

# 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 or Zucchini
- Cherry Tomatoes
- Beefsteak Tomatoes
- Purple Bell Pepper
- White Bell Pepper
- Black Bell Pepper
- Spaghetti Squash
- Radishes
- Eggplant – **watch out for spikes on the stem! Ouch!**



Spaghetti Squash



Radishes  
popping out of  
the ground

## 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.

### **Cucumber or Zucchini**

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

### **Cherry Tomatoes**

Feel free to leave you 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!

### **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.

### **Black Bell Pepper**

Slightly more bitter than a regular green pepper. 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). See the next page for a great spaghetti squash recipe.

### **Eggplant**

Assorted varieties of eggplant will be in your box this week. Great in stir fries, pan frying or grilling. Store in the warmer area of your refrigerator.

### **Radishes**

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



# 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.

