



The Dreyer Sheets

Week 8: July 6th & 9th

BAM: Broccoli, Lettuce, Sweet Onions, Mint, Raspberries, Peaches

Small: Broccoli, Lettuce, Green Beans, Sweet Onions, Mint, Raspberries, Peaches

Medium: Broccoli, Lettuce, Green Beans, Cabbage, Sweet Onions, Mint, Raspberries, Peaches

Market: Broccoli, Lettuce, Green Beans, Cabbage, Sweet Onions, Mint, Raspberries, Peaches, DeBragga Pork Chops

Wellness Tip - Breathe

Deep breaths - one of the easiest and best ways to lower your stress level and increase your ability to digest is deep breathing. Try making your exhale 2x as long as your inhale - if you inhale to 2 counts, exhale to 4. You can hold at the top of the inhale for a couple seconds as well.

I also like Dr. Andrew Weil's breathing technique - 4,7,8. Inhale for 4 counts, hold for 7 counts and exhale for 8 counts. Do between 4 and 8 rounds of this and notice how you feel. I use this if I wake up in the night to help me fall asleep again.

Do this throughout your day - start your day with some cleansing breaths, take a few deep breaths before you eat or any time you feel stressed or anxious.

Broccoli Salad - CarlsbadCravings

Ingredients - Salad

- 5 heaping cups chopped broccoli florets
- 1 1/2 cups chopped strawberries (a little less than 1 lb)
- 1/4 cup diced red onion
- 1 pear, chopped
- 1 sweet apple, like Fuji, chopped
- 1 large avocado, chopped
- 3/4 cup dried cranberries
- 1/2 cup sunflower seeds
- 1/3 cup crumbled feta

Ingredients - Poppy Seed Dressing

- 1/2 cup vanilla Greek yogurt (I use nonfat)
- 1/2 cup real mayonnaise
- 1 tablespoon lemon juice
- 1 tablespoon red wine vinegar
- 1-2 tablespoons sugar (2 for sweeter)
- 1 tablespoon poppy seeds
- 1/4 teaspoon salt
- 1/8 teaspoon pepper

Instructions

1. Add all of the Salad Ingredients to a large bowl except avocados.
2. In a separate medium bowl, whisk together the Dressing ingredients. Add desired amount of Dressing to Salad and toss until evenly coated. Best if chilled for at least 30 minutes up to overnight. Toss with avocados just before serving.

Summer Green Bean Salad - LaaLoosh

Ingredients

- 1 lb fresh green beans (washed and cut into pieces)
- 1/2 a red onion (thinly sliced)
- 1 1/2 cups cherry tomatoes (halved)
- 1/2 cup fresh basil (finely chopped)
- 2 cloves of garlic (minced)

- 1 1/2 tbsp olive oil
- Juice of 1 lemon
- Salt and pepper to taste

Instructions

1. Bring a pot of water to a boil. Blanch green beans in water for about 3 minutes. Drain and transfer to an ice bath for another 2-3 minutes. Drain and place green beans in a large bowl.
2. Add in remaining ingredients, and toss well.

Easy Caramelized Onions - The Salty Pot

Ingredients

- 2 large sweet onions
- 2 tbsp butter
- pinch of salt
- 1 tbsp of oil

Instructions

1. Remove the papery outer layers of the onions.
2. Carefully using a sharp knife or a mandoline, create slices approximately 1/4" to and 1/8" thick.
3. In a heavy bottomed or cast iron pan, add the oil over medium-low heat.
4. Add the onions, the butter and a pinch of salt.
5. Begin to slowly fry the onions. Every five minutes or so, come back to visit the pan and give the onions another stir. The onions will begin to wilt and lose volume but gain a golden brown color.
6. Check the post for all the versatile ways to use the onions! Enjoy!

Raspberry Peach Jam - Oregon Transplant

Ingredients (makes 24 ounces):

4 peaches, peeled and roughly chopped

2 cups raspberries

1 1/2 cups sugar

1 tbsp lemon juice

Instructions

1. Combine all ingredients in a saucepan over medium heat. Bring to a boil, then lower heat to a simmer. Place a candy thermometer on the side of the pan. Simmer mixture, stirring occasionally, until mixture reaches 221°. This should take 15-25 minutes. Once mixture reaches temp, place a small amount on a plate and place plate in freezer. If mixture gels together after 1-2 minutes, the jam is done. Remove pan from heat, and allow to cool completely before storage. Keeps up to 1 month in an airtight container in the fridge.

Storage Tips

Berries (Strawberries, Blueberries, Raspberries): Refrigerate. Do not wash until ready to eat. Berries decay quickly and moisture speeds up that process.

Peaches/Plums/Apricots/Nectarines/Pears (stone fruit): Store on the counter at room temperature until they are the ripeness you like. If you want to quicken the process, place inside a brown paper bag. When they are ready they will be soft and smell delicious. Once ripe you can put them in the crisper drawer of your refrigerator. Wash before eating.

Broccoli: Keep broccoli (broccolini, broccoli rabe) in the refrigerator in a perforated plastic bag or open plastic bag to retain moisture. You can loosely wrap in damp paper towels before putting them into a bag. It can be steamed, sautéed or roasted. Do not wash broccoli until you are ready to use it. Store unwashed.

Onions: Store in a cool, dry dark place with good ventilation, away from potatoes (which absorb the moisture). Do not put in a plastic bag. Onions need air movement. Always refrigerate cut onions.

