

# Wholesome Harvest Box Info

## What's in my box?

*This list is tentative and subject to change. Please visit our website's [current news box](#) for any changes.*

- Cipollini Onions
- Curly Kale
- Beefsteak Tomatoes
- Orange Bell Pepper
- Sweet Roasting Peppers
- Jalapeno Peppers
- Spaghetti Squash (2)
- Radishes
- White Salad Turnips



Spaghetti Squash



White Salad  
Turnips

## The Vegetables

### **Cipollini Onions**

Great for roasting, they also caramelize beautifully. Store in a dark, dry place if you don't plan to use them within a few weeks.

### **Curly Kale**

Our second crop of kale is ready for fall! Slice it into thin ribbons and add it to a salad or add it to pasta or a soup. Have you tried kale chips? Coat the leaves with olive oil and salt and bake! They're that easy!

### **Beefsteak Tomato**

Wipe off your tomatoes gently to remove any dust or dirt before eating. These beefsteaks are a familiar dense tomato great for slicing thinly onto a sandwich.

### **Orange Bell Pepper**

A sweet bell to add to salads or to dip in hummus. Stores well in the fridge for up to two weeks

### **Sweet Roasting Peppers**

Roasting brings out their great flavor, but they are a nice sweet, crisp treat when enjoyed raw as well. Stores well in the fridge for up to two weeks.

### **Jalapeno Peppers**

These are the 3 small green peppers in your box. They are hot! Add a few to salsa or any dish to bring some heat. Stores well in the fridge for up to two weeks.

### **Spaghetti Squash**

Makes a great pasta substitute. Store on in a cool, dry place until ready to use (not in refrigerator). We have a bounty crop of spaghetti so you are getting 2 more this week! The recipe on the next page is a great way to use them up and it's delicious!

### **Radishes**

A small bunch of radishes. Cut tops off and store in your fridge in a bag.

### **White Salad Turnips**

This variety is Hakurei. It has very tender, sweet flesh. Great eaten raw or lightly cooked. The greens can be eaten as well. Cut tops off if you don't plan to use within a few days for best storage. Store in a bag in the fridge.



# Lasagna Stuffed Spaghetti Squash

Recipe from Ari's Menu

## Ingredients

- 2 medium spaghetti squash
- 2 tablespoons olive oil, divided
- salt and pepper
- 1 onion, chopped
- 4 cloves garlic, chopped
- 20 oz 99% lean ground turkey breast (you can also use the 93-94% or 96% lean ground beef)
- 1/4 lb chicken or turkey sausage, sliced
- 1 lb can crushed tomatoes
- 2 teaspoons dried or finely chopped fresh oregano, divided
- 2 teaspoons dried or finely chopped fresh basil, divided
- 2 teaspoons crushed red pepper flakes, optional
- 1/2 cup part skim ricotta cheese
- 1/2 cup nonfat cottage cheese
- 1 cup shredded part skim mozzarella cheese

## Instructions

Preheat oven to 400. Slice spaghetti squash length wise and scrape out the seeds. Rub 1/4 tbsp olive oil into each squash half and season with salt and pepper. Place each spaghetti squash half face down in a large baking dish and bake for 40-60 min. When squash is done, middle will be tender and pull apart easily.

In a large pan, sautee onion and garlic in 1 tablespoon olive oil over medium heat until fragrant. Add ground turkey. Season with a generous pinch each of salt and pepper. Cook until browned. Add sausage, crushed tomato and 1 teaspoon each basil and oregano. When sauce starts to bubble, reduce heat to a simmer until thickened (about 3-4 minutes).

Meanwhile, combine ricotta and cottage cheese in a medium bowl. Season with 1 teaspoon each basil and oregano. Add a pinch each of salt and pepper. Lightly mix until combined.

When spaghetti squash is fully cooked, flip in the baking dish so that it is now skin side down. Evenly divide ricotta mixture between each squash half. Repeat with meat sauce. Top each half with 1/4 cup mozzarella cheese.

Turn oven to broil, and cook for another 2 minutes, until cheese is browned and bubbling. This happens very quickly—make sure to watch closely, otherwise it can burn easily. Serve immediately. Leftovers may be refrigerated in an airtight container for up to one week.

