



Culinary Box: Week FIVE

Welcome aboard to our new
adventure .. hope you have a
great and healthy eating

MEAL ONE: Ground Beef Tacos

Defrost and cook beef in a frying pan until browned... Add salt and pepper to taste...Chili powder if you like it spicy...

Top with fresh diced green onions..Sliced buttercrisp salad and homemade salsa...Serve with a side salad for a quick meal.

MEAL TWO: Roasted Chicken with Turnips and Potatoes

Wash and dice up the potatoes and turnips.. place at the bottom of a crock pot.. drizzle with olive oil and sprinkle on fresh thyme... place the whole defrosted chicken on top ...add two cups of

chicken broth.. bake on high for 2 hours turn to med for another 2 hours...

Serve with a medley of sliced and steamed summer squashes.. round yellow and green zucchinis!!

MEAL THREE: Lamb Patties with Fresh Potato Salad

Warm up the Barbeque and place these on the grill.. make up the potato salad recipe in the Week 5 Newsletter for the CSA Box and steam up some string beans...easy meal!



SALADS FOR LUNCH

With the remaining salads . mix up two salads .Tope with left over chicken...top with crunches and a fun dressing we added . you deserve it.. after all those great meals youv'e been making this week!! Good Job!!

ENJOY.. FEEL FREE TO CALL IF YOU HAVE QUESTIONS:
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