



The Dreyer Flyer Week 17: Sept. 8th & 11th

Small: Cucumber, Butternut Squash, Peaches, Peppers, Apple Cider, Yellow Squash, Apples, Corn

Medium: Cucumber, Butternut Squash, Peaches, Peppers, Apple Cider, Yellow Squash, Apples, Corn

BAM: Butternut Squash, Peaches, Watermelon, Apple Cider, Apples, Corn

Market Box: Butternut Squash, Fulper Farms Cheddar, Ground Griggstown Farms Turkey, Quinoa, Sage, Cooking Onion, Mushrooms, Apple Cider, Apples

Enjoy the transition from summer to fall with peaches, apple and our favorite apple cider! Pro tip with the squash- store it in a cool, dry place if you aren't ready to jump into fall flavors just yet! I plan to wait until it's a little cooler before I turn on my oven!

Wellness Tip from Patty: Diet

When we think of diet, most of us think about the food we are eating - focusing on eating healthy foods or limiting what we eat. Our food is certainly one piece of our diet.

What we often don't think about is other things we are taking in - what we read, what we listen to, what we watch. Start paying attention to what you take in and how it affects you. Put some restrictions on things that affect you negatively and find more things to take in that make you feel good.

If social media makes you feel anxious or angry, take a break from it. Replace the time you spent looking at social media with something uplifting.

Let's spend some time thinking about everything we are allowing into our bodies and minds.

Butternut Squash Mac and Cheese by gimmesomeoven.com

Ingredients

- 2 tablespoons butter (or olive oil)
- 12 fresh sage leaves (optional)
- 3 large cloves garlic, minced
- 1 pound (about 4 cups) diced butternut squash*
- 1 1/2 cups vegetable stock (or chicken stock)
- 1 pound uncooked pasta (I used shells)
- 2 cups whole milk (any milk will do!)
- 8 ounces good-quality sharp cheddar cheese, shredded*
- fine sea salt and freshly-cracked black pepper, to taste

Instructions

1. Bring a large pot of generously-salted water to a boil.
2. Meanwhile, heat the butter in a separate large sauté pan until melted. Add the sage leaves (if using) and sauté for 1-2 minutes until crispy. Transfer the sage leaves to a separate plate and set aside.
3. Add the garlic and sauté for 1 minute, stirring occasionally. Then add in the butternut squash and vegetable stock and stir to combine. Continue cooking until the stock reaches a simmer. Reduce heat to medium-low, cover and cook for 10 minutes, stirring occasionally, until the squash is tender and mashes easily with a fork.
4. Transfer the squash mixture to a blender. Add in the milk and give the mixture a quick stir. Then very carefully (I recommend slightly opening the cap on the blender lid, so that excess steam can escape) pulse the mixture until smooth.

5. Add the pasta to the boiling water and cook according to package instructions until al dente. Reserve 1 cup of the starchy pasta water for later. Then drain the pasta.
6. While the pasta is cooking, return the butternut squash mixture back to the sauté pan over medium-high heat. Add in the shredded cheddar cheese, and stir until it has melted into the sauce.
7. Taste and season the sauce with salt and pepper as needed. (I used about 1 teaspoon salt and 1/2 teaspoon black pepper.)
8. Then once the pasta is drained, return it to the stockpot. Pour the butternut cheese sauce on top of the pasta, and toss to combine. If the sauce is too thick, add in some of the hot starchy pasta water to thin it out.
9. Serve warm, garnished with the crispy sage leaves if desired.

Stuffed Butternut Squash with Turkey and Sage by blog.barre3.com

Ingredients

- 2 small to medium butternut squash
- 2 Tbs. olive oil, divided
- 1 cup dry quinoa, rinsed
- 1 lb. ground turkey
- 1 medium yellow onion, diced
- 3/4 lb. mushrooms
- 10 sage leaves, minced, plus a few leaves minced for garnish
- 1/4 tsp. crushed red pepper
- Fine sea salt and pepper to taste

Instructions

1. Preheat the oven to 425F degrees.
2. Slice each butternut squash in half lengthwise. With a spoon, scoop out the seeds and strings. Drizzle each slice with a little olive oil and a pinch

of salt and pepper. Place squash cut side down on a baking sheet and roast in the oven until fork tender, about 20-40 minutes, depending on the size of your squash. Be sure to keep an eye on it to make sure it doesn't overcook!

