



The Dreyer Flyer Week 25: Nov. 3rd & 6th

Small: Bosc Pears, Broccoli, Apples, Spinach, Sweet Potatoes, Kale, Butternut, Apple Cider

Medium: Bosc Pears, Broccoli, Apples, White Sweet Potatoes, Kale, Butternut, Cauliflower, Apple Cider

BAM: Bosc Pears, Broccoli, Apples, Spinach, Apple Cider

Market: Bosc Pears, Broccoli, Apples, Kale, Cauliflower, Apple Cider, Griggstown Chicken, Thyme, Shallot, Ginger

Hey everyone! Only a few weeks left of CSA sadly but that means it's time for a little housekeeping. If you took vacation holds this year we will return up to 2 weeks as store credit that you can use for anything from your turkey deposit to Thanksgiving pies! Let Patty know on Tuesday or Friday to receive your credit. Thanks everyone!

Wellness Tip from Patty: Sugar

So now that we all have too much candy in the house, let's talk about sugar. And I'm talking about refined sugar not "real" sugar that you get from natural foods.

Refined sugar is highly addictive. It causes weight gain, messes with your metabolism, increases your risk of heart disease, diabetes and cancer and impairs your brain function. Substance abuse researchers have done brain scans on people after eating sugar and it is comparable to the way the brain of a drug addict would light up after using drugs.

In one study 93% of rats chose sugar water over cocaine.

If you are addicted to sugar and are trying to break the habit, make sure you are aware of all the different names sugar can be disguised as (about 56 different names). Try to avoid processed foods as much as possible and replace refined sugar with “healthy sugar”.

Chicken with Pears by

butterandbaggage.com

Ingredients

- 1 shallot, finely sliced
- ¾ cup apple cider
- ½ cup pure maple syrup
- 1 teaspoon fresh ginger
- 1 tablespoon apple cider vinegar
- 1 teaspoon fresh thyme, plus 4 sprigs
- ¾ teaspoon salt
- ½ teaspoon pepper
- chicken thighs, bone in
- 3 pears, peeled, cored and quartered

Instructions

1. In a large ziplock, combine shallot, cider, syrup, ginger, vinegar, thyme, salt and pepper. Add chicken and refrigerate overnight, turning to coat all the pieces.
2. Preheat oven to 400°. Place chicken and marinade in a 13 x 9 inch baking dish. Arrange pieces skin side up and place pear quarters around the chicken pieces.
3. Bake for 1 hour or until chicken is cooked through, basting occasionally.
4. Maple, only slightly adapted.

Sheet Pan Roasted Chicken with Sweet Potatoes and Broccoli by

gimmedelicious.com

Ingredients

- 4 medium chicken breasts (pounded thin)

- 2 tablespoons Cajun seasoning (or taco seasoning)
- 2-3 cloves garlic (minced)
- 1 tablespoon lemon juice (or lime)
- 4 cups sweet potatoes (diced)
- 4 cups broccoli florets
- 2 tablespoons olive oil
- salt (to taste)
- pepper (to taste)

Instructions

1. Preheat oven to 425F. Line a baking sheet with foil or parchment paper and set aside.
2. Place diced sweet potatoes on a baking sheet, drizzle with a light layer of oil and drizzle of salt & pepper. Bake for 15 minutes.
3. While the sweet potatoes are baking, combine the chicken, seasoning, garlic, olive oil, and lemon juice in a large mixing bowl. Mix until the chicken is fully coated with spices.
4. Remove sweet potatoes from the oven and add chicken and broccoli to the same pan (keep sweet potatoes in the pan). If the pan is too small, split them into two pans. Drizzle the broccoli with a light layer of olive oil and salt & pepper.
5. Return sheet pan to the oven and bake another 15 minutes or until the chicken is cooked through. Turn on the broiler to high and broil for 2-3 minutes or until the chicken is golden (optional step).

Pear Apple Broccoli Salad by

willcookforsmiles.com

Ingredients

- 2 broccoli bunches each bunch is normally 3 stalks
- 1 large Fuji apple another sweeter apple can be used
- 1 pear
- 1 cup candied pecans plain pecan can be substituted
- 1/2 cup blue cheese crumbles
- 1 shallot
- 3/4 cup apple vinaigrette
- Dash of salt

Instructions

1. Cut off broccoli florets and chop them into smaller pieces. Add broccoli to a mixing bowl.
2. Slice shallot thinly and add it to the broccoli.
3. Peel, core, and dice apple and pear. Add it to the broccoli as well.
4. Chop pecan and add it to the bowl with other veggies and fruit.
5. Add blue cheese crumbles to the bowl. Mix everything gently and add a little salt.
6. Add apple vinaigrette and mix gently until all evenly combined.
7. Cover the bowl and refrigerate for a couple of hours before serving.

