Produce Box
Seasonal Recipes
featuring Colorado-grown ingredients
**Recipe Reading Tip:**
Always read the recipe thoroughly before getting started. This gives you a good idea of the entire process and helps you get everything together before you start cooking. Most, if not all of these recipes, will use standard kitchen equipment such as measuring cups, measuring spoons, and cutting boards.

<table>
<thead>
<tr>
<th>Recipe</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Meet the Chefs</td>
<td>1</td>
</tr>
<tr>
<td>Chicken Lettuce Wrap Tacos</td>
<td>2</td>
</tr>
<tr>
<td>Caprese Salad with Simple Balsamic Vinaigrette</td>
<td>4</td>
</tr>
<tr>
<td>Lemony Chard Pasta</td>
<td>6</td>
</tr>
<tr>
<td>Slow Cooker Greens and Bacon</td>
<td>8</td>
</tr>
<tr>
<td>Cajun Sausage and Zucchini Skillet</td>
<td>10</td>
</tr>
<tr>
<td>Marinated Beet and Goat Cheese Sandwich</td>
<td>12</td>
</tr>
<tr>
<td>Baked BBQ Kale Chips</td>
<td>14</td>
</tr>
<tr>
<td>Oven Roasted Smashed Potatoes</td>
<td>16</td>
</tr>
<tr>
<td>Braised Carrots with Grapes</td>
<td>18</td>
</tr>
<tr>
<td>Honey Butter Roasted Turnips and Radishes</td>
<td>20</td>
</tr>
<tr>
<td>Butternut Squash and Black Bean Chili</td>
<td>22</td>
</tr>
<tr>
<td>Apple Pie French Toast</td>
<td>24</td>
</tr>
</tbody>
</table>
MEET THE CHEFS!

Chef Jessica Wright is the Director of Healthy Food in Institutions at Nourish Colorado. She brings a "chef mentality" to institutional meal programs, where she implements workshops, trains and supports staff with their culinary skills, assesses their kitchen operations and helps with community engagement. Over the last couple of years, Jessica's work focused on the development, implementation and fine-tuning of the Local Food Program which was passed via legislation in 2019 and expanded by ballot measure in 2022. She also leads the Local Procurement Colorado (LoProCO) program which is designed to build a foundation for making farm-to-institution the norm in Colorado. Along with this work, she provides additional support to institutions as they introduce more from-scratch meals and fresh produce into their programs and supports our producers with accessing these institutional markets. Her passion lies in creating systemic changes to our food system through the amazing meals offered by our institutions.

Chef Taylor Frederick is the Culinary Programs Manager for the Healthy Food in Institutions team at Nourish Colorado. He works on LoProCO, Farm to School, and institutional procurement projects. He brings years of unique culinary and nonprofit experience from his time training in corporate restaurants and running donation kitchens for the unhoused and at-need population of the Denver area. Taylor has led volunteers, program participants, chefs, interns, and students in the culinary and workforce development areas. He is the go-to site visitor for the Healthy Food in Institutions team and makes trips to school districts, farms, and other institutions to offer support. In his free time, Taylor enjoys hiking, skiing, and camping. Taylor loves to make people happy through food and is excited to continue that work at Nourish Colorado.
**CHICKEN LETTUCE WRAP TACOS**

PREP TIME: 10 MIN | COOK TIME: 15 MIN | TOTAL TIME: 25 MIN | SERVINGS: 4

**INGREDIENTS**
- Fresh lettuce leaves
- 1 lb ground chicken
- ¼ cup jarred salsa
- 1 TBSP chili powder
- 1 TBSP ground cumin
- 1 tsp salt
- 1 tsp pepper
- Shredded cheese
- Sour cream
- Additional salsa as topping

**EQUIPMENT**
- Medium skillet
- Cooking spoon
- Towels

**CHEF NOTES**
You can replace the ground chicken with ground beef, turkey, or a plant-based meat alternate.

![Chicken Lettuce Wrap Tacos dish](image)
CHICKEN LETTUCE WRAP TACOS
PREP TIME: 10 MIN | COOK TIME: 15 MIN | TOTAL TIME: 25 MIN | SERVINGS: 4

DIRECTIONS

1. Carefully rinse lettuce leaves under cold water to remove any dirt that may be adhered to the leaves and dry with a kitchen towel or paper towel.

