



The Dreyer Flyer Week 14: August 18th & 21st

Small: Yellow Peaches, Swiss Chard, Yellow Squash, Bell Peppers, Sugar Cube melons, Tomatoes and Trapper's Raw Honey

Medium: Yellow Peaches, Swiss Chard, Corn, Yellow Squash, Bell Peppers, Sugar Cube melons, Tomatoes and Trapper's Raw Honey

BAM: Yellow Peaches, Trapper's Raw Honey, Sugar Cube Melons, Tomatoes, Corn

Market Box: Riverbend Grass-fed Ground Beef, Bell Peppers, Springhouse Creamery Cheese, Onion, Mushrooms, Sugar Cube melons, Peaches, Lemon, Trapper's Raw Honey

Enjoy these tiny cantaloupes known as "Sugar Cubes!" If you make any wonderful kitchen creations share them on Facebook and Instagram and tag us @dreyerfarms!

Wellness Tip from Patty: Antioxidants

Antioxidants protect cells against free radicals which may play a role in heart disease, cancer and other diseases. Plant based foods are the best sources of antioxidants - including fruits, vegetables, whole grains, nuts, seeds, herbs and spices.

Fruits, vegetables, whole grains high in antioxidants are typically high in fiber, low in saturated fat and cholesterol so enjoy a variety. Strawberries, blueberries, raspberries, cherries, blackberries and cranberries are among the best fruit sources of antioxidants. Sweet potatoes, carrots, red and green peppers, kale, spinach and broccoli all contain the antioxidant carotene.

Bottom line - enjoy the variety in your CSA box and eat plant based as much as possible.

Cantaloupe Sorbet by
asweetpeachef.com

Ingredients

- 4 1/2 cups fresh cantaloupe 1 medium cantaloupe, cubed
- 1 tbsp freshly squeezed lemon juice
- 2 tbsp raw honey
- 2 tbsp water plus more as needed

Instructions

1. Line a baking sheet with parchment paper and set aside.
2. Place the cubed cantaloupe onto the baking sheet, leaving space in between the cubes to allow for even freezing and not touching so they don't create a giant glob of frozen cantaloupe.
3. Place the tray into the freezer and freeze the cantaloupe overnight, or until completely frozen - at least 4-6 hours.
4. Place the frozen cantaloupe into the bowl of a food processor and pulse until the cantaloupe becomes crumbly.
5. Add the lemon juice, honey, and water at this time and then pulse again. You may need to add more water until the mixture becomes more fluid, but not slushy. You're looking for a soft sorbet texture at this point.
6. Taste and add any additional honey as needed at this time if it needs to be a little sweeter.
7. If the mixture becomes too slushy and does not resemble sorbet, you can return to the freezer for 30 min. to an hour to allow it to re-solidify and serve!

Easy Philly Cheesesteak Stuffed

Peppers **by lowcarbmaven.com

Ingredients

- 1 pound ground beef
- 4 medium green bell peppers
- 8 oz sliced button mushrooms
- 1/2 cup onions, chopped (2 oz)
- 1 tbsp olive oil
- 8 slices cheese (4 oz)
- salt and pepper to season

Instructions

1. Cut tops off of the peppers and remove remaining seeds. Place in a microwave safe baking dish, cover with cling film and cook for 3-4

minutes, depending on your microwave. Remove film and using tongs, pour out any accumulated water from the peppers.

2. Preheat oven to 350 degrees F and place rack to the middle position.
3. Meanwhile, heat a pan over medium heat. When hot, add oil and swirl to coat the pan. Stir in the mushrooms to coat in oil and let cook in a single layer for 2-3 minutes. Add the onion and stir, cooking until they turn translucent and the mushrooms have cooked (2-3 minutes more). Remove the mixture from the pan.
4. Add the ground beef to the pan, breaking it up while cooking. When cooked through, add the mushroom mixture back to the pan and season with enough salt until it tastes good to you. Add a generous amount of pepper (1/4 teaspoon or more to your taste).
5. Lightly season the peppers with salt and pepper. Place 1 slice of cheese in the bottom of each pepper and evenly divide the ground beef stuffing among them.
6. Bake for 20 minutes. Top with the remaining cheese and pop under the broiler to melt and brown.

Grilled Peach Salad with Honey

Dressing by forkintheroad.co

Ingredients

- 2 peaches, halved, cored, and sliced
- 2 tablespoons olive oil (for grilling peaches)
- 3 cups arugula
- 2 ounces goat cheese
- 2 tablespoons sunflower seeds
- ¼ cup extra virgin olive oil

- 1 tablespoon apple cider vinegar
- 1 tablespoon honey
- 1 teaspoon dijon mustard
- Pinch of salt

Instructions

1. **To grill peaches:** Preheat grill to medium-high heat. Brush olive oil on both sides of peach slices and place on grill. Cover grill and cook about 5-7 minutes, or until peaches have blackened grill marks. Using grill tongs, carefully flip peaches and grill on other side until grill marks are present, about 5-7 minutes more. Carefully remove from grill (peaches will be soft and may fall apart), and set aside.
2. **Dressing:** Combine olive oil, apple cider vinegar, honey, mustard, and salt in a small bowl and whisk to combine.
3. **Salad:** To a salad plate or bowl, add arugula and arrange grilled peaches. Sprinkle crumbled goat cheese and sunflower seeds on top, then drizzle with Honey Mustard Vinaigrette.

