



The Dreyer Flyer Week 20: Sept. 29th & Oct. 2nd

Small: Leeks, Lettuce, Peppers, White Sweet Potatoes, Cabbage, Butternut Squash, Apples

Medium: Leeks, Lettuce, Peppers, White Sweet Potatoes, Cabbage, Butternut Squash, Apples

BAM: Lettuce, Peppers, White Sweet Potatoes, Butternut, Apples

Market: White Sweet Potatoes, Apples, Butternut Squash, Leeks, Cabbage, Fulper Farms Feta, Griggstown Sausage

Let's talk leeks! Leeks are a vitamin rich member of the allium family that can often be overlooked for recipes other than potato leek soup. They are mild, sweet and add a pop of color to any plate! They often trap sand and dirt in between their leaves so the best way to prepare them is to cut into rounds and then submerge in a bowl of cold water with a splash of vinegar. They freeze well or last in the fridge for up to two weeks.

Wellness Tip from Patty: October Challenge

Patty's Wellness Tip: October Challenge

Here we are at the start of another month - a great time to challenge yourself. Is there something you have been wanting to try or a goal you have thought about but haven't committed to? Now is the time. Grab a friend and get started.

*Maybe it's 21 days of exercising in the 31 days of October.

*Maybe it's 25 days of doing 25 burpees.

*Maybe it's running xx miles by oct 31 - you have the next 31 days to work towards it.

*Maybe it's starting a meditation practice - sitting for at least 5 minutes per day.

*Maybe it's reading a book you have had on your nightstand waiting to find time to start.

*Maybe it's disconnecting from social media or setting a time limit on scrolling.

Sometimes the smallest step in the right direction ends up being the biggest step of your life. Let me know if you need help getting started it want an accountability partner.

Twice Baked Sweet Potatoes with Leeks and Sausage by

sidewalkshoes.com

Ingredients

- 4 small sweet potatoes
- 1 Tbs. olive oil
- 1/2 lb. bulk sweet Italian sausage or link sausage, casings removed
- 1 Tbs. unsalted butter
- 1 lb. leeks white and light-green parts only, quartered lengthwise and thinly sliced (about 2 cups)
- 1 tsp. chopped fresh sage
- 1/4 tsp. chopped fresh thyme
- Kosher salt
- 1/2 cup sour cream
- 1/4 cup grated Gruyère

Instructions

1. Preheat the oven to 375. Line a baking sheet with aluminum foil or parchment. Wash and scrub the sweet potatoes and pierce them in a few places with a small knife or fork. Place on the baking sheet and roast for 40-60 minutes (depending on the size). Remove from oven and set aside until cool enough to handle.
2. Add the oil to a skillet over medium high heat. Add the sausage and reduce the heat to medium. Brown, breaking up the sausage into bits, about 5 or 6 minutes. Remove from pan. You can either pour off most of the fat and add the butter, or just leave the fat in like I did and omit the butter. Add the leeks, thyme, sage, and salt to the pan and saute until golden about 10 minutes.
3. Cut the sweet potatoes in half and gently scoop out the flesh leaving about 1/4 inch around the skin. Place

the scooped out flesh into a medium bowl and mash it a bit with a fork or spoon. Stir in the sour cream and season with salt. Add the sausage and leeks and stir to combine. Spoon the filling carefully back into the sweet potato shells, mounding it up. Place them back on a lined sheet pan and top with the grated cheese.

4. Preheat a broiler and broil the sweet potatoes until the cheese is melted and golden.

Roasted Sweet Potato and Leek Soup by spoonforkbacon.com

Ingredients

- 2 pounds sweet potatoes, peeled and cut into 2 inch chunks
- 3 1/2 tablespoons extra virgin olive oil, divided
- 2 tablespoons unsalted butter
- 1 large leek, cleaned and thinly sliced
- 1 large shallot, diced
- 2 garlic cloves, minced
- 1 tablespoon minced thyme
- 2 teaspoons minced sage
- pinch fresh nutmeg
- 2 1/2 to 3 1/2 cups warm chicken or vegetable stock
- salt and pepper to taste

Instructions

1. Preheat oven to 375° F.
2. Place sweet potatoes onto a large baking sheet and drizzle with 2 1/2 tablespoons oil. Season with salt and pepper and toss together.
3. Roast sweet potatoes for 35 to 40 minutes or until fork tender, tossing halfway through the roasting time.
4. Remove from the oven and set aside.

