

# 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
- Cucumber
- Cherry Tomatoes
- Scallions
- Beefsteak Tomatoes
- Purple Bell Pepper
- White Bell Pepper
- Green Bell Pepper
- Pickling Cucumbers
- Eggplants – **watch out for spikes on the stem! Ouch!**
- Carrots



Islander Variety



Pickling Cukes

## The Vegetables

### **Cipollini Onions**

Keep these onions at room temperature to cure, or store in the fridge for more immediate use.

### **Cucumber**

Store loosely wrapped in paper towel to avoid too much humidity in the fridge.

### **Cherry Tomatoes**

Feel free to leave your tomatoes at room temp or in the fridge. Enjoy whole or cut as a sweet acidic addition to avocado toast, pasta, tacos, or an omelet!

### **Scallions**

Throw scallions on your grill until they are lightly charred then cool and chop gently to add to any dish for a more complex grilled onion flavor.

### **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.

### **Purple Bell Pepper**

Islander variety is also a mild pepper. Stores well in the fridge for up to two weeks.

### **White Bell Pepper**

Bianca variety is mild and not too sweet. Stores well in the fridge for up to two weeks.

### **Green Bell Pepper**

Classic green bell pepper for stuffing or sautéing. Great raw dipped in some baba ganoush or hummus!

### **Pickling Cucumbers**

Quarter lengthways for pickle spears, or eat them fresh and raw. These little pickles should be rinsed before using.

### **Eggplant**

You will either receive an Asian or Globe eggplant in your box this week. Store in the warmer area of your refrigerator.

### **Carrots**

We have taken the green tops off of the carrots and washed them. They should store in the bag they came in for at least 3 weeks in your fridge.



# Quinoa and Eggplant Stuffed Peppers

Green bell peppers are stuffed with quinoa, eggplant, cheese, and herbs, for a great vegetarian main entree or a healthy side dish.

Prep Time 10 minutes

Cook Time 1 hour

Total Time 1 hour 10 minutes

Servings 4

Calories 429

R

E

C

I

P

E

S

## Ingredients

- 2 tbsp olive oil
- 1 eggplant cubed into 1 inch pieces
- 4 scallions sliced
- 2 cloves garlic
- 3 cups cooked quinoa (1.25 cups uncooked)
- 1/2 cup shredded mozzarella cheese plus 1/4 cup extra for sprinkling
- 1/3 cup grated parmesan cheese
- 1/2 cup loosely packed parsley leaves
- 1 cup tomato sauce plus 4 tbsp more for the end
- 4 large green bell peppers
- salt and pepper

## Instructions

1. Preheat the oven to 350 degrees F.
2. Heat up a nonstick skillet over medium heat and add the olive oil. Add the eggplant, sprinkle with salt and pepper, then cook for 7-8 minutes until tender. Add the scallions and garlic to the eggplant, and stir for 1 minute.
3. Turn the heat off and add the cooked quinoa, mozzarella cheese, parmesan, parsley, and tomato sauce. Season to taste with salt and pepper.
4. Cut the tops off the peppers and scrape out the seeds and ribs with a spoon or melon baller. Place the peppers into an 8x8 dish, then pour a 1/2 cup of water into the bottom of the pan. Spoon the quinoa mixture evenly into the peppers. Cover the dish with foil, then bake for 50 minutes, until the peppers are slightly tender. Spoon extra tomato sauce on top and sprinkle a little more mozzarella, and bake the peppers for another 10 minutes, uncovered. Serve and enjoy!

