



## *The Dreyer Flyer Week 16: September 1st & 4th*

**Small:** Honey Crisp Apples, Green Zucchini, Sugar Cube Melons, Corn, Lettuce, Peaches, Eggplant, Cabbage

**Medium:** Honey Crisp Apples, Green Zucchini, Sugar Cube Melons, Corn, Lettuce, Peaches, Eggplant, Cabbage

**BAM:** Honey Crisp Apples, Green Zucchini, Sugar Cubes, Peaches

**Market:** Niman Ranch Chicken Breast, Peaches, Jalapeno, Limes, Cilantro, Red Onion, Tomatoes, Spices, Corn, Green Zucchini, Lettuce, Honey Crisp Apples

*Don't forget Jerry the Knife Sharpener will be accepting knife drop offs on Friday until 5pm and have them back for pick up starting at 12pm on Saturday the 5<sup>th</sup>! \$1 per inch- please wrap knives safely. Scissors, knives shears are all accepted. Enjoy all the fruit everyone! A reminder- any changes for pick-ups should be sent to [dreyerfarmscsa@gmail.com](mailto:dreyerfarmscsa@gmail.com) preferably with a few days notice at least. Thanks everyone!*

### **Wellness Tip from Patty: Backpack Workout**

Well it's September already. What better time to do a backpack workout! The backpack is there to add resistance to our exercises. If you aren't ready to add extra resistance you don't need to use a backpack. If you don't have a backpack, find something else that can work- a drawstring bag, a suitcase, dumbbells, etc. Check the email for the link!

### **Parmesan Zucchini and Corn Salad**

by [healthyfitnessmeals.com](http://healthyfitnessmeals.com)

#### **Ingredients**

- 4 Medium Zucchini diced into bite-sized pieces
- 2 Tbsp Olive Oil divided
- 4 Garlic Cloves minced

- 1 Cup Corn Kernels frozen, canned or fresh
- 1 Cup Canned Black Beans rinsed
- 1 Tbsp Italian Seasoning
- ½ Tbsp Ground Cumin
- ¼ Cup Grated Parmesan
- Salt and pepper, to taste

### Instructions

1. Heat one tablespoon of oil in a large skillet over medium-high heat. Add zucchini and cook stirring frequently until just softens, about 3-4 minutes; it should remain crisp and bright green.
2. Season with salt and pepper and set aside on a plate.
3. Add remaining oil to the heated pan, and sauté garlic for 1 minute. Stir in corn, beans, and seasoning.
4. Cook for 3-4 minutes, then return zucchini to the pan and top with parmesan. Toss to combine. Enjoy!

### Braised Cabbage & Apple by keviniscooking.com

#### Ingredients

- 1 small green cabbage 6 cups shredded
- 1 Granny Smith apple cored and thinly sliced
- 1 Honey Crisp apple cored and thinly sliced
- 2 tbsp butter
- ¼ cup brown sugar
- ¼ cup apple cider vinegar
- 1 tsp ground black pepper
- 1 tsp salt
- ¼ tsp celery seed
- ¼ tsp ground allspice
- ⅓ cup water

### Instructions

1. In a cast iron pan or large skillet over medium heat melt the butter. Add the sliced apples, tossing to coat and sauté for 2 minutes. Add the brown sugar and apple cider vinegar. Stir to mix in and continue cooking for 2 more minutes.
2. Add the sliced cabbage, spices and carefully toss to coat. Add the water, cover with lid and simmer for 5 minutes.
3. Remove lid, season to taste and drain any excess water. Serve or keep warm, covered with aluminum foil in a casserole dish.

### Grilled Chicken Breast with

### Jalapeno Peach Salsa by

physickitchness.com

#### Ingredients

- 4 boneless chicken breasts
- 2/3 cup diced peaches
- 2/3 cup diced tomatoes
- 3 tablespoons finely diced, seeded jalapeño, (keep a few seeds if you like salsa with some heat)
- 1 1/2 tablespoon chopped red onion
- 2 tablespoons chopped cilantro
- 1/2 teaspoon lime juice
- 1/2 teaspoon ground cumin
- 1 teaspoon chili powder

#### Instructions

1. Preheat grill to medium/high heat or preheat oven to 400 degrees. If grilling, place breasts on oiled grates and flip at the 6-8 minute mark, depending on the thickness of the chicken. If cooking in the oven, place the chicken breast on a parchment-lined or greased baking sheet for roughly 20-25 minutes

2. To make the salsa, combine the diced peaches, tomatoes, jalapeño, onion, lime juice, and cilantro into a bowl. Mix together then add the cumin and chili powder, mixing again to combine
3. Optional: for a more liquid salsa, place all ingredients into a food processor and pulse a few times until you reach desired consistency
4. Serve salsa over chicken and grill some corn for a side!

