



# The Dreyer Sheets

Week 13: Aug 10th & 13th

BAM: Potatoes, Swiss Chard, Lettuce\*, Plums\*, Corn, Zucchini, Heirloom Tomatoes\*, Peppers

Small: Potatoes, Swiss Chard, Lettuce\*, Plums\*, Corn, Zucchini, Heirloom Tomatoes\*, Peppers

Medium: Potatoes, Swiss Chard, Lettuce\*, Plums\*, Corn, Zucchini, Heirloom Tomatoes\*, Peppers

Market Box: Potatoes, Swiss Chard, Lettuce\*, Plums\*, Corn, Zucchini, Heirloom Tomatoes\*, Peppers, your choice of sausage (to go with the peppers and potatoes)

## Wellness Tip:

Start your day with a glass (or 2) of water.

Your body is made up of mostly water and your organs need water to function properly. Sleeping for 7-9 hours at night is a long time to go without water. Starting your day rehydrating your body has so many benefits:

- Gives you a boost of energy and eliminates grogginess. Try this before your first cup of coffee.
- Your brain is 75% water. Drinking water first thing in the morning helps with alertness.
- Drinking water on an empty stomach helps flush out toxins which will help boost your immune system. Add lemon to your water for even more benefit.
- Drinking water in the morning helps prevent constipation.

## Sauteed Swiss Chard and Summer Squash - Two Lucky Spoons

### 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.

## Roasted Veggie Quinoa Salad - Tasty

### Ingredients:

- ½ cup zucchini, cubed
- ½ cup sweet potato, cubed
- 1 cup cherry tomato, halved
- ½ red onion, diced
- ½ cup corn, fresh or canned
- ½ lemon, for juice
- 4 tablespoons olive oil, divided
- 1 teaspoon garlic salt, to taste
- pepper, to taste
- 4 cups quinoa, cooked
- 1 tablespoon apple cider vinegar
- ¼ cup fresh parsley, chopped

### Instructions:

1. Preheat the oven to 350°F (180°C). Line a baking sheet with parchment paper.
2. Add the zucchini, sweet potato, tomatoes, onion, and corn to the baking sheet.
3. Drizzle with the lemon juice and 2 tablespoons of olive oil, then season with garlic salt and pepper. Toss to coat evenly, keeping the vegetables separate on the pan.

4. Roast for 15-20 minutes, or until fork tender.
5. Transfer the roasted vegetables to a large bowl, and add the quinoa. Toss well.
6. In a small bowl, mix together the remaining 2 tablespoons of olive oil and apple cider vinegar. Pour over the veggies and quinoa, and toss to coat.
7. Garnish with parsley.

## Corn and Zucchini Orzo Salad with Goat Cheese - Kay Chun, Food and Wine

- 3 ears of corn, shucked
- 1 pound small zucchini or summer squash, halved lengthwise
- 1/4 cup extra-virgin olive oil
- Kosher salt
- Pepper
- 1/2 pound orzo
- 1/4 cup mayonnaise
- 3 tablespoons fresh lime juice
- 1 tablespoon minced shallot
- 1/2 teaspoon guajillo or ancho chile powder
- 1 1/2 cups coarsely chopped cilantro
- 2 ounces fresh goat cheese, frozen

### Instructions:

- Light a grill or heat a grill pan. In a large bowl, toss the corn and zucchini with 1 tablespoon of the olive oil and season with salt and pepper. Grill over moderate heat until charred and crisp-tender, about 10 minutes for the zucchini and 15 minutes for the corn. Transfer to a cutting board and let cool. Cut the kernels off the corncobs and coarsely chop the zucchini. Transfer to a large bowl.
- Meanwhile, in a large saucepan of salted boiling water, cook the orzo until al dente. Drain and rinse under cold water to cool. Drain well and spread the orzo out on a baking sheet; pat dry with paper towels
- In a large bowl, whisk the mayonnaise with the remaining 3 tablespoons of olive oil and the lime juice, shallot, chile powder and 1/2 cup of the cilantro; season

with salt and pepper. Add the orzo, corn, zucchini and the remaining chopped cilantro and mix well. Transfer to a platter. Using a vegetable peeler, shave the frozen goat cheese all over the top and serve.

## Corn, Tomato and Zucchini Skillet - Barefoot in the Kitchen

### Ingredients

2 small yellow or green zucchini sliced into 1/4" rounds

2 ears of corn cooked, kernels removed, about 1 1/2 cups of corn

2 small Roma tomatoes seeded and chopped

small handful of grape or pear tomatoes halved

1/2 green bell pepper cut into thin 2-3" matchsticks

1-2 teaspoons olive oil

kosher salt to taste

freshly ground black pepper to taste

1-2 tablespoons finely chopped fresh oregano I used Mexican oregano

### Instructions

1. In a large skillet, warm the oil over medium heat. Add the peppers and saute for a couple minutes, stirring occasionally. Add the zucchini and saute another minute or two, until barely softened. Add the corn and tomatoes and stir to combine. Season with salt and pepper and saute for an additional 1-2 minutes. Add the oregano, toss well and taste. Adjust seasonings as desired. Saute just until everything is warm and the vegetables are still crisp and barely tender. Enjoy!

