



Culinary Box: Week Two

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

MEAL ONE: Ground Turkey Burgers

Defrost and cook turkey burgers. Mix in one your favorite spices / burger seasoning . fry up some fresh garlic and scallion slices with olive oil in a pan until browned. Add the burgers and cook 5 minutes or until golden brown... Add salt and pepper to taste...

Top with fresh diced green onions and heirloom salad...Serve with a side salad

MEAL TWO: Fresh Egg Quiche

6 eggs

1 c. milk

1c. shredded cheese, 1 deep dish pie crust



Chopped scallions...

Bake pie crust to avoid a soggy crust. Blend together the eggs, milk and cheese.. add to the pie crust. Bake in a 375 degree oven for 30-40 minutes or until a knife comes out clean when tested for doneness. Serve with fresh snap peas and beet salad (in CSA Box Week Two newsletter).

MEAL THREE: Turkey Cutlets and Kale Caesar Salad

6 turkey cutlets

1/3 c. breadcrumbs and 2 tbs parmesan cheese

1 tbs butter and 1 teas olive oil

lemon wedges

Beat one egg, salt and pepper the cutlets, dip them in the egg and the breadcrumb

Heat oil/butter on medium heat and cook cutlets for 6 minutes, turning frequently until golden brown.. serve with the kale caesar salad (recipe in CSA Newsletter Week 2)

SALADS FOR LUNCH

With the remaining salads . mix up two salads . Top with left over turkey...top with crunches and a fun dressing we added . you

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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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