



Brussel Sprout Fennel Salad, Strawberry Salsa, Walnut Pesto Pasta Salad

Brussel Sprout Fennel Salad

**used fennel and apples from produce box*

Modified from www.mydiaryofus.com

For the Salad:

- 2 cups shredded Brussel Sprouts (sliced very thin)
- 1 cup Apple, sliced into matchsticks
- 1 Fennel Bulb, sliced thinly
- ½ cup toasted Walnuts
- ¼ cup Parmesan Cheese, Grated

For the Vinaigrette:

- 3 tbsp Whole Grain Mustard
- ¼ cup Apple Cider Vinegar
- ½ - ¾ cup Extra Virgin Olive Oil
- 1 – 2 tsp Honey or Maple Syrup
- 1 – 1 ½ tsp Kosher or Sea Salt
- ½ - ¾ tsp Black Pepper

Directions

Combine ingredients for dressing. You can mix in a mason jar, in your food processor or a bowl. Be sure to shake or mix well if not using a food processor.

In a large bowl combine all salad ingredients. Toss with vinaigrette.

Food Hero Strawberry Salsa

<https://www.foodhero.org/recipes/strawberry-salsa>

**used the onion, peaches and apples from the produce box*

Ingredients

- 1 ½ cups fresh Strawberries, chopped
- 2 Peaches, skin off, chopped
- ¼ cup onion, minced
- 2 tbsp cilantro, finely chopped
- 1 ½ tsp lime juice

- ½ tsp kosher salt

Directions

1. Mix all ingredients together in a bowl. Flavors will blend if refrigerated for 30 minutes or more before serving.
2. Serve with sliced apples, tortilla chips or make the Food Hero Baked Cinnamon Tortilla Chips recipes.

Walnut Pesto, following the below recipe:

https://www.wholefoodbellies.com/wprm_print/3992

**used fennel from produce box*

Ingredients

- 1 cup toasted Walnuts
- 3 cups loosely packed Fennel Fronds
- 1 – 2 lemons juiced
- 1 clove garlic (more if you love garlic)
- 1 tsp Sea Salt
- ½ cup Olive Oil

Instructions

1. Toast the walnuts over medium heat for about 3-5 minutes, or until they start to turn a nice golden brown color, set aside to cool.
2. Add the walnuts, fennel fronds, lemon juice, garlic and salt to the food processor. Add in half of the olive oil and pulse or blend until incorporated. Continue blending while slowly pouring the rest of the olive oil and desired consistency is reached (you may need to add in a little more olive oil or water 1 tsp at a time if you prefer it thinner)
3. Store in an airtight container in the fridge or freeze for later use.

Pesto Pasta Salad

Make the desired amount of pasta. I used red lentil pasta. Mix equal parts mayonnaise with pesto. Mix with pasta until the desired amount of sauce is on your pasta.

**skip mayo if it's not your thing or use less.*