



The Dreyer Sheets

Week 7: June 29th & July 2nd

BAM: Peaches, Blueberries, Red Onion, Yellow Squash, Cucumber, Garlic, Lettuce, Sage (plant)

Small: Peaches, Blueberries, Red Onion, Cucumber, Garlic, Lettuce, Kale, Sage (plant)

Medium: Peaches, Blueberries, Red Onion, Yellow Squash, Cucumber, Garlic, Lettuce, Kale, Sage (plant)

Market Box: Peaches, Blueberries, Red Onion, Yellow Squash, Cucumber, Garlic, Lettuce, Kale, Sage (plant), Chicken

FOOD FOR THOUGHT

A healthy relationship with food isn't just about what you are eating.

It's about what you are thinking and feeling *while* you are eating.

Blueberry and Peach Crumble (GF and V) - Mae's Menu

Ingredients

peach & blueberry filling

- 2 ½ cups blueberries, rinsed
- 2 ½ cups pitted and diced peaches
- 3 tablespoons 1-to-1 gluten-free flour
- 1 tablespoon superfine almond flour (optional)
- ¾ teaspoon ground cinnamon
- pinch nutmeg
- ¼ cup maple syrup
- 1 ½ T lemon juice

crisp topping

- 1 tablespoon 1-to-1 gluten-free flour
- 1 ¼ cup old fashioned oats
- ½ teaspoon cinnamon
- pinch salt
- ⅓ cup almonds (optional)
- 2 tablespoons coconut oil, softened to room temperature
- 3 tablespoons maple syrup
- Non-stick cooking spray

Instructions

1. Preheat the oven to 350 degrees Fahrenheit and grease a 1.5-quart baking dish with non-stick cooking spray.
2. Make the peach & blueberry filling: in a large mixing bowl, combine the blueberries, peaches, 3 tablespoons gluten-free flour, almond flour (if using), cinnamon, and nutmeg. Gently fold or stir together until combined.
3. Pour the maple syrup and lemon juice over the fruit mixture. Gently fold or stir the fruit until combined. Pour the fruit into the prepared baking dish and spread it out evenly.
4. Make the crisp topping: in a medium mixing bowl, gently whisk together the remaining 1 tablespoon gluten-free flour, oats, cinnamon, salt, and almonds (if using) until combined.

5. Add the coconut oil and maple syrup to the crisp topping and cut in with a fork or massage in with your fingers until small clumps form. Sprinkle the crisp topping evenly over the fruit.
6. Bake the crisp for 27-30 minutes, or until the topping is golden brown and the fruit juice bubbles.

Chicken And Grilled Peach Salad With Honey Mustard Dressing

- Powered by Mom

Ingredients

- 1 lb. boneless skinless chicken breast (3-4 chicken breasts)
- salt & pepper to season
- 6 cups baby spinach
- 2 peaches, halved
- 1 tsp olive oil
- 1/2 cup blueberries
- 1/4 cup pecan halves *
- 1 ounce crumbled feta cheese** (optional)

Honey Mustard Dressing

- 1 tbsp coarse ground mustard
- 1 tbsp Dijon mustard***
- 1 tbsp honey
- 1 tbsp apple cider vinegar
- Salt & pepper to taste

Instructions

Warm the grill to medium-high heat.

Season the chicken with salt and pepper.

Lightly brush the flesh of the peach halves with olive oil.

Grill the chicken on each side for 5-7 minutes, or until the chicken is no longer pink.

Place peaches flesh side down on the grill. Grill for 3-4 minutes.

Remove the chicken breasts and peaches from the grill and let rest.

In a small bowl add coarse ground mustard, Dijon mustard, honey, apple cider vinegar, salt and pepper. Whisk everything together until well mixed. Set aside.

In a large bowl add spinach, blueberries, feta cheese, and pecans. Slice the chicken and peaches and top the salad.

Serve the dressing on the side so everyone can add to their own taste.

Grilled Peaches - Simply Side Dishes

Ingredients

- 2-3 peaches, sliced in two and pitted
- 2 tablespoons olive (not extra virgin) for coating

Instructions

Right before cooking, slice the peaches along the seam and pit them. Coat them in oil for cooking, being sure to give them a thick, even coating. I prefer to toss them in a gallon size Ziplock bag along with the oil and gently rub the oil into the peach. This reduces mess, which is critical when you might be in the backyard, far from access to a sink. Don't use extra virgin olive oil, as the smoke point is lower and may cause the peaches to taste burnt and smoky.

Grill the peaches skin side up for 5-6 minutes. When they begin to sizzle and shine, turn them over onto their skin and cook for another 6-7 minutes, or until they soften and lose a little bit of their shape.

Serve immediately, with or without a garnish of whipped cream or ice cream. If you don't have room to eat all the peaches you've grilled, they can be reheated in the microwave for about 30 seconds, and they still taste great the second time around.

