

Lemony Greek Potatoes with Oregano & Garlic



Ingredients

- 1 1/2 to 2 pounds Yukon gold potatoes (trimmed and cut into chunks)
- 1/4 cup freshly squeezed lemon juice (from about 2 lemons)
- 3 large cloves garlic (peeled, trimmed, and finely chopped)
- 1/3 cup extra virgin olive oil
- 1/4 cup water
- 1 Tablespoon dried oregano
- 1/4 teaspoon sea or kosher salt & freshly ground black pepper to taste

Instructions

- Preheat the oven to 400° F.
- Place the potatoes in a single layer in a 9x13x2-inch baking dish.
- In a small bowl, whisk together the lemon juice, garlic, olive oil, water, and oregano. Season to taste with salt and pepper. Pour the mixture over the potatoes and toss to coat.
- Cover the pan with foil and bake in the preheated oven for 25 minutes.
- Pull the pan from the oven. Raise the heat to 425° F. Carefully remove the foil (be careful, as the steam can burn). Turn the potatoes with a spoon.
- Return the pan to the oven and roast for 20 to 25 minutes more, turning occasionally, or until the potatoes are tender on the inside, and crisp and browned on the outside.

Servings: 6 - Adapted from thespruceeats.com

Creamy Zucchini Fettuccine



Ingredients

- 1 pound of fettuccine or pasta of your choice
- 3 cups diced zucchini (about 2-3 zucchini)
- 2 small shallots or 1/2 white onion, diced
- 4 cloves of garlic, finely chopped
- 1 cup heavy cream or evaporated milk
- 3/4 cup Romano or Parmesan cheese, grated
- 1/2 cup basil leaves, optional
- 1 lemon, zested optional
- 1/2 cup pasta-cooking water reserved

Instructions

- In a medium-sized saucepan heat olive oil over medium heat. Add the zucchini and shallots, cook until softened, about 8-10 minutes. Add garlic and cook for another minute.
- Once vegetables are soft, add heavy cream, basil leaves if using, salt, pepper and parmesan cheese. Bring to a gentle simmer, allow to cook for 5 minutes, stir until all ingredients are incorporated.
- While the sauce is simmering, cook the pasta in salted water according to package instructions. Before draining the pasta, be sure to reserve 1/2 cup of pasta water. Add pasta water to zucchini sauce. Adjust salt as needed.
- Toss the drained pasta into the sauce, stir well and serve topped with more parmesan, lemon zest and freshly ground pepper.

Servings: 6 - Adapted from themodernproper.com

Roasted Eggplant with Lemon Garlic Sauce



Ingredients

- 2 large eggplants (about 1 2/3 pounds)
- 4 Tablespoons olive oil
- 1 pinch sea salt
- 1 lemon, juiced (3-4 tablespoons of juice)
- 1 teaspoon ground cumin
- 1 head of garlic, roasted (use two if you like)
- 1 teaspoon red chili pepper flakes
- 2 Tablespoons Italian parsley, chopped
- 1 teaspoon lemon zest (optional)

Instructions

- Preheat oven to 425° F.
- Slice each eggplant in half lengthwise and remove the stems then score each side of eggplant in a crisscross pattern.
- Place on a parchment or foil-lined (for ease of clean-up) baking sheet, cut side up.
- Sprinkle each half generously with salt and set aside to rest for 30 minutes. The eggplant will begin to sweat.
- Blot the eggplant with a towel to soak up any bitterness in the moisture pulled out of the eggplant.
- Brush the cut sides with 1 tablespoon of the oil per half, sprinkle again with salt and place a shallow pan of water at the bottom of the oven to prevent the eggplant from drying out.
- Roast eggplant for about 45 minutes, until the flesh is golden brown.
- While the eggplants are roasting, combine the lemon juice, cumin, roasted garlic and red chili pepper flakes in a bowl.
- When finished roasting, transfer the roasted halves to a serving dish, and spoon the lemon garlic sauce over the flesh. Garnish with chopped Italian parsley and lemon zest, if using.

Servings: 4 - Adapted from health.bastyr.edu

Herbed Corn & Edamame Succotash



Edamame are easy to digest and are high in protein (1/2 cup has 16 grams). Find them frozen or fresh, in the pod and shelled in large supermarkets, natural foods stores or Asian markets.

Ingredients

- 1 1/2 cups frozen or fresh shelled edamame
- 1 Tablespoon canola oil
- 1/2 cup chopped red bell pepper
- 1/4 cup chopped onion
- 2 cloves garlic, minced
- 2 cups corn kernels, fresh or frozen
- 3 Tablespoons water
- 2 Tablespoons rice vinegar
- 2 Tablespoons chopped fresh parsley
- 2 Tablespoons chopped fresh basil or 1 teaspoon dried
- 1/2 teaspoon salt
- Freshly ground pepper to taste

Instructions

- Cook edamame in a large saucepan of lightly salted water until tender, about 4 minutes or according to package directions. Drain well.
- Heat oil in a large nonstick skillet over medium heat. Add bell pepper, onion and garlic; cook, stirring frequently, until vegetables start to soften, about 2 minutes. Stir in corn, water and the edamame; cook, stirring frequently, for 4 minutes. Remove from the heat. Stir in vinegar, parsley, basil, salt and pepper. Serve immediately or refrigerate for up to 3 days.

Servings: 6 - Adapted from eatingwell.com

FOODSHARE VEGGIE TIP TOMATOES

Tomatoes will taste their very best when stored at room temperature, ideally in a single layer out of direct sunlight. To keep them fresher longer, store stem side down while they finish ripening. Once sliced, refrigerate any remaining fully ripe tomatoes, but allow them to come to room temperature before serving them to appreciate them to their fullest flavor!