2. In a medium skillet, fry meat on medium heat until browned and cooked through. Drain excess fat if necessary.

3. Add salsa, chili powder, ground cumin, salt, and pepper to the cooked meat. Stir well. Continue to cook for 2-3 minutes until the flavors and seasonings are incorporated.

4. Double-layer lettuce leaves to create a strong base and fill with taco meat. Top with shredded cheese, sour cream, and salsa. Enjoy!

SCAN TO WATCH THE FULL RECIPE VIDEO!
CAPRESE SALAD WITH SIMPLE BALSAMIC VINAIGRETTE
PREP TIME: 15 MIN | COOK TIME: 10 MIN | TOTAL TIME: 25 MIN | SERVINGS: 4

INGREDIENTS
- About half a head of lettuce
- 1 pint cherry tomatoes or two large whole tomatoes
- 8oz small fresh mozzarella balls or 8oz sliced fresh mozzarella log
- About 8-12 basil leaves
- ½ cup olive oil
- ¼ cup balsamic vinegar
- 1 tsp Dijon mustard
- Pinch of salt
- Pinch of pepper

EQUIPMENT
- Serrated or bread knife
- Medium serving bowl
- Towels
- Glass bowl or measuring cup
- Whisk or fork

CHEF NOTES
The knife cut for the basil in this recipe is called a chiffonade. If this is too difficult, simply tear the leaves into small pieces and toss onto the salad.

A serrated or bread knife is great for slicing the tomatoes without bruising them.
DIRECTIONS

1. Carefully rinse lettuce leaves under cold water to remove any dirt that may be adhered to the leaves and dry them with a kitchen towel or paper towel. Roughly chop the lettuce into two-inch pieces and set it in a medium serving bowl.

2. Rinse tomatoes under cold water. If using large tomatoes, slice tomatoes in about ½ inch slices.

3. In a glass bowl or measuring cup, combine olive oil, balsamic vinegar, Dijon mustard, and a pinch of salt and pepper. Mix well with a whisk or fork.

4. Drain the mozzarella package of water if necessary. If using large tomatoes and a sliced mozzarella log, layer the tomatoes and mozzarella alternating over the salad greens. If using cherry tomatoes and small mozzarella balls, place tomatoes and mozzarella over the salad greens.

5. Rinse basil leaves and pat dry. Layer 3-5 of the leaves on top of each other. Tightly roll the leaves and thinly slice the roll. Sprinkle the ribbons over the salad.

6. Drizzle vinaigrette over the salad and enjoy! There will be leftover vinaigrette that can be kept in the fridge for up to two weeks in a sealed container. If the vinaigrette separates, simply shake the container or mix with a whisk or fork.

SCAN TO WATCH THE FULL RECIPE VIDEO!
LEMONY CHARD PASTA

PREP TIME: 10 MIN | COOK TIME: 15 MIN | TOTAL TIME: 25 MIN | SERVINGS: 4

INGREDIENTS

- 2 bunches of chard
- 2 cloves garlic
- 1 lb linguine pasta
- 2 TBSP olive oil
- ¼ cup butter
- ½ tsp red pepper flakes
- Juice of 1 lemon
- 1 cup pasta water
- 1 cup fresh parmesan cheese plus some extra for garnish

EQUIPMENT

- Heavy skillet
- Deep pot
- Tongs
- Chef knife

CHEF NOTES

There are many different colors of chard and they all work well with this recipe.

A common mistake is to drain all of the pasta water when the noodles are done. Don't forget to save 1 cup before draining!
1. Thoroughly wash the chard leaves and ribs.

2. Trim the leaves from the ribs. Thinly slice the ribs and set aside. Thinly slice the leaves and keep separate.

3. Finely mince the garlic cloves.

4. Boil the linguine pasta to al dente per box instructions. Reserve 1 cup of the starchy pasta water. Drain the pasta and set aside.

5. In a large heavy skillet over medium heat, melt the butter in the olive oil. When the butter is melted, add the chopped chard ribs and sauté for 2-3 minutes.

