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RECIPE
PAGE 3

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**LOCAL ORGANIC
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RECIPE
PAGE 2

**LOCAL ORGANIC
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LAMB STUFFED BELL PEPPERS



Serves 4

- 1 Tbsp avocado oil
- 1 yellow onion, chopped
- 4 cloves garlic, minced
- 1 tsp fresh ginger, minced
- 1 lb ground lamb
- 1 tsp cumin
- 1 tsp coriander
- 1 tsp cayenne
- 1/2 tsp chili flakes
- 1/2 tsp cinnamon
- 1/2 tsp turmeric
- 1/2 tsp chili powder
- 1/2 tsp smoked paprika
- 1/2 tsp sea salt
- 2 cups fresh or frozen peas
- 2 large bell peppers, cut lengthwise, seeds removed
- 1/2 cup water

1. Preheat oven to 350°F
2. Heat oil in a large skillet over medium heat. Saute onion until translucent and beginning to soften. Add garlic and ginger, cook and stir until fragrant.
3. Add ground lamb and all spices to the onion mixture. Cook until the lamb is browned and crumbly. Once the mixture is fully cooked, taste some and adjust seasoning if desired.
4. Drain fat if necessary, stir green peas into the meat mixture.
5. Stuff peppers with lamb, place in a dutch oven or baking dish. Add water, cover and bake about 35 minutes, or until peppers are tender.

ORGANIC STARKRIMSON PEARS

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RECIPE
PAGE 6



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ORGANIC ORANGE & YELLOW BELL PEPPERS

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SUMMER POPPYSEED PASTA



- 1 package linguine
 - 1 whole cucumber, diced
 - 1 whole green zucchini, diced
 - 1 bunch green onion, sliced
 - 1 whole yellow summer squash, diced
 - 1 orange bell pepper, diced
 - 1 whole garlic bulb, cloves separated & peeled
 - 1 package cherry tomatoes, cut in halves
 - 1 can black olives
 - 4 Tbsp poppy seeds
 - 4 Tbsp ground pepper
 - 2 Tbsp salt
 - 1 bottle French dressing
 - 1 Tbsp chili flakes
 - 7 Tbsp olive oil
1. Bring a pot of water to a high boil, add pasta, and cook until al dente. Drain.
 2. While the pasta is draining, add 5 tablespoons of olive oil to small pan on medium-high heat. When the oil is thoroughly heated, add the peeled garlic cloves, stirring slowly until the outsides are golden brown.
 3. In a large bowl add the remaining olive oil to the pasta, and then add the garlic infused oil, including the cloves, to the pasta and stir. (You may add more oil if needed, depending on how dry the pasta has become.) Put the pasta into the refrigerator to cool overnight or at least 3-4 hours.
 4. While pasta is cooling, dice the vegetables and gather your remaining ingredients.
 5. Add the diced vegetables, halved tomatoes, and olives first and mix thoroughly. Next, add the French dressing and mix until coated. Finally, add the poppy seeds, black pepper, salt, and chili flakes and mix again.
 6. Put back into the fridge to chill further, especially if it's a hot day, then serve and enjoy!

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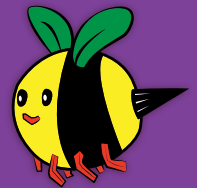
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RECIPE NEXT PAGE!



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CHICKEN & WAFFLES



Crispy Baked Chicken

- ½ cup all purpose flour
- 1 egg
- 2 Tbsp milk
- ¾ tsp salt
- 1¾ cup panko bread crumbs
- ½ cup olive oil
- 1 tsp garlic powder
- 4 boneless, skinless chicken thighs

Waffles

- 2 cups all purpose flour
- ¼ cup sugar
- 1 Tbsp baking powder
- 1 tsp salt
- 1½ cup milk
- 1 Tbsp vanilla
- 2 eggs, separated, plus 2 egg whites
- stick of melted butter
- 1 pear
- Maple syrup, for serving

