

EARLY FALL SEASONAL BOX (2021)

• Japanese Sweet Potato Sandwiches

Grab these items:

Pita

Shoyu Mayo

Roasted Sweet Potatoes from Next Barn Over

Cabbage Daikon Slaw

Miso Dressing (for cabbage slaw)

Tempura Fried Sesame Seeds

Seasonal Salad (note: changes seasonally, allergens not reflected on this insert)

W S

1. Preheat your oven to 350 degrees. Place sweet potatoes on baking sheet and bake for 8-12 minutes or until totally warmed through.
2. Dress cabbage slaw with miso dressing, tossing to coat the cabbage with dressing.
3. Place pita on a second baking sheet or just straight into the oven and toast for 3 minutes, or until warm and puffy, but not brown or crispy.
4. With a serrated knife, slice open your warm pita bread and twist your knife to open it up like a clam shell. Holding it in one hand, drizzle shoyu mayo on the bottom half so it is covered.
5. Nestle sweet potatoes inside, top with a handful of cabbage slaw and a sprinkle of tempura fried sesame seeds. Serve with seasonal salad.

Total time to the table: 15 minutes

• Roasted Acorn Squash with Maple Sriracha Butter Sauce over Wild Rice

Grab these items:

Pita

Acorn Squash

Maple Sriracha Butter

Maple Oat Crumb

Wild Rice (Manoomin) Pilaf

Drizzle of olive oil (not included in kit)

Pinch of salt (Kosher or sea, not included in kit)

W D

1. Preheat oven to 400 degrees. Remove maple sriracha butter from the refrigerator so it will be more pourable.
2. Using a large sharp chef's knife, cut acorn squash in half from tip to stem, and then in half lengthwise again to make 4 quarters. Tip: insert the tip of the chef's knife into the skin of the squash first and then come down with the blade to complete the cut.
3. Scoop out the seeds (if you want to, you can save the seeds to roast for a yummy snack later). Place squash flesh side up on a sheet pan and drizzle with a bit of olive oil and salt.
4. Bake for 15-20 minutes until squash is soft and the top is golden brown. Everyone's oven is different! If your squash isn't soft after 20 minutes, continue baking for additional time, checking every 5 minutes. Eat pilaf cold or warmed up in a saucepan with a splash of water. Drizzle maple sriracha butter over the whole meal. **Total time to the table: 25 minutes**

• Local Pasta with Miso Veggie Butter, Kale, Delicata Squash and Pecorino

Grab these items:

Box of Seven Hills Pasta

Roasted Delicata Squash

Miso Veggie Butter

Kale Ribbons

Pecorino cheese

S W D

1. Cook pasta in a pot according to package instructions. Drain in a colander.
2. Add the miso veggie butter to the already warm pot. The butter should melt and then start to bubble. After the butter starts to bubble, add the kale and cook until soft. When the kale is soft, add the pasta, squash and pecorino cheese. Toss to incorporate ingredients.

Total time to the table: 10-15 minutes

• Romesco with Dipping Veggies **N**

• Seasonal Fruit Mousse **D W**

• Pistachio Halva **N**

• Storage Instructions:

1. Store everything in the fridge, except for the pita, which should be frozen unless you're eating it immediately, and the squash and sesame seeds, which can be stored at room temperature.

Did you know? **Manoomin** is the Ojibwe word for wild rice. According to oral tradition, the Ojibwe people followed a shell in the sky thousands of years ago to find a place where food grows on water. Their journey led them from the east coast of the United States to the Great Lakes region where wild rice is known as a sacred food.

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