

STARTER BOX: SPRING 2021

• Classic Breakfast Sandwiches

Grab these items:

1 Clover Pita Pocket
1 Soft-Boiled Egg
2 Slices of Grafton Village Cheddar
1 Tomato
Salt & Pepper (not included in kit)

D E W

1. Preheat oven to 375 degrees.
2. Fill a small pot with water and heat until just simmering. Place soft-boiled egg in water, turn off heat, and leave the egg in the water to warm for about 2 minutes. Using a slotted spoon, remove from pot and set aside.
3. Put pita on baking sheet and place in oven. Toast for 3 minutes, or until warm and puffy, but not brown or crispy. While pita is warming, core and slice tomato into thin slices using a serrated knife. If you have extra tomato, use for something else that day.
4. Remove pita from the oven, and with the serrated knife, slice partially open like a clam shell, twisting your knife at the bottom so as not to cut it into two pieces. Add a slice of cheddar, tomato slices and the egg. Add a shake of salt and pepper and eat immediately. **Prep time: 10 minutes.**

• Granola with Fruit

D W

Grab these items:

Milk or Yogurt (not included in box)
Granola
Fruit Compote

1. Add granola to a bowl, top with milk or yogurt and fruit compote.

• Chickpea Fritter Sandwiches

Grab these items:

1 Clover pita pocket
Hummus
Cucumber-tomato salad
5 falafel balls
Pickled carrots, cabbage, and pickles
Tahini sauce

W

1. Preheat oven to 375 degrees. Place pita on baking sheet and put in oven. Toast for 3 minutes or until warm and puffy, but not brown or crispy. Toast falafel til warm.
2. With a serrated knife, partially slice open your warm pita bread and open it up like a clam shell. Add hummus, cucumber-tomato salad, pickles, falafel, tahini, and pickled vegetables to your liking. **Prep time: 5 minutes.**

• Impossible Kofta, Stew and Rice

Grab these items:

Kofta in chickpea tomato stew
Middle Eastern rice pilaf

1. Set a saucepan over medium heat. Add the kofta along with the chickpea tomato stew, and simmer until warm.
2. Pour rice pilaf into a saucepan, add a splash of water, and warm over medium heat, stirring occasionally to avoid rice sticking to the bottom of the pan. Serve stew over rice. **Prep time: 5 minutes.**

• Carrot Sandwiches

Farro is an ancient, healthy grain that originated in the Fertile Crescent (Iran, Iraq, Turkey, Syria, Egypt). When Ancient Romans brought it back to Italy, they dubbed it "Pharaoh's wheat" — aka "farro." We buy organic from Timeless Foods in Montana.

Grab these items:

Cabbage Slaw, Lime, Salt (not included in kit)
Pita Bread
Habanero Carrot Sauce (shake before using)
Roasted Carrots
Feta Sauce
Crispy Farro Topping

D E W

1. Preheat oven to 350 degrees.
2. To prepare your cabbage, place cabbage slaw in a bowl. Cut lime and squeeze the juice onto the cabbage slaw. Sprinkle a pinch of salt over the cabbage. Toss to combine. Let sit at room temperature while you cook.
3. Place carrots (spread apart evenly) on a sheet tray. Sprinkle them with salt, and heat them in the preheated oven for 5-7 minutes until warmed through. Leave room on the sheet tray for your pita; add pita and warm for 3 minutes until puffy and soft, but not brown or toasty.
4. Remove pita and carrots from oven. Set carrots aside. With a serrated knife, partially slice open the pita, twisting your knife at the end to open it like a clam shell, but don't cut it into two pieces.
5. Squeeze a bit of habanero sauce on the bottom interior part of the pita, covering the bottom completely. Nestle a carrot slice at the bottom, then add another one or two in the center. Drizzle a bit of feta sauce on the carrots.
6. Add a handful of cabbage slaw and a bit of of crispy farro. Close pita.

Prep time: 10 minutes.

• Build your own Soda Bar

1. To make soda: pre-chill your cans of soda. Add ice and sparkling water to a tumbler or glass, top with soda syrup to desired level of sweetness. Stir.

• Dipping vegetables with hummus

• Seasonal Dessert Sampler **D E W N**