



The Dreyer Sheets

Week 4: June 8th & 11th

BAM: Arugula, Asparagus, Beets, Radish, Pickles, Lettuce, Mint

Small: Arugula, Asparagus, Beets, Green Squash, Radish, Pickles, Lettuce, Mint

Medium: Arugula, Asparagus, Beets, Green Squash, Radish, Pickles, Lettuce, Mint

Market Box: Arugula, Asparagus, Beets, Green Squash, Radish, Pickles, Lettuce, Mint, Chicken Breasts, lemon, Pickling Spice from Savory Spice

Food for Thought

Diet Culture - gives you a list of foods to avoid, an app to track every morsel, encourages exercise just to burn calories, makes 1200 calories/day believable.

Also Diet Culture - feeling out of control and anxious around food? Sorry, I can't imagine why. Definitely a YOU problem!

Let's ditch Diet Culture and learn to trust our bodies!!!

Pasta With Asparagus, Arugula and Ricotta

By Martha Rose Shulman

INGREDIENTS

- ¾ pound thin asparagus, woody ends snapped off, cut into 1-inch lengths
- Salt
- ¾ pound penne, fusilli or bow-tie pasta
- ½ cup fresh ricotta
- 2 tablespoons extra virgin olive oil
- A generous handful of baby arugula or wild arugula leaves, rinsed and spun dry (about 1 ounce, or 1 cup tightly packed)
- Freshly ground pepper
- ⅓ cup freshly grated Parmesan

PREPARATION

1. Bring a large pot of water to a boil, and add a generous amount of salt. Add the asparagus. Cook pencil-thin asparagus for two minutes, three to four minutes if stems are medium-thick. Transfer to a bowl of ice-cold water. Drain and set aside.
2. Place the ricotta in a large pasta bowl.
3. Bring the water back to a boil, and add the pasta. Cook al dente, following the directions for timing on the package but checking a minute before the suggested cooking time. Stir 1/3 cup of the pasta cooking water into the ricotta. Drain the pasta and toss at once with the olive oil and ricotta, the arugula, asparagus and Parmesan. Serve hot.

Barley With Beets, Arugula and Goat Cheese

Recipe from "The Leafy Greens Cookbook", Adapted by Tara Parker-Pope

INGREDIENTS

- 1 small beet
- 2 tablespoons olive oil
- ½ small onion, diced small
- 1 clove garlic

- 1 cup barley
- 2 cups water or broth
- 1 cup arugula
- Salt and pepper
- ¼ cup goat cheese

PREPARATION

1. Heat the oven to 400 degrees. Wrap the beet in foil and roast in oven for 40 minutes, until it can be easily pierced with a knife. Allow to cool slightly. Peel the beet by wrapping it in plastic wrap and rubbing off the skin. Dice into 1/2 inch pieces.
2. In a medium saucepan, heat the oil. Add the onion and cook until it becomes translucent, about 3 minutes. Add the garlic and cook for 1 minute. Add the barley and the broth. Stir, cover and simmer for 20 minutes, or until the barley is cooked and tender. Stir in the arugula and the beets. Season with salt and pepper. Crumble the goat cheese on top.

Grilled Asparagus and Zucchini Salad with a Lemon and Basil Vinaigrette By AudreysApron

Ingredients:

- 1 bunch of asparagus
- 3 medium zucchini
- 1 tbsp EVOO
- Freshly cracked sea salt and pepper

For the vinaigrette:

- Zest and juice from 1 lemon
- 1 tbsp EVOO
- 1 garlic clove, grated or minced
- 1/4 cup chopped fresh basil (or herb of choice)
- 3 minced scallions

- 1/4 tsp red pepper flakes
- Freshly cracked sea salt and pepper

1). Heat the grill to medium-high heat. Prepare the asparagus by trimming the ends. Cut the ends off the zucchini and slice in half. Toss in olive oil and season with salt and pepper. Add the zucchini to the grill, flipping after about 6-7 minutes. Add the asparagus and cook for about 5 minutes per side. The zucchini and asparagus are ready when they are easily pierced with a fork.

2). Meanwhile, prepare the vinaigrette. In a bowl, whisk together the lemon zest/juice, olive oil, basil, garlic, scallions, red pepper flakes, salt, and pepper.

3). When the zucchini and asparagus are fork-tender, remove them from the grill and chop into about 1 inch pieces. Add the chopped veggies to the bowl with the vinaigrette and lightly toss to combine. Taste and re-season, if necessary.

Storage Tips:

Arugula: Keep arugula refrigerated, stored in a perforated plastic bag, away from fruits to avoid deterioration. Keep the stems moistened in a damp paper towel and put into the vegetable drawer or most humid part of your fridge. Arugula is good raw in a salad, cooked with other leafy greens or easily made into pesto.

Zucchini: Store in a plastic bag in the refrigerator in the crisper drawer. It should last about 5 days. Wash right before use. When you see the zucchini getting soft it is deteriorating quickly so use it right away.

Cucumbers: Always store in the fridge, unwashed. They will keep for several days.

