

EST. 2015



**it's more than just a box of food.**

## A glass jar filled with vibrant green guacamole sits on a wooden surface. A silver spoon is balanced on the rim of the jar, holding a dollop of the dip. In the background, a white bowl contains a colorful salad of diced tomatoes, onions, and cilantro, and a whole lime is visible. The scene is brightly lit, emphasizing the freshness of the ingredients.

- 1 ripe avocado, WASHED, peeled, pitted and chopped
- 1 tablespoon extra-virgin olive oil or avocado oil
- 1/2 cup water (a little more if using a large avocado)
- 1 teaspoon lemon zest
- 1 garlic clove
- 1 teaspoon onion powder
- 1 teaspoon salt
- 1/4 teaspoon pepper
- Juice of 1 large lemon
- 1 teaspoon Dijon or yellow mustard

- Add all ingredients in a blender or a food processor. Process and blend until smooth and creamy.

- 1 butternut squash
- 2 tablespoons olive oil
- 2 apples – diced
- 1 onion)- diced
- 5 fat garlic cloves – rough chopped
- 2 cups low-sodium vegetable broth
- 2 cups water ( or a 1/4—1/2 cup less for a thicker soup)
- 1 teaspoon kosher salt
- 2 teaspoons honey
- 1 teaspoon apple cider vinegar

- Preheat oven to 425F
- Split the butternut in half lengthwise and remove seeds, place open side down, on a greased or parchment lined, rimmed sheet-pan. Roast at 425F for 30 minutes or until easily pierced with a fork.
- While the butternut is roasting, heat oil in a large heavy bottom pot or dutch oven, over medium heat. Add onion and apple and cook 5 minutes, stirring. Turn heat down to medium low and add garlic, cooking 4-5 more minutes. Turn heat off.
- When squash is tender, flip them over, let them cool down and scoop out flesh into a bowl.
- Add the apple onion mixture to the same bowl.
- Then, blend with the stock and water, in batches, until very smooth, using a blender. (Hold lid down tight with a kitchen towel) If you like a thicker soup, add less water, thinner soup, more water.
- Add the blended soup back into the same pot and warm over low heat. Add salt, honey and apple cider vinegar.
- Serve.

**Mark your calendars for the next Fresh Food Box pick-up!** *(Orders due by 3PM Fri. before Wed. pick-up.)*

JANUARY 2019						
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FEBRUARY 2019						
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## Easy Skillet Corn



### Ingredients

- 3-4 ears of fresh corn
- 1 tablespoon canola or olive oil
- Salt & pepper to taste

### Instructions

- Shuck the cobs.
- Cut the kernels off the cob and pick out any of the little tassels that are still clinging to the corn.
- Flip the knife over and with the back of your knife scrape down all of the cobs and get all the 'milk' you can. This will make extra flavor.
- In a skillet add the oil and heat to medium.
- Pour in corn and stir so corn is coated in oil. Stir every minute or two. Heat the corn until browned on each side without being burned. Continue cooking for about 10-12 minutes, or until done.
- Use salt and pepper to taste.
- Optional: add peppers and onions with the corn.

*Adapted from [veganinthefreezer.com](http://veganinthefreezer.com) & [unitedmomsnetwork.com](http://unitedmomsnetwork.com)*

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## Healthy Goals for the New Year

If eating healthier is one of your top new year priorities, that's great. But "I'm going to eat healthier this year" is one of those well intentioned, but too-hard-to-define goals that isn't nearly as easy done as said. So if the big idea is healthier eating, you'll have better success if you break it down in to bite-sized mini-goals like these:

**Reduce your sugar intake, little by little.** Cutting back on sugar is a gradual process and doesn't happen overnight, but once you start to cut back on it, you'll realize you don't need as much of it as you once thought.

**Add veggies to breakfast time.** Aim to fill half of every mealtime plate or bowl with non-starchy veggies. Including breakfast!

**Practice mindful eating.** Take more time to taste and appreciate everything that you put in your mouth. Food is such a delightful sensory experience! Take time to enjoy it!

**Eat out less often.** When you're not cooking, you have less control over what you're actually eating.

## Orange Chicken & Broccoli Stir Fry



### Ingredients

- 2 Tablespoons canola oil
- 1 small white onion chopped
- 2 cloves of garlic minced
- 1 Tablespoon freshly grated ginger
- 1 pound boneless, skinless chicken breast
- 1 large head of broccoli
- Juice of 1 orange
- 2 Tablespoons of orange zest
- 2 Tablespoons sesame oil
- 1/4 cup low-sodium soy sauce
- 2 Tablespoons honey
- 2 teaspoons Sriracha (or your favorite hot sauce)
- 1/2 teaspoon red pepper flakes optional
- 2 Tablespoons sesame seeds optional

### Instructions

- Heat up a large skillet or wok to medium high heat and add oil, garlic, onion, and minced ginger. Lower to medium heat. While the mixture is cooking, chop up chicken and broccoli.
- Sauté for about 5 minutes or until onions are clear, add chicken and broccoli.
- Cook for about 10 minutes until chicken is no longer pink and broccoli becomes crisp. While cooking, whisk together orange juice, zest, sesame oil, soy sauce, honey, Sriracha, and red pepper flakes in a separate bowl.
- Pour over chicken and broccoli. Cook for another 2-3 minutes on low heat.
- Serve hot over brown rice and garnish with sesame seeds and a slice of orange if desired.

*Adapted from [wholesomedelicious.com](http://wholesomedelicious.com).*

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## DON'T FORGET TO WASH YOUR AVOCADO!

Even though we don't eat the peel, it's advised to wash an avocado before cutting into it. The outer peel may contain dirt or other contaminants that could be transferred to the delicious inside before you eat it!