### **Zucchini Brownies** by iambaker.net

#### **Ingredients**

- 1/2 cup (112g) vegetable oil
- 1 1/2 cups (300g) granulated sugar
- 1 tbsp. vanilla extract
- 2 cups (256g) all-purpose flour
- 1/2 cup (64g) unsweetened cocoa powder
- 1 1/2 tsp. baking soda
- 1 tsp. salt
- 3 cups finely shredded zucchini DO NOT DRAIN
- 1 1/4 cups semi-sweet chocolate chunks

#### **Instructions**

1. Preheat oven to 350°F and prepare a 9x13 pan with butter (or use baking spray) and line with parchment paper. (Allow parchment paper to go up the sides for easy removal.)
2. In a large bowl combine oil, sugar, and vanilla until fully incorporated.
3. Add flour, cocoa, baking soda, and salt. Mix until combined. Batter will be very dry.
4. Fold in zucchini by hand. Allow batter to rest for 5 minutes.
5. Add in chocolate chunks and stir again. Batter should appear more

wet. (if not, let it rest for 5 more minutes and stir again)

6. Spread brownie mixture into the pan and bake for 25-35 minutes. Brownies are done with an inserted toothpick is removed with crumbs. There should not be wet batter on the toothpick.

### **Stir Fried Quinoa with Eggplant and**

Cabbage by mygourmetconnection.com

#### **Ingredients**

- 1 cup quinoa
- 2 cups low-sodium chicken broth
- 1 tablespoon toasted sesame oil
- 3/4 to 1 lb eggplant, cubed
- Vegetable oil
- Salt and freshly ground black pepper
- 2 large eggs, lightly beaten
- 1/2 medium onion chopped
- 2 cloves garlic, chopped
- 2 teaspoons sriracha
- 2 cups cabbage, chopped
- 1/4 cup soy sauce
- 2 tablespoons fresh cilantro, chopped

#### **Instructions**

1. Preheat the oven to 425°F and line a baking sheet with parchment paper. Place the eggplant cubes in a bowl, drizzle with a small amount of vegetable oil, season with salt and pepper and toss to combine. Arrange in a single layer on the baking sheet and roast for 8 to 12 minutes, or until tender and lightly browned. Remove from the oven and set aside.
2. Thoroughly rinse the quinoa with cold water in a fine mesh strainer. Place the quinoa and broth in a saucepan and bring the mixture to a boil. Reduce the heat to a simmer and cook until all the water is

absorbed, about 12 minutes. Drizzle with sesame oil, fluff with a fork and set aside.

3. In a large skillet or wok heat 1 teaspoon of vegetable oil over medium-high heat. Add the eggs and scramble until cooked through. Stir into the cooked quinoa.
4. Add another tablespoon of oil to the pan and increase the heat to high. Add the onion and garlic and stir-fry for 1 minute. Quickly stir in the sriracha, then add the cabbage. Stir-fry until the cabbage is crisp-tender, another 2 minutes.
5. Add a little more oil to the pan if needed, then add the quinoa-egg mixture. Continue to stir-fry for another minute. Add the soy sauce, toss to combine, then add the eggplant and cilantro. Mix well, drizzle with a little additional sesame oil and serve.

## Microwave Apple Crisp

oldhousetonewhome.net

### **Ingredients**

*For the apple filling:*

- 1 apple peeled and sliced thin
- 1/2 tbsp. of melted butter
- 1/4 tsp cinnamon
- 1 tsp brown sugar
- 1 tsp flour

*For the crisp topping:*

- 2 tbsp of softened butter not melted!
- 1 tbsp flour
- 3 tbsp old fashioned oats
- 1 tbsp brown sugar
- 1/4 tsp cinnamon

### **Instructions**

1. Mix apple filling ingredients in a small bowl.
2. Mix together crisp ingredients. Work in the butter with a fork.
3. Layer half the apples in a microwave safe bowl, mug, or ramekin. Top with half the crisp mixture. Add another layer of apples and then the remaining crisp mixture. Place in the microwave and cook for 3 minutes.
4. Careful, it will be very hot when removing from the microwave! Serve warm with whipped topping or vanilla ice cream.

### **Notes**

If you want to make in the oven, you can bake in an oven-safe ramekin for 10-12 minutes in a 375-degree oven. You can add more/less cinnamon and brown sugar to taste.