6. Add the chard leaves, garlic, and red pepper flakes. Sauté for another 2-3 minutes until the leaves are cooked down.

7. Add the cooked pasta, lemon juice, reserved pasta water, and 1 cup of grated parmesan. Cook, stirring together until the cheese is incorporated and the sauce becomes slightly creamy.

8. Serve with extra parmesan and lemon wedges. Enjoy!
SLOW COOKER GREENS AND BACON
PREP TIME: 40 MIN | COOK TIME: 4-8 HOURS | TOTAL TIME: 5-9 HOURS | SERVES: 6

INGREDIENTS
• 8 cups (about 2 bunches) of collard greens, chard, kale, turnip greens, and/or mustard greens
• 1 lb of bacon
• 1 medium sweet onion
• 4 cups chicken stock
• 1 tsp salt
• 1 tsp pepper
• Balsamic vinegar
• Hot sauce

CHEF NOTES
Combining different types of greens creates fun flavors and textures for this dish. This is a great recipe for using tops of root vegetables, like beet or radish greens, that sometimes get thrown out.

EQUIPMENT
• Slow cooker
• Heavy skillet
• Tongs
• Chef knife
1. Thoroughly wash the leaves and ribs of the greens.

2. Rip the leaves from the stems or trim the leaves off with a knife.

3. Roughly chop the leaves into 1 ½ inch pieces and place them in the slow cooker.

4. Fry the bacon in a heavy skillet in batches until crispy, set aside to cool. Do not drain the bacon grease.

5. Dice the onion into medium pieces. Sauté the onion in the bacon grease. Cook until the onions are translucent.

6. Pour the sautéed onions and the remaining bacon grease into the slow cooker. Add the chicken stock, salt, and pepper.

7. Cook the greens on low for 7-8 hours or on high for 4 hours, stirring occasionally.

8. Serve the greens with some of the broth in a bowl as a side or even a main dish. Chop or crumble the bacon. Top the greens with the crispy bacon and serve with hot sauce and/or balsamic vinegar. Enjoy!
CAJUN SAUSAGE AND ZUCCHINI SKILLET
PREP TIME: 10 MIN | COOK TIME: 15 MIN | TOTAL TIME: 25 MIN | SERVINGS: 4

INGREDIENTS
• 1 12oz package of smoked sausage
• 1 medium zucchini
• 1 medium Italian yellow squash
• 2 tsp Cajun seasoning
• 1 TBSP vegetable oil (optional)

EQUIPMENT
• Chef knife
• Heavy skillet

CHEF NOTES
This recipe is easily doubled and is great with additional vegetables like bell peppers, asparagus, and onions.
CAJUN SAUSAGE AND ZUCCHINI SKILLET
PREP TIME: 10 MIN | COOK TIME: 15 MIN | TOTAL TIME: 25 MIN | SERVINGS: 4

DIRECTIONS

1. Wash the zucchini and yellow squash under cold running water.

2. Slice the zucchini and yellow squash into about ½ inch rounds. Slice the smoked sausage into about ½ inch rounds.

3. In a heavy skillet over medium heat, sauté the smoked sausage for 2-3 minutes until the sausage is browned and set aside, reserving the fat from the sausage in the pan.

4. Add the vegetables to the pan and sauté for 2-3 minutes until they have some color. Add 1 TBSP of vegetable oil if necessary.

5. Mix the smoked sausage and Cajun seasonings into the pan. Cook for about 1 minute until the seasoning is mixed.

6. Serve as a main dish by itself or with rice, pasta, or potatoes. Enjoy!

SCAN TO WATCH THE FULL RECIPE VIDEO!
MARINATED BEET AND GOAT CHEESE SANDWICH
PREP TIME: 15 MIN | COOK TIME: 30 MIN | TOTAL TIME: 2 HOURS | SERVINGS: 4

INGREDIENTS
• 3-4 small-medium beets
• ¼ cup olive oil
• 2 TBSP balsamic vinegar
• Pinch of salt
• Pinch of pepper
• ½ tsp Dijon mustard
• 1 loaf of crusty bread (ex. sourdough or Italian)
• 1 TBSP butter
• ½ pound of arugula
• 4oz goat cheese

EQUIPMENT
• Microwave
• Glass dish
• Tongs
• Chef knife
• Griddle or heavy skillet

CHEF NOTES
This recipe works well with any type and color of beet.

