



## Large Pre-Packed CSA List

Retail Value \$27.10-29.10

- 4 Corn \$3.60\*
- 1# Poblano Peppers \$5\*
- 1-2 Beef Steak Tomatoes \$2.50\*
- 2 cucumbers or 2 zucchini \$2
- 1 Heirloom Tomato \$3-4
- Lettuce or Arugula \$3
- 1 Bunch Herbs: Cilantro, Basil or Parsley \$3
- 1 Watermelon or Cantaloupe \$5-6

## Small Pre-Packed CSA List

Retail Value \$18.30-19.30

- 2 Corn \$1.80\*
- 1# Poblano Peppers \$5\*
- 1-2 Beef Steak Tomatoes \$2.50\*
- 1 cucumbers or 1 zucchini \$1
- Lettuce or Arugula \$3
- 1 Watermelon or Cantaloupe \$5-6

# Weekly Recipe Share

<https://www.loveandlemons.com/stuffed-poblano-peppers/>

Stuffed poblanos are another one of our summer staples. In all honesty though, I usually use it as an opportunity to clear the fridge. You can go savory with sausages, onions, rice and herbs; go Italian with ground meat, onions, red sauce and parmesan; or make it tex-mex like the recipe below. The peppers are so flavorful and that's the note that pulls it all together!

## Ingredients:

- Rice and black beans – They make this recipe hearty and satisfying! [White](#) and [brown rice](#) both work great here, so use what you have on hand.
- Cauliflower – The secret ingredient that makes this filling so light! Broken into tiny pieces or pulsed into [cauliflower rice](#), it makes you feel like you're eating more rice than you really are.
- Spices – Cumin, coriander, and oregano add delicious aromatic flavor.
- Diced red onion, red bell pepper, and fresh spinach – They punch up the flavor and make these peppers feel super fresh.
- And lime juice and [tomatillo salsa](#) add tangy, zesty flavor!

## Instructions:

- Totally plant-based. My favorite variation! Top the peppers with avocado slices or [guacamole](#), extra tomatillo salsa, and chile lime cashew cream. The cashew cream is a bit of an extra step, but it's SO GOOD on these peppers and on [this veggie burrito bowl](#). (Blend once, eat twice!) My regular [cashew sour cream](#), [cilantro lime dressing](#), or [chipotle sauce](#) would also be great here.
- With cheese in the filling. Mix crumbled feta or Cotija cheese into the filling before you stuff the peppers. Then, bake them and top them with the fixings suggested above!
- With melty cheese on top. This one is Jack's favorite. If you're someone who *needs* melty cheese on your stuffed peppers, top them with a layer of your favorite shredded cheese before they bake. I recommend Monterey Jack or sharp cheddar. Then, bake until the cheese is melted and starting to brown. Yum!