3. While squash roasts, cook your quinoa. Place 1 cup of quinoa in a pot with 2 cups of water. Bring to a boil. Reduce heat to low, cover, and simmer until liquid has evaporated and quinoa can easily be fluffed with a fork, about 15 minutes.
4. Meanwhile, heat a large skillet over medium-high heat. Add ground turkey, using a wooden spoon to break up large clumps, and cook for about 8-10 minutes, until cooked through. Remove turkey from skillet and place in a bowl. Add remaining 1 tablespoon of olive oil to the pan and stir in the diced onion. Cook until fragrant and slightly soft, about 3 minutes. Add diced mushrooms, minced sage, and red-pepper flakes. Cook until mushrooms are golden and fragrant, about 8 minutes. Return the cooked turkey to the pan and stir in the cooked quinoa. Heat through for a few minutes longer (just long enough for all the flavors to blend together). Season with salt and pepper to taste.
5. Divide turkey, quinoa, and mushroom mixture between the four squash halves (you will have leftover mixture). Save and use as leftovers!
6. Add a few extra minced sage leaves for garnish.

Cucumber, Peach & Corn Salad by

ohmyveggies.com

Ingredients

For the salad:

- 2 medium cucumbers, peeled, halved lengthwise and sliced
- 3 small peaches, sliced
- 2 medium ears corn, kernels removed
- 1/2 cup thinly sliced green onion
- 1/4 cup chopped fresh mint
- 1/4 cup sliced almonds

For the dressing:

- 1/4 cup olive oil
- 1 1/2 tablespoons honey
- 1 1/2 tablespoons apple cider vinegar
- 1 clove garlic, minced
- Salt and pepper, to taste

Instructions

For the salad:

1. In a large bowl, add the cucumber, peaches, corn kernels, green onion, mint and almonds.
2. Toss to combine.

For the dressing:

1. Whisk together all the ingredients for the dressing in a small bowl. Pour the desired amount into the bowl with the cucumber and toss to combine.

Butternut and Apple Bruschetta by

atabletopaffair.com

Ingredients

- 10 oz butternut squash cubed
- 1 apple, cut and diced into small pieces
- 1 french baguette
- 6 tbsp olive oil
- 3 tbsp of honey
- 1 tsp cinnamon
- 1 tsp nutmeg
- 1 tsp all spice
- 1 tsp cloves
- 2 tbsp salt

- 1 tbsp pepper
- 1 cup feta cheese
- 10 sprigs of thyme
- 2 tbsp balsamic vinegar

Instructions

1. Preheat the oven to broil on high at 525 degrees F.
2. Heat the Butternut squash- roast for 20 minutes
3. Toss the butternut squash and apples with oil, honey and spices, retain 1 tbsp of salt.
4. Place the French Baguette slices on a greased cookie sheet and top with 1 tbsp of mixture.
5. Sprinkle the remaining tbsp of salt, ½ of the feta cheese and chopped thyme over the top of each slice of bruschetta.
6. Place in oven for 3-5 minutes, watching it so it doesn't burn.
7. Remove and drizzle with balsamic vinegar and top with remaining feta cheese.
8. Serve and Enjoy!

Apple Cider Chicken Skillet by tablefortwoblog.com

Ingredients

- 1/2 large onion, thinly sliced
- 1 medium apple, sliced
- Fresh rosemary, thyme, and sage
- 1/2 cup all-purpose flour
- 1 heaping tablespoon poultry seasoning
- 1 teaspoon kosher salt
- 1 pound boneless skinless thin sliced chicken breasts
- 2 tablespoons salted butter, divided

- 1 tablespoon olive oil
- 3/4 cup apple cider
- 1/4 cup chicken stock

Instructions

1. Prepare onion and apples and set aside. Chop the herbs and set aside.
2. In a shallow container, whisk together all-purpose flour, poultry seasoning, and salt.
3. Remove chicken from packaging and coat both sides in the flour mixture, shaking off the excess, then place on a plate and repeat until all the chicken is coated.
4. Melt 1 tablespoon of butter and 1 tablespoon of olive oil in a large skillet over medium-high heat. Once the butter and oil are hot, add the chicken to the skillet to brown on both sides. Since they are thinly sliced, these will cook rather quickly. You don't want to cook them all the way through since they will finish cooking later.
5. Remove the browned chicken from the skillet and set on a plate for later.
6. Add the remaining 1 tablespoon of butter to the skillet then add the sliced onion and apples. Cook until relatively soft, about 7 minutes. Stir in the herbs.
7. Add the apple cider and chicken stock and add the chicken back into the mixture.
8. Cover and let simmer for 7-10 minutes until mixture is nice and thick and chicken is cooked through. Season with salt and pepper, to taste.

