



# MARKET BOX



## FEATURED RECIPE

### Baked Spaghetti Squash with Roasted Vegetables

#### INGREDIENTS

- 1 medium spaghetti squash,
- 1 cup broccoli florets
- 2 rainbow carrots, *sliced*
- 2-3 shallots, *quartered*
- 2 cups braising greens
- Olive oil
- Salt and pepper to taste
- Optional: garlic powder, Italian herbs on your favorite seasoning



#### PREVENTING FOOD WASTE

Before throwing lesser used food parts away, consider other ways to utilize them.

##### Broccoli Stalks

- Broccoli Slaw: Broccoli Stalks can be used instead of cabbage to make a crunchy slaw to add on top of sandwiches or tacos
- Veggie Fries: Slice into sticks and bake to create a veggie fry that is low in calories and carbs.
- Broccoli Rice: Pulse in a food processor to create a broccoli rice, great added in burritos and stir-fries.

#### INSTRUCTIONS

##### Cook the Spaghetti Squash:

1. Preheat your oven to 400 degrees
2. Cut the spaghetti squash in half lengthwise and scoop out the seeds. Drizzle with olive oil, and sprinkle with salt and pepper.
3. Place cut-side down on a baking sheet and roast for 30-40 minutes, until tender. Once cooked, use a fork to scrape the flesh into spaghetti-like strands.

##### Roast the Vegetables:

1. On another baking sheet, toss the shallots, rainbow carrots, and broccoli florets with olive oil, salt, pepper and any optional seasonings
2. Roast in the oven for about 20-25 minutes, or until the vegetables are tender and slightly caramelized. Add the braising greens for the last 5 minutes of roasting.

Once the spaghetti squash is done, use a fork to scrape out the strands into a serving bowl. Mix in the roasted vegetables until well combined. Serve warm.

##### Serving Suggestions:

- Like the pasta version, spaghetti squash is a great vehicle for all kinds of sauces. Feel free to get creative and add your favorite sauce on top!
- Add sliced grilled chicken, sautéed mushrooms, or plant-based meatballs for a heartier meal.



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# What's in my Produce Prescription?

Fruit/Veggie	Storage	Preparation	Recipes *w/ clickable links*
<p><b><u>Shallots</u></b> Flat Tack Farm Vancouver, WA</p>	Store in a cool and dry place.	Shallots can be caramelized, pickled, or fried.	<a href="#">Balsamic Caramelized Shallot Pasta</a> <a href="#">Pickled Shallots</a> <a href="#">Crispy Fried Shallots</a>
<p><b><u>Spaghetti Squash</u></b> Volehalla Farm Ridgefield, WA</p>	Store in a cool and dry place.	Spaghetti squash can be roasted or steamed to make "spaghetti".	<a href="#">Instant Pot Spaghetti Squash</a> <a href="#">Spaghetti Squash Cheesy Bread</a>
<p><b><u>Broccoli</u></b> Amador Farm Yakima, WA</p>	Mist the unwashed heads, wrap loosely in damp paper towels, and store in fridge.	Broccoli can be microwaved, steamed, boiled, sautéed, stir-fried, or roasted.	<a href="#">One-Pan Cheesy Chicken, Broccoli and Rice</a> <a href="#">Vegan Broccoli Soup</a> <a href="#">Kadai Broccoli Masala</a>
<p><b><u>Braising Mix</u></b> Sprout &amp; Blossom Farm Vancouver, WA</p>	Store in the bag in the crisper drawer in the fridge.	Braising mix can be used in braises, stews, or easy side dishes.	<a href="#">Simple Braised Greens</a> <a href="#">Garlic and Parmesan Braised Greens</a>
<p><b><u>Rainbow Carrots</u></b> Quackenbush Farm Eagle Creek, OR</p>	Store unwashed in fridge.	Rainbow carrots can be roasted, sautéed, or used in baked goods.	<a href="#">Citrus Rainbow Carrots</a> <a href="#">Roasted Rainbow Carrots with Maple Dijon Sauce</a>
<p><b><u>Kiwi Berries</u></b> Parsons Farms Canby, OR</p>	Store in the fridge.	Kiwi berries can be eaten raw or used to make a fruit salad, salsa, or pastry.	<a href="#">Pan Fried Halibut w/ Kiwi Berry Salsa</a> <a href="#">Kiwi Berry Fruit Salad</a> <a href="#">Kiwi Berry Pavlova</a>

● Organic Practices - Not Certified

● Certified Organic

● Conventional

## PRODUCE HIGHLIGHT

### Kiwi Berries



Kiwi berries, are small, grape-sized fruits that belong to the Actinidia family, the same family as the larger kiwifruit. Unlike their larger counterparts, kiwi berries have smooth, edible skin that ranges in color from green to brownish-purple. Their taste is often described as a sweeter, more concentrated version of the traditional kiwi, with a hint of berry-like flavor. These fruits are not only delicious but also packed with nutrients, offering high levels of vitamin C, vitamin E, and dietary fiber, making them a healthy snack option.

Kiwi berries typically ripen in late summer to early fall, and they can be eaten fresh, added to salads, or used in desserts. Their unique size and flavor make them a versatile ingredient, enhancing both sweet and savory dishes. Additionally, they are often praised for their health benefits, including antioxidant properties and potential digestive health advantages.

In recent years, kiwi berries have gained popularity among home gardeners and commercial growers alike. Their relatively low maintenance needs, combined with their delicious flavor and nutritional benefits, make them an attractive option for sustainable agriculture. For an extra special treat, freeze the kiwi berries for about 15 minutes before eating to create "sorbet bites".