1. Preheat the oven to 390°F. Line a rimmed baking sheet with parchment paper and coat lightly with cooking spray. Season the chicken with salt and pepper.
2. Prepare three bowls. Place flour in the first bowl. In the second bowl, mix together your eggs, milk, garlic powder, and salt. In the third bowl, combine the panko bread crumbs and olive oil, mixing until the bread crumbs are evenly saturated with oil.
3. Dredge the chicken in flour, then dip it in the egg and milk mixture. Finally, coat the chicken in the panko mixture, pressing onto both sides to fully coat the chicken. Place the chicken on the prepared baking sheet, and bake until golden brown and crispy, at least 25 minutes. Chicken is fully cooked when the internal temperature reaches 160°F.
4. Sift together the flour, sugar, salt, and baking powder. In a separate bowl, mix together the milk, egg yolks, and vanilla. Combine thoroughly with the dry ingredients until no clumps of flour remain. Add the melted butter and mix until smooth.
5. In a separate bowl, beat the egg whites until stiff. Fold the egg whites gently into the batter until just combined.
6. Spray a preheated waffle iron thoroughly with cooking spray, and scoop the batter into the iron. Close the iron and cook until golden brown and crispy.
7. Plate a waffle and a serving of chicken, top with thinly sliced pear, drizzle with maple syrup, and enjoy!

No time to make waffles from scratch? No worries! Use a mix or grab them from our freezer case!



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CHILI LIME QUINOA SALAD



- Dressing
- 3 Tbsp olive oil
- 1 lime, juice and zest
- 1 Tbsp white balsamic vinegar
- 1 Tbsp honey
- 2 cloves garlic, minced
- 1 tsp chili powder
- 1 tsp smoked paprika
- ½ tsp smoked sea salt
- ½ tsp black pepper
- ¼ tsp chili flakes
- Salad
- ½ cup quinoa, rinsed
- 1 (15 oz) can black beans, drained and rinsed
- 1 cup grilled corn, cut from the cob
- ½ cup cherry tomatoes, quartered
- ½ cup cucumber, chopped
- ¼ cup red onion, chopped
- ¼ cup cilantro, minced
- 1 jalapeno, minced (optional)
- Salt and pepper, to taste

1. In a small bowl, whisk together all salad dressing ingredients. Taste and adjust seasonings if desired.
2. Add quinoa to a small pot with 1 cup of water and a pinch of salt. Bring to a boil over high heat. Reduce heat to low and simmer for 15 minutes, or until all of the water is absorbed. Remove from heat and allow to cool.
3. In a large bowl, mix together all salad ingredients, including cooled quinoa. Toss with dressing. Taste and adjust seasonings if desired. Store covered in the refrigerator until ready to serve.

This recipe is a great accompaniment for grilled chicken, but makes a fantastic light dish on its own, too!

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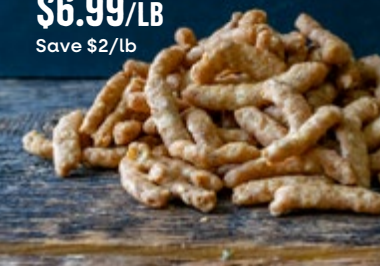
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COFFEE COCONUT ICE CREAM

Serves 6-8

- 1 can (13.5 oz) heavy coconut cream
- 1 can (5.4 oz) coconut cream
- 1 can (7.4 oz) sweetened condensed coconut milk
- ¼ cup strong brewed coffee
- Chill all ingredients overnight in the refrigerator. Freeze a metal bowl, beaters, and a 4x8-inch loaf pan 1 hour before preparing ice cream.
- Whisk together coffee and sweetened condensed coconut milk in a small bowl.
- Scoop the coconut milk solids from the large can of heavy coconut cream into the chilled metal bowl. Add entire contents of the 5.4 oz can of coconut cream to the bowl as well. Beat on high with chilled beaters for 3-5 minutes, or until stiff peaks form.
- Gently fold coffee mixture into whipped coconut cream. Scrape into the chilled loaf pan. Cover with plastic wrap and freeze 6 hours to overnight.



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