Balsamic Chicken with Corn and Swiss Chard by foodntework.com

Ingredients

- 2 tablespoons extra-virgin olive oil, plus more for brushing
- 2 tablespoons balsamic vinegar
- 1 tablespoon ketchup
- 1 tablespoon dijon mustard
- 4 skinless, boneless chicken breasts (about 1 1/2 pounds)
- Kosher salt and freshly ground pepper
- 2 slices thick-cut bacon, cut into 1/2-inch pieces

- 4 ears of corn, kernels cut off (about 2 cups)
- 1 bunch Swiss chard, chopped (stems and leaves separated)
- 1 bunch Swiss chard, chopped (stems and leaves separated)
- 2 tablespoons unsalted butter
- 3 scallions, sliced

Instructions

1. Preheat a grill to medium and lightly brush the grill grates with olive oil. Whisk the vinegar, olive oil, ketchup and mustard in a small bowl. Season the chicken with salt and pepper and brush all over with the vinegar mixture. Grill until marked and cooked through, 8 to 9 minutes per side; transfer to a plate.
2. Meanwhile, heat a cast-iron skillet or Dutch oven over medium-high heat on the stove or place directly on the grill grates. Add the bacon and cook, stirring occasionally, until browned and crisp, about 5 minutes.
3. Add the corn kernels and Swiss chard stems to the skillet. Cook, stirring occasionally, until the corn is tender and lightly browned, about 3 minutes. Add the butter, scallions and chard leaves. Cook until the chard is just wilted, about 3 minutes. Season with salt and pepper. Slice the chicken and serve with the corn mixture.

White Cheddar Chicken and Squash Skillet by thetwobiteclub.com

Ingredients

- 2 boneless skinless chicken breasts
- 4 tablespoons olive oil, split
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 1/4 teaspoon kosher salt
- 1/4 teaspoon pepper

- 2 medium zucchini, sliced into rounds
- 2 medium yellow squash, sliced into rounds
- 1/2 red onion, sliced
- 1/2 cup (2 ounces) white cheddar cheese, shredded
- 1/4 cup panko breadcrumbs

Instructions

1. Cut the chicken breasts into strips (each breast should make around 4 strips). Season the chicken with the garlic powder, onion powder, salt and pepper.
2. In a large oven-safe skillet, heat 2 tablespoons of the olive oil over medium-high heat. Add the chicken to the pan and cook for 2 minutes. Flip and cook for an additional 2 minutes. Remove from the pan and set aside.
3. Add 1 more tablespoon of olive oil to the pan and add the zucchini, squash, and onions. Season with salt and pepper. Cook for 8-10 minutes, stirring frequently until the squash and zucchini are tender-crisp.
4. Place the chicken over the squash and zucchini and top with the cheddar cheese. Sprinkle the panko breadcrumbs evenly over the cheese and drizzle with the remaining tablespoon of olive oil.
5. Broil for 3-4 minutes, or until the cheese is melted and the bread crumbs are golden.

Easy Peach Cobbler by
afarmgirlinthemaking.com
Equipment

- Blanching Basket
- 9 X 13-inch Baking Dish
- Stainless Steel Pan

Ingredients

Prepare the Peaches

- 5 Peaches peeled and sliced, roughly 4 cups
- 3/4 cup organic granulated sugar
- 1/4 teaspoon salt

The Batter

- 6 tbsp Butter
- 1 cup all-purpose Flour
- 1 cup granulated Sugar
- 2 tsp Baking Powder
- 1/4 tsp Salt
- 3/4 cup whole Milk
- ground Cinnamon

Instructions

1. Blanch and peel peaches, reserving the peach skins.
2. Slice peaches into a mixing bowl. Add sugar and salt to mixing bowl, mixing all ingredients gently until the sugar and salt dissolve. Set aside.
3. Preheat oven to 350 degrees F.
4. Slice butter, place evenly to the baking dish. Place pan into oven during the pre-heating period. Once the butter has melted remove from oven.
5. In a mixing bowl mix flour, sugar, baking powder, and salt. Stir in milk until all ingredients are combined.
6. Pour the mixture over the melted butter and smooth to an even layer.
7. Add peaches and its juice over the batter. Generously sprinkle cinnamon over the top.
8. Bake uncovered for 40 minutes



