



## *The Dreyer Flyer Week 18: Sept. 15<sup>th</sup> & 18<sup>th</sup>*

**Small:** Spaghetti Squash, Apples, Jalapeno Peppers, Eggplant, Basil, Pickling Cucumbers, Green Beans, Corn

**Medium:** Spaghetti Squash, Marinara Sauce, Apples, Jalapeno Peppers, Eggplant, Basil, Pickling Cucumbers, Corn, Green Beans

**BAM:** Spaghetti Squash, Marinara Sauce, Apples, Basil, Green Beans

**Market:** Spaghetti Squash, Marinara Sauce, Mushrooms, Eggplant, Basil, Apples, Mozzarella and Flying Meatballs!

**Wellness Tip from Patty:** Make half your plate vegetables!

When thinking about filling your plate try to make 1/2 of your plate vegetables. Vegetables are the backbone of a healthy diet. They are loaded with vitamins, minerals and fiber. A diet rich in vegetables can reduce the risk of heart disease, diabetes and some cancers. Ways to include more vegetables:

- Raw vegetables with dip (hummus, guacamole, white bean dip)
- Salad - you can make your salad a meal. Add vegetables, beans, quinoa, fruit, nuts, etc
- Soups and chili - make ahead and freeze soups so you can quickly defrost. Add vegetables to your chili - turnips, peppers, zucchini, etc

**Jalapeno Bacon Corn Salad** by  
delish.com

**Ingredients**

- 3 cups of corn kernels
- 6 slices of cooked bacon
- 1 tbsp. cilantro
- 1 jalapeno minced

- 1/3 cup of mayo or Greek yogurt
- Juice of 2 limes
- 1 tsp. chili powder
- 1 tsp. garlic powder
- Kosher Salt & Fresh Ground pepper to taste

**Instructions**

1. In a large bowl, combine all ingredients. Stir until ingredients are completely mixed and coated in dressing. Garnish with herbs, if desired, then serve.

### **Jalapeno Cheddar Cornbread** by pipanddebby.com

#### **Ingredients**

- 1 cup cornmeal
- 1 cup all-purpose flour
- 1/2 cup granulated sugar
- 2 teaspoons baking powder
- 1 teaspoon salt
- 2 eggs
- 1 cup milk
- 1/2 cup salted butter, melted
- 1/4 cup honey
- 1 cup shredded cheddar cheese
- 1 jalapeno pepper seeded and diced
- Extra jalapeno slices and honey for topping optional

#### **Instructions**

1. Preheat oven to 400 degrees F and generously coat a cast iron pan (or a square 9x9 baking dish) with cooking spray and set aside. In a medium bowl, combine the cornmeal, flour, sugar, baking powder and salt. Mix well and set aside.
2. In a large bowl, combine the eggs, milk, butter and honey. Mix with a wooden spoon until just combined and stir in the dry ingredients. Fold in the cheese and diced jalapeno. Pour the mixture into the prepared pan. Top with jalapeno slices and a few drizzles of honey, if desired. Bake in the preheated oven for 20-25 minutes or until golden brown and cooked through in the center. Cut and serve!

### **Roasted Eggplant, Crisp Garlic and Basil Pasta** by saltandwind.com

#### **Ingredients**

- 1 Globe eggplant ends trimmed
- 6 tablespoons olive oil divided plus more for garnish
- 4 sprigs fresh thyme (or oregano) leaves stripped
- kosher salt and Freshly ground black pepper
- 6 medium garlic cloves thinly sliced
- 1 (14-ounce) can tomato puree
- 1 tablespoon balsamic or sherry vinegar
- 1 teaspoon unrefined cane sugar optional
- 12 ounces spaghetti
- 3 ounces feta or goat cheese crumbled
- 1 handful fresh basil leaves thinly sliced

#### **Instructions**

1. **To Roast Eggplant:** Heat oven to 450°F and arrange a rack in the middle. Slice baby eggplant lengthwise or cut larger eggplant into 1-inch cubes then combine with half of the olive oil and the thyme or oregano. Season with salt and freshly ground black pepper and toss to combine. Spread on a silicone baking mat or foil-lined baking sheet in one even layer and roast, stirring a few times, until soft and golden brown, about 20 to 30 minutes.
2. **To Crisp The Garlic:** Meanwhile, bring a large pot of heavily salted water to a boil over high heat. In a large frying pan, heat the remaining oil over medium-high heat. When it shimmers, add garlic and cook until garlic is crisp, golden brown, and

fragrant. Remove garlic to a paper towel-lined plate and set aside.