This recipe requires the beets to marinate in the fridge for at least one hour! Plan ahead!
MARINATED BEET AND GOAT CHEESE SANDWICH

PREP TIME: 15 MIN | COOK TIME: 30 MIN | TOTAL TIME: 45 MIN | SERVINGS: 4

DIRECTIONS

1. Thoroughly wash the beets to remove any excess dirt. Trim stems and roots off the beets.

2. Place the beets in a microwave-safe glass dish with about an inch of water. Cover with a lid and cook in the microwave on high for 5 minutes. Turn the beets and cook for another 5 minutes. Continue this process until the beets are fork tender. Set aside and allow to cool.

3. Once cooled, cut the stem ends and the root ends off of the beets. Peel the skins off the beets with a peeler. Slice the beets into half-inch rounds and set in a flat container.

4. In a small mixing bowl, combine the olive oil, balsamic vinegar, Dijon mustard, salt, and pepper. Pour the mixture over the beets and allow the beets to marinate in the fridge for at least an hour.

5. Slice the bread for sandwiches. In a heavy skillet, melt the butter and grill the bread on both sides until it is golden brown.

6. Spread goat cheese on both of the slices of bread. Then top it with the arugula, marinated beets, and the other slice of bread.

7. Enjoy a delicious sandwich!
BAKED BBQ KALE CHIPS
PREP TIME: 10 MIN | COOK TIME: 20 MIN | TOTAL TIME: 30 MIN | SERVINGS: 6-8

INGREDIENTS
• 1 bunch of kale
• ½ tsp brown sugar
• ½ tsp garlic powder
• ½ tsp onion powder
• 1 tsp smoked paprika
• ¼ tsp salt
• ¼ tsp pepper
• 2 TBSP olive oil

CHEF NOTES
If you like spicy BBQ, add ¼ tsp of cayenne pepper or crushed red pepper to the seasoning mix.

EQUIPMENT
• Chef knife
• Mixing bowl
• Baking sheet
• Parchment paper
• Towels
BAKED BBQ KALE CHIPS
PREP TIME: 10 MIN | COOK TIME: 20 MIN | TOTAL TIME: 30 MIN | SERVINGS: 6-8

DIRECTIONS

1. Preheat the oven to 300 degrees Fahrenheit. Thoroughly wash and dry the kale.

2. Cut the leaves away from the stems with a knife or rip the leaves off the stems. Discard the stems.

3. Cut or tear the leaves into smaller, bite-sized pieces.

4. In a small mixing bowl, mix together all of the BBQ seasonings.

5. Toss the kale leaves, olive oil, and BBQ seasoning in a mixing bowl until fully coated.

6. Line 2 baking sheets with parchment and evenly lay the seasoned kale leaves on the sheets. Place in oven and cook for about 15-20 minutes until the kale starts to crisp up. Some light browning on the edges is fine but be careful to not fully brown the leaves otherwise they will be overcooked. Allow to cool and enjoy!
OVEN ROASTED SMASHED POTATOES
PREP TIME: 20 MIN | COOK TIME: 40 MIN | TOTAL TIME: 60 MIN | SERVINGS: 4-6

INGREDIENTS
• 1 ½ pounds small potatoes
• Salt
• 1/8 cup vegetable oil
• 1 bunch fresh parsley

EQUIPMENT
• Microwave safe dish
• Lid or plastic wrap
• Baking sheet
• Parchment paper
• Potato masher or small pot/pan

CHEF NOTES
This recipe would work for any variety of potato. However, it might take a little more strength to smash large potatoes.
DIRECTIONS

1. Preheat oven to 425 degrees Fahrenheit. Wash potatoes under cold water to remove excess dirt. Place potatoes in a microwave-safe dish with about one inch of water.

2. Microwave the potatoes for 5-10 minutes. Wrap the container with plastic wrap and allow the potatoes to steam as they cool for about 10 minutes.

3. Line the baking sheet with parchment paper. Lay each potato on the sheet and smash with a potato masher, small pot, or pan. Drizzle vegetable oil over the potatoes and sprinkle with salt to taste.

