3-4 spring onions roots removed

- 1/3 cup extra virgin olive oil plus more for the pan
- 1 tsp coarse or flaky sea salt
- Generously oil a 10x15" baking sheet. If the dough is too sticky to handle, lightly dust it with flour directly in the bowl.
- Here you can add more chopped herbs though in your case you already have an herb mix in the dough (there is dairy in this mix) Place the chopped herbs into a small bowl and stir in the olive oil. Slice each spring onion in half lengthwise. Set aside. This recipe doesn't know how big these onions are! I would quarter them and roast them for a few minutes alone before adding to the dough.
- Preheat the oven to 450°F. Remove the dough from the fridge and remove the cover. Using two fingers, create dimples in the surface of the dough, spacing them about 1-1 1/2" apart.
- Generously apply the olive oil and herb mixture with a pastry brush onto the top of the dough. Make sure the entire surface is well coated in olive oil (note you may not need all of the mixture). Arrange the spring onions on top and gently press them into the dough. Sprinkle with coarse salt.
- Bake the prepared focaccia in the preheated oven for 20-22 minutes, or until golden brown. Remove from the oven and let cool. Finish the bread

with a light brushing of olive oil. Slice into desired sizes and enjoy.

### Spring Onion & Zucchini Rigatoni (by loveandoliveoil)

#### Ingredients

- 1 pound rigatoni pasta
- 3 tablespoons olive oil
- 3 large garlic cloves, minced
- 1 cup thinly sliced red spring onions (about 3 small onions, you can also substitute 1 medium red onion)
- 3 medium zucchini, halved and thinly sliced (3 1/2 cups sliced)
- 1/2 teaspoon red pepper flakes, or to taste
- 1/4 cup half and half
- salt and freshly ground black pepper, to taste
- grated pecorino cheese, for topping

#### Instructions:

1. Bring a large pot of salted water to a boil. Add rigatoni and cook to just barely al dente, usually about 1 minute less than what the package says (it will finish cooking at the end).
2. Meanwhile, heat olive oil in a large skillet over medium-high heat. Add garlic and red pepper flakes and saute until fragrant, about 30 seconds. Add onion and cook for 2 minutes until translucent; add zucchini and cook for 3-4 minutes until zucchini is just tender; don't overcook or you'll end up with zucchini mush at the end.
3. Drain pasta and add to skillet with zucchini and onion and toss to incorporate. Add half and half and stir until slightly thickened, about 2 minutes more. Season to taste with salt and pepper.

4. Divide among serving bowls and top with a generous sprinkle of pecorino cheese as desired; serve warm.

### Best Ever Refrigerator Dill Pickles (by pinchmeiteating)

#### Ingredients

- 3 pickling cucumbers 4-4 1/2" long, but no longer
- 1/4 oz fresh dill a few sprigs per jar
- 1/2 cup white vinegar
- 1/2 cup water
- 2 cloves garlic crushed with the side of a knife
- 1 1/2 tsp kosher salt
- 1/4 tsp sugar
- 1/2 tsp [whole mustard seeds](#)
- 1/4 tsp [whole black peppercorns](#)

#### Instructions

- Wash cucumbers and cut into spears or slices. Pack into a [wide-mouth pint-sized canning jar](#), or any clean glass jar. Since these are refrigerator pickles a canning jar is not necessary. Tuck several sprigs of dill in between the cucumbers.
- In a non-reactive saucepan (see note), combine the vinegar, water, garlic cloves, salt, sugar, mustard seeds, and peppercorns. Bring to a boil and stir until the salt and sugar are dissolved. Remove from heat and cool to room temperature.
- Pour liquid over cucumbers in the jar. Make sure to include all the mustard seeds, peppercorns, and garlic. (If making multiple jars, include two cloves of garlic per jar and divide the mustard seeds and peppercorns approximately evenly between jars.) If you are using a slightly larger jar and the liquid

doesn't fully cover the pickles, fill the rest of the jar up with water.

- Close the jar and refrigerate for a minimum of 24 hours but preferably 48 hours. Enjoy!

### Roasted Turnips (by [deliciouslittlebites.com](http://deliciouslittlebites.com))

- 2 cups of cut turnips
- 1 TBSP EVOO
- ½ tsp Salt
- ¼ tsp pepper

#### Instructions

- Preheat the oven to 400F
- Cut off both ends \* peel the turnips if desired
- Cut turnips into ½ inch thick slices then cut each slice into ½ inch thick cubes
- Place turnip cubes in a medium bowl and toss with olive oil
- Spread cubes on baking sheet and sprinkle with salt and pepper (and any additional herbs you love)
- Roast, tossing halfway through for about 25-30 minutes until they turn golden brown and are fork tender.
- Then sprinkle on herbs like basil, dill, rosemary or thyme for an added burst of flavor!

### Easy Homemade Pesto (by [fitfoodiefinds.com](http://fitfoodiefinds.com))

- 1 cup packed basil leaves, fresh
- juice from 1 lemon
- 1 tablespoon minced garlic (or scapes)
- 2 tablespoons pine nuts
- 3 tablespoons olive oil

Place all ingredients into a small food processor and process for about a minute, or until all ingredients have pureed together. If your pesto is too thick, add more olive oil by the teaspoon.

### Pesto Chicken with Zucchini Noodles (based on the recipe by [kitchenswagger.com](http://kitchenswagger.com))

- Green zucchini
- Pesto
- Chicken Breasts

#### Instructions

- Slice chicken into bite sized cubes and season with salt and pepper. Add chicken and olive oil to a [dutch oven](#) on medium-high heat. Sauté until chicken is fully cooked through, about 5-7 minutes.
- Add zucchini noodles and tomatoes to the dutch oven, toss with ¾ – 1 cup of pesto sauce. Sauté for 2-3 minutes, or until zucchini noodles are warm.
- Serve immediately topped with parmesan cheese if desired.

\*Market Box friends! Your meal plan has options! You can do chicken with pesto and zoodles OR local pasta. The spring on ion focaccia is a must have and there is lettuce and radishes for a side salad any other night of the week. \*



