

#206 · MAY 2, 2025

BLUE MOON BEETS

Official Newsletter for Produce Box lovers!

BEET SALAD WITH GOAT CHEESE

DIRECTIONS

- Preheat the oven to 400°F.
- Wrap each beet in a piece of aluminum foil and drizzle generously with olive oil and pinches of salt and pepper. Place the beets on a baking sheet and roast for 40 to 90 minutes, or until soft and fork-tender. The time will depend on the size and freshness of the beets. Remove the beets from the oven, remove the foil, and set aside to cool. When they are cool to the touch, peel the skins. I like to hold them under running water and slide the skins off with my hands.
- Let the beets cool and chill them in the fridge until ready to use.
- Slice the beets into ¼-inch-thick rounds. Assemble the salad with the greens, shallots, apples, beets, walnuts, cheese, and microgreens, if using. Drizzle with balsamic vinaigrette. Season with flaky sea salt and pepper and serve.

INGREDIENTS

- 4 to 5 medium beets
- Extra-virgin olive oil, for drizzling
- 2 cups salad greens, arugula or spring mix
- ½ shallot, thinly sliced
- ½ green apple, thinly sliced
- ¼ cup toasted walnuts
- 2 ounces goat cheese, torn
- Microgreens, optional
- Balsamic Vinaigrette
- Flaky sea salt
- Freshly ground black pepper

<https://www.loveandlemons.com/beet-salad-recipe/#wprm-recipe-container-60701>

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AVOCADO BLACK BEAN QUESADILLAS

DIRECTIONS

- Make the avocado mash: In a small bowl, mash the avocado with a fork, and add a dash of kosher salt and the juice of half a lime. You want it to reach a consistency that feels close to guacamole—a little chunky, but still spreadable. Set aside.
- Cook the veggies and beans: In a cast iron skillet or other large, heavy skillet, heat 1 tablespoon of olive oil over medium heat. Add the red onion and cook, stirring every minute or so, until the onion starts to soften, about 3 to 4 minutes. Add the salt, cumin, oregano, and coriander, stirring until the onions are completely coated.
- Add the bell pepper and stir to combine. Cook for another 3 minutes, until the peppers just begin to soften. Add the lime juice and black beans and stir the whole mix together. Cook for about 2 minutes, just to warm the black beans through.
- Warm the tortillas: Heat the second tablespoon of olive oil in a separate skillet or grill pan over medium high heat. Add 1 flour tortilla and let it heat up for a minute or so. Using tongs, flip the tortilla over, and repeat the process for the other side, until you see a couple of bubbles welling up in the center of the tortilla.
- Assemble the quesadilla: Layer the filling, then the avocado, and then the cheese—about 1/4 cup of each, but if you want more cheese than that I'm not the cheese police, so go for it!
- Cook the quesadilla: Fold the tortilla over to seal the quesadilla. Cook for 2 to 3 minutes per side, until it's crispy, and the cheese has melted. Repeat the process for the other quesadillas, although if your skillet is large enough you can make two at a time in the same skillet.
- Serve the quesadillas: Cut the quesadillas into triangular portions and serve with sour cream, avocado, and/or the pico de gallo, if desired. Quesadillas are best served and eaten immediately.

Ingredients

For the avocado mash:

- 2 large or 3 small avocados
- Juice from 1/2 lime
- Pinch kosher salt

For the quesadillas:

- 2 tablespoons olive oil, divided
- 1 cup red onion, sliced into 1/4-inch half-moons
- 1/2 teaspoon kosher salt
- 1 1/2 teaspoons cumin
- 1 1/2 teaspoons dried oregano
- 3/4 teaspoon coriander
- 1/2 yellow, red, or orange bell pepper, deseeded and chopped into 1/2-inch pieces
- Juice from 1/2 lime
- 1 (15.5-ounce) can black beans, drained and rinsed
- 4 (8-inch) flour tortillas
- 1 cup queso fresco, crumbled or grated
- 1 cup sharp cheddar cheese, grated

To serve:

- Sour cream
- Pico de gallo or salsa

https://www.simplyrecipes.com/recipes/easy_avocado_and_black_bean_quesadillas/



*In your
Box This
Week!*

Microgreens*
Lettuce Heads*
Baby Arugula*
Beets
Curly Kale*
Japanese Sweet Potatoes

Small

Microgreens*
Baby Arugula*
Lettuce Heads*
Avocado
Beets
Curly Kale*
Scallions*
Japanese Sweet Potatoes

Medium

Microgreens*
Baby Arugula*
Lettuce Heads*
Avocado
Beets
Broccoli Rabe*
Cherry Belle Radishes*
Curly Kale*
Fennel*
Scallions*
Leeks
Cilantro*
Japanese Sweet Potatoes

Large



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