



fresh & flavorful  
**RECIPES**  
**4/23/26**

# APPLE LEMON BAKED OATMEAL CUPS

## Instructions

1. HEAT OVEN TO 350°F AND GREASE A 12-CUP MUFFIN TIN WELL.
2. STIR OATS, BAKING POWDER, CINNAMON, SALT, AND BROWN SUGAR IN A LARGE BOWL.
3. IN ANOTHER BOWL, WHISK EGGS, MILK, MELTED BUTTER, LEMON ZEST, AND LEMON JUICE.
4. FOLD IN THE DICED APPLES, MAKING SURE THEY ARE EVENLY COATED.
5. DIVIDE MIXTURE INTO MUFFIN CUPS AND PRESS LIGHTLY WITH A SPOON.
6. BAKE 20-22 MINUTES, UNTIL SET AND LIGHTLY GOLDEN.
7. COOL 5 MINUTES BEFORE REMOVING.

## INGREDIENTS

- 2 COSMIC CRISP APPLES, FINELY DICED
- ZEST OF 1 LEMON
- 1 TABLESPOON LEMON JUICE
- 2 CUPS OLD-FASHIONED OATS
- 2 EGGS
- 1 CUP MILK
- ¼ CUP BROWN SUGAR
- 2 TABLESPOONS MELTED BUTTER
- 1 TEASPOON CINNAMON
- 1 TEASPOON BAKING POWDER
- ¼ TEASPOON SALT

ENJOY!



# SHEET PAN PORK CHOPS WITH APPLES AND BRUSSELS SPROUTS

## INGREDIENTS

- 4 R FAMILY FARMS PORK CHOPS
- 3 CUPS BRUSSELS SPROUTS, HALVED
- 2 COSMIC CRISP APPLES, SLICED THICK
- 2 TABLESPOONS OLIVE OIL
- 1 TABLESPOON LEMON JUICE
- 1 TABLESPOON BROWN SUGAR
- 1 TEASPOON SALT
- ½ TEASPOON BLACK PEPPER



## Instructions

1. HEAT OVEN TO 425°F AND LINE A SHEET PAN WITH PARCHMENT PAPER.
2. TOSS BRUSSELS SPROUTS AND APPLE SLICES WITH OLIVE OIL, LEMON JUICE, BROWN SUGAR, SALT, AND PEPPER.
3. SPREAD PRODUCE AROUND THE EDGES OF THE PAN.
4. PAT PORK CHOPS DRY AND SEASON BOTH SIDES WITH SALT AND PEPPER.
5. PLACE PORK CHOPS IN THE CENTER OF THE PAN.
6. ROAST 22-25 MINUTES, FLIPPING CHOPS ONCE, UNTIL PORK IS COOKED TO 145\*
7. REST 5 MINUTES BEFORE SERVING.

LET'S EAT!

# CREAMY SPINACH TOMATO SAUSAGE SKILLET

## Instructions

1. BROWN SAUSAGE IN A LARGE SKILLET OVER MEDIUM HEAT, BREAKING IT INTO SMALL PIECES.
2. DRAIN EXCESS GREASE IF NEEDED, LEAVING A LITTLE FOR FLAVOR.
3. ADD CHERRY TOMATOES AND COOK 3–4 MINUTES, UNTIL THEY SOFTEN AND RELEASE JUICE.
4. STIR IN CREAM CHEESE AND MILK UNTIL SMOOTH AND CREAMY.
5. ADD SPINACH BY HANDFULS, STIRRING UNTIL WILTED.
6. TASTE BEFORE ADDING SALT, SINCE SAUSAGE MAY ALREADY BE SEASONED.
7. SERVE OVER RICE, PASTA, OR TOAST.

A SQUEEZE OF LEMON AT THE END BRIGHTENS THE CREAMY SAUCE.



## INGREDIENTS

- 1 POUND GROUND OR LINKED SAUSAGE
- 4 CUPS SPINACH
- 1½ CUPS CHERRY TOMATOES, HALVED
- ½ CUP CREAM CHEESE
- ½ CUP MILK
- ¼ TEASPOON BLACK PEPPER
- ½ TEASPOON SALT, IF NEEDED
- COOKED RICE, PASTA, OR TOAST FOR SERVING



DELICIOUS!



# CRISPY BRUSSELS SPROUT CHIPS

## Instructions

1. HEAT OVEN TO 400°F AND LINE A BAKING SHEET WITH PARCHMENT PAPER.
2. TRIM BRUSSELS SPROUTS AND PEEL OFF AS MANY OUTER LEAVES AS POSSIBLE.
3. TOSS LEAVES WITH OLIVE OIL, LEMON ZEST, SALT, AND PEPPER.
4. SPREAD IN A SINGLE LAYER, USING TWO PANS IF NEEDED.
5. BAKE 10-14 MINUTES, CHECKING OFTEN NEAR THE END.
6. REMOVE CRISP LEAVES AS THEY FINISH SO SMALLER PIECES DO NOT BURN.
7. SPRINKLE WITH PARMESAN WHILE WARM, IF DESIRED.

**ENJOY!**

## INGREDIENTS

- 3 CUPS LOOSE BRUSSELS SPROUT LEAVES
- 1 TABLESPOON OLIVE OIL
- ½ TEASPOON LEMON ZEST
- ½ TEASPOON SALT
- ¼ TEASPOON BLACK PEPPER
- 2 TABLESPOONS GRATED PARMESAN, OPTIONAL

# SIMPLE LEMON ROASTED BRUSSELS SPROUTS

## INGREDIENTS

- 1 POUND BRUSSELS SPROUTS, TRIMMED AND HALVED
- 2 TABLESPOONS OLIVE OIL
- 1 TABLESPOON LEMON JUICE
- 1 TEASPOON LEMON ZEST
- ½ TEASPOON SALT
- ¼ TEASPOON BLACK PEPPER
- 2 TABLESPOONS GRATED PARMESAN, OPTIONAL

## Instructions

1. HEAT OVEN TO 425°F AND LINE A BAKING SHEET WITH PARCHMENT PAPER OR FOIL.
2. TRIM THE TOUGH ENDS FROM THE BRUSSELS SPROUTS AND CUT EACH SPROUT IN HALF FROM TOP TO BOTTOM.
3. PLACE BRUSSELS SPROUTS ON THE PAN AND TOSS WITH OLIVE OIL, SALT, AND BLACK PEPPER.
4. TURN MOST OF THE SPROUTS CUT-SIDE DOWN SO THEY BROWN INSTEAD OF STEAM.
5. ROAST 18 MINUTES, THEN STIR AND SPRINKLE WITH LEMON ZEST AND PARMESAN IF USING.
6. ROAST 4–7 MORE MINUTES, UNTIL THE EDGES ARE CRISP AND BROWNED.
7. DRIZZLE WITH LEMON JUICE BEFORE SERVING.



LET'S EAT! LET'S EAT! LET'S EAT! LET'S EAT! LET'S EAT! LET'S EAT!



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