5. In a large saucepan over medium heat add remaining oil and butter.
6. Add leek, shallots and garlic and sauté for 4 to 5 minutes or until leeks and shallots become slightly translucent. Season with salt and pepper.
7. Add thyme and sage to the leek mixture and continue to sauté for 3 to 4 minutes.
8. Transfer roasted potatoes and leek mixture to the well of a blender and top off with 2 ½ cups of stock. Blend until the mixture is smooth and thick enough to coat the back of a spoon. Add more stock as needed.
9. Pour pureed soup back into the saucepan and season with salt and pepper. Simmer soup for 4 to 5 minutes.

Spiralized Butternut Squash Leek

Risotto by inspiralized.com

Ingredients

- 1 medium butternut squash, peeled, Blade C
- 1 tablespoon extra virgin olive oil
- ¾ cup sliced leeks
- 2 cloves of garlic, minced
- ½ teaspoon dried thyme
- salt and pepper, to taste
- ½ cup chicken broth
- ⅓ cup grated Parmesan cheese

Instructions

1. Pulse the butternut squash noodles in a food processor until rice-like, then set aside.
2. Heat the olive oil in a large skillet over medium heat. Once oil is shimmering, add the leeks and garlic and cook for about 5 minutes or until leeks soften. Add the butternut squash rice, season with thyme, salt

and pepper and stir. Cook for 2 minutes to heat through, then add the broth. Bring mixture to a boil and then lower heat to low and let simmer for 10-15 minutes or until broth is mostly evaporated (you want a little moisture) and butternut squash is softened.

3. Remove the skillet from heat and fold in the cheese. Stir until cheese has fully melted through.
4. Spoon risotto into bowls and serve hot, garnished with extra pepper.

Leek & Corn Pasta by mixandmatchmama.com

Ingredients

- 4 leeks, cleaned and chopped (see below for cleaning instructions), set aside
- 1 pound of pasta (we used a rotini)
- 1½ pounds of shrimp, peeled and deveined (if you use frozen, make sure to bring them to room temp first per package directions)
- Extra Virgin Olive Oil (EVOO)
- salt and pepper
- 2 garlic cloves, chopped
- 1 (14 oz) can cream style corn
- 1½ cups fresh or frozen corn kernels
- grated Parmesan cheese, to garnish
- Chopped parsley to garnish

Instructions

1. Start off by washing your leeks (see below). After they're chopped, cleaned and drying, bring a large pot of water up to a boil over medium-high heat and drop your pasta. Allow pasta to cook to al dente (about 8 minutes or so) and then drain.

2. Meanwhile, in a large skillet over medium-high heat, add your shrimp in a drizzle of EVOO. Add in a pinch of salt and pepper. After your shrimp is cooked through (it only takes a few minutes), remove them with a slotted spoon to a plate and reserve. If there is any water in your pot leftover from the shrimp, drain it out and return the pot to the heat. Add in another drizzle of EVOO and your garlic and reserved chopped leeks. Saute a few minutes until the leeks get a little tender. Next, add your shrimp back into the pot along with your cream corn and fresh corn kernels. Stir just a few minutes until everything is nice and heated. Finally, add in your cooked pasta along with one more pinch of both salt and pepper.
3. When it's time to serve, garnish with a little parsley and Parm and you're done!

- 1/4 tsp nutmeg
- 2 eggs
- 1/2 cup full fat canned coconut milk
- 1/4 cup raisins
- 1/4 cup chopped pecans

Instructions

1. Preheat the oven to 400F.
2. If you haven't already shred the sweet potato until you have about 1 1/2 cups, packed.
3. Shred the apple until you have about 3/4 cup, packed. As you pack the shredded apple, you'll naturally squeeze the juice out. You can save the juice for a recipe later, or drain in the sink. Be sure to press the apples into the measuring spoon very well, in order to get as much of the juice out as possible.
4. In a large bowl, whisk the salt, cinnamon, nutmeg, eggs and milk together well.
5. Heat coconut oil in a cast iron skillet. Add the sweet potato and cook, stirring often, until the majority of the sweet potato is golden in color.
6. Pour the sweet potato into the egg/milk mixture and add the apples and half of the raisins. Stir well so the ingredients are thoroughly mixed together.
7. Pour this back into the skillet, smooth the top and sprinkle the remaining raisins and pecans on top.
8. Bake in the oven for 10-15 minutes, or until the eggs are set and begin to brown.

Breakfast Sweet Potato Apple Bake

by dontwastethecrumbs.com

Ingredients

- 1 large sweet potato, shredded (about 1 1/2 cups packed)
- 1-2 apples, shredded (about 3/4 cups packed, juices reserved for another recipe)
- 1 Tbsp coconut oil
- 1/4 tsp salt
- 1-2 tsp cinnamon

