



MARKET BOX



FEATURED RECIPE

Roasted Patty Pan Squash and Fingerling Potato Harvest Bowl

INGREDIENTS

- 2 Patty Pan squashes, *sliced*
 - 1 cup fingerling potatoes, halved
 - 1 yellow onion, *sliced*
 - 1-2 sweet peppers, *sliced*
 - 1-2 pears, diced
 - Salad mix
 - Olive oil
 - Salt and pepper to taste
- For the dressing:**
- 1/4 cup balsamic vinegar
 - 1/2 cup extra virgin olive oil
 - 1 teaspoon Dijon mustard
 - 1 teaspoon honey or maple syrup
 - Salt and pepper to taste

INSTRUCTIONS

For the dressing:

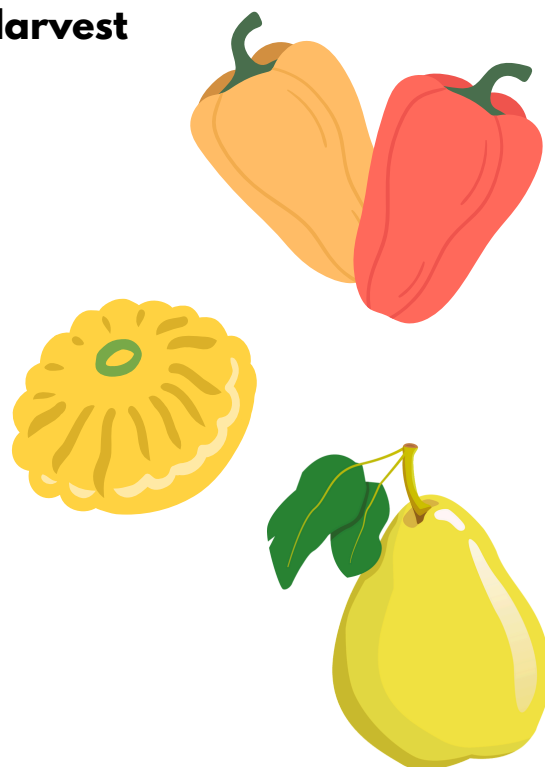
1. In a small bowl or a jar with a lid, combine the balsamic vinegar, Dijon mustard, and honey or maple syrup
2. Slowly whisk in the olive oil (or add it to the jar and shake until well combined)
3. Add salt and pepper to taste
4. If using a jar, you can store any leftover dressing in the refrigerator for up to a week

For the bowls:

1. Preheat the oven to 400 degrees
2. In a large bowl, combine the sliced patty pan squash, halved fingerling potatoes, sliced yellow onion, and sweet peppers. Drizzle with olive oil, and season with salt and pepper. Toss to coat.
3. Spread the veggie mixture on a baking sheet in a single layer. Roast in the oven for about 25-30 minutes, or until the vegetables are tender and lightly caramelized, stirring halfway through.
4. In a large bowl or on a plate, add a generous portion of salad mix. Top with the roasted veggies and diced pears.
5. Drizzle with balsamic vinegar dressing, and toss gently to combine.







Serving Suggestions:

- Perfect as a side dish for autumn, serve alongside a simple roasted pork tenderloin or tofu
- Serve for breakfast with a fried egg on top



Scan QR code or visit
<https://www.vancouvermarketbox.com/inspiration> to view past Market Box newsletters & more recipes

What's in my Produce Prescription?

Fruit/Veggie	Storage	Preparation	Recipes <small>*w/ clickable links*</small>
Red Fingerling Potatoes Flat Tack Farm Vancouver, WA 	Store in an open bowl or paper bag in a dark, cool place, away from onions.	Potatoes can be roasted, sauteed, or grilled. They can also be used to make mashed potatoes, hash browns, latkes, and potato salad.	Crispy Roasted Fingerling Potatoes Garlicky Smashed Fingerling Potatoes
Patty Pan Squash Volehalla Farm Ridgefield, WA 	Store dry and unwashed in a bag in the crisper drawer of fridge.	Patty pan squash can be roasted, sauteed, or grilled.	Meat Stuffed Patty Pan Roasted Patty Pan Squash Crunchy Patty Pan Squash
Pears Amador Farm Yakima, WA 	Store at room temperature until ripe, then store in the fridge.	Pears can be eaten fresh or added to cobbler, cake, or bread.	Braised Beef w/ Pears and Ginger Easy Vegan Pear Crisp Pear Muffins
Yellow Onions Quackenbush Farm Eagle Creek, OR 	Store in a cool and dark place.	Onions can be roasted, grilled, caramelized, pickled, or used in a casserole.	Sautéed Onions Beef Onion Stir Fry Caramelized Onions
Sweet Peppers Quackenbush Farm Eagle Creek, OR 	Store in a plastic bag in the crisper drawer of the fridge.	Sweet peppers can be fried, roasted, or grilled. They can also be stuffed!	Stuffed Peppers Balsamic Roasted Peppers Fried Sweet Peppers
Salad Mix Harvest Moon Farm Ridgefield, WA 	Store in the bag in the crisper drawer in the fridge.	Salad mix can be used in salads, smoothies, power bowls, or on top of pizza.	Simple Green Salad Mixed Green Salad w/ Pecan, Goat Cheese and Honey Mustard Vinaigrette

 Organic Practices - Not Certified
  Certified Organic
  Conventional

PRODUCE HIGHLIGHT



Patty Pan Squash

Patty pan squash, also known as scallop squash, is a unique variety of summer squash characterized by its distinct, flat, and round shape, resembling a flying saucer. It comes in various colors, including yellow, green, and white, and has a mild, slightly sweet flavor. This squash is typically harvested when young and tender, making it ideal for a range of culinary applications. Patty pan squash is low in calories and rich in vitamins A and C, as well as minerals like potassium and magnesium, making it a nutritious addition to any meal.

In the kitchen, patty pan squash can be enjoyed in various ways, such as sautéed, grilled, roasted, or stuffed. Its tender skin is edible and adds texture to dishes, while its shape makes it visually appealing on the plate. The squash can also be used in salads, casseroles, and stir-fries. To prepare, simply wash and slice, or hollow them out for stuffing with grains, vegetables, or meats. Because of their versatility, patty pan squash is a favorite among home cooks and chefs alike, particularly during the summer and autumn months when they are in season.