3. **To Make The Simple Tomato Sauce:** Return pan with olive oil to the stove over medium heat and add the tomatoes and vinegar, sugar, season with salt, reduce heat to medium-low, and simmer, stirring occasionally, until slightly thickened, about 10 minutes
4. Meanwhile, when the water boils, cook pasta according to package directions. Reserve 1 cup of pasta water and drain pasta. Set aside. Add eggplant to pasta sauce and simmer until heated through. Taste, and, add more vinegar if sauce is sweet, or, as needed, add sugar to make the sauce sweeter.
5. **To Finish The Pasta:** Add reserved pasta to pasta sauce and stir to coat. Add 1/4 cup of the reserved pasta water and stir until each piece of pasta is just coated with the sauce. Add additional pasta water as needed to help the sauce coat the pasta. Remove from heat, top with cheese, basil, and crisp garlic and season with additional salt and pepper, as desired. Finish pasta with a drizzle of additional olive oil and serve.

### **Caramelized Corn and Green Bean Skillet with Cumin** by a

gratefulmeal.com

#### **Ingredients**

- 4 quarts of water, divided (3 quarts for boiling, 1 quart for ice bath)

### **Jalapeno Garlic Basil Pickles** by dizzybusyandhungry.com

#### **Ingredients**

- 1 cup vinegar
- 1 cup water
- 1 tablespoon sugar
- 1 teaspoon coriander seeds
- 2 teaspoons minced garlic
- 1/8 teaspoon salt
- 2-3 cucumbers (quartered (more or less depending on what fits in your jar))
- 10 jalapeno slices
- handful of fresh basil leaves (I counted about 20 leaves of varying sizes in my handful)

#### **Instructions**

1. Combine vinegar, water, sugar, coriander seeds, garlic, and salt in a sauce pan. Heat until the sugar dissolves (not until boiling), stirring periodically. Let cool completely.
2. Place some of the jalapeno slices and basil leaves in the jar. Stuff the cucumbers on top. Place the rest of the jalapenos and basil in between and on top of the cucumbers.
3. Pour the vinegar mixture into the jar, covering the cucumbers completely.
4. Store in the refrigerator for 12 hours before serving

- 1 1/2 tsp. salt, divided (1 tsp for boiling water, 1/2 tsp for seasoning corn)
- 1 lb. green beans, trimmed
- 2 tbsp. butter
- 2 tsp. cumin
- 1/4 tsp. red pepper flake (or more if more spice is desired)

- 4 ears of corn, kernels cut off the cob

### Instructions

1. Bring 3 quarts of water to boil. Add 1 tsp. of salt and green beans. Cook for about 3 minutes. Transfer beans into ice cold water and allow to cool.
2. Melt butter in heavy bottomed skillet (like a cast iron). Once melted and starting to foam, add in cumin and red pepper flake and saute until fragrant. Careful not to burn spices.
3. Add in corn kernels. Lower heat to low-medium and cook for 15-20 minutes or until corn is caramelized or browned. Stirring often and scraping bottom of pan to prevent burning.
4. Drain green beans and add to skillet. Cook until beans are warmed through.
5. Season with remaining salt or to taste.

## Chicken Pesto Spaghetti Squash by

theroastedroot.com

### Ingredients

#### FOR THE SPAGHETTI SQUASH:

- 1 large spaghetti squash
- 2 Tbsp avocado oil
- 1 pinch sea salt

#### FOR THE CHICKEN:

- 1 Tbsp avocado oil
- 1 1/2 lbs boneless chicken thighs chopped
- 1 tsp paprika
- 1 tsp ground cumin
- 1/4 tsp sea salt to taste

### PESTO:

- 2 cup fresh basil leaves
- 2/3 cup pumpkin seeds
- 2/3 cup avocado oil
- 1 large clove garlic
- 1 cup parmesan optional

### Instructions

1. Roast the spaghetti squash- 400 degrees 40 minutes, halved and scooped out
2. While the squash is roasting, prepare the homemade pesto sauce. To do so, add all ingredients except the oil to a food processor. Pulse a few times to chop the ingredients. Leave the food processor on and stream oil through the top. Continue processing until desired texture is reached.
3. Heat a skillet to medium-high and add 1 to 2 tablespoons avocado oil or coconut oil. Add the chopped chicken, sea salt, paprika, and cumin. Brown the chicken without stirring for 3 minutes. Stir and continue browning without touching another 3 minutes. Stir chicken well, cover, and cook until cooked through, about 2 to 5 minutes more.
4. Once the squash is cool enough to handle, transfer the "spaghetti" strands to a large bowl. Add in the pesto sauce and toss well. Add in the chicken, including all of the liquid, and toss until everything is combined. Taste for flavor, and add sea salt to taste.

