



## *The Dreyer Flyer Week 27: Nov. 17<sup>th</sup> & 20<sup>th</sup>*

**Small:** Cheese Pumpkin, Spinach, Honey, Cauliflower, Apples, MORE FALL SQUASH

**Medium:** Cheese pumpkin, Spinach, Honey, Broccoli, Cauliflower, Apples, MORE FALL SQUASH

**BAM:** Spinach, Honey, Broccoli, Cauliflower, Apples

**Market Box:** Cheese Pumpkin, Spinach, Honey, Broccoli, Cauliflower, DeBragga Chicken Breasts

Thank you everyone for an amazing year. Thank you for your smiles, your flexibility, your creativity and your support for the last working farm in Union County. – The CSA Team

**Patty's Wellness Tip:** Well not really a wellness tip but a thank you. Thank you for supporting Dreyer Farms and our CSA program and thank you for sharing your beautiful creations on the CSA family page. I have enjoyed seeing and chatting with you all each week and hope to see you all again next year.

We will automatically roll everyone over to next year (just in our spreadsheet - no automatic payments). If you would like to make any change to next year (share size, installment vs paid in full, pick up day, opt out) please email [dreyerfarmscsa@gmail.com](mailto:dreyerfarmscsa@gmail.com). If we don't hear from you we will assume everything will stay the same and will send an invoice to you.

On a personal note, I am a certified health coach, personal trainer and group fitness instructor as well. If you would like any further information, please find me on Facebook (Patty Cameron Bromberg) and I will invite you to join my "business" page. I currently run outdoor fitness classes and am planning on continuing through the winter.

Thank you for everything and see you all soon! - Patty

### **Mashed Cauliflower and Spinach** by

[familyfeast.com](http://familyfeast.com)

#### **Ingredients**

- 1 large head organic cauliflower, trimmed down to the florets
- 2 tablespoons extra virgin olive oil
- 1 cup sweet onion, diced small

- 2 cups organic fresh baby spinach
- ½ teaspoon kosher salt
- ¼ teaspoon freshly ground black pepper
- 1/8 teaspoon garlic powder
- 2 tablespoon butter

#### Instructions

1. Bring a medium pot of salted water to a boil and add cauliflower. Cook just until tender, about ten minutes.
2. While cauliflower is cooking, heat a medium sauté pan over medium high heat and add olive oil.
3. Once hot, add onions and sauté for 4-5 minutes or until completely cooked.
4. Add the spinach, toss and remove from heat.
5. Drain the cauliflower but retain about a cup of the cooking water.
6. Pulse the cauliflower until rice size but not pureed.
7. Add the spinach mixture scraping the oil with it, salt, pepper, garlic powder and butter and pulse to combine. Do not over mix.
8. If mixture is too thick, spoon a little of the cauliflower water in. We did not need to do that with ours.
9. Serve immediately

### Roasted Honey Garlic Cauliflower

by kirbiecravings.com

#### Ingredients

- 1/2 head of cauliflower cut into bite-sized florets

#### FOR THE SAUCE

- 6 tbsp honey
- 4 garlic cloves minced
- 1 tsp onion powder
- 1 1/2 tbsp soy sauce
- 1/2 tbsp sriracha sauce or to taste
- 6 tbsp water

- 2 tsp cornstarch

#### Instructions

1. Preheat oven to 400°F. Line a large baking sheet with parchment paper. Place cauliflower florets on a baking sheet. Roast for about 15-20 minutes or until cauliflower is cooked and tender but still a little crisp. Allow cauliflower to cool for a few minutes
2. While the cauliflower is cooking, make sauce on the stove. Add all sauce ingredients except the cornstarch + water. Bring to a low boil and stir until blended. In a small bowl, completely dissolve cornstarch in water, then add to the mixture. Stir until sauce boils again and cook until sauce thickens (about 2 minutes). Set sauce aside and allow to cool for a few minutes (it should still be quite warm, but not so hot as to burn your skin if you were to touch it). Sauce will thicken even more when cooling down.
3. When cauliflower has cooled down enough that you can touch them without burning yourself, add them to a large bowl. Pour in sauce and toss cauliflower in sauce and coat. Please allow cauliflower to cool down slightly before tossing in sauce, otherwise if they are too hot, it will thin out your sauce considerably. Serve while still warm. Garnish with fresh scallions if desired.

