

#175 SEPTEMBER 27, 2024

# BLUE MOON BEETS

Official Newsletter for Produce Box lovers!



## Broccoli Rabe

In Small and Large Boxes this week!

This delicious green is packed with fiber and protein. It also has a plethora of various vitamins and minerals including calcium, magnesium, sodium, folate, lutein, zeaxanthin, and Vitamin C, B6, D.



*In your  
Box This  
Week!*

Microgreens  
Spring Mix  
Broccoli Rabe  
Carrots  
Eggplant  
Green Beans

*Small*

Microgreens  
Spring Mix  
Carrots  
Cherry Tomatoes  
Eggplant  
Green Beans  
Zucchini  
BMA Black Rice

*Medium*

Microgreens  
Spring Mix  
Broccoli Rabe  
Carrots  
Cherry Tomatoes  
Eggplant  
Green Onions  
Zucchini  
Green Beans  
BMA Black Rice

*Large*

### Sautéed Broccoli Rabe

¼ cup extra-virgin olive oil

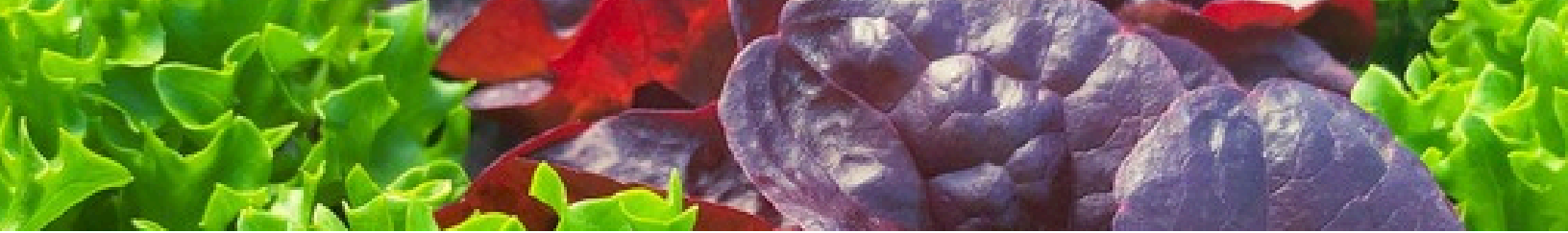
6 garlic cloves, thinly sliced

1 bunch broccoli rabe (about 1 pound), cut crosswise into thirds

¼ teaspoon crushed red pepper, plus more to taste

Salt





## Instructions

In a large Dutch oven or skillet with a lid, heat the oil and garlic over medium. When the garlic is sizzling and some edges are golden, 2 to 3 minutes, add the broccoli rabe, crushed red pepper and a big pinch of salt. Toss to coat in the oil.

Add ¼ cup water, cover and cook until the thick stems are tender, 3 to 5 minutes. Uncover and toss until the liquid has evaporated, 1 to 2 minutes. Taste a piece: If it's still too bitter for you, continue to cook uncovered over medium, stirring occasionally, until it's delicious, 5 to 10 minutes. Season to taste with salt and crushed red pepper.

## To use the Broccoli Rabe as a full meal.....

Boil some pasta

Cook up some crumbled Italian Sausage in a pan

Chop up your sauteed broccoli rabe and add it to the pan with the cooked sausage

Add a cup of reserved pasta water and tons of fresh grated Parmesan Cheese.

This is a delicious and hearty meal for any night of the week. It also makes a nice snack the next day eaten cold.

Maybe even straight out of the fridge!

