

#115 JULY 21, 2023

BLUE MOON BEETS

Official Newsletter for Produce Box lovers!



INSTRUCTIONS

- Heat the oil - First, add oil to a medium skillet on medium heat.
- Toss the Shishito peppers - Once the oil gets hot, but does not smoke or burn, add the peppers and toss in the oil. Then, allow the Shishito peppers to cook in a single layer until they blister, occasionally turning the peppers over with tongs.
- Add the garlic - After 5 to 7 minutes, add the minced garlic and toss until the peppers are evenly coated with the garlicky oil. Continue to cook the peppers until the garlic becomes fragrant, or for about 2-3 minutes, then remove the pan from the heat.
- Squeeze lemon juice on Shishito peppers and season - For a final touch, add a squeeze of lemon juice, the furikake, and salt to taste. Toss the blistered shishitos in this mixture until evenly coated and serve.

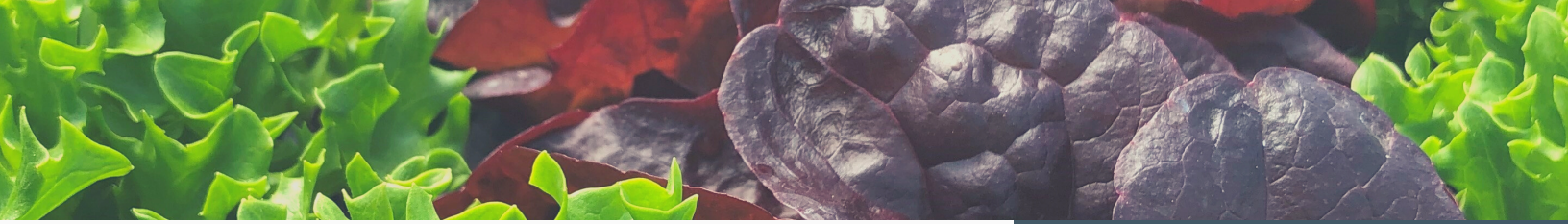
<https://theheirloompantry.co/furikake-lemon-shishito-peppers/#recipe>

Furikake and Lemon Shishito Peppers

INGREDIENTS

- 8 oz shishito peppers
- 2 tablespoon vegetable oil
- 2 cloves garlic peeled and minced
- ½ lemon
- 2 tablespoon furikake
- Kosher salt to taste





INSTRUCTIONS

1. Bring a pot of lightly salted water to a boil. Simmer the potatoes until cooked through, 15 to 20 minutes, depending on size. Drain and cool. Quarter or slice into bite-sized pieces and place in a bowl.
2. Combine the potatoes and the onion, bell peppers, tomato, jalepeño, vinegar, oil, 1/4 teaspoon salt (if using), sugar substitute, egg whites, oregano and cheese. Refrigerate until ready to serve. Garnish with olives, if using.

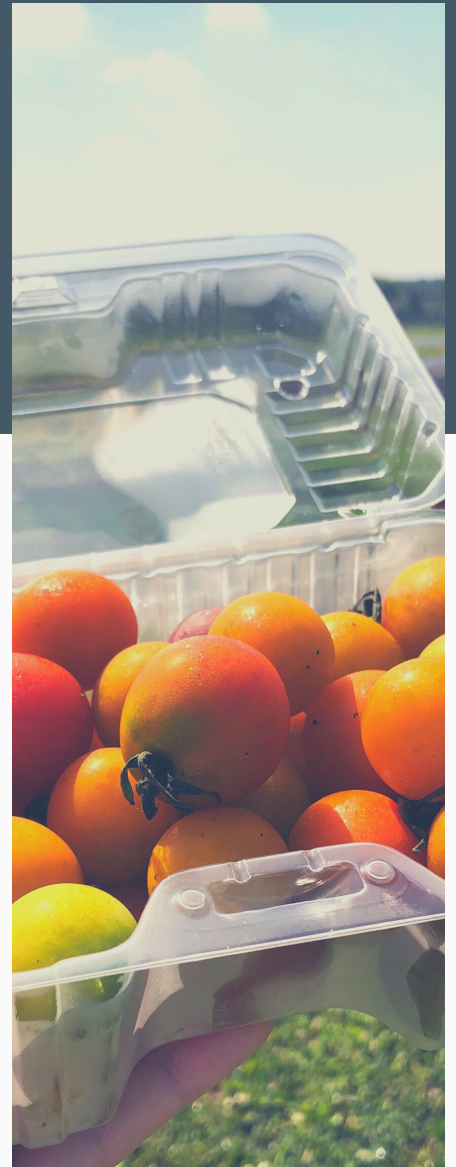
<https://health.clevelandclinic.org/recipe-peruvian-blue-potato-salad/>



Peruvian Blue Potato Salad

INGREDIENTS

- Kosher salt
- 1 1/4 pounds small Peruvian blue potatoes
- 1/4 cup minced red onions
- 1 red bell pepper, seeded and diced
- 1 yellow bell pepper, seeded and diced
- 1 large tomato, seeded and chopped
- 1 jalepeño, seeded and minced
- 3 tablespoons red wine vinegar
- 3 tablespoons extra virgin olive oil
- 1 teaspoon sugar substitute
- 2 hard-boiled egg whites, chopped
- 2 tablespoons chopped fresh oregano
- 1/2 cup crumbled reduced-fat feta cheese
- 2 tablespoons sliced black olives, optional



In your Box This Week!

Microgreens*
Garlic*
Green Beans*
Lettuce Mix*
Bell Pepper*
Cherry Tomatoes*
Blue Potatoes*
Extra-Small

Microgreens*
Garlic*
Green Beans*
Lemons
Lettuce Mix*
Shishito Peppers*
Cherry Tomatoes*
Corn
Blackberries*
Blue Potatoes*
Blue Moon Acres Rice*
Small

Microgreens*
Garlic*
Green Beans*
Lemons
Lettuce Mix*
Shishito Peppers*
Cherry Tomatoes*
Corn
Blackberries*
Blue Potatoes*
Blue Moon Acres Rice*
Large