### Skillet Honey Garlic Chicken by

easyfamilyrecipes.com

#### Ingredients

- 2 lbs chicken breasts boneless skinless
- 1/2 cup chicken broth
- 1/4 cup honey

- 4 cloves garlic pressed
- 1/2 tsp salt
- 1/2 tsp ground black pepper
- 1 tbsp olive oil

### Instructions

1. Mix the chicken broth, honey, garlic, salt and pepper together with a whisk until the honey is dissolved and everything is evenly combined.
2. Cut the chicken breasts in half lengthwise so they are half the thickness (butterfly.) Place them in a covered container or zip top bag and pour the honey mixture over them to coat. Let rest in the refrigerator for 10-15 minutes.
3. Heat the olive oil over high in a large skillet. Use tongs, to place the chicken breasts in a single layer on the skillet and cook for 4-5 minutes. If there is not enough room to do a single layer, cook the chicken in 2 separate batches so they do not overlap. Flip each chicken breast over and continue to cook for 2-3 minutes until there is a sear on the bottom, then pour the remaining honey mixture into the pan and bring to a boil and let cook for an additional 3-4 minutes or until the sauce starts to thicken.
4. Remove from heat and serve warm spooning additional sauce over top. Enjoy!

## **Butternut Squash Pasta** by acedarspoon.com

### Ingredients

- 4 Tablespoons olive oil, separated
- 1 butternut squash, peeled and diced (about 1 pound)
- 1 pound ground sausage, mild
- 4 garlic cloves, minced

- 1/2 pound orecchiette pasta (or pasta of your choice)
- 1/4 cup reserved pasta water (more or less for desired consistency)
- 1/4 cup freshly grated parmesan
- 1/2 teaspoon crushed red pepper (optional for a little spice)
- Salt and pepper to taste

### BUTTERNUT SQUASH SAUCE

- 1/4 cup of the roasted butternut squash
- 1 garlic clove, minced
- 1/4 cup freshly grated parmesan
- 3 sage leaves
- 1/4 cup pasta water, reserved
- 1/4 cup cream

### Instructions

1. Preheat oven to 400 degrees. In a large mixing bowl mix peeled/cubed butternut squash with 2 Tablespoons olive oil and a dash of salt and pepper.
2. Spread the squash on a non-stick baking sheet. Roast the butternut squash for 30 minutes, using tongs to stir the butternut squash a few times throughout cooking.
3. While the butternut squash is cooking cook the pasta according to package. Reserve 1/4 cup pasta water and set aside. Drain pasta and run under cold water. Put in the large mixing bowl once cooled.
4. In a large skillet heat 2 Tablespoons olive oil over medium heat and cook sausage, using a wooden spoon to break apart the sausage. When the sausage begins to brown add the garlic and continue to cook until the sausage is browned.
5. Add the sausage mixture to the pasta in the large mixing bowl.

6. Remove the butternut squash from the oven and set 1/4 cup of the squash aside. Put the rest of the squash with the sausage and pasta mixture.
7. In a blender puree 1/4 cup of the butternut squash, the sage, garlic clove, parmesan cheese, 1/4 cup reserved pasta water and the 1/4 cup of the cream.
8. Pour the butternut squash sauce over the pasta mixture and combine adding more reserved pasta water if needed to reach your desired consistency.
9. Sprinkle crushed red pepper, the freshly grated parmesan and salt and pepper to taste. Garnish with fresh sage, Italian parsley and serve warm.

- 3/4 cup raw cashews, soaked in water for at least 2 hours (up to 24), drained and rinsed
- 1/2 cup vegetable broth or more as needed to thin
- 2 tablespoons nutritional yeast
- 1/2 teaspoon salt
- 2 teaspoons lemon juice (freshly squeezed)
- pepper, to taste

#### Instructions

1. Preheat the oven to 400 degrees. Lay the butternut squash noodles out on a parchment paper lined baking sheet, season with salt and pepper, and cook for 10-12 minutes or until cooked through but slightly al dente (or cooked to your preference.)
2. Meanwhile, prepare the chicken and broccoli. Heat the oil in a large skillet over medium-high heat. Once oil is shimmering, add in the chicken and season generously with salt and pepper. Let cook on all sides until browned on the outside, about 7 minutes. Add the broccoli, season with salt and pepper, and cook for about 5 minutes or until broccoli is tender.
3. Meanwhile, prepare the sauce. Place all ingredients into a food processor and pulse until creamy. Taste and adjust, if necessary.
4. When chicken and broccoli is done, add the butternut squash noodles to the pan along with the sauce and red pepper flakes. Toss well to combine.
5. Divide mixture onto four plates and garnish with parsley.

## **Chicken and Broccoli Butternut**

### **Squash Pasta** by [inspiralized.com](http://inspiralized.com)

#### **Ingredients**

For the pasta:

- 1 large butternut squash, peeled, Blade C, noodles trimmed
- salt and pepper
- 1 tablespoon extra virgin olive oil
- 2 boneless and skinless chicken breasts, cubed
- 3 cups broccoli florets
- red pepper flakes
- chopped parsley, to garnish
- For the sauce:
- 1 garlic clove, minced
- 1 tablespoon minced shallots

