



FEATURED RECIPES

Crispy Veggie Rolled Tacos with Tomato-Cucamelon Salsa

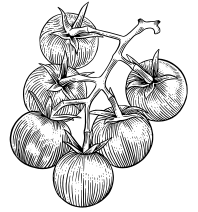
INGREDIENTS

Rolled Tacos:

- 2 medium beets, *peeled & finely diced or grated*
- 3 rainbow carrots, *peeled & finely diced or grated*
- 2 tbsp olive oil
- 1 tsp cumin
- ½ tsp smoked paprika
- ½ tsp chili powder
- Salt & pepper, *to taste*
- 1 (15 oz) can refried beans
- 8 small tortillas (*corn or flour*)
- 1 cup shredded cheese of choice
- Olive oil or cooking spray
- 2 cups Ruby Sky lettuce, *shredded*

Tomato-Cucamelon Salsa:

- 1 cup cherry tomatoes, *halved*
- 1 cup cucamelons, *quartered*
- 1 crisp apple, *diced*
- 1 lime, *juiced*
- 1 tbsp olive oil
- Pinch of salt & pepper



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and recipe links.

INSTRUCTIONS

Roast the Veggies:

1. Preheat oven to 425°F.
2. On a parchment-lined sheet pan, toss beets and carrots with olive oil, cumin, smoked paprika, chili powder, salt and pepper.
3. Roast 20 min until tender and slightly caramelized. Set aside. Keep oven on at 425°F.

Prepare the Salsa:

1. Mix cherry tomatoes, cucamelons, apple, lime juice, olive oil, salt & pepper in a bowl. Set aside.

Assemble the Rolled Tacos:

1. Lay a tortilla flat on a plate or cutting board, spread 1-2 tbsp of refried beans down the center of the tortilla.
2. Spoon a portion of roasted veggies on top of the refried beans and sprinkle with shredded cheese of choice.
3. Roll tightly and place seam-side down on a parchment-lined sheet pan or wire rack. Repeat with remaining tortillas. Lightly brush or spray the rolled tacos with olive oil.

Bake Rolled Tacos:

1. Bake tacos in a 425°F oven for 15–20 min, flipping halfway, until golden and crispy.








Serve:


1. Place crispy rolled tacos onto a plate. Top with shredded lettuce and a generous spoonful of tomato-cucamelon salsa and enjoy!


Serving Suggestions:


- For a bit of creaminess, dollop crispy tacos with sour cream, Greek yogurt, or sliced avocado.
- For additional protein top rolled tacos with fried eggs or shredded chicken.
- Pairs beautifully with a refreshing cucamelon and blueberry limeade! Recipe on the back.

What's in my Produce Prescription?

Produce Item	Storage	Preparation	Recipes <small>*w/ clickable links*</small>
Cherry Tomatoes  Amador Farms Yakima, WA	Store at room temperature; refrigerate only when very ripe.	Cherry tomatoes can be eaten fresh, tossed into salads, roasted, sautéed, or added to pasta, grain bowls, and bruschetta.	Baked Feta Pasta Orzo w/Cherry Tomatoes Frittata Pizza W/Tomatoes Summer Salmon Skillet Tomato Jam
Ruby Sky Lettuce  Volehalla Farm Ridgefield, WA	Keep in the original container or wrap in a dry paper towel and place in a plastic bag in the fridge.	Ruby Sky lettuce leaves can be used in fresh salads, sandwiches and wraps, or served as a bed for roasted vegetables, grains, or proteins.	Somen Salad Hearty Red Salad Bowls Red Leaf Salad w/Lemon Vinaigrette Braised Lettuce & Peas
Blueberries  Boistfort Valley Farm Curtis, WA	Store unwashed in the refrigerator in a breathable container.	Blueberries can be enjoyed fresh, added to salads, smoothies, desserts, or gently cooked into sauces and baked goods.	Frozen Blueberry Lemonade Blueberry Ricotta Bruschetta Blueberry Coleslaw
Beets  Quackenbush Farm Eaglecreek, OR	Trim off the greens two inches above the root and store in the crisper drawer of the fridge.	Beet roots can be boiled, steamed, or roasted; greens can be braised or sautéed.	Pickled Beets Honey Beet Bread Beet & Sweet Potato Fries Roasted Beet Hummus Beet & Blueberry Muffins
Apples  Dilish Farm Vancouver, WA	Store in the crisper drawer of the fridge in a plastic bag with holes in it or cover with a damp paper towel.	Apples can be eaten fresh, used to make applesauce, or added to crisps, oatmeal, and salad.	Apple Nachos Apple Pie Jam Kielbasa & Sauerkraut Pickled Apples Apple Scalloped Potatoes
Rainbow Carrots  Quackenbush Farm Eaglecreek, OR	Store unwashed in fridge	Rainbow carrots can be roasted, sautéed or used in baked goods.	Roasted Carrot Lentil Soup Shaved Carrot Salad Moroccan Rainbow Carrots Roasted Rainbow Carrots
Cucamelons  Flat Tack Farm Vancouver, WA	Store unwashed in the refrigerator in a breathable bag or container.	Cucamelons can be eaten raw as a snack, tossed into salads and salsas, or lightly pickled for a tangy garnish.	Cucamelon Pickles Tomato & Cucamelon Salsa Tri Melon Salad w/Thai Dressing Cucamelon & Couscous

 Organic Practices - Not Certified

 Certified Organic

 Conventional

Cucamelon & Blueberry Limeade:

- ½ cup cucamelons, *halved*
- ½ cup blueberries
- 2 limes, *juiced*
- 2 tsp honey or maple syrup
- 1½ cups still or sparkling water
- Ice & mint for garnish



Instructions:

1. In a pitcher or mason jar, lightly mash cucamelons, blueberries, lime juice, and honey or maple syrup.
2. Add water of choice and ice. Gently stir.
3. Garnish with mint and enjoy!

PRODUCE HIGHLIGHT:

CUCAMELONS



Cucamelons are a tiny, grape-sized fruit that look like miniature watermelons yet taste like crisp cucumbers with a hint of tart lime. Native to Mexico and Central America, they've been enjoyed for centuries and are lovingly referred to as "mouse melons". Their thin skin, refreshing crunch, and tangy flavor make them a unique and fun summer treat.

Cucamelons can be eaten raw by the handful, tossed into salads, or added to salsas for a bright, citrusy bite. They're also excellent pickled, stirred into drinks or used as a garnish for tacos, grain bowls, or cheese boards. Their firm texture holds up well in brines, making them a fun alternative to traditional pickles.

Nutrient-rich cucamelons are a source of fiber, vitamins, and antioxidants that may support digestion. With their playful look and refreshing flavor, they're as charming as they are versatile in the kitchen.