

#205 · APRIL 25, 2025

# BLUE MOON BEETS

Official Newsletter for Produce Box lovers!

## ROASTED CHICKPEA SALAD WITH ZA'ATAR

### DIRECTIONS

- Preheat the oven to 250° F.
- In a bowl, mix chickpeas with 1 1/2 teaspoons olive oil, then add the salt, za'atar, black pepper, lemon juice, and zest. Bake for 10 to 15 minutes. Set aside.
- Pour the canola oil into a deep-sided pan and heat it to 350° F. Fry the shallots until red and crunchy, then transfer them to a paper towel to drain.
- Heat 1 teaspoon olive oil in a sauté pan over high heat. Add in the garlic, stir, then add the carrot, fennel, and red cabbage. Cook for 5 minutes.
- Remove pan from the heat and add the roasted chickpeas, mint, raisins, and maple syrup. Mix well. Add feta cheese, if desired. Taste and add more vinegar, lemon, or salt if needed. Garnish with fried shallots.

### INGREDIENTS

- 1 14-ounce can of chickpeas or garbanzo beans
- 2 1/2 teaspoons extra-virgin olive oil, divided
- 1 teaspoon Himalayan salt
- 1/4 teaspoon black pepper
- 2 teaspoons za'atar
- 1 lemon, juice and zest of
- 1 shallot, peeled and thinly sliced
- 1/3 cup vegetable or canola oil
- 1/2 fennel bulb, thinly sliced
- 1 small carrot, thinly sliced
- 1/4 head of red cabbage, thinly sliced
- 1/4 cup mint, roughly chopped
- 1 tablespoon maple syrup
- 1 tablespoon raisins
- 2 cloves garlic, minced

<https://food52.com/recipes/27722-roasted-chickpea-salad-with-za-atar>

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## WARM CHICKEN AND SWISS CHARD SALAD

### DIRECTIONS

- Preheat oven to 350°. Toast almonds on a rimmed baking sheet, tossing once, until darkened slightly, 6–8 minutes. Let cool, then coarsely chop.
- Meanwhile, season chicken with salt; set aside. Remove ribs and stems from Swiss chard leaves. Tear leaves into 3" pieces. Cut thicker ends of stems on a diagonal into 1" pieces; discard thin ends.
- Combine shallot, lemon zest, lemon juice, vinegar, and cumin seeds in a large bowl; toss to coat. Season vinaigrette with salt.
- Heat 1 Tbsp. oil in a large skillet over medium-high. Cook chicken thighs, undisturbed, until golden brown underneath, about 5 minutes. Turn and cook until golden brown on other side and cooked through, about 5 minutes. Transfer to a cutting board; reserve skillet with pan juices. Let chicken rest 5 minutes, then cut into 1" pieces. Whisk pan juices and 4 Tbsp. oil into vinaigrette.
- Cook Swiss chard stems in a large pot of generously salted boiling water until slightly tender, about 2 minutes. Using a slotted spoon, transfer stems to bowl with vinaigrette; toss well. Working in batches if needed, cook Swiss chard leaves until just wilted and bright green, 15–30 seconds. Drain leaves and let cool slightly. Squeeze out as much liquid as possible. Separate leaves and add to vinaigrette along with dates, olives, and chicken; toss well.
- Transfer salad to plates; drizzle with oil and top with almonds.

### Ingredients

- 3 Tbsp. raw skin-on almonds
- 4 skinless, boneless chicken thighs (about 1¼ lb.)
- Kosher salt
- 2 large bunches Swiss chard, preferably rainbow (about 1 lb.)
- 1 large shallot, thinly sliced
- 1 tsp. finely grated lemon zest
- 2 Tbsp. fresh lemon juice
- 1 Tbsp. white wine vinegar
- ½ tsp. cumin seeds, crushed
- 5 Tbsp. extra-virgin olive oil, divided, plus more for drizzling
- 6 Medjool dates, pitted, coarsely chopped
- ⅓ cup kalamata olives, pitted, coarsely chopped

<https://www.bonappetit.com/recipe/warm-chicken-and-swiss-chard-salad>



*In your  
Box This  
Week!*

**Microgreens\***  
**Baby Arugula\***  
**Chard\***  
**Red Cabbage**  
**Parsley\***  
**Baby Heads of Lettuce\***

*Small*

**Microgreens\***  
**Baby Arugula\***  
**Chard\***  
**Red Cabbage**  
**Parsley\***  
**Baby Heads of Lettuce\***  
**BMA Long Grain Brown Rice\***

*Medium*

**Microgreens\***  
**Baby Arugula\***  
**Green Beans**  
**Scallions\***  
**Chard\***  
**Red Cabbage**  
**Red Onions**  
**Parsley\***  
**Cremeni Mushrooms**  
**Baby Heads of Lettuce\***  
**BMA Long Grain Brown Rice\***

*Large*



Transplants are now available for pre-order in our online shop!