4. Bake on the center rack of the oven for 30-40 minutes until potatoes are golden brown and crispy.

5. Finely mince the parsley while the potatoes are baking. Top the potatoes with the fresh parsley and serve as an easy side dish. Enjoy!
BRAISED CARROTS WITH GRAPES
PREP TIME: 15 MIN | COOK TIME: 15 MIN | TOTAL TIME: 30 MIN | SERVINGS: 4-6

INGREDIENTS
- 12-16 thin carrots
- 4 TBSP butter, divided in half
- ¼ tsp salt
- ¼ tsp pepper
- ¾ cup chicken stock
- 2 TBSP orange juice concentrate
- ½ pound of seedless grapes
- 1 TBSP sugar
- 1 TBSP fresh mint
- 1 TBSP fresh parsley

CHEF NOTES
This recipe can be made vegan with vegetable stock instead of chicken stock and margarine or coconut oil instead of butter.

EQUIPMENT
- Chef knife
- Medium pot

CHEF NOTES
This recipe can be made vegan with vegetable stock instead of chicken stock and margarine or coconut oil instead of butter.
1. Thoroughly wash and peel the carrots. Cut the carrots into 2-inch pieces on a diagonal. Finely mince the fresh mint and parsley.

2. In a medium pot, melt the first half of the butter. Add the carrots, salt, and pepper. Stir to coat.

3. Add the chicken stock and orange juice. Stir and simmer for about 15 minutes until the carrots are tender and the liquid is reduced.

4. Add the grapes, remaining butter, and sugar. Mix until the liquid is reduced and the carrots and grapes are glazed. Stir in the fresh herbs.

5. Enjoy as a delicious side dish.
HONEY BUTTER ROASTED TURNIPS AND RADISHES

PREP TIME: 10 MIN | COOK TIME: 25 MIN | TOTAL TIME: 35 MIN | SERVINGS: 6

INGREDIENTS

- 2-3 medium turnips
- 1 bunch of radishes
- ¼ cup vegetable oil
- 1 tsp salt
- 1 tsp pepper
- ¼ cup of butter
- 1 medium shallot
- ¼ cup honey
- 1 TBSP fresh mint
- 1 TBSP fresh chives

EQUIPMENT

- Chef knife
- Small pot
- Mixing bowl
- Baking sheet
- Parchment paper

CHEF NOTES

This recipe is a hit at fall and winter holiday dinners.

Other root vegetables like parsnips and rutabagas also work well for this recipe.
1. Preheat the oven to 450 degrees Fahrenheit. Thoroughly wash the turnips and radishes to remove any dirt.

2. Remove the tops and greens from the turnips and radishes if necessary.

3. With a heavy knife, dice the turnips and radishes into ½ inch to 1-inch cubes. In a mixing bowl, toss the vegetables, vegetable oil, salt, and pepper to evenly coat.

4. Lay the seasoned vegetables on a parchment-lined baking sheet and roast for 15 minutes. Toss and turn the vegetables and roast for an additional 10-15 minutes until the vegetables are golden brown.

5. Peel and thinly slice the shallots. In a medium saucepan, melt the butter. Add the sliced shallots and cook for about 3-4 minutes until the shallots are translucent. Add the honey to the saucepan and heat until slightly simmering.

6. Drizzle the honey mixture over the cooked vegetable mixture. Toss the mixture until evenly coated. Place the tray back in the oven and roast for an additional 5 minutes until the vegetables are glazed. Garnish with the fresh mint and fresh chives. Enjoy!
BUTTERNUT SQUASH AND BLACK BEAN CHILI
PREP TIME: 20 MIN | COOK TIME: 40 MIN | TOTAL TIME: 1 HOUR | SERVINGS: 8

INGREDIENTS
• 1 small-medium butternut squash
• 1 yellow onion
• 2 red bell peppers
• 4-5 garlic cloves
• 2 TBSP chili powder
• 1 TBSP cumin
• ½ tsp cinnamon
• 1 bay leaf
• 1 7-8oz can chipotle sauce or 1-2 chipotle chilies in adobo*
• 28oz can of crushed fire roasted tomatoes
• 2 15oz cans of black beans, drained
• 4 cups of vegetable stock
• 2 TBSP vegetable oil
• ¼ tsp salt
• ¼ tsp pepper
• ½ cup cilantro + garnish
• Avocado to garnish
• Tortilla strips to garnish

EQUIPMENT
• Heavy pot
• Chef knife
• Metal or wooden spoon
• Strainer

CHEF NOTES
This recipe is dairy free, but shredded cheese and sour cream would be great topping additions.