Broccoli Spinach Soup by

lastingredient.com

Ingredients

- 1/4 cup plus 2 tablespoons olive oil
- 1 medium yellow onion, finely chopped
- 2 large garlic cloves, peeled and sliced
- 1-1/2 teaspoon kosher salt
- 1 teaspoon black pepper
- 2 cups water

- 2 cups vegetable stock
- One 8-ounce baking potato, peeled and cut into 1-inch pieces
- 2 pounds broccoli—stems peeled and sliced, florets cut into 1/2-inch pieces
- 5 ounces baby spinach
- 4 ounces sourdough bread, cut into 1/2-inch dice
- 1 tablespoon red wine vinegar
- Minced chives for serving

Instructions

1. Preheat the oven to 400 degrees F.
2. Heat 1/4 cup olive oil in a large saucepan over medium high heat. Add the onions, garlic, salt and pepper and sauté until soft and starting to brown, about 5 to 7 minutes. Stir in the water, vegetable stock, potatoes, broccoli stems and two-thirds of the florets. Bring to a boil and reduce to a simmer until the potatoes and broccoli stems are tender, about 30 minutes. Stir in the spinach until it wilts.
3. Store the soup in an airtight container in the fridge for up to 1 week or in the freezer up to 1 month.
4. While the soup is cooking, toss the remaining broccoli florets with 1 tablespoon olive oil, 1/4 teaspoon salt and 1/4 teaspoon pepper. Place on one side of a sheet pan. Roast for 10 minutes. Toss the sourdough with the remaining olive oil, salt and pepper. Place on the other half of the sheet pan and roast for another 10 minutes until the florets and croutons are light brown and crisp.
5. Carefully puree the soup in batches in a blender and stir in the red wine vinegar. Top with the florets, croutons and minced chives.

Sweet Potato Egg Casserole by

ifoodreal.com

Ingredients

- 1.5 lbs sweet potatoes coarsely grated
- 12 large eggs
- 1 tbsp taco seasoning
- 2 tsp garlic powder
- 1 1/2 tsp salt
- Ground black pepper to taste
- 1 cup any milk I used unsweetened almond
- 1 cup sharp hard cheese shredded & divided**
- 1/2 cup green onions or cilantro chopped
- 2 tbsp jalapenos seeded & minced
- 4 cups baby spinach
- Cooking spray

Instructions

1. Preheat oven to 375 degrees F, line 9x13 baking dish with unbleached parchment paper and spray with cooking spray.
2. In a large mixing bowl add eggs, taco seasoning, garlic powder, salt and pepper; whisk for 30 seconds. Add milk, 2/3 cup cheese, green onions, and jalapenos; whisk to combine.
3. Add sweet potatoes and spinach, and stir well to mix. Mixture will be thick, and it might look like it needs more eggs but it doesn't. Transfer to prepared baking dish, flatten with spatula and bake for 1 hour. Sprinkle with remaining 1/3 cup cheese and bake for a few more minutes until cheese is melted.

4. Remove from the oven, cool for 10 minutes and cut into 12 squares using long serrated knife. Serve warm (great for holidays) or cold (awesome for meal prep).

Vegetarian Spinach & Feta Stuffed

Sweet Potatoes by

everydayhealthyrecipes.com

Ingredients

- 5-6 small sweet potatoes
- 100 g fresh spinach chopped
- 100 g feta
- 1 garlic clove chopped
- 2 tbsp olive oil plus more for drizzling
- pepper to taste

Instructions

1. Preheat the oven to 400 F. Line a baking tray with parchment paper. Cut the sweet potatoes in half lengthways and place on the tray cut side up. Drizzle with a little oil using a basting brush to spread it evenly and bake for 30-35 minutes or until tender.
2. Remove the potatoes from the oven and using a small spoon or melon baller scoop out the middle (not too much, about 1.5-2 tsp from each half). Combine with the spinach, garlic, feta and 1 tablespoon of the oil, add pepper to taste and blitz the mixture is sticky. Do not overblend.
3. Divide the mixture between the potato halves, drizzle with a little oil and bake for an additional 10 minutes. Serve hot or cold.

