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FOODSHARE

GOOD HEALTHY RECIPES FOR ALL

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08.11.21

Blended Beef & Mushroom Chipotle Burgers



Ingredients

Serves 4

- 1 box (8oz) button mushrooms, diced fine
- 3 Tablespoons olive oil + additional
- 4 Tablespoons onion, small, fine dice
- 2 Tablespoons garlic, chopped
- 1 pound lean ground beef
- 1/2 teaspoon chipotle powder
- 1/4 teaspoon cumin
- 1/4 teaspoon hot smoked paprika
- 1/4 teaspoon red pepper flakes
- 1/2 teaspoon salt
- 4 whole wheat slider buns 

Instructions

1. Over medium heat, sauté the mushrooms with olive oil and 2 tablespoons of finely diced onion until browned slightly. Lower heat and sauté until excess moisture is removed, about 10 minutes, add garlic. Let cool.
2. In a large bowl, combine sautéed mushrooms with remaining ingredients, mixing gently, and seasoning well. Form 4 palm-sized patties.
3. Sauté for 3 minutes on each side to brown and then bake in oven until done, about 5 more minutes.
4. Plate and add desired toppings to bun.

From 2018 Healthy Kitchens, Healthy Lives® Conference

"MONSTER" Muffins



Ingredients

- 18 standard cupcake liners
- 2 cups flour, whole wheat or all-purpose
- 1 1/2 teaspoon cinnamon
- 2 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/4 teaspoon salt
- 1/2 cup butter, unsalted, melted & cooled
- 3/4 cup milk
- 1/2 cup sugar or less if you use another banana
- 1 large banana (or 2 if you want to use less sugar)
- 4 cups raw baby spinach or a little more than half of your FoodShare bag of spinach (6 ounces raw baby spinach (by weight))
- 1 large egg
- 1 teaspoon vanilla extract



Instructions

1. Preheat oven to 350 F, and line a muffin pan with paper liners (or use silicone muffin cups sprayed with cooking spray).
2. Combine all dry ingredients in a large mixing bowl.
3. Heat the butter until just melted. Using a blender, blend the **raw** spinach, banana, milk, egg, vanilla, and melted butter until **completely pureed**.
4. Pour the puree into the dry ingredient bowl, and fold together gently until just combined. (Do not over-mix.)
5. Spoon the batter into the muffin pan, and bake for 18-22 minutes, or until the muffins are firm to the touch on top, but not quite browning.
6. Cool most or all of the way before serving.
7. Keep in a resealable bag in the refrigerator. Or freeze muffins and take them out the night before to thaw before adding to lunchboxes or breakfasts!

Makes 18 muffins - Adapted from
superhealthykids.com/recipes/sweet-spinach-muffins

**NEXT ORDER
DEADLINES**



ORDER BY **THURSDAY, AUG. 19.** PICK-UP **WEDNESDAY, AUG. 25.**
ORDER BY **THURSDAY, SEP. 2.** PICK-UP **WEDNESDAY, SEP. 8.**

Thai Panang Curry & Vegetables



This Thai panang curry recipe is so easy to make at home and tastes better than take-out! This recipe is full of veggies and fresh flavor and you may add chicken or tofu for protein. After you've made it once, adapt it how you'd like. Serve with brown rice!

Ingredients

- 1 tablespoon coconut oil or olive oil
- 1 small white or yellow onion, chopped (about 1 cup)
- Pinch of salt, more to taste
- 1 red bell pepper, sliced into thin (1/4" wide) strips
- 1 green bell pepper, sliced into thin (1/4" wide) strips
- 1 cup carrots, peeled and sliced on the diagonal into 1/4" thick rounds (about 3 carrots)
- 2 cloves garlic, pressed or minced
- 1 to 2 tablespoons panang curry paste (See Notes)
- 1 can (14 ounces) regular coconut milk (See Notes)
- 1/2 cup water
- 2 tablespoons peanut butter
- 1 tablespoon tamari or soy sauce
- 1 1/2 teaspoons coconut sugar or brown sugar
- 2 teaspoons fresh lime juice, to taste
- Optional garnishes: fresh Thai basil or regular basil, sriracha or chili garlic sauce for extra spice.

Instructions

1. To make the curry, warm a large skillet with deep sides over medium heat. Once hot, add the oil. Add the onion and a sprinkle of salt and cook, stirring often, until the onion has softened and is turning translucent, about 5 minutes.
2. Add the bell peppers and carrots. Cook until peppers are easily pierced through by a fork, 3 to 5 more minutes, stirring. Add garlic and curry paste and cook, while stirring, for 1 minute.
3. Add coconut milk and water & stir to combine. Bring the mixture to a simmer over medium heat. Reduce heat as necessary to maintain a gentle simmer and cook until the peppers and carrots have softened to your liking, about 5 to 10 minutes, stirring occasionally. If you're adding crispy tofu, stir it in now.
4. Remove the pot from the heat. Stir in the peanut butter, tamari, sugar and lime juice. Add salt, to taste. If the curry needs a little more punch, add 1/2 teaspoon more tamari, or for more acidity, add 1/2 teaspoon more lime juice.
5. Divide rice and curry into bowls and garnish with fresh basil, if using. If you love spicy curries, serve with sriracha or chili garlic sauce on the side.

NOTES: Look for **Panang curry paste** in the Asian section of the grocery store. It's different than curry powder, but if needed you can substitute 1 TEASPOON of powder for 1 TABLESPOON of paste, it just won't be quite the same flavors. Use **canned coconut milk**, full fat version, for best results and to help absorb some spice. Boxed and low-fat versions of coconut milk may separate in this recipe.

Makes 4 Servings - Adapted from cookieandkate.com

NUTRITION NOTES WHOLE GRAINS

"Eating whole grain foods as part of a healthy diet delivers health benefits beyond just helping us lose or maintain weight as we age. In fact, data suggest that people who eat more whole grains are better able to maintain their blood sugar and blood pressure over time. Managing these risk factors as we age may help to protect against heart disease," says **Nicola McKeown, Ph.D.**, senior and corresponding author of a study which followed more than 3,000 people for twenty years.

Here are some simple ways to add more whole grains to get the benefits of added fiber, B vitamins, magnesium and antioxidants.

- Swap brown rice or quinoa for white rice. (1/2 cup is one serving.)
- Snack on popcorn instead of manufactured snacks like Cheetos®, Takis®, or potato chips. (3 cups of popcorn is one serving).
- Look for whole grain pasta instead of traditional white pasta.

Journal of Nutrition, July 2021