



This Week's Daily Harvest Express Box Recipes

Fresh & tasty! The farm box this week has Hass Avocados, arugula, broccoli, Persian cucumbers, green garlic, butternut squash, apples, mandarins, & pears!



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Arugula- the Green Superfood

Arugula is a type of cruciferous vegetable, in the same family as broccoli and kale & are associated with a lower risk of cancer. With 250 mg of nitrate, it can help lower blood pressure, reduce the amount of oxygen needed during exercise, and increase athletic performance. Vitamin K has been shown to improve bone health and prevent osteoporosis, and arugula has over 50% of RDI. The alpha-lipoic acid in arugula has been shown to lower glucose levels & help with diabetes prevention. Plus, there's vitamin C, folate & calcium. Raw, wilted, or cooked, Arugula has so many reasons to eat as much as you want!

Butternut Squash Pear Pizza

3 cups cubed butternut squash 1 Tbsp olive oil 1 tsp ground cinnamon 1 Tbsp maple syrup 1/4 Maui onion 2 1/2 cups spinach*	2 pears (can use apples too!) 1/4 cup pecans 1Tbsp goat cheese* 12 oz your favorite pizza dough (frozen, fresh from bakery, homemade, gluten free, whole grain, cauliflower, etc.)
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1. Preheat oven to 400 °
2. In a medium bowl, add the butternut squash, olive oil, and cinnamon. Toss to coat.
3. Place the butternut squash on a baking sheet and roast for 15 minutes or until fork tender.
4. While the squash is roasting, finely chop the onion, spinach, pears, and pecans
5. After the squash is done roasting, transfer to food processor & add the maple syrup. Process until smooth
6. Roll the pizza dough into desired shape and thickness (this pizza is delicious on any crust)
7. Spread the butternut squash puree over top of the dough, leaving about 1/2 inch covered around the entire outside edge.
8. Add the pear mixture to the top of the butternut squash puree.
9. Add the goat cheese*
10. Raise the temperature of the oven to 425°. Bake the pizza for 20-25 minutes or until the crust is golden brown.

*Substitute the goat cheese with gorgonzola, and top with arugula instead of adding spinach to the pear mixture

Broccoli Tots

1 bunch broccoli 1 cup sharp cheddar cheese 1/3 cup onion (finely chopped) 1/2 cup breadcrumbs 2 eggs Salt Pepper Mini Muffin Pan, sprayed with cooking spray of your choice *You can use substitute sharp cheddar with any cheese you have on hand **If they seem to fall apart when taking them out of the pan, you can put them back in the oven for a few minutes to let them firm up a bit before removing them from the pan	<ol style="list-style-type: none"> 1. Preheat oven to 400° 2. Pour 1 inch of water into a saucepan, bring to boil. Place the broccoli into the boiling water, cover & reduce heat to medium. Cook for 5-6 minutes or until fork tender. Drain well and set aside to cool slightly. 3. Wrap the broccoli in a clean towel & ring out as much moisture as you can. 4. Combine all the ingredients in a large bowl, season with salt & pepper, and stir everything together until well mixed. Fill muffin cups to the top, pushing down on the filling with your spoon so it's nice & compacted 5. Bake for 18-20 minutes until top is golden brown. To easily remove from pan without scratching, run a plastic knife round the edges of each tot.
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3 Secrets to Perfectly Roasted Potatoes

How to get crispy on the outside, soft on the inside, golden brown roast potatoes every time.

First, pre heat the baking sheet in the oven, so that it is already hot when you put the potatoes on. This way, they begin cooking right away & get you that nice crunchy brown skin on the bottom.

Second, cook at a high heat, 425°, to draw out excess moisture.

Last, bake them on top of parchment paper. This way the potatoes won't stick, so you won't lose any of the crispy outside by scraping them off the pan.

Give it a shot with the Yukon potatoes in your box, & you'll roast your potatoes this way from now on.

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