



## The Dreyer Sheets

Week 6: June 22nd & 25th

BAM: Blueberries, Bok Choy/Napa Cabbage, Green Squash, Onions, Arugula, Pickles, Dill

Small: Blueberries, Bok Choy/Napa Cabbage, Green Squash, Onions, Arugula, Pickles, Dill

Medium: Blueberries, Bok Choy/Napa Cabbage, Green Squash, Onions, Arugula, Rainbow Swiss Chard, Pickles, Dill

Market Box: Blueberries, Bok Choy/Napa Cabbage, Green Squash, Onions, Arugula, Pickles, Dill, Ground Pork or chicken, Ginger

**\*\*Essentials - enjoy some Rosemary Garlic Ciabatta this week!\*\***

### Wellness Tip - Comparison

On the heels of gratitude, let's talk about comparison.

Do you ever find yourself comparing yourself to someone else - what they look like, where they live, what they drive? Do you wish you had what they have? Do we ever know the whole story that goes with that person? If we did, would we still want what they have?

Have you ever thought that maybe someone else is wishing they had what you have?

“Comparison is the thief of joy!”

“The same light you see in others is shining within you too!”

## Sauteed Swiss Chard and Summer Squash

### INGREDIENTS:

- 1 medium to large squash or zucchini sliced
- 1 lb Swiss Chard
- 1 T olive oil
- 2 cloves garlic sliced
- 1 teaspoon red pepper flakes
- 1 T fresh oregano minced
- ½ onion minced
- 2 oz . crumbled feta cheese
- ½ t . salt
- ½ t . fresh black pepper

### INSTRUCTIONS:

1. Roughly chop Swiss chard leaves and stems, keeping them separate. Heat oil in a large skillet over medium heat and add onion, chard stems and garlic to the pan. Cook for 3 minutes or until slightly softened. Add squash, chard leaves, oregano , red pepper flakes and salt and pepper to the pan. Toss the mixture until all of the veggies are coated with the oil. Continue to cook until the Swiss chard has wilted and the squash are cooked through, stirring occasionally. About 10 minutes. Remove the veggies from the pan and toss with crumbled feta cheese. Serve immediately.

## Bok Choy Fried Rice

### INGREDIENTS:

- 2 Cups Brown Rice, cooked
- 2 Eggs, beaten
- 1 Lb Bok Choy, washed and chopped
- 1/2 Cup Carrots, diced
- 1/2 Cup Red Onions, diced
- 1/2 Cup Frozen Green Peas, thawed
- 1 Tbsp Garlic, minced
- 1 Tbsp Ginger, minced
- 1 Tbsp Low-Sodium Soy Sauce
- 2 Tsp Coconut Oil
- 1 Tsp Toasted Sesame Oil
- 1/2 Tsp White Pepper

- 1/4 Tsp Red Pepper Flakes
- Salt & Black Pepper to taste

#### INSTRUCTIONS:

1. Heat a large skillet or wok over medium-high heat and lightly coat with cooking spray. Add beaten eggs and a dash of black pepper. Cook and scramble egg for about 1 minute. Remove cooked eggs and set aside. Wipe skillet/wok if necessary.
2. Add coconut oil to the skillet/wok. When oil is hot, add garlic, ginger, onion and carrots. Cook for about 3 minutes; stir frequently.
3. Add bok choy and cook for about 3-4 minutes; stir frequently.
4. Add remaining ingredients: rice, green peas, soy sauce, sesame oil, chicken, pepper flakes, white pepper powder, salt and pepper to taste. Toss mixture for about 3 minutes until ingredients are evenly distributed.
5. Enjoy!

## Cucumber Salad with Red Onion and Dill

#### Ingredients:

- ½ cucumber peeled and sliced into semi circles
- ¼ cup red onion thinly sliced
- 1 tsp dried dill or 3 tsp fresh dill
- 1 tbsp olive oil
- 1 tbsp white vinegar

#### Instructions:

1. Toss all ingredients together in a medium bowl and enjoy!

## Oven Roasted Bok Choy

#### Ingredients:

- 2 lb bok choy, trimmed, rinsed and halved lengthwise
- For the marinade:
  - 2 tablespoons fresh ginger, roughly chopped
  - 5 garlic cloves, roughly chopped
  - ¼ cup extra virgin olive oil
  - 3 tablespoons toasted sesame oil
  - 2 tablespoons soy sauce

- ¼ teaspoon chili flakes, more to taste
- lemon juice
- kosher salt and black pepper to taste

#### Directions:

1. Preheat oven to 425°F. Place the bok choy in a large bowl.
2. Whisk together all of the ingredients for the marinade in a small bowl. Pour over the bok choy and use tongs to gently mix.
3. Place marinated bok choy onto a large parchment-lined baking sheet, moving it about to create an even layer. Transfer to the oven and bake for 5 minutes. Remove the tray from the oven. Using tongs, turn bok choy over and move about on the sheet in an even layer. Return to the oven and bake for no more than 5 minutes, less if you like it more crispy.
4. Transfer bok choy to an attractive service platter. Garnish with a squeeze of fresh lemon juice and sprinkle of salt and pepper. Add additional chili flakes if desired. Serve immediately.

#### Storage Tips

**Bok Choy:** Keep bok choy refrigerated, storing in a perforated plastic bag or a plastic bag with the top open. Wash and chop before cooking.

**Chards (Swiss, Rainbow):** Do not wash before storing. Place in a plastic bag and wrap it tightly around the chard squeezing out the air. Place in the fridge and it should last close to a week.

**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.

