

#119 AUGUST 25, 2023

BLUE MOON BEETS

Official Newsletter for Produce Box lovers!



INSTRUCTIONS

- Place the spices, preserved lemon, olive oil, salt and lemon juice in a bowl and whisk to combine. Add the mushrooms to the spice mixture and toss to ensure the mushrooms are well coated. Cover with plastic wrap and refrigerate for 30 minutes.
- Thread 2 mushroom halves onto a skewer, add a piece of fig and add another 2 mushrooms. Repeat with the remaining mushrooms and figs.
- Preheat a frying pan or grill pan over high heat and cook for 5 to 7 minutes, or until lightly charred on each side, and the mushrooms are cooked through.
- Serve in flat breads, with a dollop of hummus and salad.

<https://www.delicouseveryday.com/spiced-fig-mushroom-kebabs/>

SPICED FIG AND MUSHROOM KEBABS

INGREDIENTS

- 1 ½ tsp ground cumin
- 1 ½ tsp ground coriander
- 2 tsp preserved lemon rind finely chopped
- juice of 1 lemon
- 2 tsp olive oil
- salt to taste
- 8 button mushrooms halved
- 4 figs halved
- oil for frying



INSTRUCTIONS

1. Place the eggplant and water in the saucepan or Dutch oven. Cover the saucepan with a tight-fitting lid and bring to a boil, reduce to a simmer and cook the eggplant until tender about 15-20 minutes, occasionally stirring—Reserve 1 cup of the cooking liquid. Drain the eggplant in a colander thoroughly.
2. Heat the unsalted butter in a saucepan over medium heat until melted, add the onions and cook for about 6-7 minutes, stirring occasionally. Using a slotted spoon remove the onions and place them in a bowl. Add the corn to the same saucepan and cook for about 5-6 minutes string occasionally. Remove from the heat, add the reserved cooked and drained eggplant and beaten eggs, mix well. Add the green peppers, garlic, kosher salt, cayenne pepper, black pepper, optional Cajun seasoning, 1 1/2 cups grated cheddar cheese, 3/4 cup of the butter cracker crumbs, and reserved eggplant stock, mix well
3. Pour the mixture into a baking dish about the size of 8x8x2. Smooth the mixture down evenly. Sprinkle the remaining cheddar cheese, crushed butter crackers over the top of the cheese. Bake at 375 Degrees or until crackers are lightly browned, and casserole is slightly bubbly- about 25-30 minutes.
4. Remove the casserole from the oven and let it cool in a heat-safe area for about 10 minutes before serving.

https://themccallumsshamrockpatch.com/2021/02/06/eggplant-and-corn-casserole/#google_vignette

EGGPLANT AND CORN CASSEROLE

INGREDIENTS

- 3 1/2 cups eggplant chopped
- 1 large onion chopped
- 3 cups water
- 10 tablespoons unsalted butter 1 stick + 2 tablespoons
- 1 1/2 cups corn organic fresh or frozen
- 2 large eggs organic brown
- 1 green bell pepper diced
- 1 teaspoon garlic fresh minced
- 1/2 teaspoon Kosher salt
- 1/2 teaspoon cayenne pepper
- 1/4 teaspoon black pepper
- Cajun seasoning optional to own taste
- 2 1/2 cups mild cheddar cheese grated
- 1 1/4 cups butter crackers crushed



In your Box This Week!

Microgreens*
Beets*
Corn*
Bell Peppers*
Cherry Tomatoes*
Cantaloupe*

Extra-Small

Microgreens*
Beets*
Curly Kale*
Cucumber*
Corn*
Traviata Eggplant*
Spring Mix*
Cherry Tomatoes*
Watermelon*

Small

Microgreens*
Beets*
Curly Kale*
Corn*
Traviata Eggplant*
Bell Peppers*
Shallots*
Spring Mix*
Cherry Tomatoes*
Cantaloupe*
Figs
Cremini Mushrooms

Large