*The whole canned chipotles will be significantly hotter than just the sauce. They also need to be finely minced or blended in a blender. Use caution and adjust to your liking.
BUTTERNUT SQUASH AND BLACK BEAN CHILI
PREP TIME: 20 MIN | COOK TIME: 40 MIN | TOTAL TIME: 1 HOUR | SERVINGS: 8

DIRECTIONS

1. Pierce the squash with a chef knife in multiple places on all sides. Microwave for 4-6 minutes until the squash is slightly soft. Set aside and let cool.

2. Finely dice the onion and bell pepper. Finely mince the garlic cloves.

3. When the squash is cooled, cut the top and bottom of the squash and discard. Cut the squash in half above the bulb. Peel the rind with a peeler. Cut the bulb section in half and scoop out the seeds. Dice the remaining squash into medium pieces.

4. In a large, heavy pot, heat the oil and sauté the onion and garlic until translucent, about 3-4 minutes.

5. Add the minced garlic, chili powder, cumin, and cinnamon, and sauté until fragrant, about 2-3 minutes.

6. Add the vegetable stock, tomatoes, chipotle sauce, bay leaf, and diced squash.

7. Cover and simmer for about 45 min or until the squash is tender.

8. Add the drained black beans and cilantro. Stir well to combine.

9. Serve with diced avocado, tortilla strips, and extra cilantro. Enjoy!

SCAN TO WATCH THE FULL RECIPE VIDEO!
APPLE PIE FRENCH TOAST
PREP TIME: 15 MIN | COOK TIME: 45 MIN | TOTAL TIME: 1 HOUR | SERVINGS: 4

INGREDIENTS

For Apple Topping:
- 2 apples
- ¼ cup butter
- ¼ cup brown sugar
- 1 tsp cinnamon
- ¼ tsp nutmeg
- 2 TBSP water + 1 TBSP water, separated
- 1 TBSP cornstarch

For French Toast:
- 1 crusty baguette
- 4 eggs
- ½ cup milk
- 1 TBSP brown sugar
- 1 tsp cinnamon
- ¼ tsp nutmeg
- ¼ tsp salt
- Prepared whipped cream

EQUIPMENT
- Chef knife
- Medium pot
- Griddle or heavy skillet
- Tongs
- Metal or wooden spoon

CHEF NOTES
This recipe works with any type of apple. A crusty, hearty bread like sourdough or Italian is key for this recipe to create a solid base.
APPLE PIE FRENCH TOAST
PREP TIME: 15 MIN | COOK TIME: 45 MIN | TOTAL TIME: 1 HOUR | SERVINGS: 4

DIRECTIONS

For Apple Topping:

1. Cut the apples around the core. Discard the core. Slice the chunks of apples into thin slices.

2. In a medium saucepan, melt the butter, then add the brown sugar, apples, cinnamon, nutmeg, and 2 TBSP of water.

3. Cook the apple mixture on medium heat for 3-4 minutes until the apples are soft, but not mushy.

4. Mix the cornstarch and 1 TBSP of cold water to make a slurry. Add the slurry to the hot apple mixture and stir until the mixture thickens. Keep warm.

For French Toast:

1. Slice the baguette at an angle, about 1 ½ inches thick.

2. Mix together the eggs, milk, brown sugar, cinnamon, nutmeg, and salt to create a custard.

3. Heat a medium skillet or griddle over medium heat. Melt a pat of butter.

4. Dip the baguette slices into the custard mixture until completely coated.

5. Grill the toast in melted butter on all sides until browned.

6. Top the toast with the apple mixture and whipped cream. Enjoy!

SCAN TO WATCH THE FULL RECIPE VIDEO!
Visit NourishColorado.org for more information
To view all recipe videos, visit Bit.ly/ProduceBoxRecipes