

#132 DECEMBER 1, 2023

BLUE MOON BEETS

Official Newsletter for Produce Box lovers!

INSTRUCTIONS

1. Cook the pasta. Heat a large stockpot of generously-salted water until boiling. Add the pasta (about 5 minutes before you begin sautéing the Brussels, see below) and cook the pasta until it is 1 minute shy of al dente.
2. Sauté the Brussels sprouts and garlic. Heat 1 tablespoon of the butter in a large sauté pan over medium-high heat. Add the shredded Brussels sprouts and garlic, and season with salt and lots of black pepper. Sauté for 2 minutes, stirring occasionally. Continue with step 3, or if the pasta is not yet ready, briefly remove the sauté pan from the burner until the pasta is ready to go.
3. Toss the pasta. Once the pasta is ready, use a spider strainer to transfer the pasta into the sauté pan with the Brussels. Add in the remaining 2 tablespoons of butter, 1/2 cup of the starchy pasta water, and sprinkle the Parmesan evenly over the top of the pasta. Remove the sauté pan from the heat. Then toss the pasta with the Brussels and cheese for about 1 minute, or until the cheese has melted evenly into a silky sauce and the pasta is cooked to al dente. If the sauce seems too dry, add in 1/4 cup of additional pasta water at a time until the right consistency is reached.
4. Serve. Serve the pasta warm, garnished with lots of toasted pine nuts, and enjoy!

<https://www.gimmesomeoven.com/brussels-sprouts-parmesan-pasta/>

BRUSSELS SPROUTS PARMESAN PASTA

INGREDIENTS

- 8 ounces uncooked pasta
- 3 tablespoons butter, divided
- 8 ounces Brussels sprouts, shredded (with ends trimmed off)
- fine sea salt and freshly-cracked black pepper
- 3 cloves garlic, pressed or minced
- 2 ounces (1 cup) freshly-grated Parmesan cheese
- 1/2 cup toasted pine nuts

In your
Box This
Week!

Microgreens*
Bok Choy*
Curly Kale*
Lettuce Heads*
Bunched Spinach*
Brussel Sprouts

Extra-Small

Microgreens*
Bok Choy*
Curly Kale*
Cilantro*
Garlic*
Lettuce Heads*
Scallions*
Brussel Sprouts

Small

Microgreens*
Bok Choy*
Curly Kale*
Cilantro*
Fennel*
Garlic*
Lettuce Heads*
Bunched Spinach*
Brussel Sprouts
JQ Dickinson Salt
Sfoglini Organic Pasta

Large





INSTRUCTIONS

1. To make the dressing, in a small bowl, whisk together brown sugar, olive oil, vinegar, sesame seeds, and soy sauce. Allow flavors to blend at room temperature while preparing the rest of the salad.
2. In a large sauce pan over medium heat, heat olive oil until shimmering. Reduce heat to low. Add ramen noodles and almonds; sauté until toasted, about 10 minutes, stirring frequently to avoid scorching.
3. In a large bowl, combine baby bok choy, scallions, and crunchy mix. Drizzle salad dressing over the top and toss until uniformly combined. Serve at room temperature.

<https://www.culinaryhill.com/baby-bok-choy-with-sesame-dressing/>

BABY BOK CHOY SALAD

INGREDIENTS

For the sesame dressing:

- 1/4 cup light brown sugar
- 1/4 cup olive oil
- 2 tablespoons red wine vinegar
- 2 tablespoons toasted sesame seeds
- 1 tablespoon soy sauce

For the salad:

- 2 tablespoons olive oil
- 1 package ramen noodles crumbled, seasoning packet discarded
- 1/4 cup sliced almonds (see note 3)
- 1 bunch baby bok choy sliced
- 5 scallions chopped



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