



The Dreyer Sheets

Week 9: July 13th & 16th

BAM: Broccoli, Frying Peppers, Green Squash, Lettuce, Onions, Blueberries, White Peaches, Basil

Small: Broccoli, Frying Peppers, Green Squash, Lettuce, Onions, Blueberries, White , Basil

Medium: Pea Shoot Micro Greens from Verde Harvest, Broccoli, Frying Peppers, Green Squash, Onions, Blueberries, White Peaches, Basil

Market Box: Broccoli, Frying Peppers, Green Squash, Lettuce, Onions, Blueberries, White Peaches, Potatoes, Griggstown Chicken Sausage, Basil

Wellness Tip: Raise Your Vibration (From DailyOM)

There are many ways to raise your vibration, including thinking positive and uplifting thoughts.

There are many ways to raise your vibration, from working with affirmations to visualizing enlightened entities during meditation. One of the most practical ways to raise your vibration is to consciously choose where you focus your attention. To understand how powerful this is, take five minutes to describe something you love unreservedly -- a person, a movie, an experience. When your five minutes are up, you will noticeably feel more positive and even lighter. If you want to keep raising your vibration, you might want to commit to spending five minutes every day focusing on the good in your life. As you do this, you will train yourself to be more awake and alive. Over time, you will experience a permanent shift in your vibrancy.

Zucchini Garlic Bites - Grow a Good Life

Ingredients

- 1 cup shredded zucchini drained well
- 1 clove garlic grated fine
- 1/3 cup breadcrumbs
- 1/4 cup grated Parmigiano-Reggiano cheese
- 1 large egg
- 2 tablespoons chopped fresh chives (or 1 tablespoon dried chives)
- 1 tablespoon chopped fresh parsley (or 1/2 tablespoon dried)
- 1 teaspoon chopped fresh basil (or 1/2 teaspoon dried)
- 1 teaspoon chopped fresh oregano (or 1/2 teaspoon dried)
- pinch of salt and pepper
- Tomato sauce for dipping

Instructions

1. Preheat oven to 400°F. Lightly coat a baking sheet with olive oil or non-stick spray. Set aside.
2. Use a box grater to grate the zucchini into a clean towel. Roll up the towel and twist to wring out the moisture.
3. Grate the garlic using the small holes on the box grater.
4. Add the shredded zucchini, garlic, egg, breadcrumbs, parmesan, chives, parsley, basil, oregano, salt and pepper to a medium bowl. Mix well to combine.
5. Shape a tablespoon of the mixture into your hands, pat into small balls, and place on the baking sheet.
6. Bake for 15-18 minutes in the preheated oven until golden. Serve warm with marinara sauce. Recipe makes about 16 bites.

Fried Potatoes, Peppers and Onions - Italian Food Forever

Ingredients

- 3 Large Potatoes, Peeled And Cut Into 2 Inch Pieces
- 3 - 4 Tablespoons Olive Oil
- 2 Ounces Pancetta, Diced
- 3 Large Sweet Peppers, Cored, Seeded, And Cut Into Large Dice (Or Equal Amounts Red & Green Friggitelli Peppers or frying peppers)
- 1 Large Onion, Peeled & Diced
- 4 Garlic Cloves, Peeled & Sliced
- Salt & Pepper To Taste

1/2 Teaspoon Red Hot Chili Flakes (Optional)
1/4 Cup Fresh Parsley Leaves, Coarsely Chopped

Instructions

1. Boil the potatoes in lightly salted water until just fork tender, about 8 to 10 minutes. (Do not overcook or mixture will become mushy)
2. Drain the potatoes and set aside.
3. In a large frying pan, heat 2 tablespoons of the oil over medium heat until lightly smoking, and then add the pancetta, peppers, and onions.
4. Cook until the peppers and onions begin to soften, stirring every once in a while, about 8 to 10 minutes.
5. Add the garlic, and continue to cook until the mixture begins to brown, about 3 to 4 minutes more.
6. Add the potatoes to the pan along with the rest of the oil, salt, pepper, and red pepper flakes and continue to cook, gently folding over the mixture as it cooks once or twice.
7. After about 6 to 7 minutes, once the potatoes begin to color, Add the parsley leaves and gently mix.
8. Serve warm.

Simple Broccoli Stir-Fry - Food Network Kitchen

Ingredients

1 large bunch broccoli (about 1 1/2 pounds)
2 tablespoons soy sauce
1 tablespoon cornstarch
1 teaspoon sugar
2 tablespoons plus 1 teaspoon vegetable or peanut oil
1 scallion, chopped
2 to 3 cloves garlic, chopped (about 2 teaspoons)
1-inch piece ginger, peeled and chopped (about 2 teaspoons)

Pinch to 1/4 teaspoon crushed red pepper flakes
1/4 teaspoon toasted sesame oil
Cooked white or brown rice, for serving

Directions

1. Trim the florets off the broccoli, and cut into 1- to 1 1/2-inch pieces. Peel the broccoli stalks with a vegetable peeler to remove the tough outer skin, and slice 1/4 inch thick on the diagonal. Set aside.
2. Whisk together 1/2 cup water, soy sauce, cornstarch and sugar in a small bowl. Set aside.
3. Heat a large wok over high heat. Add 2 tablespoons of the vegetable oil, and swirl to coat the wok. Once the oil begins to smoke, add the broccoli florets and stems. Cook, stirring constantly, until browned around the edges, about 2 minutes. Add 2 tablespoons of water to steam the broccoli, and cook, stirring constantly, until tender, about 2 minutes more. Push the broccoli to the edges of the pan, forming an empty well in the center. Add the remaining 1 teaspoon vegetable oil, then the scallions, garlic, ginger and pepper flakes, and stir until aromatic, 30 to 45 seconds. Add the soy mixture, and stir until the sauce has thickened and the broccoli is coated, about 30 seconds. Remove from the heat, add the sesame oil and stir to coat. Serve with rice.

Storage Tips

Basil - Store in water away from direct sunlight. You can keep it fresh for up to two weeks by placing the branches in a vase and keeping them on the counter out of the sun. This method is ideal when you're likely to be using it frequently for cooking throughout the following week or so.

